

Who?

Becoming active: The participant journey so far

To help the least active disabled and non-disabled people become active, we needed to understand how they felt about activity before, during and after becoming involved with **Get Out Get Active (GOGA)**.

The change in peoples' thought process across these three stages is incredibly positive and helps to embed the idea that activity can become sustainable for the least active.



Get Out
Get  Active

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In association with
Wavehill and **Sheffield
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1.

Before GOGA - Understanding the hurdles to participation and what people feel about it

- Physical activity is intimidating and inaccessible.
- I don't have the time, it's not important to me.
- It's the same old coaching and activity options.
- Will I fit in? Will I be able to do what others are doing?
- I won't know, or get along with, anyone there.

2.

During GOGA - How it feels to experience a person-centred, welcoming and friendly programme

- It's fun, social, we're Active Together and I'm inviting others along too.
- Staff really understand what I want and how I want to take part.
- I'm comfortable to take part and there's support if I need it.
- It's important to me to be active.

3.

Going forward - Sustaining activity with new opportunities

- I'm considering new activity options, I'm active!
- I want to take on new challenges within and beyond GOGA.
- Volunteering is something I'm doing, or considering doing.

In priority order, participants were attracted to GOGA because they wanted:


- It to be fun.
- It to improve their physical health.
- To increase their physical activity levels.
- To learn something new.
- To meet new people and make new friends in their local area.

In priority order, participants were supported to continue participating because they:

- Met new people and made new friends in their local area (96%).
- Learnt something new (84%).
- Experienced improved mental health (83%).
- Enjoyed being active together (75%).
- Enjoyed having friends and family engaged at the same time (73%).

Key ingredients for supporting the very least active disabled and non-disabled people, a participant perspective:

Participants shared their thoughts with us on their key priorities around becoming active and sustaining their activity.

 **I can have fun and enjoy my activity every time I attend**

“ This week it wasn’t my legs that were aching - it was my cheeks from smiling. ”

GOGA Participant, Pembrokeshire

 **Sessions are welcoming and reassuring. I have a role in decisions and choice in what I want to do**

“ I loved it. Because I have a disability, I didn’t realise how much I could actually do. The instructor did the exercises to suit my needs, and those of the rest of the group too, which was great. It was amazing and I definitely felt the difference physically in my body and my whole attitude. I just felt so much better. ”

GOGA participant, Thanet

 **It all happens in familiar to settings where I feel safe**

“ The running group is great, it’s being held on a well-lit athletics track, which has encouraged participants to sign up as they didn’t fancy running on a cold dark wintery evening alone. It also means that no one is at the front or the back! ”

GOGA Programme Lead, Wrexham

 **I enjoy taking part in activities where disabled and non-disabled people are active together**

“ I’ve met new people and I enjoy being able to try my best in each activity and have a laugh! ”

GOGA Fun Fitness participant



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I'm supported to attend by volunteers and/or have access to someone like me who understands the hurdles and can be a role model for me

“ I get so much from my mentor. He's really positive and encouraging and gives me the support I need. We now go to Yoga once a week together and have added goals to do activities in our own time. We support each other and we text and call each other in between to check we're doing what we've agreed! ”

GOGA Participant, Lambeth



I'd like to take part in activities with my friends and/or family members

“ Our entire family absolutely loved the surfing sessions, which is impressive considering that the six of us range in age from 9 to 49! It's usually quite a challenge to find a physical activity that everyone can enjoy equally! ”

Jo, GOGA Participant, Pembrokeshire



I'm actively encouraged to return and consider other forms of activity

“ Before this I wasn't doing anything. Now I have started walking to work, I've lost weight, those dead muscles are alive. I have really enjoyed coming because exercising with a group is so much more motivating and fun. I'd never have used the gym bars, without Lincoln showing us as a group. ”

GOGA Participant, Lincolnshire

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What does this mean for partners moving forwards?

When reaching the very least active disabled and non-disabled people in activity together, our programmes must always:

A. Focus on FUN and making social connections

Talk to Me Principles in Action:

1. Talk to as many as my values as possible.
2. Reassure me I'm going to fit in.
3. Ensure my first experience is good.

B. Be delivered in a 'safe' and familiar local place, not a traditional setting

Talk to Me Principles in Action:

1. See me as an individual.
2. Stay local to me.
3. Talk to as many as my values as possible.
4. Make it easy for me to tell you my needs.

C. Offer a friendly and welcoming approach every time, encouraging people to return

Talk to Me Principles in Action:

1. Talk to as many as my values as possible.
2. Ensure my first experience is good.
3. Reassure me I'm going to fit in.

D. Offer new or familiar activities, with reassurance

Talk to Me Principles in Action:

1. See me as an individual.
2. Talk to as many as my values as possible.
3. Continue to fulfil my values in new ways.
4. Reassure me I'm going to fit in.

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E. Have inclusivity at the core - disabled and non-disabled people active together

Talk to Me Principles in Action:

1. Make me feel I can do it.
2. Reassure me I'm going to fit in.
3. Encourage me via existing advocates.

F. Offer people the chance to participate with friends and family

Talk to Me Principles in Action:

1. Make me feel I can do it.
2. Make it easy for me to tell you my needs.

G. Have role models available to support participants to overcome barriers

Talk to Me Principles in Action:

1. Talk to as many as my values as possible.
2. Make me feel I can do it.
3. Encourage me via existing advocates.

H. Ensure participants feel listened to, can control options, and engagement / progression speed

Talk to Me Principles in Action:

1. Make it easy for me to tell you my needs.
2. Encourage me via existing advocates.

