



# GOGA Bassetlaw

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# What is GOGA Bassetlaw

- ▶ Get Out Get Active (GOGA) Bassetlaw is a project that is working across the district to support those who are inactive or have a long term health condition to get active by taking part in fun, safe and inclusive activities.
- ▶ GOGA is about more than just being active, it strengthens community spirit, increases confidence and improves mental health. GOGA reaches out to the very least active, disabled and non-disabled people in the community. GOGA aims to provide support to encourage greater activity in a genuinely inclusive environment, helping to build friendships, maintain health, increase independence, reduce stress and boost self-esteem.
- ▶ In Bassetlaw, partners will introduce active recreation into a voluntary sector led health initiative which supports those with long term illness. The approach maximises the chance of securing full buy in from local health professionals but also helps Bassetlaw develop an approach which connects those with health conditions into local communities through integrated activity provision.

# Benefits of Befriending within GOGA

- ▶ Reduces Loneliness
- ▶ Reduces Social Isolation
- ▶ Boosts Morale and Confidence
- ▶ Low/no activity
- ▶ Builds Relationships
- ▶ At BAC we can signpost to our telephone befriending service

# Quotes from Participants

- ▶ “Getting back into tennis has improved my mental and physical health and you can’t put a price tag on laughter and happiness”
- ▶ “Fun and keeping fit is great and it’s made better by meeting great people and good coaching skills, my serve is actually going in the box now!”
- ▶ “A great incentive to get out in the fresh air and make lovely new friends”
- ▶ Walking tennis is so much more than tennis! Its increased my fitness, given me a new hobby, lots of laughs during sessions and some lovely new friends!”