

CASE STUDY – GET OUT GET ACTIVE BASSETLAW

January 2021

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.

Walking Tennis

As soon as Tennis became a permitted sport during lockdown, we started a Walking Tennis session at Retford Tennis Club. A group of 10 individuals were identified and all have attended every week adhering to social distancing guidance. There are 2 coaches one of which is provided by the club and the other is Sarah the GOGA Activities Officer, both have a group of 5 participants. To start the tennis club provided the rackets but as weeks have gone on people have enjoyed it so much, they have started to buy their own.



MRS J from Tuxford said:

“Having previously been diagnosed with hemiplegic migraines, I am a single mum to two teenage boys and really struggle to find time for myself, as I am constantly taking the boys to their clubs to ensure they lead an active lifestyle. Due to these commitments I have not been active at all in the last few years.

Previously I would not have looked twice at an opportunity like this, I naively thought that walking tennis was just walking around a tennis court. Having been involved I love the fact that I am being taught by qualified instructors and we are learning all the rules and regulations of the game, as well as playing the game itself.

When starting the sessions, I did not know anybody, this did not matter at all and now the whole group has gelled and are on first name terms - it's lovely. After our first training session had finished, I can honestly say I did not want to go home, I just wanted to keep on playing. Never once have I ever felt uncomfortable or inadequate and the tips and support from the coaches is just amazing. I love the start time of the group as it fits in with my children and my work. I enjoy getting out in the fresh air and having some adult company for a change, it is most definitely benefiting me both physically and mentally. I feel more awake and livelier with more get up and go for myself.

My advice to others wanting to get active would be step out of your comfort zone and give it a go. Everyone is so welcoming and friendly. This is an activity for all ages and abilities, and you are never judged. Enjoy!"

One to One Walking

Mrs S from Worksop was a self-referral from our Facebook page, she contacted us because she wanted to do more walking but was aware of her limitations due to her health conditions which include polymyalgia, fibromyalgia and hypertension. This stopped her from just joining an existing walking group. After contacting us our GoGa Activities Coordinator contacted her and organised to go on small weekly walks with her to build her confidence. This continued for 12 weeks and then she moved on to walk with one of our GoGa activity support volunteers, they continue to walk together on a weekly basis and Mrs S even walks with a friend in her lunch break now for 20 minutes every day.

2020 for me has been frustrating, lonely but now I'm hopeful. I had a operation just before lockdown and lost my confidence in walking that's when I found GoGa Bassetlaw. Sarah has given me the confidence to go out and walk again thank you.

Referral Process:

Participants can either self-refer to this programme by e mailing or phoning the Action Centre (details below) or ask to be referred by a health care practitioner.

For more information, please contact:

Bassetlaw Action Centre, Canal Street, Retford, DN22 6EZ

Telephone: 01777 709650 or **Email:** goga@actioncentre.org.uk