

Get Out Get Active



End of Programme Report



Wandsworth
London



in partnership with

enable
leisure & culture

Get Out Get Active

Get Out Get Active (GOGA) is a UK-wide programme funded by Spirit of 2012, driven and managed by Activity Alliance. It was established and rolled out to 18 localities across the UK in 2016. The programme, delivered in three-year cycles, sought to get the country's least active disabled and non-disabled inhabitants to be active together in inclusive activities.

Wandsworth has been part of the first cycle and has seen the programme progress and develop over the three years with a variety of activities and opportunities for all ages and abilities. The programme initially focussed mainly on the area of Roehampton, but then expanded across the Borough in the final year. The project has taken many different forms across each locality and has been made possible by partners on both a wider and a more local scale. On a wider scale, partners have included Volunteering Matters, Age UK, Sporting Equals, Disability Rights UK and London Sport, and on a local scale Fulham Football Foundation, Wandsworth Council, Sheltered Housing and local SEN groups, schools and charities. These partners have been instrumental in the development and success of the programme in Wandsworth.

Within London, GOGA has been implemented in Wandsworth and Lambeth and overseen by Alex Gibbons, Disability Programme Manager for London Sport. When asked about GOGA in Wandsworth Alex had this to say:

'London Sport has been delighted to work with Enable Leisure & Culture to develop the Get Out Get Active programme in Wandsworth. Over three years we have seen the Borough embrace the GOGA ethos wholeheartedly, starting up several activities that have enabled less active disabled and non-disabled people to get active together.'

The project funding in Wandsworth may have come to an end but Enable's commitment to inclusion continues. It's fantastic to see so many of the activities started through GOGA continue and the recently announced Disability Physical Activity and Sport Network will only strengthen this work further.'

As well as continuing to support the Borough's work around disability inclusion, London Sport intends to use the learning from the project to support partners to create similar opportunities across London.'

Finally, a massive thanks to Kaity and Peter for their fantastic work in making GOGA Wandsworth such a success.'



Partnership Working

Partnerships have been essential in running and sustaining the GOGA programme. Partners have been key initially in helping with programme development, and then with continuing the programme.

One key provider is the Fulham Foundation who were involved in the Sporting Memories sessions, run mainly out of Roehampton. They have been with the programme from the start and now support it both by funding a coach and by training volunteers post GOGA. We have worked closely with them to help establish in which areas sessions could best serve their purpose and be successful, as well as for support with volunteers and equipment. Partnerships with local sheltered housing associations who have 'bought-in' to the Sporting Memories sessions have also been essential. Most sheltered housing estates have a warden who can help establish and promote sessions, as well as a community clubroom with the space to hold such sessions.

London Sport have been an extremely useful partner, not only for the overall management of the programme but also in terms of their insight, support and guidance on the ethos and development of GOGA. Of course, working with Wandsworth Council has been vital in developing what the local offer in the Borough should look like – initially in identifying gaps in provision, and subsequently as a partner in funding and developing the inclusive Watersports sessions.

Talk To Me Principles

Over the three years there have been some key pieces of learning that have been extremely important in the development and progression of the project. These have been highlighted through the 'Talk To Me Principles'. These principles were developed by people with a disability for people with a disability and those working within the sector. For GOGA Wandsworth, we found great value in reviewing these and using them to inform how we set up programmes and sessions.

The four most important principles for our programme were 'Me, not my impairment', 'My life Story', 'Listen to Me' and 'Show Me'. By using these as blueprints for how we determined what sessions or programmes to run, we were able to promote and develop sessions that were tailored to the needs of the target audience.

These principles now inform how our team progresses and how we continue to ensure that classes are more inclusive, cater for the needs of the target audience and inform best practice for the future.

<p>Principle 1</p> <p>My channels</p> <p>Use communication channels that I already trust e.g. social media, local media.</p> 	<p>Principle 2</p> <p>My locality</p> <p>Travelling to get to activities can be a significant barrier for disabled people. I would much prefer opportunities to be closer to home.</p> 
<p>Principle 3</p> <p>Me, not my impairment</p> <p>Many people do not identify with being disabled and are put off by advertising that focuses on disability.</p> 	<p>Principle 4</p> <p>My values</p> <p>Everyone has values. Understanding what my values are and linking an activity to these can make taking part more appealing.</p> 
<p>Principle 5</p> <p>My life story</p> <p>As people grow older our values change. Keep me interested over time through new ideas.</p> 	<p>Principle 6</p> <p>Reassure me</p> <p>Some disabled people fear standing out and need to be reassured that any activity we attend will be welcoming and suitable for our needs.</p> 
<p>Principle 7</p> <p>Include me</p> <p>Some disabled people need to know we are good enough to take part. Providers should make sure that people with varying ability levels feel included in sessions.</p> 	<p>Principle 8</p> <p>Listen to me</p> <p>Disabled people can be limited by our impairment and should be able to discuss our needs in a safe and private environment before starting an activity.</p> 
<p>Principle 9</p> <p>Welcome me</p> <p>An unpleasant first experience can prevent anyone from taking part again. Ensure my first experience is enjoyable so I'm likely to return.</p> 	<p>Principle 10</p> <p>Show me</p> <p>Engage disabled people who are already involved in your activity to promote it to others.</p> 

Infographic courtesy of:
activityalliance.org.uk

Key Statistics

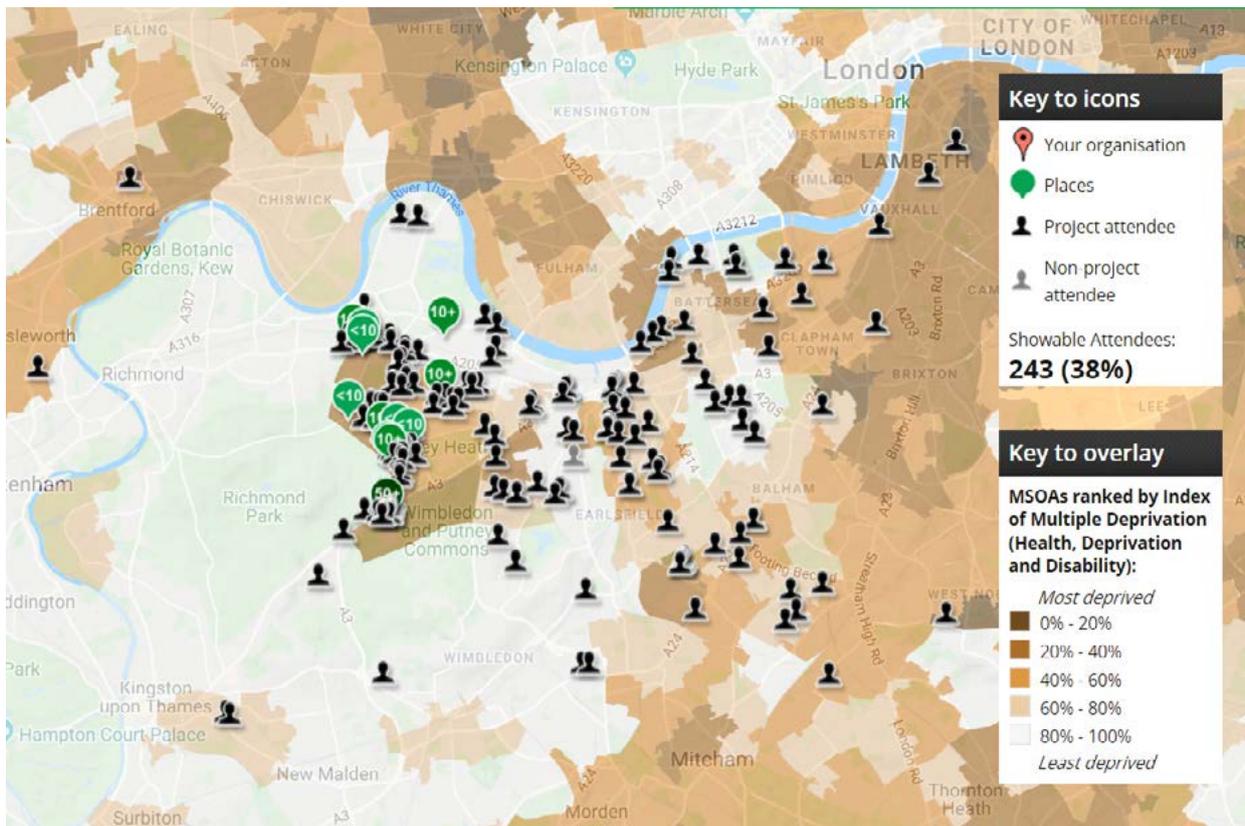
Get Out Get Active have been using the Upshot monitoring and evaluation system to assess the programme and its outcomes. Headline statistics against key monitoring indicators were:

Indicator	Target figure Oct 2016	End of programme actual – Dec 2019	Percentage achieved
Total throughput	3408	9560	281%
Total individual participants	533	640	120%
Total number of sessions held	190	762	401%
Total number of volunteers	40	14	35%
Number of events	4	41	1025%
Attendances at events	1026	2679	261%

Overall, we exceeded the targets set at the beginning of the project in all areas except for volunteers. We have been working hard over the last few months to build this number up; volunteers and volunteering will continue to be a target for us going forward through all our programmes.

Participant locations

Below is a map produced using Upshot showing the locations of participants and how these relate to the Index of Multiple Deprivation (Health, Deprivation and Disability).



Over the last year we have expanded the GOGA programme beyond the Roehampton area, setting up sessions in other areas in the Borough. This has allowed us to reach new audiences and provide accessible activities for more residents of Wandsworth.

Participant conditions and disabilities

The table below shows the total number of participants with and without a physical or mental health condition, taken from Upshot monitoring. Participants were asked: 'Do you have any physical or mental health conditions, or illnesses that have lasted, or are expected to last, 12 months or more'.

Answer	Attendees (all people)	Attendees (participants)	Attendances (all people)	Attendances (participants)	Contact hours
Yes	249	248	3272	3271	4294.17
No	180	178	1846	1833	2576.08
Prefer not to say	8	8	134	134	160
Total	437	434	5252	5238	7130



Ongoing sessions

Below is a list of ongoing sessions which have continued through all three years of GOGA or been established within the last year. For each session we highlight how it fits into the GOGA ethos.

Sporting Memories – Manresa

When: Thursdays 1100-1230 **Where:** Manresa Clubroom

The 'My life story' principle is a cornerstone for delivering sessions which cater for older generations, especially those centred around memories and reminiscences. It's essential that the instructor takes this into consideration and uses the experiences of the participants to drive the discussion and ensure that each participant is getting a chance to share their story. The session started in July 2017 with four participants, three of whom have attended most weeks and continue to attend. This has grown to a consistent average of 12 per session, with 25 unique individuals having participated across the three years.

Sporting Memories – Grosse Way

When: Wednesdays 1300-1430 **Where:** Grosse Way Clubroom

This is a new session but like the Manresa session is aimed at tackling loneliness, getting the inactive inhabitants from the housing estate active and interacting. This session currently has four participants, but we are hoping that with help from volunteers and the Fulham Foundation, this will grow over time as at Manresa.

Women's only Yoga

When: Thursdays 0930-1030 **Where:** Newlands Community Hall Putney Vale

The 'Show Me' principle played a key role in getting attendance for this session up and spreading the word to the local estate and participants. When the session originally started in 2017 the instructor played an important role by knocking on people's doors and leafleting to attract local residents to the session. Over the years, the session has come to rely on 'word of mouth' with participants telling their friends and neighbours about the benefits of the class.

55+ Stretch and Movement

When: Thursdays 1030-1130 **Where:** Newlands Community Hall Putney Vale

Again, we have been reliant on the 'Show Me' principle to allow the benefits of this class to attract those most in need of it. The session caters for all abilities, but is especially useful as rehabilitation for those with an injury or underlying health problems. 'Listen to Me' is another key principle to consider, allowing one to bring the needs of the individual and their capabilities to the forefront and ensuring that necessary adaptations can be made to meet those needs.

Chi Gung (Formerly Tai Chi Pocklington Trust)

When: Thursdays 1200-1300 **Where:** Penfold Centre

Chi Gung started off as a Tai Chi class run for members of the Balham Resource Centre with a visual impairment, referred through the Pocklington Trust. Due to external circumstances the session was moved to a different venue and rebranded as Chi Gung. The class is open and has attracted both participants from the original session and new participants of varying levels of ability and age. While in the transition phase, the 'Reassure Me' principle played a role in working with the past participants to encourage them to come along to the new session. In looking for a new venue, we ensured that a site visit was carried out by a visually impaired member of Pocklington Trust to make sure ensure that the route was mapped out and the venue was accessible. This first-hand knowledge and experience from a trusted source reassured the participants that the change wouldn't be too big a challenge.

Women's only Yoga Faith Group

When: Tuesdays 0900-1000 **Where:** Roehampton

At the Get Active Roehampton Festival 2018 we were approached by some inactive Somali women hoping to get into some form of activity in Roehampton. They were looking for Yoga or similar types of activity and so in partnership with Active Lifestyles this women only Yoga session was set up in Roehampton. The flexibility of GOGA meant that, in partnership with our Active Lifestyles team, we were able to help support and fund this group, having taken feedback and applied the 'Listen to Me' principle before the session was set up.

SEN Schools Tennis

When: Various times **Where:** Paddock Secondary, Paddock Primary, Garratt Park

Tennis is a very inclusive sport and so has been one that schools have been particularly interested in. 'Me, not my Impairment' is a key principle for any sport or physical activity when working with anyone with a disability – it is essential that the participant is included by tailoring activities to their capabilities, so as not to limit them because of their disability. This has allowed children with varying levels of disability to access the activity.

Schools Tennis Festivals

When: Summer **Where:** Various locations

Our Schools Tennis Festivals have been a great way to gather interest in the early years of GOGA through the roadshows, and then to celebrate the programme as we came into its last year. They have given schools the chance to venture out of their school environment and experience what it is like to play on a full-size tennis court and to work with different coaches.

SEN Schools Gymnastics

When: Various times **Where:** Paddock Secondary

Focusing on Paddock Secondary, we have used a coach to deliver gymnastics sessions so that schools can encourage their inactive young people to be active through another choice of sport. There is a demand for gymnastics in the Borough and through GOGA we were able to provide a gymnastics experience which is not generally catered for. Using the 'My channels' principle to engage the young people ensured that we had a means to gather interest, had a means of support, and an opportunity to develop sustainably within the school. The young people trust the school and the teachers promoting the activity and so these established channels offered a way of engaging with the young people relatively quickly.

Inclusive Football

When: Tuesdays 1700-1800 **Where:** Battersea Park

FC Porto, a local football club, have established a new inclusive session aimed at getting children with disabilities involved in football. The session is run by volunteers and the purchase of equipment supported through GOGA, giving access to training and promoting an inclusive ethos. As this session is run mainly by volunteers and coaches who have only limited experience of working with children with a disability, 'Me, not My Impairment' has proved to be the most relevant principle for this session. This principle helped volunteers who had no previous knowledge or experience with certain types of disability to adapt to the capabilities of the children rather than to their diagnosis.

Watersports

When: Saturday blocks 1000-1100 **Where:** Wimbledon Park

This has been a particularly successful programme over many years, and has proved very popular within both the disabled and the non-disabled communities. Even before the GOGA funding and the application of the 10 principles we could link this session to the 'Include Me' principle. This is due to the way in which these sessions demonstrate that sports such as sailing, and canoeing are accessible to everyone, no matter what their level of ability.

Inclusive Activity Programme Training

When: Various times **Where:** Various locations

Upskilling the workforce through Inclusive Activity Programme training, giving them the opportunity to have some experience in what challenges they may come across when working with anyone who falls within different target groups, e.g. disability, elderly, large groups etc.

Mentor Training

When: Various times **Where:** Various locations

These training sessions are ongoing and are used to facilitate the continuing Peer Mentor scheme. Once signed up to be a mentor the volunteers are asked in to do some training and paperwork so that we can get them out and working with a mentee as soon as possible.

Peer Mentoring

When: Various times **Where:** Various locations

The Peer Mentoring scheme takes into account the principles of 'My Values' and 'My Locality'. With this programme we aim to ensure that the needs of the mentee are met and that their values, opinions and goals form part of their personal development. Similarly, we want to ensure that the mentee is able to access support and activities in the local community with links to local groups and activities being made accessible to them, so that their long term needs can be met.

Other sessions

As well as the ongoing sessions listed above, GOGA has given us the flexibility to experiment with a range of different sessions and activities. Over the first two years many proved successful, while others, having been trialled, were subsequently adapted or changed. The table below lists all GOGA sessions run from the beginning (excluding the ongoing sessions listed above).

Activity	Description	Target group
Rave Fitness	Fitness	Ages 16-25
Back to Netball	Netball	Women only
Beginners Running Club	Running	Families
Disability Tennis Roadshow	Tennis	SEN departments
Junior Non-contact Kickboxing	Kickboxing	Children aged 8+
Men's Swimming	Swimming	Men only
SEN Tennis Festival	Tennis	SEN departments
Dodgeball	Dodgeball	Young people aged 8-16
Learning Disability Tennis Festival	Tennis sessions delivered to SEN departments in primary schools - four weeks in summer, finishing with a festival at National Tennis Centre	Young people aged 18 and under
Multi sports	A range of sports & activities on local estates (in partnerships with Chelsea Kicks)	Young people aged 18 and under
Roehampton Festival	Local community festival	Local community
Multiskills Activators Course	Entry level multi-sports coaching course	Local coaches, students
PVRA Christmas Fair	Community event to bring local people together and signpost them to our sessions and activities	Local community, all ages and demographics
Women's Bootcamp Sessions	Beginners bootcamp class aimed at disabled and non-disabled women	Women only
Mobility Taster Session	Social activity at Lennox Community Centre designed to improve joint mobility	The elderly
PVRA Summer Party	Support for a local community party at Newlands Hall, promoting the sessions we run there	Local community
SEN Tennis Summer Drop-in	Summer holiday continuation of SEN Tennis sessions	SEN departments - Primary Schools
Get Active Roehampton	Coordinating the sport and activity section at local Roehampton Festival	Local community (no specific target group)
TASTER: Vicarage Court	Social activity tasters for local sheltered housing community	Sheltered Housing Ages 55+

CASE STUDY: Manresa Memories

The Sporting Memories sessions form part of the GOGA programme and provide reminiscence therapy for those with dementia or pre-dementia. Through the sharing of childhood memories, interspersed with some light and gentle activity, participants increase their health and wellbeing. We have been working with Fulham Foundation on this programme for a couple of years now and their support has been invaluable in the success of the class. They have been key in supporting Lorraine with the delivery as well as attracting volunteers to the session.



Since starting in 2017, the Sporting Memories programme has seen 12 people attend the free weekly classes growing from an initial three and is the longest running GOGA session in Wandsworth area. The programme has been instrumental in creating a safe, positive and encouraging environment for the participants. It is a session that the participants really value not only for the health benefits that come with attending the class but also the bonds that have been created and the close friendships that have been made over the last three years. Our goal for this session is to continue to see it grow and flourish with the help of our dedicated volunteers and strong working relationship with Fulham Foundation.

Fred – long-term participant and resident of the area:

'I have two or three things I marked throughout the week that I report to and a Thursday morning 11-1230 is one of them. It's a positive thing it helps break up my week. We have a chat and some people just tell things about their own lives and we share that. We are all elderly and we have all had a life and a story to tell.'

John – long-term participant who has Cerebral Palsy and is a resident of the area:

'I like all the sessions because it gives us the experience to share our feelings with everyone in the group and also improve what we are wanting to do. So really since this has been started, I would say it has been a good thing for myself and you know if it carries on, which I hope it will, it will only improve.'

Mo – long-term participant and resident of the area:

'Yeah, it is a motivation even when I haven't felt 100%. I thought yeah I've got to go 'cause it's varied so we got so many different things which helps in lots of ways.'

This is it, sharing all your memories with other people when you are in a group is good cause you realise that everybody's got their own individual memories or experiences. I know I am not alone, I know I've got lots of friends at the end of the day. It brings people out of themselves.'

Rachel – volunteer at the class:

'Actually, you know it makes you like your useful, you devote yourself to something and to make people happy, we are all growing old eventually, so I just wanted to make best use of myself, to make people feel their useful.'

Lorraine – Session Leader:

'The key aspects for the group is the coming together, socialising and having fun through chatting and light activity, at least once a week. The sense of empowerment they feel when they are speaking is important. Everyone has a story that they want to tell. Sometimes they tell their story for the first time to the group. This group has a tight bond but always ready to welcome new members. We are like a family.'

CASE STUDY:

Women's Only Yoga & Stretch and Movement Class

These classes were established in the first year of GOGA Wandsworth and have been successful in bringing a mix of ages and abilities into the community hall, as well as providing activity for the residents on this estate.

The yoga session has welcomed several women across different age groups who have a goal to get active and improve on mobility, strength and balance. Some women have used this as a stepping stone into further activity and accessing gyms and further classes. This has come from building their confidence in their ability to be active.

The Stretch and Movement class was formed because a few of the participants or potential participants were less able or unable to attend the Yoga class due to their physical capabilities. This required a new class for the ladies who had more issues with mobility or were recovering from falls or incidents. This class is less strenuous and can be tailored to the individual participants with each exercise being adaptable to being harder or easier.

The classes run back to back and often the ladies will have a short tea and catch up between the sessions with Yoga finishing slightly earlier and Stretch and Movement starting slightly later. This has given the ladies a chance to form new friendships with some living on the same block, not knowing each other until this class but now forming strong friendships. This has extended to ladies going to the cinema together, going to the gym and generally looking out for each other.

The classes taking place so close together also provides ample opportunity for ladies who have improved or who need a step back in their physical activity levels to change between classes depending on their physical capabilities and needs.

Some participants highlighted what the class means to them and how it has benefited them.

Mariola – Yoga Participant:

'Well I had a really bad knee and still have bad knees but it's really helped me a lot. I just couldn't do things I could do when I first came along, like house work, I was just sitting indoors and everything and this has helped me a lot.'

Pat – Stretch and Movement Participant:

'Plus all the social life the benefits and stretching and also I had the extra benefit after the total knee replacement my knee has total 100% improved no pain thanks to the professional Will, his class is fantastic!'

Ann – Stretch and Movement Participant:

'Will adapts to each of our individual he will say to you 'you alright Ann, you have an extra mat or something.' I came round and instead of the yoga class I came to the older class, saw Will and it suits me lovely'

Will – Instructor:

'I think for me its nice as well because the atmosphere is always very supportive though I think that is good with having a smaller group.'

CASE STUDY: Watersports

Watersports sessions have been running in the Borough for a few years now, catering for children with a disability, and are widely enjoyed and valued by both parents and participants. Prior to GOGA, this session was solely for children with a disability. However, having worked under the GOGA ethos, I wanted to develop the session into an inclusive opportunity for any child who wished to participate. By advertising the session as 'inclusive' and starting a 'Friends First Session Free' opportunity we were able to attract more participants to the session, upping the number to 24 from a previous allocation of 16, and to promote inclusive activity.



With the help of GOGA and funding secured from Wandsworth Council's Short Breaks Grant we facilitated four times the number of sessions to previous years across a span of eight months, as opposed to six sessions across a span of three months.

The parents have expressed the importance of this session and have fed back on what it means to them and their child.

Lucy – Parent:

'My son absolutely loves the sailing sessions and he remains focused and engaged. It has also helped him to learn to work as part of a team and its increased his confidence around new children. He is so relaxed after the sessions and looks forward to going every week.'

Karen – Parent:

'The main benefit for Frankie has been the independence. It is very unusual for a child with special needs to ever be away from a parent or carer. Sailing allows Frankie to go off for an hour completely independently from me. Yet is completely safe because the staff are on the rescue boats nearby.'

Elissa – Parent:

'It is also a great opportunity for her to work collaboratively with other children as they have to communicate to actually sail the boat without an adult facilitating. Something that children with special needs also don't get a chance to do very often.'

Yumna – Parent:

'By attending these sessions my son has made some lovely friends. He was able to build his muscles by rowing hence increasing and helping with his OT needs. It's a wonderful calming activity that helps my Mohamed relax.'

CASE STUDY: SEN Schools Tennis

Over the three-year period there have been several schools involved in the SEN Schools programme. Coming into the last year there were a few aspects to the programme that were slightly different to previous years, due to the move towards sustainable programmes. In partnership with the LTA, we provided a teacher training course for three schools, upskilling the teachers to deliver inclusive tennis within their school. Following the training we applied for inclusive tennis kit for each of the schools so that they had the tools and equipment needed to deliver tennis. Each school was then given the opportunity to have a coach come and deliver tennis sessions and provide further support for the teachers. We ended the summer term with a festival for three of the schools: Paddock Secondary and Primary at Barn Elms Sports centre and Garratt Park at Battersea Park Millennium Arena. Tennis was then continued in both Paddock Primary and Secondary Schools throughout the winter term.

In the first two years of GOGA, sessions were run across the Roehampton area in various schools. Using GOGA funding, a coach was provided for six-week taster session across five different schools: Roehampton Church, The Alton, Heathmere, Granard and Paddock. These six-week tasters culminated in termly schools' festivals. Although some of these schools did not take up the GOGA offer in the last year, they have remained active in other Tennis programmes offered by other groups such as Racquets Cubed.



CASE STUDY:

Peer Mentoring

The Peer Mentoring programme has been developed by Disability Rights UK and Activity Alliance with a view to getting more people with a disability both active and volunteering. The volunteers sign up as mentors and are trained to work with adults or young people with a disability. We then assign the mentors with a mentee – someone who has a disability and is inactive and would like to get back into the community or become more active. Through a series of one-hour weekly meetings the aim is to help the mentee increase their activity levels and support them in getting back into community sessions or clubs.

The eventual hope is that mentees may become mentors themselves if they feel they can do so. With the guidance of Disability Rights UK, we are hoping that we will attract more mentors who themselves have a disability to give peer to peer support. We currently have one member of our mentoring team with a disability and we are matching her with a mentee who has acquired their disability in a similar manner.

The benefits of this programme and the peer to peer aspect give the mentee the opportunity to see what they are capable of and allow the mentor to share their experience of overcoming barriers they may have faced. This 'lived experience' provides an insight that someone living without a disability may not have.

Oscar and Joe

Oscar first came to us through the Get Set Go event run by Wandsworth Council to engage with children, young people and adults with disabilities. He used to be quite active in school and enjoyed sports, having previously competed for the Borough in the London Youth Games, and had an interest in cricket. Since leaving school, his activity levels dropped to one hour per week of cricket, but he felt he was struggling to get into any other sport or to access clubs due to his lack of confidence.

Joe signed up as a volunteer on the Team London website, through which he was contacted and trained by Enable. He is very active and enjoys multiple sports. This seemed like a good fit and so we arranged for Oscar and Joe to meet, set goals and establish what activities they would be looking to do.

Oscar and Joe have been meeting for an hour a week since September and have done a variety of activities, from booking a tennis court, to kicking a football around, to cricket bowling practice in the park. When speaking to them both about the impact this programme has had they said:

Oscar

'I have been independent which has been very good for me and I have been sporty which is also very good for me. I have really enjoyed it.'

Joe

'I have really enjoyed my time with Oscar so far, the programme has been really rewarding and I feel like I've built a bond with my mentee.'

Lessons Learnt

GOGA has been an essential programme over the last three years which has helped change and shape the way we think about developing programmes and sessions across the Borough.

The 'Talk To Me Principles' have played a large role in developing the way that we think – not just for working with people with a disability but across a number of target groups. The 'Listen to Me' principle of listening to the needs of the individuals or groups, what they want and what can be achieved, can be transferred to working with girls only programmes, mental health, crime prevention and so much more.

The social aspect which goes along with the offer of an activity can be an important motivation to get people to come along and engage with the activity, especially when working with the lonely or vulnerable. The offer of a tea, coffee or biscuit can be a real draw to get people to attend a session.

In today's society we can be seen to be over-cautious when it comes to encouraging people to achieve their potential, perhaps even more so when it comes to anyone with a disability. Coaches and volunteers may find it difficult to adapt or to plan for different disabilities through fear of doing the 'wrong thing'. This is where the 'Me, not my impairment' principle comes in. When training coaches or volunteers, or working on new sessions, it is important to take this principle into consideration – what are the abilities of the participants and how can they influence the format and delivery of the session? This ensures that the participants get the most out of the session and that they are participating around their capabilities, not their disabilities.

When working within sheltered housing and with the elderly community, the 'My life Story' principle has been key in our development of the content of any sessions for this target group. Within our team at Enable we have a programme that caters for the older community across the Borough, and across various levels of ability and activity. This principle can be very easily integrated into sessions through talking to and getting to know the participants. This can then influence any further sessions.

The theory of inclusivity has been developing over a number of years. It has progressed from adapting activities usually considered as 'able-bodied' activities to include a 'disability' element to having fully inclusive activities with disabled and non-disabled participants doing activity together. What GOGA has allowed the localities to do is to try out and test different ways of running sessions and programmes, targeting different age groups and localities. It has given us the flexibility to deliver what the target audience wants and needs. This has proved to be a great asset to our area, giving us the ability to trial different approaches and sessions, which might or might not have worked. It has allowed us the ability to try, test, assess and change activities depending on their success and their suitability within the area.

What we have discovered during this project is the ease with which we can integrate and include those with a disability and those without. The benefits of this approach are seen throughout the GOGA programme and beyond. Research conducted by Activity Alliance, 'Taking part with Disabled People: Non-disabled people's perceptions' (May 2019) found that the majority of people interviewed (67%) 'had no prior knowledge of inclusive activity with 43% never having even heard of the term.' This makes projects like GOGA so important. Projects like these give freedom and the opportunity to try different sports and activities which promote inclusiveness. Hopefully this will reverse the figures above so in the future that the majority of non-disabled people become aware of and practice inclusivity.

Where do we go from here?

Part of the task in this final year was to ensure that the programmes were sustainable and that we could embed the GOGA ethos in our current and future programmes.

We were able to sustain all the current programmes through a variation of integrating sessions into other programmes, the use of volunteers and training of teaching staff. We are continuing to work with partners such as the LTA to deliver inclusive tennis sessions, Fulham Football Foundation and Sheltered Housing to deliver Sporting Memories, and Wandsworth Council to support the funding and running of the Watersports sessions. Within our own team, Yoga, Stretch and Movement and Chi Gung have been taken into the Active Lifestyles programme. We will continue to promote Peer Mentoring and we hope to establish a longer standing programme with support from Volunteering Matters.

Get Out Get Active has been an important programme to be part of and one which we have enjoyed partaking in over the last three years. It has given us the opportunity to work more inclusively, with an inclusive ethos at the heart of each session or programme that has been introduced. Going forward, we will continue to promote inclusivity and to ensure that this has a place within all our programmes.

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