

Get Out
Get Active



Launching the Get Out Get Active Programme



Information about Spirit of 2012

Spirit of 2012 is an independent trust, established with a £47m endowment from the Big Lottery Fund. We fund projects that empower people to get out, be involved and feel better. We fund partners that provide opportunities in sports, physical activity, arts and culture, volunteering and social action.

<http://www.spiritof2012trust.org.uk/>

Key messages:

- 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.
- GOGA runs for over three years (2016-2019) and within 18 localities across the UK. We have teamed up with an extensive range of partners to help us reach more people, who have the greatest need to get out and get active. These partners offer in-depth local knowledge and national expertise.
- Working together, we aim to increase the number of people who are able to access and enjoy local opportunities. This could be through local authority or independent provision, sports clubs or perhaps volunteering.
- We want to motivate people by tapping into their values and the things that matter most to them. This includes building friendships, maintaining health, having fun and progressing in life.
- We want to support more people to lead active and healthier lifestyles. By doing this, we can actively help to build stronger and more unified communities. The £4.5million investment means we can also proactively share results on a wider scale, so others can benefit from and use our learning.

Through GOGA we will:

- Reach 16,500 individual participants, at least 40% of whom will remain active
- Deliver over 30,000 sessions through 550 different activities
- Recruit, train and involve over 2,000 volunteers
- Improve confidence and competence through 500 training sessions

Get Out & Get Active Scotland

- Key delivery agents in Scotland will be the SDS member Branches
- Good mix of rural and urban settings for Scottish sites
- Core activity within the Scottish programme will include walking, cycling and swimming plus locally identified activity/priority
- Partner organisations working across all impairment groups
- Links to spirit Outcomes
- Evidence base - research, statistics, user/partner consultation
- Support of SDS staff
- Scotland allocated 3 sites and SDS Branches submitted a bid to become one of these sites
- Support of SDS staff

National Partners



Blazing Saddles
Jan Brereton



Scottish Swimming
Sharon MacDonald



Paths for All
Lindsey Gray

Grampian GOGA Project



AIM: Better opportunities for people with disabilities of all ages, along with their families and friends, to be included within existing mainstream walking, cycling and triathlon programmes across the rural and urban Grampian region

INPUTS

- Equipment: trikes, bicycles, powerchairs, changing benches and ceiling track hoists
- Education: DIT, SPC, sport-specific disability workshops
- Publicity: marketing, promotion, celebrity appearances
- Staff member: Consider employing a member of staff to for 7 hours per week to help with project admin

OUTPUTS

- Increased number of activities and events which become open to people with disabilities to participate in
- Increase number of people with disabilities and their families taking part in available activities
- Increased awareness of activities and events that are open to people with disabilities and their families
- Increased number of coaches and club officials who have undergone training for disability sport activities

OUTCOMES

- More people with disabilities are active in their local community
- More families who care for a person with a disability are able to participate in more activities together
- People with disabilities are more connected within the mainstream community
- People with disabilities have a better quality of life
- People with disabilities are physically fitter and/or healthier
- The mainstream community is better educated about the capabilities and limitations of people with physical, sensory and/or learning disabilities
- The mainstream community is more accepting towards people with physical, sensory and/or learning disabilities
- Activity providers, clubs, etc. are better educated about how to include people with disabilities in their sessions

IMPACT

- Increased participation in physical activity amongst people with disabilities of all ages, ethnicities, genders and cultures
- Increased amount of inclusive walking, cycling and triathlon opportunities are available to people with disabilities
- Increased number of volunteers, coaches and activity leaders who have undergone UK Disability Inclusion Training and/or activity-specific training

GOGA PROJECT

FVDS BRANCH MANAGEMENT COMMITTEE

GOGA Committee (Voluntary Chair, GOGA worker, volunteers, GOGA ambassadors)

INPUTS/OUTPUTS

- Budget £30k PA
- FVDS' contribution in kind
- Additional female-friendly activities
- Research (including SIMD) stats
- Partnerships
- GOGA ambassadors and other volunteers
- Monitoring and evaluation

AIM: To increase significantly female participation in disability sport and physical activity

OUTCOMES

- Up to 100 new female participants 2016-2019
- Stronger/more diverse volunteer workforce
- Greater confidence and inclusion for participants/volunteers
- Volunteers have enhanced life/employability skills
- Strong sustainable referral channels
- Improved understanding of what encourages/discourages female participation in disability sport
- Enhanced male participation
- Lessons to disseminate

IMPACT

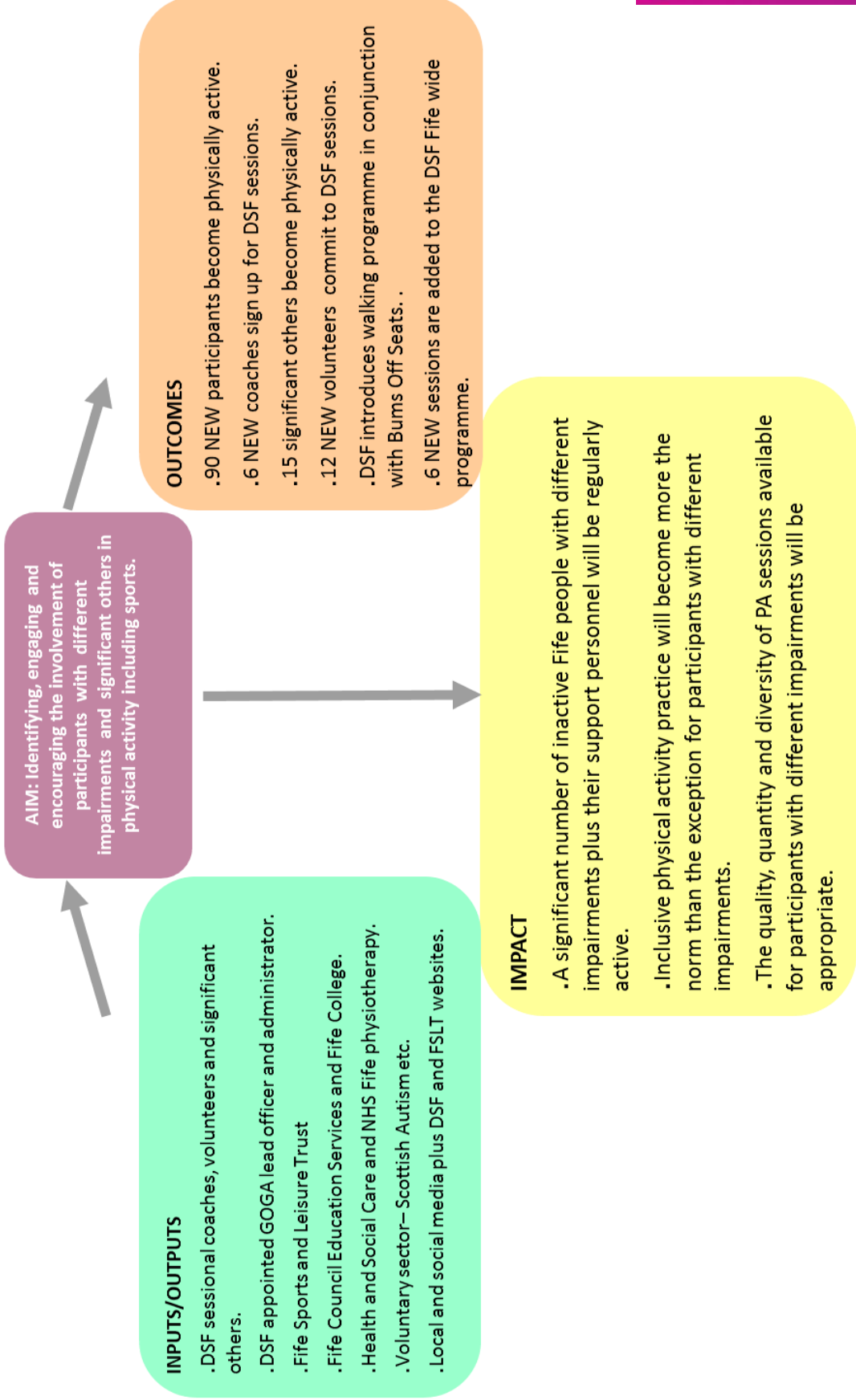
- Improved gender balance at FVDS
- Improved profile and perception of disability sport in local communities and with health, education and sport professional
- Further engagement with hardest to reach groups
- More volunteering opportunities
- Healthier, more confident and ambitious female participants – to drive this beyond 2019



GOGA Project 2016-19

DISABILITY SPORT FIFE GENERAL MANAGEMENT COMMITTEE

DSF POLICY & FINANCE COMMITTEE



List of Get Out, Get Active locations:

England

- Bradford
- Manchester, Greater Manchester
- Rochdale, Greater Manchester
- Wigan, Greater Manchester
- Margate, Kent
- East Lindsey, Lincolnshire
- Lambeth, London
- Wandsworth, London
- Nottingham
- Stoke-on-Trent

Northern Ireland

- Armagh City, Banbridge and Craigavon
- Derry City and Strabane

Scotland

- Fife
- Grampians (covering Aberdeen City, Aberdeenshire Council and Moray Council)
- Forth Valley (covering Clackmannanshire, Falkirk and Stirling council areas)

Wales

- Pembrokeshire
- Rhondda Cynon Taf
- Wrexham

Get Out Get Active Scotland

GOGA Coordinator, Scotland

Ailien Pallot

E: ailien@scottishdisabilitysport.com

T: 0131 625 4413

SDS Opportunities Managers

Mark Gaffney

E: Mark.Gaffney@scottishdisabilitysport.com

T: 0131 625 4417

Jen Livingstone

E: Jennifer.Livingstone@scottishdisabilitysport.com

T: 0131 625 4417

Disability Sport Fife

Richard Brickley MBE

E: richard.brickley@fife.gov.uk

T: 03451 555 555 ext 444 989

Forth Valley Disability Sport

Angus Whyte

E: graham.harvey@fvds.org.uk

T: 07527 147 685

Graham Harvey

Grampian Disability Sport

Claire McDonald

E: claire.mcdonald@scottishdisabilitysport.com

T: 07533 056 564