

Telephone: 01777 709650

Get Out Get Active

## How to book a place on the programme?

To book your place on the programme either telephone the centre or complete the form below and send it to the GOGA Development Officer at **Bassetlaw Action Centre**.

Name: .....

Address: .....

.....  
.....  
.....

Postcode: .....

Contact Tel: .....

Mobile: .....

Email: .....

E-mail: [goga@actioncentre.org.uk](mailto:goga@actioncentre.org.uk)

Facebook: [Get Out Get Active Bassetlaw](#)

Twitter: [gogabassetlaw](#)



## Activity Alliance 'Talk to Me' principles.

### 1. My channels



Use communication channels that I already trust eg. social media, local media.

### 2. My locality



Travelling to get to activities can be a significant barrier for disabled people. I would much prefer opportunities to be closer to home.

### 3. Me, not my impairment



Many people do not identify with being disabled and are put off by advertising that focuses on disability.

### 4. My values



Everyone has values. Understanding what my values are and linking an activity to these can make taking part more appealing.

### 5. My life story



As people grow older our values change. Keep me interested over time through new ideas.

### 6. Reassure me



Some disabled people fear standing out and need to be reassured that any activity we attend will be welcoming and suitable for our needs.

### 7. Include me



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.

### 8. Listen to me



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.

### 9. Welcome me



An unpleasant first experience can prevent anyone from taking part again. Ensure my first experience is enjoyable so I'm likely to return.

### 10. Show me



Engage disabled people who are already involved in your activity to promote it to others.

**A better quality of life living with a long term health condition**

Bassetlaw



Centre

# Get Out Get Active Bassetlaw

A better quality of life living with a long term health condition



## GOGA Bassetlaw Programme

Bassetlaw Action Centre  
Canal Street, Retford, DN22 6EZ

01777709650

[www.bassetlawactioncentre.org.uk](http://www.bassetlawactioncentre.org.uk)  
[goga@actioncentre.org.uk](mailto:goga@actioncentre.org.uk)

ActionCentre

BassetlawActionCentre

GogaBassetlaw

GetOutGetActiveBassetlaw

[www.bassetlawactioncentre.org.uk](http://www.bassetlawactioncentre.org.uk)

activity alliance

active partners trust

Bassetlaw DISTRICT COUNCIL  
North Nottinghamshire

NHS

Funded By



### One in 3 adults in England live with a long-term health condition.

**Get Out Get Active (GOGA)** is an exciting 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.

Research states that people living with a long term health condition are twice as likely to be among the least physically active.

The aim of the programme is to understand the unique challenges that those with a limiting illness or long term conditions face when participating in sport or physical activity.

- In Bassetlaw partners will introduce active recreation into a voluntary sector led health initiative which supports those with a long term condition and anybody else who wishes to increase their activity.
- We will do this by connecting those with health conditions into local communities through integrated activity in a friendly and inclusive manner.

### Physical activity can help prevent and manage health problems...

Physical activity has been shown to have a strong and positive influence on mental wellbeing and some mental illnesses.

Participation in regular physical activity can increase self-esteem and reduce stress and anxiety.



Regular physical activity provides a range of physical and mental health, and social benefits, many of which are increasing issues for individuals, communities and society. These include:

- reducing the risk of many long-term conditions
- helping manage existing conditions
- ensuring good musculoskeletal health
- developing and maintaining physical and mental function and independence
- supporting social inclusion
- helping maintain a healthy weight
- reducing inequalities for people with long-term conditions

### Active recreation health initiative supporting those with long term illness

Together with local partners **Bassetlaw Action Centre** will provide a service whereby the GOGA Activities Officer will accompany individuals to activities of their choice for limited period to help overcome the stress and anxiety that this would normally cause.

Currently Bassetlaw Action Centre also facilitates the **Staying Well Expert Patients Programme (EPP)** which is a chronic disease self-management course (CDSMP) to help people living with long term conditions maintain their health and improve their quality of life. The course is 2.5 hours per week over several weeks and provides you with the tools to help to manage your condition. It is peer lead by tutors who also have a long term condition.

Please call **Bassetlaw Action Centre** if you would like more information on how to book on to this course.

**Bassetlaw Action Centre** is a community resource agency offering help and support to individuals and organisations throughout Bassetlaw; promoting the independence of older and vulnerable people and supporting individuals with long term conditions. Please call if you would like any information about our other services.