

Think physical activity isn't for you? Get Out Get Active (GOGA) offers fun, accessible and inclusive activities for disabled and non-disabled people of all ages and abilities and people living with long-term health conditions.

Want to get more active?

Don't feel confident doing it alone?

If you find it difficult to take up physical activity or sport due to low confidence or access issues, you might find it helpful to have a mentor. Mentors help by providing one-to-one support. The GOGA Peer Support Project can link you to a mentor. Interested? Get in touch.



What is peer support?

Many disabled people take part in physical activity and sport; their stories and experiences are powerful. When they share these skills and ideas to support other disabled people, this is peer support.

GOGA is a new three-year programme getting more people active. We're covering Lambeth and Wandsworth only but moving to other GOGA areas in late 2017. Find out more! Visit our website or get in touch (details overleaf).



Getting more people more active through fun, physical activity

“ Being a mentor is all about giving encouragement and motivation. Where is someone going, where are they currently and what support do they need to get active? ”

Quote from new mentor in Lambeth

Could you be a mentor?

You could help other disabled people become more active.

We're looking for people to act as mentors and work one-to-one with someone to get more active. You will receive training, ongoing support and build new skills.

GET IN TOUCH

Want to find out more over an informal chat?

Contact Kate Pieroudis, Peer Support Lead, Disability Rights UK.

Telephone 07715 960 710 or email kate.pieroudis@disabilityrightsuk.org

www.gogapeersupport.org



Funded by Spirit of 2012, GOGA brings together 18 areas in England, Northern Ireland, Scotland and Wales and numerous national partners – all focused on getting some of the UK's least active people moving more through fun and inclusive activities.

GOGA National Delivery Partner
We are disabled people leading change,
working for equal participation for all.