



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 the city 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 Area 2 – St Anns and the Dales

- 17.2% (3,327 people) in St Anns state their day to day activities are limited 'a lot and a little' due to their disability or long term condition
- 8% of St Anns population claim the Disability Living Allowance benefit as a result of poor health
- 7% of St Anns and the Dales population state their health to be very bad or bad
- 18.1% of residents within the Care Delivery Group 6 (which covers St Anns, Dales, Mapperley) state they have a limiting long term illness or disability

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.

Snapshot of Area 2 (St Anns and the Dales) delivery

Table Tennis, inclusive fitness, swimming and basketball. 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 Tuesday 24th January 2017 at Victoria Leisure Centre from 2-4pm to further showcase the GOGA project in more detail. 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 provided on arrival. We welcome your assistance in promoting this to partners within the St Anns and Dales area.

Contact details

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
Nikki.mottishaw@nottinghamcity.gov.uk / 0115 8761615 or 07932 552791

Or Francesca Barney – Health and Physical Activity Officer – 07960 913010
francesca.barney@nottinghamcity.gov.uk

Additional information

In October 2014 the English Federation of Disability Sport released the ‘Talk to Me’ report which outlines 10 principles that sports providers could follow to help make their sport or activity more appealing to disabled people. These guiding principles will be used to underpin the GOGA project in Nottingham.

Principles to get more people active



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



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



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