

Get Out Get Active (GOGA) is an exciting new programme that supports disabled and non-disabled people to enjoy being active together. Funded by Spirit of 2012, all partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities.

Statistics continually show disabled people to be the least active population and two thirds of disabled people state they want to take part in sport with non disabled people (EFDS Lifestyle Report, 2013). Inclusion will therefore be at the heart of the programme.

Working in partnership with the lead GOGA partner, the English Federation of Disability Sport, Nottingham City Council has secured £245,000 over 3 years to develop and deliver a range of sport and physical activity programmes for citizens to participate in and improve not only their physical health, but happiness and mental well-being.

Nottingham's project will take place in 3 areas of Nottingham and will cover activities such as swimming, cycling, table tennis, basketball and tennis which will all be delivered by local partners including Table Tennis England, Active Ace, Nottinghamshire FA the Tennis Foundation and local cycling organisations.

Area 1 – North – Bilborough, Aspley and Bulwell

Area 2 – Central – St Anns and the Dales

Area 3 – South – Clifton North and South

Rationale for West Area – Aspley & Bilborough

- 22.4% of residents within the Care delivery Group 3 (which covers Aspley, Bilborough and Leen Valley) state they have a long term illness or disability
- 11.71% of residents in Bilborough claim the Disability Living Allowance benefit as a result of poor health
- 18% of residents in Aspley state their day to day activities are limited 'a lot and a little' due to their disability or long term condition

Programme of activity

Based on existing partnerships and latent demand of sport and physical activity in Nottingham, there is a detailed delivery plan for GOGA which outlines what activity is planned to take place when and where over the 3 years. However, we do have the flexibility to alter delivery to suit local needs. Cycling, Table Tennis, Supported Fitness, Community Fitness, Swimming, Netball, Disability Football and Tennis. Some additions that have already been discussed are walking, running and archery

Partner engagement event

We invite community partners and organisations to join us on **Wednesday 25th January 2017** at **Harvey Hadden Sports Village 2-4pm** to further showcase the GOGA project in further detail. With the being to engage community partners into the project. We will cover overall aims and outcomes and explore ways of how we engage the community, amplifying existing or creating new sport and physical activity projects to engage inactive people and those with disabilities. Light snacks and refreshments will be provide on arrival.

Project Key Principles

The Get Out Get Active Project is underpinned by 10 key principles, put forward by the English Federation for Disability Sport (EFDS). Please see brief overview below, for more information please click <http://www.efds.co.uk/how-we-help/research/1878-talk-to-me-october-2014>

Principles to get more people active

Drive awareness



1. Use the channels I already trust
2. Stay local to me

Engage the audience



3. See me as an individual
4. Talk to as many of my values as possible
5. Continue to fulfil my values in new ways

Offer support and Reassurance



6. Reassure me I'm going to fit in
7. Make me feel I can do it
8. Make it easy for me to tell you my needs
9. Ensure my first experience is good
10. Encourage me via existing advocates

Contact

There will be a GOGA Coordinator in post in early 2017. Details of which will be circulated in due course.

For all enquires until then, please contact Nikki Mottishaw -Community Sport Manager
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