

Report on	GOGA#2 Project Plan (2021 – 2024)
Date of Meeting	3 rd July 2019
Reporting Officer	Oliver McShane
Contact Officer	Leigh Gilmore

Is this report restricted for confidential business?	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	X

1.0	Purpose of Report
1.1	<p>To inform Members about the GOGA (Get Out Get Active) 2 Project Plan (2021 – 2024)</p> <p>Live Active NI is a community interest company established by Disability Sport NI to bring the benefits of active recreation to everyone in the community, with a particular focus on underrepresented groups.</p> <p>Mid Ulster District Council has been highlighted as a potential partner due to the lack of previous funding by the Spirit of 2012 and its geographical mix of both rural and urban and its area</p>
2.0	Background
2.1	<p>Get Out Get Active (GOGA) is an existing programme that supports disabled and non-disabled people to enjoy being active together.</p> <p>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.</p> <p>Previously the programme has run over three years (2016-2019) and within 18 localities across the UK. Live Active NI manage programmes for GOGA in Derry City & Strabane and Armagh City, Banbridge & Craigavon.</p> <p>There are an extensive range of additional partners to help reach more people, who have the greatest need to get out and get active. These partners offer in-depth local knowledge and national expertise.</p> <p>The goal is to support more people to lead active and healthier lifestyles, and in doing this actively help to build stronger and more unified communities.</p> <p>The programme also seeks to proactively share its results on a wider scale, so others can benefit from and use its learning.</p>

	<p>By end of 2019 GOGA will:</p> <ul style="list-style-type: none"> • Reach 16,500 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
3.0	Main Report
3.1	<p>What Live Active NI are proposing for GOGA#2</p> <p>GOGA GROWTH (60% of project) see attached</p> <ul style="list-style-type: none"> • A wide menu of activities to be offered via GOGA#2. • The key focus of all activities is Family Fit, the plan would be to co-ordinate annual events to take place in several areas of NI on the same weekend for maximum media impact.
3.2	<p>GOGA LEGACY (10% of project)</p> <ul style="list-style-type: none"> • Develop a GOGA Principles and Learning Workshop, which will be delivered in collaboration, to mentor GOGA#2 localities and also extend the impact of GOGA#1 to positively influence inclusive practice across NI. • Maintain, grow and support a stakeholder networking forum in each of the GOGA #1 localities to maintain a GOGA ethos in collaborative working and continue to maximise impact.
3.3	<p>GOGA LABORATORY (30% of project)</p> <p>Develop activities with groups piloted or not yet explored in GOGA#1, prioritising:</p> <ul style="list-style-type: none"> • Intergenerational activity - Explore and deliver focussed (sustainable) activities to develop inclusive models to engage the youngest and oldest people in our localities (both disabled and non-disabled) in inclusive intergenerational activity. • Mental Health - Explore and deliver a number of focussed (sustainable) activities to develop good practice inclusive models to engage the most inactive disabled and non-disabled people affected by poor mental health. <p>Subject to a successful funding application there may be the offer of :</p> <ul style="list-style-type: none"> • 1 Full Time staff officer • Management and admin support • Comms and marketing support • Volunteer Development support • Small programme and events budget • 2 training courses delivered per locality per year

	<p>Partners are asked to support:</p> <ul style="list-style-type: none"> • Provision of office space, desk and chair. • Access to printing & photocopying facilities. • Stationery and postage. • Telephone Line and telephone. • Storage facilities for sports equipment. • Access to broadband/WIFI to enable remote access to Disability Sport NI's server • Contribution to the annual programme budget – in the range of £4-5k <p>Facts & Figures - Derry & Strabane</p> <ul style="list-style-type: none"> • Over the 2.5 years, the programme has invested approx. £13k back into Council facilities. • There have been over 100 new members join Foyle Arena alone, who only accessed the centre because of the GOGA programme. • Those who accessed GOGA programmes have continued to use Council facilities independently e.g. for swimming, room bookings etc. • Annual events create additional footfall for Council centres and initiatives such as Junior Park Run has been established, due to GOGA.
4.0	Other Considerations
4.1	<p>Financial, Human Resources & Risk Implications</p> <p>Financial:</p> <p>Sport NI are currently submitting a funding application for the programme. Should the application be successful, delivery of the programme will require a budget contribution of £4-5K tbc (2020-2021) (subject to agreement of Council budget for 2020/21).</p> <p>Human:</p> <p>Hosting responsibilities</p> <p>Risk Management:</p>
4.2	<p>Screening & Impact Assessments</p> <p>Equality & Good Relations Implications: This will have a positive impact as it supports disabled and non-disabled people.</p> <p>Rural Needs Implications:</p>

	The programme will target rural areas to help people live healthier lives.
5.0	Recommendation(s)
5.1	To agree in principal to support the GOGA#2 proposal with more detail to be presented to committee if the funding application submitted by Disability Sport NI is successful and an offer of support is received.
6.0	Documents Attached & References
	GOGA GROWTH - Possible Plan

Activity	Need has been evidenced via GOGA 1	Inclusive activity	Likely partners	Aligned to Spirit's Mission	Audience	No of events / programmes	Sustainability route
Annual Superhero 2k Family Event	Yes – 520 attendees over 2 events	Yes – Family friendly, Inclusive, Intergenerational etc.	District Councils, Volunteer Now, local Surestarts, local Health and Social services Trusts,	ACTIVE CONNECTED	Older people, families (especially women and girls), single parent families, people with disabilities and their families.	1 per year per area	Inclusive local system and practice
Annual Sensory Mile Event	Yes – 150 attendees at each GOGA event	Yes – Family friendly, Inclusive, Intergenerational etc.	District Councils, Hub activity Leaders, Volunteer Now, local Surestarts, local Health and Social services Trusts, local Charities e.g. Autism NI	ACTIVE CONNECTED	Older people, families (especially women and girls), single parent families, people with disabilities and their families.	1 per year per area	Inclusive local system and practice
Inclusive Summer Scheme	Yes – Inclusive and Disability Summer Schemes delivered successfully for first time in both localities	Yes – for children with disabilities and their families *to include physical activity and arts activity	District Councils, Hub Activity Leaders, activity delivery partners	ACTIVE CONNECTED CREATIVE	Children with disabilities and their families.	1 per year per area	Inclusive local system and practice
Inclusive Cycling programme to include: monthly inclusive family cycle, push to pedal courses, annual cycling event	Yes – family cycles and Push to Pedal clubs have been piloted via GOGA 1	Yes - full range of inclusive cycles are available in each Council area.	District Councils, Hub activity Leaders, local cycling clubs, local community groups	ACTIVE CONNECTED	Families (especially women and girls), people with disabilities and their families.	8 family cycles per year per area 3 push to pedal courses per year per area 1 inclusive cycling event per year per area	Individuals active for life
Tai Chi for health Programme (Tai Chi class and facilitated walk)	Yes – high, sustained numbers at GOGA 1 programmes with excellent reported health / improved lifestyle benefits	Yes – generally age 50+	District Councils, Volunteer Now, local Health and Social services Trusts, GP referral programmes , local community groups	ACTIVE CONNECTED	Over 50's, people with a long term health condition	1 ongoing programme per area	Individuals active for life
Family Fit Programmes (e.g. Buggy Fit, Toddler Fit)	Yes – our most successful long term programmes were for women who could participate with their families (and become positive role models)	Yes	District Councils, local Surestarts	ACTIVE CONNECTED	Women, families, people with disabilities and their families, single parent families	2-3 ongoing programmes per area	Individuals active for life
Establish a GOGA (Active Living No Limits) Forum in each area			Volunteer Now, Disability Action, Age NI, Surestart & Identified leads within Council's and Trust's				
GOGA 2 workforce development	Training min of 24 staff and volunteers per year per locality		All above				

