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Contextualisation of the Get Out Get Active (GOGA) programme within Wales

November 2023

Centre for Health, Activity and Wellbeing Research,
Cardiff Metropolitan University

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Cardiff Metropolitan University/ Prifysgol Metropolitan Caerdydd

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Executive summary

Get Out Get Active (GOGA) is a UK-wide programme launched in 2016 which aims to make activity more inclusive, supporting disabled and non-disabled people in activities together and encouraging people to lead healthy and active lifestyles.

The current project was contracted to the Centre for Health, Activity and Wellbeing Research (CAWR) at Cardiff Metropolitan University by Disability Sport Wales (DSW) who are part of the GOGA programme. The aim of the project was to explore the potential alignment of the GOGA programme to pre-selected acts/strategies/statements (hereinafter known as 'wellbeing documents') from within Wales. Specifically, four wellbeing documents were reviewed:

- (i) Well-Being of Future Generations Act (2015),
- (ii) Healthy Weight Healthy Wales Strategy (2019),
- (iii) Natural Resources Wales Well-being Statement (2015), and
- (iv) Welsh Government Well-being Statement (2021).

The process involved the review and analysis of the four wellbeing documents, collation of relevant GOGA data, and analysis and recording of the GOGA data against the aspects of each wellbeing document. Results were recorded in review tables showing where the GOGA data aligned with each policy.

Analysis revealed that within Wales the GOGA programme reflected a wide range of goals, aspects, and objectives in all four wellbeing documents. Regarding the Well-Being of Future Generations Act (2015), the GOGA data demonstrated alignment with five of the seven goals and indirect alignment with one goal. Similarly, for the Healthy Weight Healthy Wales Strategy (2019) the alignment of GOGA was apparent, with alignment of all four main themes and seven of the eight subthemes directly supported. Further, on the three objectives of the Natural Resources Wales (NRW) Well-being Statement (2015), data analysis suggested an indirect alignment. Finally, alignment with all ten objectives of the Welsh Government Well-being Statement (2021) was supported either directly (seven objectives) or indirectly (three objectives) by the GOGA data.

Overall, analysis suggested that in general the GOGA data directly aligned with three of the four identified wellbeing documents. A summary of the alignment of the GOGA programme data to the wellbeing documents is presented in the below table.

Summary of the alignment of the GOGA data to the four identified Welsh wellbeing documents

Wellbeing documents and aspects	Alignment	Indirect alignment
WBFG - Well-Being of Future Generations Act (2015)	✓	✓
G1: A prosperous Wales	✓	
G2: A resilient Wales		✓
G3: A healthier Wales	✓	
G4: A more equal Wales	✓	
G5: A Wales of cohesive communities	✓	
G6: A Wales of vibrant culture and thriving Welsh language	✓	
G7: A globally responsible Wales		
03 Healthy lifestyle (adults)	✓	
23 People feeling involved	✓	
24 Satisfaction with access to facilities and services	✓	
27 Sense of community	✓	
28 Volunteering	✓	
29 Mental well-being	✓	
30 Loneliness	✓	
38 Participation in sporting activities	✓	
46 Social value partnerships	✓	
HWHW - Healthy Weight Healthy Wales Strategy (2019)	✓	
Healthy Environments	✓	
Healthy Settings	✓	
Healthy People	✓	
Leadership and Enabling Change	✓	
Healthy Environments / Food Environment		
Healthy Environments / Active Environment	✓	
Healthy Settings / Healthy Learning	✓	
Healthy Settings / Healthy Work and Community Settings	✓	
Healthy People / Prevention and early Intervention	✓	
Healthy People / Targeted and Specialist services	✓	
Leadership and Enabling Change / National Delivery	✓	
Leadership and Enabling Change / Systems Based Approach	✓	
NRW - Natural Resources Wales Well-being Statement (2015)		✓
By 2030 in Wales, nature is recovering		✓
By 2030 in Wales, communities are resilient to climate change		✓
By 2030 in Wales, pollution is minimised		✓
Objective 1 linked with WBFG G1 (Prosperous Wales)		✓
Objective 1 linked with WBFG G2 (Resilient Wales)		✓
Objective 1 linked with WBFG G3 (Healthier Wales)		✓
Objective 1 linked with WBFG G4 (More equal Wales)		✓
Objective 1 linked with WBFG G5 (Cohesive communities)		
Objective 1 linked with WBFG G6 (Vibrant culture and thriving Welsh)		✓
WBS - Welsh Government Well-being Statement (2021)	✓	✓
Effective, high quality and sustainable healthcare	✓	
Ensure educational inequalities narrow and standards rise	✓	
Protect, re-build and develop services for vulnerable people	✓	
Celebrate diversity and move to eliminate inequality	✓	
Fair work, sustainability, and industries and services of future	✓	
Welsh language and thriving tourism, sports, and arts industries	✓	
Stronger, greener economy and progressing decarbonisation		✓
Cities, towns, and village even better places to live and work	✓	
Responsiveness to climate and nature emergency		✓
National conversation about future, global presence of Wales		✓

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1 Introduction

Get Out Get Active (GOGA) is a UK-wide programme that aims to make activity more inclusive, supporting disabled and non-disabled people in activities together and encouraging people to lead healthy and active lifestyles.

A team from the Centre for Health, Activity and Wellbeing Research (CAWR) at Cardiff Metropolitan University was contracted by Disability Sport Wales (DSW, part of the GOGA programme) in an aim to explore the potential alignment of the GOGA programme with pre-selected acts/strategies/statements (hereinafter known as 'wellbeing documents') from within Wales.

2 Methods

To better understand the alignment of GOGA within the Welsh context, the current project reviewed documentation and reports from the GOGA programme (GOGA data) against pre-selected wellbeing documents. Specifically, this involved investigating the potential alignment of the Welsh specific GOGA projects with the various goals and aspects of the wellbeing documents.

2.1 Materials

2.1.1 Selected wellbeing documents

The wellbeing documents selected by DSW and reviewed by the team from CAWR were the following:

- a. Well-Being of Future Generations Act (2015) (WCFG) (Welsh Government, 2015)
- b. Healthy Weight Healthy Wales Strategy (2019) (HWHW) (Welsh Government, 2021a)
- c. Natural Resources Wales Well-being Statement (2015) (NRW) (Natural Resources Wales, 2023b)
- d. Welsh Government Well-being Statement (2021) (WBS) (Welsh Government, 2021c)

2.1.2 GOGA data

The data provided for screening by the GOGA programme consisted of various types of documents, including reports and case studies, in either written or video format.

The following general documentation on the GOGA programme was reviewed:

- *'A person-centred approach'*
- *'A rigorous project management approach'*
- *'A tactical approach to sustainability'*
- *'Ambitions for a lasting GOGA legacy'*
- *'Becoming active the participant journey'*
- *'Creating a workforce that gets me'*
- *'Creating activities that put people's needs first'*
- *'Driving organisation and system change'*
- *'GOGA – Final report'*
- *'GOGA cost saving modelling v5'*
- *'GOGA in action'*
- *'GOGA lasting legacy A'*
- *'GOGA lasting legacy B'*
- *'GOGA lasting legacy C'*
- *'GOGA engaging different community groups (overview)'*
- *'How we built an inclusive framework'*
- *'Making activity more accessible'*
- *'Measuring our impact'*
- *'Reaching the least active'*
- *'Wales BAME participant report '*
- *'Wales LGBTQI+ -participants'*
- *'Wales LGBTQI+ -volunteers'*
- *'What is GOGA'*

In addition, the following GOGA case studies and reports on the individual GOGA projects were reviewed:

- *Azaria*
- *Charlie*
- *Coaching example*
- *Coaching meaning*
- *EHE families*
- *Enjoy coaching*
- *GOGA Children's Disability Swimming Lessons*
- *GOGA EHE Pembrokeshire*
- *GOGA Ladies Walk to Run Sessions*
- *GOGA Pembrokeshire / Sailing Project*
- *GOGA Volunteer: A grandmother who started volunteering to support her grandchildren*
- *GOGA Volunteer: Sparrow Gotthardt*
- *GOGA Volunteers: Victoria Abdie and Deborah Green*
- *GOGA Wrexham Ladies Golf*
- *GOGA/Cardiff Blues*
- *Involved in coaching*
- *Katie*
- *Kayla*
- *Ken*
- *Learning Wales*
- *LGBT North Wales*
- *MAD Hikers*
- *Max*
- *North Wales LGBTQ+ Network and Partnership Event 16th Feb 2023*
- *Older woman*
- *SAW*
- *Young Girl 1*
- *Young Girl 2*

See [data extracts](#) for descriptions and contents of the applicable materials.

2.2 Procedure

Following collaborative discussions with DSW and reviewing and updating the protocol, an initial review procedure was decided for the first wellbeing document, the Well-Being of Future Generations Act (2015). The process involved four overlapping stages: (i) wellbeing document review and analysis, (ii) collation of GOGA data, (iii) review of the GOGA data against the aspects of the wellbeing document, and (iv) analysis and synopsis of the results. The subsequent three selected wellbeing documents (Healthy Weight Healthy Wales Strategy, 2019; Natural Resources Wales Well-being Statement, 2015; and Welsh Government Well-being Statement, 2021) were reviewed using the same procedure.

2.2.1 First stage

All available documentation for each wellbeing document was reviewed. Relevant information was extracted regarding any applicable goals, aspects, themes, and/or objectives stated in the wellbeing document. A review table was developed for the wellbeing document, enabling a) recording of the features of the wellbeing document, b) recording of the prospective associations between the wellbeing documents and the GOGA data, and c) collation and linking of the relevant sections of the data.

2.2.2 Second stage

Data from the GOGA project provided by DSW were edited into a collection of data extracts. The data extracts consisted of all GOGA material that contained data applicable for screening for alignment against the wellbeing document. This collection was updated during the project, adding new data to the set as it was provided. If any new data were added, the data review process (third stage) was applied considering all wellbeing documents, including those previously screened.

2.2.3 Third stage

The GOGA data were reviewed against the wellbeing document, involving two reviewers. For each wellbeing document, the first reviewer analysed the GOGA data provided by DSW, considering the aspects, goals, themes, and/or objectives. Where alignment of the GOGA data was observed regarding the target wellbeing document, this was highlighted in the GOGA data documentation where applicable, and the relevant

extracts and references were added to the review table of the respective wellbeing document. The second reviewer reviewed the decisions, and any disagreements were resolved by discussion and reflection. If the reviewers observed a need to update the screening process, any changes were applied to all data screened previously. Where GOGA data was lacking on some aspect of a wellbeing document, this was noted for consideration in future investigations.

2.2.4 Fourth stage

An analysis was conducted to explore which aspects of the GOGA data aligned most frequently with the selected wellbeing document. The results were displayed graphically, and an overall summary table was developed to show the levels of alignment of the aspects of the GOGA programme with all the wellbeing documents and their applicable subsections.

3 Findings

The following section firstly provides a summary table outlining the general alignment of the GOGA data with the four selected wellbeing documents (Section 3.1). Next, a review of each of the wellbeing documents is presented (sections 4 – 7), each of which include an overview of the wellbeing document, a cross-reference table showing the connections between the GOGA data and the wellbeing documents, a synopsis of the results, and a visual representation of the findings. Finally, an overall cross-reference table is presented showing the overview alignment between the GOGA data and the four wellbeing documents (Section 8).

3.1 Summary table

The general alignment of the GOGA data with the selected wellbeing documents is presented in Table 3.1. While GOGA has generally demonstrated alignment with the majority of the goals and aspects in the wellbeing documents, with some goals and aspects this has been demonstrated to a stronger extent than with others (see the respective Sections 4 – 7 for further details).

Table 3.1: Summary of GOGA data alignment with the four policies and agendas within Wales

Wellbeing document	Aspect / objective	Description	Section in report	Alignment	Prospect of indirect alignment	No relevant data
WBFG - Well-Being of Future Generations Act (2015)			4	✓	✓	✓
WBFG	G1	G1: A prosperous Wales	4	✓		
WBFG	G2	G2: A resilient Wales	4		✓	
WBFG	G3	G3: A healthier Wales	4	✓		
WBFG	G4	G4: A more equal Wales	4	✓		
WBFG	G5	G5: A Wales of cohesive communities	4	✓		
WBFG	G6	G6: A Wales of vibrant culture and thriving Welsh language	4	✓		
WBFG	G7	G7: A globally responsible Wales	4			✓
WBFG	#3	03 Healthy lifestyle (adults)	4	✓		
WBFG	#23	23 People feeling involved	4	✓		

WBFG	#24	24 Satisfaction with access to facilities and services	4	✓		
WBFG	#27	27 Sense of community	4	✓		
WBFG	#28	28 Volunteering	4	✓		
WBFG	#29	29 Mental well-being	4	✓		
WBFG	#30	30 Loneliness	4	✓		
WBFG	#38	38 Participation in sporting activities	4	✓		
WBFG	#46	46 Social value partnerships	4	✓		
HWHW - Healthy Weight Healthy Wales Strategy (2019)			5	✓		✓
HWHW	HE	Healthy Environments	5	✓		
HWHW	HS	Healthy Settings	5	✓		
HWHW	HP	Healthy People	5	✓		
HWHW	LE	Leadership and Enabling Change	5	✓		
HWHW	1	Healthy Environments / Food Environment	5			✓
HWHW	2	Healthy Environments / Active Environment	5	✓		
HWHW	3	Healthy Settings / Healthy Learning	5	✓		
HWHW	4	Healthy Settings / Healthy Work and Community Settings	5	✓		
HWHW	5	Healthy People / Prevention and early Intervention	5	✓		
HWHW	6	Healthy People / Targeted and Specialist services	5	✓		
HWHW	7	Leadership and Enabling Change / National Delivery	5	✓		
HWHW	8	Leadership and Enabling Change / Systems Based Approach	5	✓		
NRW - Natural Resources Wales Well-being Statement (2015)			6		✓	✓
NRW	1	By 2030 in Wales, nature is recovering	6		✓	
NRW	2	By 2030 in Wales, communities are resilient to climate change	6		✓	
NRW	3	By 2030 in Wales, pollution is minimised	6		✓	
NRW	1/G1	Objective 1 linked with WBFG G1 (Prosperous Wales)	6		✓	
NRW	1/G2	Objective 1 linked with WBFG G2 (Resilient Wales)	6		✓	
NRW	1/G3	Objective 1 linked with WBFG G3 (Healthier Wales)	6		✓	
NRW	1/G4	Objective 1 linked with WBFG G4 (More equal Wales)	6		✓	
NRW	1/G5	Objective 1 linked with WBFG G5 (Cohesive communities)	6			✓
NRW	1/G6	Objective 1 linked with WBFG G6 (Vibrant culture and thriving Welsh)	6		✓	
WBS - Welsh Government Well-being Statement (2021)			7	✓	✓	
WBS	1	Effective, high quality and sustainable healthcare	7	✓		
WBS	2	Ensure educational inequalities narrow and standards rise	7	✓		
WBS	3	Protect, re-build and develop services for vulnerable people	7	✓		
WBS	4	Celebrate diversity and move to eliminate inequality	7	✓		
WBS	5	Fair work, sustainability, and industries and services of future	7	✓		

WBS	6	Welsh language and thriving tourism, sports, and arts industries	7	✓		
WBS	7	Stronger, greener economy and progressing decarbonisation	7		✓	
WBS	8	Cities, towns, and village even better places to live and work	7	✓		
WBS	9	Responsiveness to climate and nature emergency	7		✓	
WBS	10	National conversation about future, global presence of Wales	7		✓	

4 Well-Being of Future Generations Act (2015)

4.1 Overview – Well-Being of Future Generations Act

The Well-Being of Future Generations Act (2015; Welsh Government, 2015) concerns the improvement of the social, economic, environmental, and cultural well-being of Wales. The law ensures that the public sector (e.g., Welsh Ministers; local authorities; NHS; National Park and Natural Resources authorities; Fire and rescue authorities; Higher Education, Arts and Sports Councils of Wales; and National Library and Museum of Wales) considers the long-term impact of decisions in order to tackle challenges such as climate change, poverty, health inequalities, and jobs and growth, now and in the future. The act puts in place seven well-being goals for Wales: prosperous, resilient, healthier, more equal, cohesive communities, vibrant culture and thriving Welsh language, and global responsibility (see Figure 4.1).

The GOGA data were cross-referenced with the relevant categories in the Well-Being of Future Generations Act. The related National Well-being Indicators Framework (Welsh Government, 2015) was used to analyse the alignment of the GOGA programme, recording (i) the association between the GOGA programme and the aspect of the act, (ii) descriptive quotes from the supportive data, and (iii) references to the data. Cases where data was missing were noted and recommendations for further research were recorded (see Table 4.1 for the results and the *Data extracts* section for the referenced samples).



Figure 4.1 Well-Being of Future Generations Act (2015) Goals (Source: Welsh Government)

4.2 Cross-reference table – Well-Being of Future Generations Act

Table 4.1: Cross-referencing GOGA and the Well-Being of Future Generations Act

Aspect of wellbeing document	Overview of GOGA alignment	Examples of GOGA alignment	References
<p>G1: A prosperous Wales</p> <p><i>‘An innovative, productive and low carbon society which recognises the limits of the global environment and therefore uses resources efficiently and proportionately (including acting on climate change); and which develops a skilled and well-educated population in an economy which generates wealth and provides employment opportunities, allowing people to take advantage of the wealth generated through securing decent work.’</i></p>			
23 People feeling involved	Through feeling involved, participants gain confidence which enhances their ability to participate and engage, improving their prospects in work, education, and active life.	<p>### Participant K and CiTC Newport: ‘The style was simple, ensure all participants feel welcome and have a good sense of belonging’ [K1-c]; ‘Once we see the confidence increase, we actively encourage participants to continue to [challenge] themselves’ ... ‘Kayla flourished more than we could have ever imagined.’ [K1-e]; ‘... [helps] Kayla to take big steps towards long-term participation and encourages her aspirations to evolve, throughout her sporting journey.’ [K1-f]; ### M.A.D. Hikers in North Wales: ‘I would NEVER have done this, only for the confidence and support and the “I don’t give a damn” approach that being part of this amazing gang has given me. Onwards and upwards’ [M1-r]; ### Volunteer S Pride Cymru: ‘... he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown, he gets to show off his strengths and he wants to be able to include it on his CV to help him get a job in the future.’ [V3]; ### Volunteer G / SAW: ‘My favourite thing was being able to come to the GOGA sessions and feel welcomed, all sessions were encouraged to be active together and it pushed myself to get involved.’ ... ‘From taking part in the sessions it’s helped my everyday life fitness, I can lift things when I’m doing my shopping. I am able to bend more when doing my gardening, go out for walks with my grandchildren and my confidence has improved in so many ways’... I’m no longer afraid to do daily tasks that involve lifting & stretching.’ [V4]; ### Volunteers VD basketball Newport: ‘... some children don’t get the chance to be part of something as they don’t fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.’ ... ‘Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.’ [V5];</p>	K1: Participant K [K1]; M1: M.A.D. Hikers [M1]; V3: Volunteer S [V3]; V4: Volunteer G [V4]; V5: Volunteers VD [V5];
27 Sense of community	The sense of community transfers to a sense of support and confidence, which helps the participants’ prospects in work, education, and active life.	<p>### GOGA lockdown report: ‘They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated. It’s been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.’ [G3-e]; ### GOGA sailing sessions in Pembrokeshire: ‘Through the support of his coach Rosie, volunteers and members at Pembrokeshire Yacht Club Alex has grown in confidence and taken an active team member role within his sessions.’ ... ‘Over the summer Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season. The sailing has influenced Alex off the water too. Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.’ [G7]; ### M.A.D. Hikers in North Wales: ‘I would NEVER have done this, only for the confidence and support and the “I don’t give a damn” approach that being part of this amazing gang has given me. Onwards and upwards’ [M1-r];</p>	G3: GOGA Cxx [G3]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];

<p>28 Volunteering</p>	<p>Volunteering enhances the volunteers' confidence and skills, improving their prospects in work, education, and active life.</p>	<p>### GOGA impact report: [In Wales, GOGA] 'Engaged over 450 volunteers and peer mentors.' [G1-a]; ### M.A.D. Hikers in North Wales: 'Members have accessed DIT Training and Mental Health First Aid training via GOGA.' [M1-i]; 'Mental Health First Aid Training was good to help us to be able to signpost our members to support if needed. Emma also shares opportunities with us for things that might suit our volunteers.' [M1-r]; ### SAW / EHE families: '... it gives us a different kind of coaching point of view to work with younger children ... rather than just coaching adults' [S2]; '... I get a lot out of the sessions just of the fact of the children come in with their parents and it's nice to see the bond between child and parent, working together lifting weights' ... it's amazing to see, and it's just lovely to see all the kids working and achieving what they want to.' [S2]; ### Volunteer A basketball Newport: '... it helps me teach skills to the younger generation and improve my knowledge on the game.' [V1]; ### Volunteer C basketball Newport: '... it helps me, to come here and help out with other kids, see them through the processes I went through when I was starting playing basketball. I think volunteering here has helped me to become a better player and also remind myself of fundamentals and other stuff like that, as well as being able to see other players and help progress them to get better at the game themselves.' [V2]; ### Volunteer S Pride Cymru: '... he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown, he gets to show off his strengths and he wants to be able to include it on his CV to help him get a job in the future.' [V3]; ### Volunteer G / SAW: 'My favourite thing was being able to come to the GOGA sessions and feel welcomed, all sessions were encouraged to be active together and it pushed myself to get involved.' ... 'From taking part in the sessions it's helped my everyday life fitness, I can lift things when I'm doing my shopping. I am able to bend more when doing my gardening, go out for walks with my grandchildren and my confidence has improved in so many ways' ... 'I'm no longer afraid to do daily tasks that involve lifting & stretching.' [V4]; ### Volunteers VD basketball Newport: V: 'I have gained many benefits from volunteering for GOGA. Socially and physically, it has given me a closer connection with other parents, coaches, volunteers and the club as a whole. Physically, it has inspired me to pursue my own physical activities. Helping to realise that exercise plays a key part in staying motivated and healthy.' D: 'Patience and understanding.' [V5];</p>	<p>G1: GOGA Cxvi [G1]; M1: M.A.D. Hikers [M1]; S2: EHE families [S2]; V1: Volunteer A [V1]; V2: Volunteer C [V2]; V3: Volunteer S [V3]; V4: Volunteer G [V4]; V5: Volunteers VD [V5];</p>
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<p>38 Participation in sporting activities</p>	<p>Participation in sporting activities enhances the participants' skills and mental and physical health, improving their prospects in work, education, and active life.</p>	<p>### Inclusive Community Club rugby: '... it had not only built his skill level but has built his self-esteem by being successful in enjoyable activities.' [G4]; ### GOGA EHE Pembrokeshire: 'She struggled to learn to walk having to manage with hypermobility, low muscle tone and sensory and processing difficulties. Until recently she would fall regularly and being unable to catch herself would often fall heavily and hurt herself. The opportunity for her to try different activities and for me to be able to show her that I have faith she can try such an adventurous thing teaches her so much! She came away so proud and saying she really surprised herself' [G5]; ### GOGA Walk to run: 'Michelle who has been running with the sessions since last September has since completed her 5k and wanted to coach in her spare time. The GOGA programme paid for her to attend a Welsh Athletics Run Leaders course giving her the qualification and support to do this. Since that she has been commissioned by Welsh Athletics to lead runs for them allowing her to use her own story to inspire others. Michelle was also selected by them to be part of a peer mentoring / coaching group who would train with Welsh Athletics to complete the Cardiff half marathon which she did with some other ladies who were selected.' [G6]; ### GOGA sailing sessions in Pembrokeshire: '... Alex has grown in confidence and taken an active team member role within his sessions. He is supportive and encourages his peers from the moment he arrives. He is enthusiastic and wants to learn more each day about the sport. Over the summer Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season. The sailing has influenced Alex off the water too. Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.' [G7]; ### Participant K and CiTC Newport: 'CiTC's delivery ensured all participants [were] able to achieve in every activity and push to improve their individual skills and ability.' [K1-c]; 'Once we see the confidence increase, we actively encourage participants to continue to [challenge] themselves by stepping out of their comfort zones' [K1-e]; 'Kayla's commitment and resilience has led to success and progress.' ... 'All [helps] Kayla to take big steps towards long-term participation and encourages her aspirations to evolve' [K1-f]; ### M.A.D. Hikers in North Wales: 'I am fitter both physically and mentally. I feel like I'm becoming the person I always "should" have been.' [M1-k]; ### SAW Active Together: 'GOGA has allowed my children to use transferable skills' [S1-c]; ### SAW Coaching: '... and then they come and do it and you can see the happiness on their face that they've had that little voice and they've put it away and they've done it themselves, and they can actually do it and they know that if they keep trying they can keep achieving. and it's just like everyday life, what it is in here, if you can't do it - if you say you can't do it and you won't try, there's no point of doing it, but when they do try and they do it, it's amazing to see, and it's just lovely to see all the kids working and achieving what they want to.' [S4]; ### Volunteer G / SAW: 'My favourite thing was being able to come to the GOGA sessions and feel welcomed, all sessions were encouraged to be active together and it pushed myself to get involved.' ... 'From taking part in the sessions it's helped my everyday life fitness, I can lift things when I'm doing my shopping. I am able to bend more when doing my gardening, go out for walks with my grandchildren and my confidence has improved in so many ways' ... 'I'm no longer afraid to do daily tasks that involve lifting & stretching.' [V4]; ### Volunteers VD basketball Newport: 'Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.' [V5];</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; K1: Participant K [K1]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S4: Enjoying coaching [S4]; V4: Volunteer G [V4]; V5: Volunteers VD [V5];</p>
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46 Social value partnerships	Social partnerships in the GOGA context provide connections and networks that may help people find opportunities related to or improving their abilities and prospects in work life and education.	<p>### GOGA Walk to run: 'Michelle who has been running with the sessions since last September has since completed her 5k and wanted to coach in her spare time. The GOGA programme paid for her to attend a Welsh Athletics Run Leaders course giving her the qualification and support to do this. Since that she has been commissioned by Welsh Athletics to lead runs for them allowing her to use her own story to inspire others.' [G6]; ### GOGA sailing sessions in Pembrokeshire: 'Over the summer Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season.' ... 'Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.' [G7]; ### Participant K and CiTC Newport: 'Kayla has since continued to challenge herself by attending a local mainstream inclusive community basketball session. Where her skill set has made her a [sought] after teammate.' [K1-e]; ### LGBTQI+ network event: '... some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU. Over 15 Exhibitors held stands promoting their work to support diversity, equality and Inclusion. We were pleased to welcome North Wales Police, North Wales Fire and rescue Service, Glyndwr University, Action for Children, Liverpool Pride (who also host a GOGA LGBTQ+ programme) and Outside Lives, Unique Network and many more partners to showcase the work they do.' [L2]; ### M.A.D. Hikers in North Wales: 'Ste and the MAD Dogs volunteer group have plans for development.' ... 'Starting as a voluntary group they are keen to understand how they can form a stable framework to access fundraising and developmental support and we as partners are keen to assist and signpost them to the right support for this. We aim to work together with Sported to support governance and due diligence is in place to establish a fundraising and development plan. Together with GOGA we hope to establish and identify M.A.D Hikers aims, relative organisations for signposting and support and anticipated outcomes for sustainability. We have contacted Outdoor Training providers to understand the required qualifications and pathways for Ste and Volunteers to lead walks and public liability insurance for their project.' [M1-o];</p>	G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; K1: Participant K [K1]; L2: LGBTQI+ Network Event [L2]; M1: M.A.D. Hikers [M1];
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G2: A resilient Wales

'A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic and ecological resilience and the capacity to adapt to change.'

46 Social value partnerships	Several GOGA projects offer opportunities for exposure to nature, which has been demonstrated to increase nature connectedness and pro-environmental behaviours (Martin et al., 2020; Mayer et al., 2009; Okada, 2013). Together with the encouragement for activity and engagement from the social value networks in the GOGA context, this brings the prospect of an indirect alignment: increased engagement in pro-environmental behaviours, supporting maintaining and	<p>### GOGA EHE Pembrokeshire: '... it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA Walk to run: '... ' has been running with the sessions since last September [and] has since completed her 5k and wanted to coach in her spare time. The GOGA programme paid for her to attend a Welsh Athletics Run Leaders course giving her the qualification and support to do this. Since that she has been commissioned by Welsh Athletics to lead runs for them allowing her to use her own story to inspire others.' [G6]; ### GOGA sailing sessions in Pembrokeshire: Exposure to nature via sailing. '... is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season.' ... 'Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.' [G7]; ### LGBTQI+ network event: '... some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU.' [L2]; ### M.A.D. Hikers in North Wales: '... walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures; (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walk'... ' [M1-h]; '... an accessible way for people to enjoy the beauty of the region' [M1-i]; 'Ste and the MAD Dogs volunteer group have plans for development.' ... 'Starting as a voluntary group they are keen to understand how they can form a stable framework to access fundraising and developmental support and we as partners are keen to assist and signpost them to the right support for this. We aim to work together with Sported to</p>	G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; L2: LGBTQI+ Network Event [L2]; M1: M.A.D. Hikers [M1];
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	enhancing healthy natural environments. *%	support governance and due diligence is in place to establish a fundraising and development plan. Together with GOGA we hope to establish and identify M.A.D Hikers aims, relative organisations for signposting and support and anticipated outcomes for sustainability. We have contacted Outdoor Training providers to understand the required qualifications and pathways for Ste and Volunteers to lead walks and public liability insurance for their project.' [M1-o];	
G3: A healthier Wales			
<i>'A society in which people's physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.'</i>			
27 Sense of community	The sense of community formed within the groups encourages the members to participate in the physical activities enhancing health.	<p>### GOGA lockdown report: 'Zumba consisted mostly of people who struggle with their mental health as they believe that the sessions created a community feel along with the high intensity workout helps them de-stress and feel re-energized.' [G3-c]; ### LGBTQI+ North Wales: '... the reason I decided to join was to get fit, and the nice group of lads.' – 'OK. What do you like about the Dragons?' – 'Getting fit each week, and just the sense of community and friendship.' [L1-f]; 'Well I've always found exercise a little bit off putting, and I had not very good experience in school.' ... 'I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people.' ... 'I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' ... 'Absolutely love the game. I love running around, but it's the team stuff, the team socials at the end, that gets together with everyone else and feeling part of something.' [L1-g]; 'this just seems like the perfect opportunity to get back into an inclusive team.' ... – 'What's your favourite thing about the Dragons?' – 'Definitely the social side, looking like it's going to be a lot of fun, we got a lot of events planned, but mainly for the fitness. Need to get back into doing sports, got to get myself in shape.' [L1-h]; ### M.A.D. Hikers in North Wales: '[M.A.D. Hikers was] set up to bring together a community for those addressing Mental Health challenges' [M1-a]; 'Participants stated that confidence has been gained by a feeling of security where others may have experienced something similar to theirs. One participant explained how there is no pressure to share or disclose personal information, the feeling of being understood creates a sense of belonging.' [M1-g]; '... he set up a WhatsApp group which means we can all now keep in touch with each other.' [M1-d]; '...a change in his own well-being and that of others. The impact of the intervention, utilising the benefits of exercise on mental health and wellbeing also highlighted the additional benefits, such as reduced feelings of isolation, reduced feelings of stigma, and some participants shared how they felt their physical fitness also began to improve.' [M1-e]; 'The group has kept me going and brought me out of my shell. Everyone supports everyone no matter what, if we've been in the group for ages or a newbie.' [M1-l]; 'Members of the M.A.D. Hikers shared their experience with mental health and 100% reported an increase in wellbeing and a feeling of increased resilience. The feeling of "belonging" and supporting each other was reported as one of the main reasons for retention to the group. "I am fitter both physically and mentally. I feel like I'm becoming the person I always "should" have been.'" [M1-k]; 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r]; ### Volunteers VD basketball Newport: 'Socially and physically, it has given me a closer connection with other parents, coaches, volunteers and the club as a whole. Physically, it has inspired me to pursue my own physical activities. Helping to realise that exercise plays a key part in staying motivated and healthy.' [V5];</p>	G3: GOGA Cxx [G3]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; V5: Volunteers VD [V5];

38 Participation in sporting activities	Participation in sports activities started or increased and was sustained, with health benefits.	### GOGA impact report: [In Wales, GOGA] 'reached 2,000 unique participants (40% registered as being disabled or having a long-term health condition) through 100 activities'. [G1-a]; 'Thirty-seven percent of the participants admitted to no physical activity prior to GOGA, while 15 months on, disabled GOGA participants were doing an average of 26 minutes of additional activity a day' [G1-b]; ' ### Inclusive Community Club rugby: 'After the first few sessions the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA.' [G4]; ### GOGA Walk to run: 'Shirley inspired the group on her journey and has since continued with GOGA sessions elsewhere to remain active within a different activity. "This session has been great for me and my health"' [G6]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis.' [G8]; ### M.A.D. Hikers in North Wales: 'The feeling of "belonging" and supporting each other was reported as one of the main reasons for retention to the group. "I am fitter both physically and mentally."' [M1-k]; ### SAW / EHE families: '... make them do more mobility work because some children aren't very mobile at the minute because sitting on the games and stuff' [S2]; ### SAW young participant: '... So it's helped me personally with my mental health and my strength and I've gained more strength in doing these activities.' [S5]; ### Wavehill report: Wavehill (2021) points to strong evidence between higher levels of physical activity and reduced risk of mortality. [W1-a];	G1: GOGA Cxvi [G1]; G4: GOGA Cxxi [G4]; G6: GOGA Cxxiii [G6]; G8: GOGA Cxxv [G8]; M1: M.A.D. Hikers [M1]; S2: EHE families [S2]; S5: Young girl 2 [S5]; W1: Wavehill, 2021 [W1];
46 Social value partnerships	New social partnerships increased physical activity with health benefits, including people previously not active in these contexts.	### GOGA EHE West Wales: '... focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive. GOGA also means that we can help break down barriers in participation of sport and physical activity with them' [K2]; ### LGBTQI+ North Wales: 'The project has been really important in North Wales because it's tended to link up different elements of the community, and it's been really good at interacting with individuals and finding out what the community really needs' ... 'In the past there's been really a lack of interaction between Pride Cymru in Cardiff and the LGBT community in North Wales, and the GOGA project has made a difference to that.' [L1-a]; it's really started to get people to think more seriously about activity, especially following COVID, where there is a much greater need for people to come out of their houses and get active again.' [L1-b]; ### M.A.D. Hikers in North Wales: 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport. Again, this is done via the WhatsApp chat and locations, routes and pins are shared. Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups. Being able to bring children and dogs to hikes has made a more inclusive offer and it has been reported that some members feel happier whilst being [able] to engage with their children.' [M1-m];	K2: Officer K [K2]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1];
G4: A more equal Wales <i>'A society that enables people to fulfil their potential no matter what their background or circumstances (including their socio-economic circumstances).'</i>			
03 Healthy lifestyle (adults)	Inclusive groups and sessions increase equality in people's opportunities to engage in a healthy lifestyle.	### GOGA LGBTQI+ report: GOGA has engaged people with disabilities or long term health conditions. E.g. section GOGA 2 - Wales - LGBTQI+, in January 2023, reports reaching 159 participants of whom 18.9% (30 participants) report a disability and/or long term health condition. [G2]; ### Inclusive Community Club rugby: 'They have developed their coaching and have used a variety of techniques to support the needs of all the children who access the sessions.' [G4]; ### GOGA EHE Pembrokeshire: 'Our entire family absolutely loved the surfing sessions - which is impressive considering that the six of us range in age from 9 to 49 so it is usually quite a challenge to find a physical activity that everyone can enjoy equally. There was something for everyone' [G5]; ### Children's disability swimming in RCT: 'The aim of the project is to get children's disability swimming lessons into every leisure centre in Rhondda Cynon Taf alongside the Junior learn to swim programme, while upskilling leisure centre staff to be more confident to deliver inclusively.' [G8]; ### LGBTQI+ North Wales: 'I've wanted to get back into Rugby for a really long time'... 'I've not	G2: GOGA Cxix [G2]; G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G8: GOGA Cxxv [G8]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; V3: Volunteer S [V3]; V4: Volunteer G [V4];

		<p>played since I was in school and this just seems like the perfect opportunity to get back into an inclusive team.' [L1-h]; ### M.A.D. Hikers in North Wales: 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; ### Volunteer S Pride Cymru: '... he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown.' [V3]; ### Volunteer G / SAW: 'SAW then encouraged me to join in with the sessions and it was great because everything could be adapted, it was such a great friendly atmosphere.' [V4]; ### Volunteers VD basketball Newport: '... some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' ... 'Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.' [V5];</p>	<p>V5: Volunteers VD [V5];</p>
<p>24 Satisfaction with access to facilities and services</p>	<p>Access is provided for hard-to-reach people or people with more limited access than average population, increasing equal opportunities for access in Wales. Also offering access for all during pandemic lockdown, and planning and preparations of further development in this area in the future.</p>	<p>### GOGA EHE Pembrokeshire: 'Regular physical activity sessions with the group has included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children' [G5]; ### GOGA Walk to run: 'The track had only ever been used for the local club and was associated with people who are high performing athletes but we wanted to change that.' [G6]; ### GOGA sailing sessions in Pembrokeshire: 'All participants in the project were non sailors at the start of the project.' ... 'The participants were young people with various disabilities of physical, sensory and learning disabilities.' [G7]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis' [G8]; ### Participant K and CiTC Newport: 'Accessing the "Right Place" was key to the engagement of all participants, Kayla especially. The facility used, is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending, in the new academic year.' [K1-c]; ### LGBTQI+ North Wales: '... break down those barriers to make sure that all children have access to sport the same as anybody else. And also why children should be saying, "Am I allowed to play sport", but instead of "am I allowed", is "how can we get you involved?"' [L1-c]; ### M.A.D. Hikers in North Wales: 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport.' ... 'Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups.' [M1-m]; 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds.' [M1-j]; ### SAW Active Together: '... the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities that we & SAW could offer.' [S1-a]; 'By encouraging whole family participation we found that participants were encouraging other families' members to come along. We made sure SAW had a breakdown of the sessions that were inclusive and could be adapted for everyone of all ages and abilities.' [S1-b]; 'I would've never come to an environment like this but with my grandchildren coming its motivated me to come and try something new' [S1-c]; 'Families would prefer to engage in family friendly opportunities as being home educated one timetable works best' [S1-e]; ### SAW Coaching: '... because it's a Home Ed, it's good for them to experience different sports' ... it's really important for them to do this kind of strength training just for mental health, trying something new, and just finding a different way [of] their body moving and getting stronger, and healthier.' [S3]; ### Volunteers VD basketball Newport: '... some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];</p>	<p>G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; K1: Participant K [K1]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S3: Meaning of coaching [S3]; V5: Volunteers VD [V5];</p>

27 Sense of community	A new sense of community formed for people previously not part of active communities, increasing equal opportunities for community memberships in Wales.	### GOGA lockdown report: 'They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated. it's been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.' [G3-e]; ### LGBTQI+ North Wales: '... I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people' - 'OK, how does it make you feel playing at Conwy Dragons' - 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: 'One member reports driving to the wrong car park so missed the start: "I did drag myself up to the top and take in the air, after all I had fought my fear of going somewhere and meeting new people. I messaged Ste to explain my mess up and he set up a WhatsApp group which means we can all now keep in touch with each other."' [M1-d];	G3: GOGA Cxx [G3]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1];
29 Mental well-being	While access to mental health services is restricted and queues are long, more people were able to benefit from mental wellbeing enhancing activities, improving opportunities to get support for mental health in Wales.	### GOGA lockdown report: 'Most of the participants said that the sessions helped them with specific issues such as their mental health and allowed them to focus on something on a regular basis. A lot of the participants said that they look forward to the sessions during such uncertain times. Additionally, participants said that due to the sessions being provided they have been more active during lockdown as the sessions are easier to access and they don't require any equipment. ' ... 'They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated.' [G3-e]; ### GOGA Walk to run: 'We have seen ladies attending the sessions who are recovering from strokes, using it as part of their rehab or allow ladies to help their mental health and well-being.' [G6]; ### M.A.D. Hikers in North Wales: 'Lack of mental health resources, waiting lists and delayed diagnosis plus the loss of some services post lockdown has only exacerbated the challenges for those tackling mental health and mental health illness. Research by the charity Mind, has shown that people with pre-existing mental health problems became at greater risk during Covid-19 with many reporting their conditions to have worsened (www.local.gov.uk) Members of the M.A.D. Hikers shared their experience with mental health and 100% reported an increase in wellbeing and a feeling of increased resilience.' [M1-k];	G3: GOGA Cxx [G3]; G6: GOGA Cxxiii [G6]; M1: M.A.D. Hikers [M1];
30 Loneliness	People with less previous social contacts were able to get out and connect more through the support of the programmes, increasing equality in opportunities for social contact.	### GOGA EHE Pembrokeshire: 'Regular physical activity sessions with the group has included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' [G5]; ### GOGA EHE West Wales: '... focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive. GOGA also means that we can help break down barriers in participation of sport and physical activity with them' [K2]; ### M.A.D. Hikers in North Wales: 'One member reports driving to the wrong car park so missed the start: "I did drag myself up to the top and take in the air, after all I had fought my fear of going somewhere and meeting new people. I messaged Ste to explain my mess up and he set up a WhatsApp group which means we can all now keep in touch with each other"' [M1-d]; 'The impact of the intervention ... also highlighted the additional benefits, such as reduced feelings of isolation' [M1-e]; ### Volunteer S Pride Cymru: '... he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown.' [V3];	G5: GOGA Cxxii [G5]; K2: Officer K [K2]; M1: M.A.D. Hikers [M1]; V3: Volunteer S [V3];

<p>38 Participation in sporting activities</p>	<p>People with previously limited access or links to sporting activities were included and encouraged, and participated in locations and groups suitable for them, increasing equality in participation opportunities.</p>	<p>### GOGA EHE Pembrokeshire: 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.' [G5]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis' [G8]; ### Wrexham Golf: 'These ladies have found a love and interest for golf and has led to them being able to do something active within their free time due to it being coached in an accessible environment with inclusive coaching skills and techniques.' ... '... some ladies participating in physical activity for the first time in nearly 50 years.' [G9]; ### Participant K and CiTC Newport: 'Accessing the "Right Place" was key to the engagement of all participants, Kayla especially. The facility used, is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending, in the new academic year.' [K1-c]; ### GOGA EHE West Wales: '... focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive. GOGA also means that we can help break down barriers in participation of sport and physical activity with them' [K2]; ### LGBTQI+ North Wales: '... but I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people.' ... 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; 'I've wanted to get back into Rugby for a really long time'... 'I've not played since I was in school and this just seems like the perfect opportunity to get back into an inclusive team.' [L1-h]; ### M.A.D. Hikers in North Wales: 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds. Many of the walks organised are off the beaten path, avoiding tourist hotspots, which allows members to feel comfortable [and] at ease when visiting these spots of natural beauty' [M1-j]; 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport.' ... '...successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups.' [M1-m]; ### SAW / EHE families: '.. it's nice to have this Home Ed class just because it puts out that children can do weightlifting' [S2]; ### SAW older participant: 'Well I'd never heard of SAW before, but' I've been bringing my granddaughter down as part of her home schooling. And I've never been to a gym before. But what I've been able to do while I'm here - not on a big scale like the young ones, but I have found that it's benefited me and it's something that I would like to pass on to my friends' [S6]; ### Volunteer G / SAW: 'SAW then encouraged me to join in with the sessions and it was great because everything could be adapted, it was such a great friendly atmosphere.' [V4]; ### Volunteers VD basketball Newport: '... some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];</p>	<p>G5: GOGA Cxxii [G5]; G8: GOGA Cxxv [G8]; G9: GOGA Cxxvi [G9]; K1: Participant K [K1]; K2: Officer K [K2]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; S2: EHE families [S2]; S6: Older Woman [S6]; V4: Volunteer G [V4]; V5: Volunteers VD [V5];</p>
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46 Social value partnerships	The new partnerships increased the sense of equal involvement and recognition of previously under-engaged and underrepresented people.	<p>### GOGA EHE Pembrokeshire: 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial.' [G5]; ### GOGA sailing sessions in Pembrokeshire: 'The participants were young people with various disabilities of physical, sensory and learning disabilities.' ... 'Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season.' ... 'Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.' [G7]; ### Wrexham Golf: 'Vickie has been working directly with Wrexham Golf Club to welcome these ladies into the club by increasing the sessions weekly for the ladies which has led to 12 of them taking up the academy membership at the club.' ... '...a huge change in perception of ladies golf within the Wrexham area.' [G9]; ### LGBTQI+ North Wales: it's been a pleasure to work with the project, and it certainly makes Pride Cymru feel a little more real in North Wales. In the past there's been really a lack of interaction between Pride Cymru in Cardiff and the LGBT community in North Wales, and the GOGA project has made a difference to that.' [L1-a]; ### LGBTQI+ network event: '... some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU. Over 15 Exhibitors held stands promoting their work to support diversity, equality and Inclusion. We were pleased to welcome North Wales Police, North Wales Fire and rescue Service, Glyndwr University, Action for Children, Liverpool Pride (who also host a GOGA LGBTQ+ Programme) and Outside Lives, Unique Network and many more partners to showcase the work they do.' [L2]; ### M.A.D. Hikers in North Wales: 'Participants stated that confidence has been gained by a feeling of security where others may have experienced something similar to theirs. One participant explained how there is no pressure to share or disclose personal information, the feeling of being understood creates a sense of belonging.' [M1-g]; 'The group has 86 members on their WhatsApp group and 2300+ likes on Facebook and Instagram. The group has set up a M.A.D. Dogs Committee for volunteers. The group also runs Mini M.A.D. Hikers and M.A.D. Adventures (Adventure Days such as kayaking, gun range and underground cave).' [M1-h]; 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r]; ### SAW / EHE families: '.. it's nice to have this Home Ed class just because it puts out that children can do weightlifting' [S2];</p>	G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; G9: GOGA Cxxvi [G9]; L1: LGBTQI+ North Wales [L1]; L2: LGBTQI+ Network Event [L2]; M1: M.A.D. Hikers [M1]; S2: EHE families [S2];
G5: A Wales of cohesive communities <i>'Attractive, safe, viable and well-connected.'</i>			
03 Healthy lifestyle (adults)	The cohesive communities around GOGA encouraged and activated people to engage in healthy lifestyles through activity.	<p>### LGBTQI+ North Wales: 'I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people' - 'OK, how does it make you feel playing at Conwy Dragons' - 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r]; ### Volunteers VD basketball Newport: 'Socially and physically, it has given me a closer connection with other parents, coaches, volunteers and the club as a whole. Physically, it has inspired me to pursue my own physical activities. Helping to realise that exercise plays a key part in staying motivated and healthy.' [V5];</p>	L1: LGBTQI+ North Wales [L1]; M.A.D. Hikers [M1]; V5: Volunteers VD [V5];
23 People feeling involved	The cohesive communities provided the participants with the feeling of being involved.	<p>### LGBTQI+ North Wales: 'I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people' - 'OK, how does it make you feel playing at Conwy Dragons' - 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: '... feeling of "belonging" and supporting each other' [M1-k]; 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r]; ### Volunteer S Pride Cymru: '... he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown.' [V3];</p>	L': LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; V3: Volunteer S [V3];

24 Satisfaction with access to facilities and services	The communities formed through the GOGA programme were cohesive and supportive, improving access.	### M.A.D. Hikers in North Wales: 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport. Again, this is done via the WhatsApp chat and locations, routes and pins are shared. Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups. Being able to bring children and dogs to hikes has made [it] a more inclusive offer' [M1-m]; 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds.' [M1-j];	M1: M.A.D. Hikers [M1] ;
27 Sense of community	A sense of community developed within the groups, forming cohesive, supportive communities.	### LGBTQI+ North Wales: 'I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people' - 'OK, how does it make you feel playing at Conwy Dragons' - 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r];	L1: LGBTQI+ North Wales [L1] ; M1: M.A.D. Hikers [M1] ;
29 Mental well-being	Mental wellbeing increased through the social membership in the cohesive community around the activities.	### GOGA lockdown report: 'They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated. it's been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.' [G3-e]; ### LGBTQI+ North Wales: 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: 'Members of the M.A.D. Hikers shared their experience with mental health and 100% reported an increase in wellbeing and a feeling of increased resilience. The feeling of "belonging" and supporting each other was reported as one of the main reasons for retention to the group. "I am fitter both physically and mentally. I feel like I'm becoming the person I always "should" have been.'" [M1-k];	G3: GOGA Cxx [G3] ; L1: LGBTQI+ North Wales [L1] ; M1: M.A.D. Hikers [M1] ;
30 Loneliness	The formed cohesive communities provided a social network, reducing loneliness.	### GOGA lockdown report: '... have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated. it's been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.' [G3-e]; ### M.A.D. Hikers in North Wales: 'I had fought my fear of going somewhere and meeting new people.' [M1-d]; 'Having the chat really helps keep participants connected. People share jokes and information and for some people it is a valuable support for just checking in and feeling valued.' [M1-l]; 'The impact of the intervention [...] also highlighted the additional benefits, such as reduced feelings of isolation' [M1-e];	G3: GOGA Cxx [G3] ; M1: M.A.D. Hikers [M1] ;
38 Participation in sporting activities	The formed cohesive communities encouraged and activated people to participate in sporting activities.	### GOGA lockdown report: 'They have helped to keep me active when services have been no longer available' ... 'it's been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.' [G3-e]; ### LGBTQI+ North Wales: 'Absolutely love the game. I love running around, but it's the team stuff, the team socials at the end, that gets together with everyone else and feeling part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r];	G3: GOGA Cxx [G3] ; L1: LGBTQI+ North Wales [L1] ; M1: M.A.D. Hikers [M1] ;

46 Social value partnerships	New social partnerships widened the framework of the groups, extending the cohesive communities.	### LGBTQI+ North Wales: '... makes Pride Cymru feel a little more real in North Wales. In the past there's been really a lack of interaction between Pride Cymru in Cardiff and the LGBT community in North Wales, and the GOGA project has made a difference to that.' [L1-a]; ### LGBTQI+ network event: '... some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU. Over 15 Exhibitors held stands promoting their work to support diversity, equality and Inclusion. We were pleased to welcome North Wales Police, North Wales Fire and rescue Service, Glyndwr University, Action for Children, Liverpool Pride (who also host a GOGA LGBTQI+ programme) and Outside Lives, Unique Network and many more partners to showcase the work they do.' [L2]; ### M.A.D. Hikers in North Wales: 'We aim to work together with Sported to support governance and due diligence is in place to establish a fundraising and development plan. Together with GOGA we hope to establish and identify M.A.D Hikers aims, relative organisations for signposting and support and anticipated outcomes for sustainability. We have contacted Outdoor Training providers to understand the required qualifications and pathways for Ste and Volunteers to lead walks and public liability insurance for their project.' [M1-o]; 'In the future we would like to look at a fundraising plan to grow M.A.D Hikers and keep it going. We have set up the M.A.D Dogs volunteer group to help us with things like admin and social media' [M1-q]; 'We are working with GOGA to help ensure we are fully inclusive and reaching out to our LGBTQI+ members and others in our communities' [M1-r];	L1: LGBTQI+ North Wales [L1]; L2: LGBTQI+ Network Event [L2]; M1: M.A.D. Hikers [M1];
G6: A Wales of vibrant culture and thriving Welsh language <i>'A society that promotes and protects culture, heritage and the Welsh language, and which encourages people to participate in the arts, and sports and recreation.'</i>			
03 Healthy lifestyle (adults)	The new groups promoting a healthy lifestyle through sports enhanced the culture around physical activities in Wales.	### GOGA lockdown report: Visibility via e.g. new groups, social media, new participants in external groups, matches and game'. '... The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.' [G3-e]; ### LGBTQI+ North Wales: - 'What's your favourite part about the Dragons' – 'Um, definitely playing matches and games' [L1-f]; ### M.A.D. Hikers in North Wales: 'The group has 86 members on their WhatsApp group and 2300+ likes on Facebook and Instagram. The group has set up a M.A.D. Dogs Committee for volunteers. The group also runs Mini M.A.D. Hikers and M.A.D Adventures; (Adventure Days such as kayaking, gun range and underground caves.' [M1-h];	G3: GOGA Cxx [G3]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1];
23 People feeling involved	People felt involved; they felt they were a part of something bigger, involved in the culture around physical activities in Wales.	### GOGA Walk to run: '...on the eighth week, the ladies would all do their 5k together for charity as a small event so they could all achieve their goals together as a team. The money was raised for Disability Sport Wales and raised over £600. With this, over 20 ladies all completed their 5k on one of the coldest nights of the year showing the drive and determination that they had to continue and complete their goals. It was a proud night for Eva, the ladies, myself and GOGA.' [G6]; ### LGBTQI+ North Wales: '... the GOGA project has worked well and it's been a pleasure for Unique to be part of it.' [L1-b]; 'A huge positive of this project so far is the level of engagement with members of the community, but also those partners working and engaging with individuals on a daily and a weekly basis.' [L1-d]; ### M.A.D. Hikers in North Wales: 'M.A.D Hikers has a growing Facebook Community. They have received a number of reviews. "Lucky to have found this group, forever keeping good spirits, always there to chat" ... "kind and passionate individuals."' [M1-n]; 'The feeling of "belonging" and supporting each other was reported as one of the main reasons for retention to the group. "I am fitter both physically and mentally"' [M1-k];	G6: GOGA Cxxiii [G6]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1];

<p>24 Satisfaction with access to facilities and services</p>	<p>The improved access enabled by the programmes made it possible to create and sustain the active operations and physical culture of the groups. Creation or enhancement of minority-inclusive groups enriching the Welsh cultural landscape.</p>	<p>### Wrexham Golf: '... came up with the innovative idea to start coaching 'Street Golf' indoors at a local leisure centre to a group of females teaching them the basic skills and technical points of golf during the winter. This was a key and important part of getting the ladies hooked and engaged in the game due to them starting in a closed environment that didn't feel intimidating or overwhelming' 'After completing eight weeks at the leisure centre Vickie then took the ladies over to Wrexham Golf Club to introduce them to the training facilities and academy course. By this point the ladies were all enjoying the sessions and ready to take the next step at the club. From January, 27 ladies have taken part in the GOGA golf sessions with 18 of them still fully engaged 8 months later.' [G9]; ### LGBTQI+ North Wales: '... [the project] certainly makes Pride Cymru feel a little more real in North Wales' [L1-a]; '... increasing opportunities and breaking down barriers for members of the LGBTQI+ community and also those that may also have an impairment.' [L1-d]; ### M.A.D. Hikers in North Wales: 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport. Again, this is done via the What's App chat and locations, routes and pins are shared. Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups. Being able to bring children and dogs to hikes has made [it] a more inclusive offer' [M1-m]; 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds.' [M1-j]; ### SAW Active Together: '... the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities' [S1-a]; 'Families were using word of mouth to spread success of SAW sessions, leading to expansion of another session' [S1-e]; ### SAW older participant: 'Well I'd never heard of SAW before, but' I've been bringing my granddaughter down as part of her home schooling. And I've never been to a gym before. But what I've been able to do while I'm here - not on a big scale like the young ones, but I have found that it's benefited me and it's something that I would like to pass on to my friends'' [S6];</p>	<p>G9: GOGA Cxxvi [G9]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S6: Older Woman [S6];</p>
<p>27 Sense of community</p>	<p>The formed sense of community made the participants feel they were as a group involved in the bigger culture around the activities.</p>	<p>### LGBTQI+ North Wales: '... it certainly makes Pride Cymru feel a little more real in North Wales. In the past there's been really a lack of interaction between Pride Cymru in Cardiff and the LGBT community in North Wales, and the GOGA project has made a difference to that.' [L1-a]; ### M.A.D. Hikers in North Wales: 'The group worked together to design a M.A.D Dogs logo, Volunteer B purchased T shirts for the group as a contribution. The Shirts are intended to bring a sense of identity and belonging and raise funds for the group' [M1-l]; 'M.A.D Hikers has a growing Facebook Community. They have received a number of reviews.' [M1-n]; 'The group has 86 members on their WhatsApp group and 2300+ likes on Facebook and Instagram. The group has set up a M.A.D. Dogs Committee for volunteers. The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground cave)' [M1-h];</p>	<p>L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1];</p>
<p>28 Volunteering</p>	<p>Increase in volunteering through GOGA groups; more people becoming part of the culture around the programmes in Wales.</p>	<p>### GOGA impact report: [In Wales, GOGA] 'engaged over 450 volunteers and peer mentors.' [G1-a]; ### M.A.D. Hikers in North Wales: 'The group has set up a M.A.D. Dogs Committee for volunteers.' [M1-h]; 'Ste and the MAD Dogs volunteer group have plans for development.' ... 'Starting as a voluntary group they are keen to understand how they can form a stable framework to access fundraising and developmental support' [M1-o];</p>	<p>G1: GOGA Cxxi [G1]; M1: M.A.D. Hikers [M1];</p>
<p>30 Loneliness</p>	<p>New social connections and more people involved in the physical and wider culture around the GOGA programmes in Wales, reducing loneliness.</p>	<p>### GOGA lockdown report: 'They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated. it's been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter.' [G3-e]; ### M.A.D. Hikers in North Wales: 'Having the chat really helps keep participants connected. People share jokes and information and for some people it is a valuable support for just checking in and feeling valued.' [M1-l]; 'The impact of the intervention [...] also highlighted the additional benefits, such as reduced feelings of isolation' [M1-e];</p>	<p>G3: GOGA Cxx [G3]; M1: M.A.D. Hikers [M1];</p>

38 Participation in sporting activities	Participation in sports brought people together in a framework of physical culture.	### GOGA Walk to run: '... the ladies would all do their 5k together for charity as a small event so they could all achieve their goals together as a team.' [G6]; ### LGBTQ+ North Wales: 'Absolutely love the game. I love running around, but it's the team stuff, the team socials at the end, that gets together with everyone else and feeling part of something.' [L1-g]; ### M.A.D. Hikers in North Wales: 'I would NEVER have done this, only for the confidence and support and the "I don't give a damn" approach that being part of this amazing gang has given me. Onwards and upwards' [M1-r];	G6: GOGA Cxxiii [G6]; L1: LGBTQ+ North Wales [L1]; M1: M.A.D. Hikers [M1];
46 Social value partnerships	The increasing number of social partnerships through GOGA has enhanced and extended the physical culture framework in Wales, with further prospects in the future.	### LGBTQ+ North Wales: 'The project has been really important in North Wales because it's tended to link up different elements of the community' [L1-a]; 'We hope to continue our work by linking closer with national governing bodies of sport, schools, clubs and other partners and projects.' [L1-i]; ### LGBTQ+ network event: '... some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU. Over 15 Exhibitors held stands promoting their work to support diversity, equality and Inclusion. We were pleased to welcome North Wales Police, North Wales Fire and rescue Service, Glyndwr University, Action for Children, Liverpool Pride (who also host a GOGA LGBTQ+ programme) and Outside Lives, Unique Network and many more partners to showcase the work they do.' [L2]; ### M.A.D. Hikers in North Wales: 'Together with GOGA we hope to establish and identify M.A.D Hikers aims, relative organisations for signposting and support and anticipated outcomes for sustainability. We have contacted Outdoor Training providers to understand the required qualifications and pathways for Ste and Volunteers to lead walks and public liability insurance for their project.' [M1-o]; ' In the future we would like to look at a fundraising plan to grow M.A.D Hikers and keep it going. We have set up the M.A.D Dogs volunteer group to help us with things like admin and social media' [M1-q]; 'We are working with GOGA to help ensure we are fully inclusive and reaching out to our LGBTQ+ members and others in our communities' [M1-r];	L1: LGBTQ+ North Wales [L1]; L2: LGBTQ+ Network Event [L2]; M1: M.A.D. Hikers [M1];
G7: A globally responsible Wales <i>'A nation which, when doing anything to improve the economic, social, environmental, and cultural well-being of Wales, takes account of whether doing such a thing may make a positive contribution to global well-being.'</i>			
03 Healthy lifestyle; 27 Sense of community; 28 Volunteering; 38 Participation in sports; 46 Social value partnerships	Aspects with global implications	Data not yet available	Data not yet available

*%: Prospect of indirect alignment (Martin et al., 2020; Mayer et al., 2009; Okada, 2013).

4.3 Synopsis – Well-Being of Future Generations Act

After systematically reviewing the GOGA data against the Well-Being of Future Generations Act (2015), alignment was apparent for several of the goals. The data suggests a clear alignment of GOGA in five goal areas: *'A more equal Wales'* (G4), *'A prosperous Wales'* (G1), *'Wales of vibrant culture and thriving Welsh language'* (G6), *'Wales of cohesive communities'* (G5), and *'A healthier Wales'* (G3) (see Figure 4.2).

Specifying further across the aspects of the act, the data demonstrated examples of ways in which the GOGA programme increased access and enhanced healthy lifestyles for harder-to-reach populations, increased general uptake of sports activities, and formed a new sense of community and new social value partnerships (aspects *'Participation in sporting activities'* (#38), *'Social value partnerships'* (#46), *'Satisfaction with access to facilities and services'* (#24), *'Healthy lifestyle (adults)'* (#3), and *'Sense of community'* (#27)). GOGA also demonstrated a positive alignment regarding *'People feeling involved'* (#23), *'Volunteering'* (#28), *'Loneliness'* (#30), and *'Mental well-being'* (#29) (see Figure 4.3).

In addition, the prospect of an indirect alignment was apparent on the goal G2, *'A resilient Wales'* (*'A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic, and ecological resilience and the capacity to adapt to change'*), in connection with the aspect *'Social value partnerships'* (#46). This is due to the association that has been observed between exposure to nature – as evident in a number of GOGA projects – and pro-environmental behaviours (e.g., Martin et al. 2020; Mayer et al. 2009; and Okada, 2013). While the prospect of this outcome (increase in pro-environmental behaviours) applies across the GOGA projects connecting with nature, the current data points to this indirectly, as an implication from the evidenced nature exposure. Moreover, the social value partnerships in the GOGA context support engagement and activity in general, as seen in several GOGA projects. This has the prospect of further enhancing potential pro-environmental behaviours supporting maintenance and enhancement of healthy natural environments.

At the time of this report:

- No data was available regarding goal seven (G7): *Globally responsive Wales (Well-Being of Future Generations Act / Wellbeing Goal 7: 'A nation which, when doing anything to improve the economic, social, environmental and cultural well-being of Wales, takes account of whether doing such a thing may make a positive contribution to global well-being.'*)
- The prospective alignment of GOGA data towards G2 (*A resilient Wales*) remains to be confirmed by direct data.

Overall:

- ❖ The GOGA programme had alignment with the majority of the wellbeing goals and aspects defined in the Well-Being of Future Generations Act (2015).
- ❖ The GOGA data provided specific examples of alignment for five out of the seven goals and all the nine applicable aspects of the policy.

Data across goal areas [WBFG] [%]

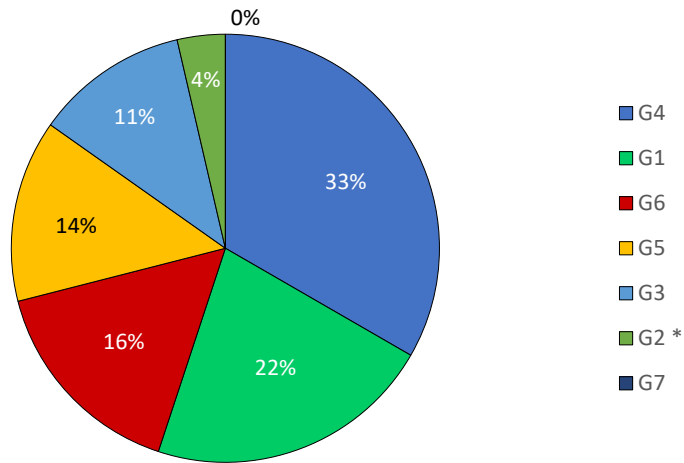


Figure 4.2 GOGA data across the WBFG goal areas

Goal areas of policy [WBFG]:

- G1 A prosperous Wales
- G2 A resilient Wales
- G3 A healthier Wales
- G4 A more equal Wales
- G5 A Wales of cohesive communities
- G6 A Wales of vibrant culture and thriving Welsh language
- G7 A globally responsible Wales
- * Indirect alignment

Data across aspects of policy [WBFG] [%]

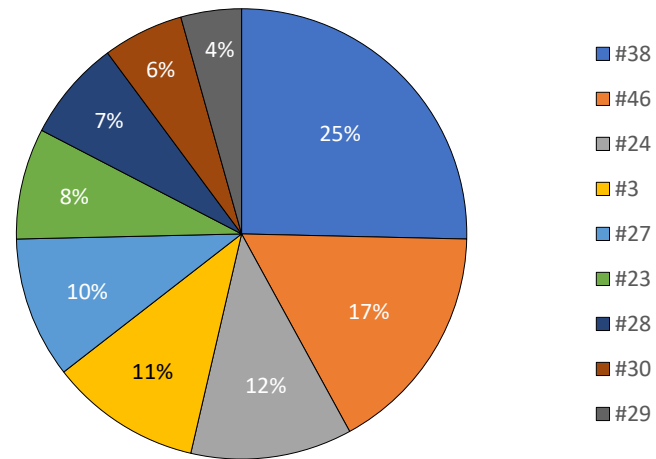


Figure 4.3 GOGA data across the WBFG policy aspects

Aspects of policy [WBFG]:

- #3 Healthy lifestyle (adults)
- #23 People feeling involved
- #24 Satisfaction with access to facilities and services
- #27 Sense of community
- #28 Volunteering
- #29 Mental well-being
- #30 Loneliness
- #38 Participation in sporting activities
- #46 Social value partnerships

5 Healthy Weight: Healthy Wales

5.1 Overview – Healthy Weight: Healthy Wales

Healthy Weight: Healthy Wales (HWHW) is the long-term strategy of the Welsh Government to prevent and reduce obesity in Wales (Welsh Government, 2021a). It consists of four national themes (Healthy environment, Healthy settings, Healthy people, Leadership and enabling change; see Figure 5.1) and applies the five ways of working in the Well-Being of Future Generations Act (2015) to deliver the strategy (see Figure 5.2).

The Healthy Weight: Healthy Wales strategy was cross-referenced against the GOGA data. The themes and subthemes of the strategy were used to analyse the alignment of the GOGA programme. The cross-reference table was built, recording (i) the association between the GOGA programme and the HWHW strategy, (ii) descriptive quotes from the supportive data, and (iii) references to the data. One subtheme in which data was not available was noted. Recommendations for further research were recorded. See Table 5.1 for the results and Section *Data extracts* for the referenced samples.

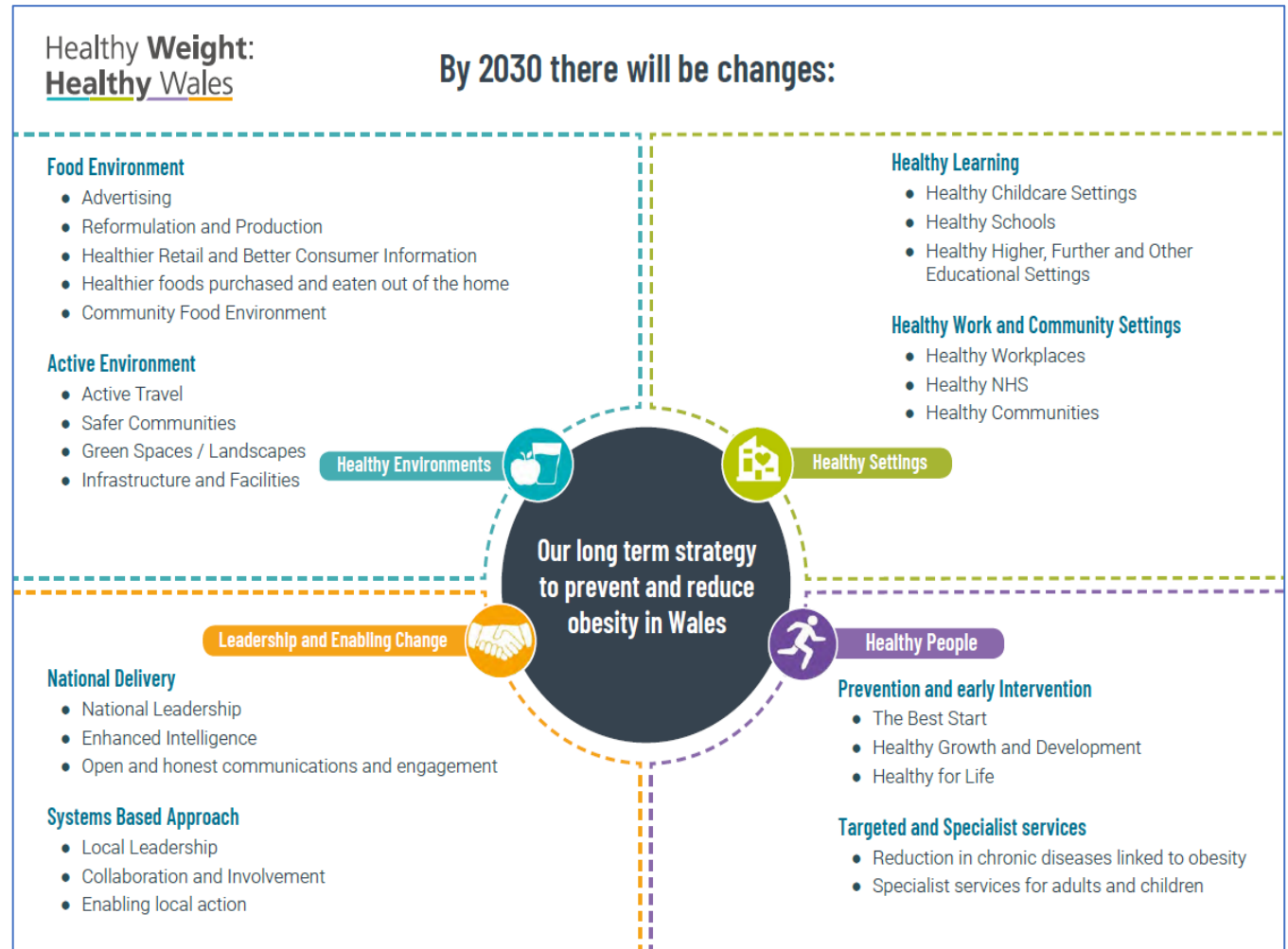


Figure 5.1 Key aspects of the Healthy Weight: Healthy Wales -agenda (Source: Welsh Government)



Figure 5.2 Healthy Weight: Healthy Wales - strategy in relation to the Well-Being of Future Generations Act 2015 (Source: Welsh Government)

5.2 Cross-reference table – Healthy Weight: Healthy Wales

Table 5.1: Cross-referencing GOGA and Healthy Weight: Healthy Wales

Aspect of policy	Overview of GOGA alignment	Examples of GOGA alignment	References
<p>Healthy Environments</p> <p><i>Food Environments where healthier food and drink is widely available, appealing and affordable, making the healthier choice the easy choice. Active environments that support and motivate people to be more active; by making green spaces, sport, and recreation opportunities more accessible and by making active travel the obvious choice in terms of safety, convenience, and cost.</i></p>			
Food Environment (1)	<p>Examples on any of the following:</p> <ul style="list-style-type: none"> <i>Advertising</i> <i>Reformulation and Production</i> <i>Healthier Retail and Better Consumer Information</i> <i>Healthier foods purchased and eaten out of the home</i> <i>Community Food Environment</i> 	Data not yet available	Data not yet available

<p>Active Environment (2)</p>	<p><i>[Active Travel, Safer Communities, Green Spaces / Landscapes, Infrastructure and Facilities]</i> Projects within GOGA have created opportunities for active recreation, engaged people in activities in the natural environments of Wales, and extended the use of existing recreational infrastructures onto new groups of people.</p>	<p>### Inclusive Community Club rugby: ‘... the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA’ [G4]; ### GOGA EHE Pembrokeshire: ‘There are currently 197 registered EHE children in Pembrokeshire.’ ... ‘This physical activity intervention engaged with 42 children. A significant number, over 20% are on the ASD spectrum. A further 20% have additional learning needs.’ ... ‘Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.’ ... “I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.” [G5]; ### GOGA Walk to run: ‘The track had only ever been used for the local club and was associated with people who are high performing athletes, but we wanted to change that.’ [G6]; ### GOGA sailing sessions in Pembrokeshire: ‘The participants were young people with various disabilities of physical, sensory and learning’ ... ‘All participants in the project were non sailors at the start of the project.’ ... ‘... [got] experience in small dinghies’ ... ‘They also sailed on “Sea Legs” a 32ft Catamaran, with a volunteer crew, from nearby Neyand Marina. Later in the programme participants took part in a weekend of training and a regatta experience to get a taste of racing in classes alongside others.’ [G7]; ### Children’s disability swimming in RCT: ‘RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis.’ [G8]; ### Wrexham Golf: ‘After completing eight weeks at the leisure centre Vickie then took the ladies over to Wrexham Golf Club to introduce them to the training facilities and academy course. By this point the ladies were all enjoying the sessions and ready to take the next step at the club. From January, 27 ladies have taken part in the GOGA golf sessions with 18 of them still fully engaged 8 months later’ [G9]; ### GOGA EHE West Wales: ‘...focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive.’ ... ‘...we can help break down barriers in participation of sport and physical activity with them’ [K2]; ### M.A.D. Hikers in North Wales: ‘The group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.’ [M1-a]; ‘Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds. Many of the walks organised are off the beaten path, avoiding tourist hotspots, which allows members to feel comfortable [and] at ease when visiting these spots of natural beauty.’ [M1-j]; ‘Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn’t feel comfortable in larger groups. Being able to bring children and dogs to hikes has made [it] a more inclusive offer and it has been reported that some members feel happier whilst being [able] to engage with their children.’ [M1-m]; ### SAW Active Together: ‘... the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities that we & SAW could offer.’ [S1-a]; ‘By encouraging whole family participation, we found that participants were encouraging other families’ members to come along. We made sure SAW had a breakdown of the sessions that were inclusive and could be adapted for everyone of all ages and abilities.’ [S1-b]; ‘I would’ve never come to an environment like this but with my grandchildren coming its motivated me to come and try something new’ [S1-c]; ### SAW Coaching 1: ‘because it’s a Home Ed, it’s good for them to experience different sports’ [S3];</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; G9: GOGA Cxxvi [G9]; K2: Officer K [K2]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S3: Meaning of coaching [S3];</p>
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Healthy Settings

Our settings where we learn, work and live will be positive environments; which create a supportive cultural norm where being healthy and active is what everyone does; providing healthier food choices and encouraging regular physical activity.

<p>Healthy Learning (3)</p>	<p><i>[Healthy Childcare Settings, Healthy Schools, Healthy Higher, Further and Other Educational Settings]</i> Various GOGA projects have delivered interventions that support children and young people's regular participation in sports, physical activity, and recreation and provided participants with an opportunity to experience active environments and learn about varied healthy opportunities, approaches, and lifestyles.</p>	<p>### Inclusive Community Club rugby: 'the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA.' [G4]; ### GOGA EHE Pembrokeshire: 'There are currently 197 registered EHE children in Pembrokeshire.' ... 'This physical activity intervention engaged with 42 children. A significant number, over 20% are on the ASD spectrum. A further 20% have additional learning needs.' ... 'Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.' [G5]; ### GOGA sailing sessions in Pembrokeshire: 'The participants were young people with various disabilities of physical, sensory and learning' ... '[got] experience in small dinghies' ... '...sailed on "Sea Legs" a 32ft Catamaran, with a volunteer crew' ... '... took part in a weekend of training and a regatta experience' [G7]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis.' [G8]; ### Participant K and CiTC Newport: 'Due to the success of the weekly football session, we created a weekly basketball session, for the same target audience. Kayla, never having played basketball before. Trusted the coaching staff enough to attend a different sporting activity in a completely new facility' [K1-e]; ### GOGA EHE West Wales: '...focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive.' ... '...we can help break down barriers in participation of sport and physical activity with them' [K2]; ### M.A.D. Hikers in North Wales: 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves).' [M1-h]; ### SAW Active Together: '...opportunity to introduce home educated families to the world of weightlifting.' [S1]; ### SAW / EHE families: '... this Home Ed class' ... '...it puts out that children can do weightlifting' [S2]; ### SAW Coaching 1: 'because it's a Home Ed, it's good for them to experience different sports' [S3]; ### Volunteers VD Newport: 'some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; K1: Participant K [K1]; K2: Officer K [K2]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S2: EHE families [S2]; S3: Meaning of coaching [S3]; V5: Volunteers VD [V5];</p>
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<p>Healthy Work and Community Settings (4)</p>	<p><i>[Healthy Workplaces, Healthy NHS, Healthy Communities]</i> The GOGA projects have increased and promoted physical activity and sports in communities, bringing opportunities to the people and increasing visibility of physical activities in the communities.</p>	<p>### Inclusive Community Club rugby: ‘...has been demand for a while for a disability rugby session in the RCT area’ ... ‘... the Cardiff Blues Inclusive Community Club disability rugby session was launched in partnership with [GOGA]’ ... ‘... the WRU coaches arrived at Abercynon with a 3G pitch and some equipment’ ... ‘... the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA’ ... ‘...large amounts of positive feedback from the sessions, particularly on social media with the parents and children themselves being our biggest advocates’ ... ‘@GOGA_RCT & @CbluesCommunity Twitter accounts’ ... ‘It’s a wonderful provision as it has enabled him to access high quality sport in the local community.’ [G4]; ### GOGA EHE Pembrokeshire: ‘Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.’ ... ‘Sessions were designed for all to get involved giving physical and social benefits to families from all over the county.’ ... ‘I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.’ ... ‘We, as parents, have really been made aware of the importance of physical literacy through engagement’ ... ‘...new ideas and presented new activities for the children to try’ [G5]; ### Children’s disability swimming in RCT: ‘...deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis. The development of this provision has positively impacted on the county wide aquatics offer in RCT and we look forward to this growing even further in the future’ [G8]; ### Participant K and CiTC Newport: ‘Accessing the “Right Place” was key to the engagement of all participants, Kayla especially. The facility used is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending’ [K1-c]; ### LGBTQI+ North Wales: ‘The project has been really important in North Wales because it’s tended to link up different elements of the community, and it’s been really good at interacting with individuals and finding out what the community really needs’ [L1-a];</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G8: GOGA Cxxv [G8]; K1: Participant K [K1]; L1: LGBTQI+ North Wales [L1];</p>
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Healthy People

People feeling more motivated, enabled, and supported to make healthier choices throughout their lives. A closing of the health inequality gap amongst our most disadvantaged communities through the targeting of services, funding, and support. Health and care services which are compassionate. Supported by skilled, confident professionals and volunteers who use each contact with the public to encourage and support them to achieve and maintain a healthy weight. Fair and equitable access to a clinical pathway for weight management services with guaranteed access for all.

Prevention and early Intervention (5)

[The Best Start, Healthy Growth and Development, Healthy for Life] Many of the GOGA projects have provided opportunities for children and young people to experience regular and new physical activities, encouraging them towards a healthy lifestyle with physical activity as a key component, already early in life. One aspect of this has been improving children's and young people's access to and engagement in the activities by being inclusive and supportive of the whole family.

Inclusive Community Club rugby: '... the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA' [G4]; ### GOGA EHE Pembrokeshire: 'There are currently 197 registered EHE children in Pembrokeshire' ... 'This physical activity intervention engaged with 42 children' ... 'Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'Parents were invited to join in the water and help assist and encourage their children build water confidence during the lessons. The swim instruction was delivered by instructors from the leisure centre and as parents were involved, they then felt more confident to take their children swimming independently between weekly lessons' ... 'Children said, "I love doing this with my family and making new friends here". Parents who were invited to join the sessions too enjoyed that they could get involved alongside their children and other families.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.' [G5]; ### GOGA sailing sessions in Pembrokeshire: 'Alex has grown in confidence and taken an active team member role within his sessions.' ... 'Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season.' [G7]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis. The development of this provision has positively impacted on the county wide aquatics offer in RCT and we look forward to this growing even further in the future' [G8]; ### GOGA EHE West Wales: 'focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them' ... 'GOGA also means that we can help break down barriers in participation of sport and physical activity with them' [K2]; ### M.A.D. Hikers in North Wales: 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves).' ... 'Mini M.A.D. Hikers have proven successful with the aim being to support single parents' ... 'Being able to bring children and dogs to hikes has made [it] a more inclusive offer and it has been reported that some members feel happier whilst being [able] to engage with their children.' [M1]; ### SAW Active Together: '... the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities' [S1-a]; ### SAW / EHE families: '...make them do more mobility work because some children aren't very mobile at the minute because sitting on the games [...]' [S2]; ### SAW Coaching 2: '... the children come in with their parents and it's nice to see the bond between child and parent, working together lifting weights' [S4]; ### Volunteer G / SA: 'My granddaughter started attending the sessions, I seen how much she enjoyed it, she wanted to share that with the whole family, this lead to getting her cousins involved in coming to the sessions, encouraging both their mums and I now take them all. SAW then encouraged me to join in with the sessions and it was great because everything could be adapted, it was such a great friendly atmosphere.' ... 'My favourite thing was being able to come to the GOGA sessions and feel welcomed, all sessions were encouraged to be active together and it pushed myself to get involved.' [V4]; ### Volunteers VD basketball Newport: '...some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' ... 'Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.' [V5];

G4: GOGA Cxxi [G4];
G5: GOGA Cxxii [G5];
G7: GOGA Cxxiv [G7];
G8: GOGA Cxxv [G8];
K2: Officer K [K2]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S2: EHE families [S2]; S4: Enjoying coaching [S4];
V4: Volunteer G [V4];
V5: Volunteers VD [V5];

<p>Targeted and Specialist services (6)</p>	<p><i>[Reduction in chronic diseases linked to obesity, Specialist services for adults and children]</i> The GOGA projects have particularly provided tailored support for people with any type of disability, encouraging them to participate in new and regular physical activities.</p>	<p>### GOGA impact report: In Wales, GOGA reached 2,000 unique participants (40% registered as being disabled or having a long-term health condition) through 100 activities. [G1-a]; 37% of participants admitted to no physical activity prior to GOGA. 15 months on, disabled GOGA participants were doing an average of 26 minutes of additional activity a day. [G1-b]; ### Inclusive Community Club rugby: ‘... the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA’ [G4]; ### GOGA sailing sessions in Pembrokeshire: ‘The participants were young people with various disabilities of physical, sensory and learning disabilities.’ ... ‘The RYA instructor [...] had a natural way to deliver fun inclusive and safe sailing sessions’ ... ‘The club has a great inclusive, approachable and adaptive attitude to making sailing suitable for all’ [G7]; ### Children’s disability swimming in RCT: ‘RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis’ ... ‘...children would often struggle with the size of the classes, so we aimed to keep these classes small keeping a ratio of 1 instructor to 4 children.’ [G8]; ### M.A.D. Hikers in North Wales: ‘...set up to bring together a community for those addressing Mental Health challenges. The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.’ [M1-a]; ‘...many openly shared their motivations for initially engaging with the M.A.D. Hikers Facebook group. Bereavement, Cancer, Diagnosed and Undiagnosed Neuro Diverse conditions, Divorce/separation, Psychosis, PTSD and Suicidal thoughts were referenced as experiences faced by participants.’ [M1-f]; ‘Members of the M.A.D. Hikers shared their experience with mental health and 100% reported an increase in wellbeing and a feeling of increased resilience.’ [M1-k]; ### Volunteers VD basketball Newport: ‘...some children don’t get the chance to be part of something as they don’t fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.’ ... ‘Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.’ [V5];</p>	<p>G1: GOGA Cxvi [G1]; G4: GOGA Cxxi [G4]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; M1: M.A.D. Hikers [M1]; V5: Volunteers VD [V5];</p>
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Leadership and Enabling Change

Develop a ‘wellness’ system for healthy weight, to support and anticipate health needs, to prevent illness, and reduce the impact of poor health and inequality.

<p>National Delivery (7)</p>	<p><i>[National Leadership, Enhanced Intelligence, Open and honest communications and engagement]</i> GOGA collects and provides statistical and case study data on its projects, contributing to the potential to assess the delivery and drive the improvement of a variety of approaches to increasing physical activity in Wales.</p>	<p>### Example reports of statistical data from GOGA: GOGA impact/stage reports [G1]; [G2]; [G3]; ### Examples of documentation of case data: e.g. GOGA case studies [G4 – G9]; [K1]; [L1]; [M1]; [S1]. ### Wavehill report 2021 [W1];</p>	<p>G1: GOGA Cxvi [G1]; G2: GOGA Cxix [G2]; G3: GOGA Cxx [G3]; G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; G9: GOGA Cxxvi [G9]; K1: Participant K [K1]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; W1: Wavehill, 2021 [W1];</p>
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<p>Systems Based Approach (8)</p>	<p><i>[Local Leadership, Collaboration and Involvement, Enabling local action]</i> In the GOGA approach, local stakeholders are recruited to communicate with the local community and lead the projects guided by the local needs.</p>	<p>### Inclusive Community Club rugby: 'There has been demand for a while for a disability rugby session in the RCT area. After a number of meetings with the WRU Disability Coordinator Darren Carew, the Cardiff Blues Inclusive Community Club disability rugby session was launched in partnership with the Get Out Get Active programme.' [G4]; ### GOGA EHE Pembrokeshire: 'The Elective Home Education Project is a partnership between Sport Pembrokeshire and GOGA Pembrokeshire. During conversations held with families over the recent months the need has been expressed for support with Physical Education.' ... 'This physical activity intervention engaged with 42 children.' [G5]; ### Wrexham Golf: 'The Wrexham ladies golf sessions began last January where we came up with the innovative idea to start coaching "Street Golf" ... '...in a closed environment that didn't feel intimidating or overwhelming which was suggested in some research we conducted prior to the sessions.' ... '...qualified coach at Wrexham Golf Club ran the sessions for GOGA using her infectious personality to engage with the ladies immediately.' [G9]; ### Participant K and CiTC Newport: 'Our weekly sessions, consist of a variety of sporting activities. One being football, delivered by County in The Community (CiTC). The session targets disabled people and their friends and family' ... 'Accessing the "Right Place" was key to the engagement of all participants, Kayla especially. The facility used, is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending' [K1-c]; ### LGBTQI+ North Wales: 'The project has been really important in North Wales because it's tended to link up different elements of the community, and it's been really good at interacting with individuals and finding out what the community really needs' [L1-a];</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G9: GOGA Cxxvi [G9]; K1: Participant K [K1]; L1: LGBTQI+ North Wales [L1];</p>
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- (1) Subtheme with no directly relevant statements in agenda. " we need to shift the balance of the food environment and support people to gradually change their habits towards choosing healthier options ... work with partners and the food industry to ensure that healthier choices are more readily available, affordable and that as a population we have the skills and knowledge to be able to eat a balanced diet ... we will ensure that: consumers can access healthier food and drink more readily; healthier food and drink will be marketed and promoted ..." (Welsh Government, 2021b, p.10)
- (2) 'Wales is famous for the beauty of many of its landscapes. We will continue to work with our National Parks and Areas of Outstanding Natural Beauty (our designated landscapes) to get more people passionate about the natural environment and the positive health benefits it brings to our citizens who live in or visit them. We will also continue to promote and enhance opportunities on people's doorsteps to walk and enjoy the countryside in other ways' ... 'We will create more opportunities for active recreation and play for families and children, particularly in the early years, by increasing access to high quality play provision, developing family friendly routes and by utilising our natural infrastructure, including national parks' ... 'greater opportunities for local communities to be healthy and active' ... 'Maximising opportunities in the active environment will also require consideration of how high quality sport infrastructure can help to increase participation. This can include exploring how to utilise community based facilities and expand 3G pitches for multi-use activities' ... 'Keeping communities at the heart' (Welsh Government, 2021b, p.12)
- (3) 'Settings can promote and educate children, young people and their parents or carers about the positive aspects of a healthy lifestyle. They can also play a key role to deliver interventions which support regular physical activity, sport or recreation participation and healthy eating for life, and be environments that provide access to healthier food and drinks' ... 'An active environment which encourages active travel, daily physical activity choices and varied sport or recreation offer to encourage participation' (Welsh Government, 2021b, p.15)
- (4) 'There are a number of settings within our daily lives that play an integral role in our healthy environments and can influence the daily choices that we make. These settings include the places we work, health or care sites such as hospitals, GP surgeries or pharmacies and places in the community such as leisure centres, cinemas or community centres. They can all influence or nudge us to make healthy or unhealthy choices' ... 'Difference: An increase in physical activity levels against the Chief Medical Officer physical activity guidelines and a decrease in sedentary behaviours.' (Welsh Government, 2021b, p. 17)
- (5) 'Provision of engaging and enjoyable programmes to encourage eating well, sitting less and moving more. ... A range of behavioural science informed early intervention weight management support and physical activity based services delivered within local communities which draw upon local assets for children, families and adults linked through social prescribing.' (Welsh Government, 2021b, p. 21)
- (6) 'We know that there is evidence of increased weight gain in relation to some mental health conditions. Treatments will continue to highlight the importance of diet and physical exercise working with our health professionals and third sector organisations for those who require tailored support. We will ensure that services are designed to support people with a range of disabilities or other access needs.' (Welsh Government, 2021b, p. 22)
- (7) 'There will be an overarching evaluation framework which will build in dynamic data and information to assess delivery and drive improvement' ... 'We will publish a set of annual indicators which will assess delivery. This will include providing regional and local data to influence local delivery improvements' ... 'Open and honest communications and awareness will be a central component for future delivery. It will be essential for partners and members of the public to see progress' (Welsh Government, 2021b, p.24)
- (8) 'As a call to action we will encourage our delivery partners to sign up to a charter which aims to empower healthier lifestyles and promote physical activity.' (Welsh Government, 2021b, p. 24)

5.3 Synopsis – Healthy Weight: Healthy Wales

After systematically reviewing the GOGA data against the Healthy Weight: Healthy Wales strategy, alignment of the GOGA data on all themes (see Figure 5.3) and most subthemes (see Figure 5.4) was apparent. The data suggested alignment of GOGA particularly on subthemes ‘*National Delivery*’ (7), ‘*Healthy Learning*’ (3), ‘*Prevention and early Intervention*’ (5), and ‘*Active Environment*’ (2), but also on ‘*Targeted and Specialist services*’ (6), ‘*Healthy Work and Community Settings*’ (4), and ‘*Systems Based Approach*’ (8; see Figure 5.4). The only subtheme where data was not available was ‘*Food Environment*’ (1). Examples from the GOGA programme for the four main themes (‘*Healthy Environments*’ (HE), ‘*Healthy People*’ (HP), ‘*Healthy Settings*’ (HS), and ‘*Leadership and Enabling Change*’ (LE)) were provided. A greater range of supportive data was found on the theme ‘*Leadership and Enabling Change*’ (LE), due to the wide documentation of GOGA through a range of reports and case studies, which contributed to the aspects of data and assessment within the theme. Fewer examples were related to the theme ‘*Healthy Environments*’ (HE) due to the current lack of data on the subtheme ‘*Food Environment*’ (1).

At the time of this report:

- Data was not available on Subtheme 1: ‘*Food Environment*’.

Overall:

- ❖ The GOGA programme data aligned with all four main themes and the majority of the eight subthemes of Healthy Weight: Healthy Wales.

Data across themes [HWHW] [%]

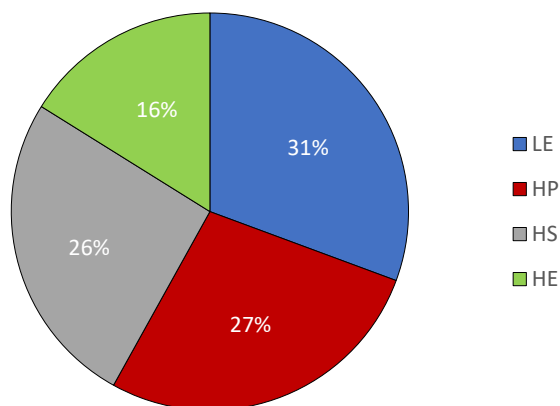


Figure 5.3 GOGA data across the HWHW themes

HWHW Main themes:

- HE Healthy Environments
- HP Healthy People
- HS Healthy Settings
- LE Leadership and Enabling Change

Data across subthemes [HWHW]

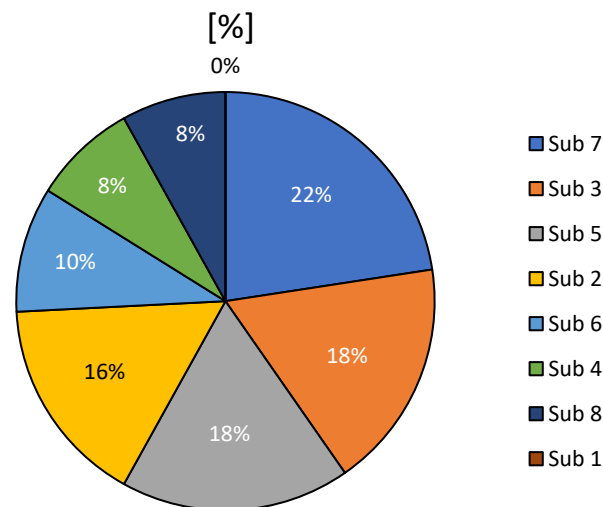


Figure 5.4 GOGA data across the HWHW subthemes

HWHW Subthemes:

- Sub 1 Food Environment
- Sub 2 Active Environment
- Sub 3 Healthy Learning
- Sub 4 Healthy Work and Community Settings
- Sub 5 Prevention and early Intervention
- Sub 6 Targeted and Specialist services
- Sub 7 National Delivery
- Sub 8 Systems Based Approach

6 Natural Resources Wales Well-being statement

6.1 Overview – Natural Resources Wales Well-being statement

The Well-being Statement of Natural Resources Wales (NRW), which is the environmental body for Wales, sets out how NRW's well-being objectives meet their statutory duty under the Well-being of Future Generations (Wales) Act 2015 (Natural Resources Wales, 2023b; Welsh Government, 2015). It forms part of NRW's agenda *'Corporate plan to 2030 - Nature and People Thriving Together'* (Natural Resources Wales, 2023a) and consists of three objectives: By 2030, 1) nature is recovering (see Figure 6.1), 2) communities are resilient to climate change, and 3) pollution is minimised (Natural Resources Wales, 2023b).

The statement explains how NRW's well-being objectives were established, including the application of the five ways of working under the sustainable development principle; how the well-being objectives maximise the contribution of NRW to the seven long-term well-being goals of Wales, as specified in the Future Generations (Wales) Act; and how NRW's work will provide multiple benefits for people, climate, and nature (Natural Resources Wales, 2023b).

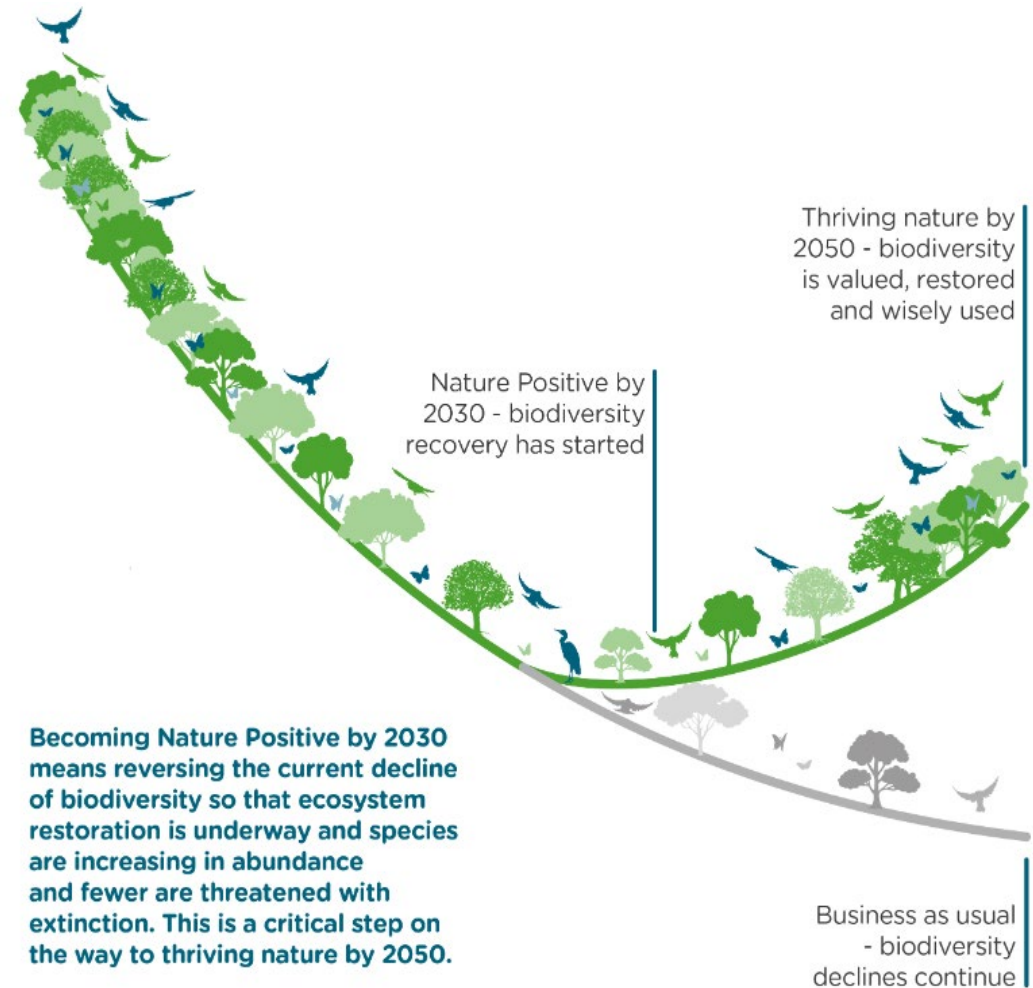


Figure 6.1 Nature Positive by 2030 (Joint Nature Conservation Committee, 2023; Natural Resources Wales, 2023b).

The NRW Well-being Statement was cross-referenced with the GOGA data. The objectives of the Well-being Statement and the links offered by the NRW to the goals of the Future Generations (Wales) Act were used to analyse the alignment of the GOGA programme. The cross-reference table was built, recording (i) the association between the GOGA programme and the Wellbeing statement, (ii) descriptive quotes from the supportive data, and (iii) references to the data. Objectives and relevant links to the NRW Well-being Statement where data was missing were noted. Recommendations for further research were recorded. See Table 6.1 for the results and Section *Data extracts* for the referenced samples.

6.2 Cross-reference table – Natural Resources Wales Well-being statement

Table 6.1: Cross-referencing GOGA and Natural Resources Wales Well-being Statement

Aspect of wellbeing document	Overview of GOGA alignment	Examples of GOGA alignment	References
<p style="text-align: center;">Objective 1: By 2030 in Wales, nature is recovering *</p> <p style="text-align: center;"><i>Thriving nature stores carbon and reduces the risks and impacts of a warming world. Many actions to support the recovery of nature also help us adapt to and mitigate against climate change. NRW will prioritise action so that by 2030, nature’s recovery will be secure by e.g. a) nature being protected, b) nature being restored, c) nature being respected and valued in decision-making, and d) nature, people and communities being reconnected.</i></p>			
<p style="text-align: center;">General relevance via (d) enhancing (a)-(c): the prospect of a number of GOGA projects enhancing pro-environmental behaviours, due to the nature connection they provided (Martin et al., 2020; Mayer et al., 2009; Okada, 2013).</p>			
<p>1/G1: Objective 1 regarding WBFG Goal 1 (Prosperous Wales) **</p>	<p>Many of the GOGA projects deliver multiple opportunities for people to be exposed to, and interact with, nature, which has been demonstrated to both enhance participants’ nature connectedness and well-being and increase their pro-environmental behaviours. *%</p>	<p>### GOGA EHE Pembrokeshire: 'After a 6-week block of surf sessions with a local surf school at local beaches adults and youngsters were sharing smile after smile. Their safety and surf knowledge grew week to week, and it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA sailing sessions in Pembrokeshire: Exposure to nature via sailing [G7]; ### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks between themselves' [M1-h]; 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'I’m hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things there but that’s long term which will need a lot more thinking and funding etc.' [M1-p];</p>	<p>G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];</p>
<p>1/G2: Objective 1 regarding WBFG Goal 2 (Resilient Wales) **</p>	<p>The exposure to nature in a number of GOGA projects, with its prospect of enhancing nature connectedness and pro-environmental behaviours, has the potential of increasing support to protection and management of healthy natural environments and biodiversity. *%</p>	<p>### GOGA EHE Pembrokeshire: '... it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA sailing sessions in Pembrokeshire: Exposure to nature via sailing. [G7]; ### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks' [M1-h]; '...an accessible way for people to enjoy the beauty of the region' [M1-i]; 'I’m hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things there' [M1-p];</p>	<p>G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];</p>

<p>1/G3: Objective 1 regarding WBFG Goal 3 (Healthier Wales) **</p>	<p>At the intersection of outdoor activities and nature in the GOGA projects are various health benefits for people, in parallel with the increase in pro-environmental attitudes. *%</p>	<p>### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'Ste began to notice a change in his own well-being and that of others. The impact of the intervention, utilising the benefits of exercise on mental health and wellbeing also highlighted the additional benefits, such as reduced feelings of isolation, reduced feelings of stigma, and some participants shared how they felt their physical fitness also began to improve.' [M1-e];</p>	<p>M1: M.A.D. Hikers [M1];</p>
<p>1/G4: Objective 1 regarding WBFG Goal 4 (More equal Wales) **</p>	<p>A number of GOGA projects improve the equitable access of local communities and individuals to green and blue spaces, particularly where this might otherwise be limited. For example, a more equal access to activities connected to nature, such as swimming and surfing, with the prospect of an enhancement in participants' nature connectedness and pro-environmental tendencies. *%</p>	<p>### GOGA EHE Pembrokeshire: 'Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' [G5]; ### GOGA sailing sessions in Pembrokeshire: Access to green and blue spaces via sailing for young people with disabilities [G7]; ### Children's disability swimming in RCT: Disability swimming lessons in Rhondda Cynon Taf [G8]; ### M.A.D. Hikers in North Wales: 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds. Many of the walks organised are off the beaten path, avoiding tourist hotspots, which allows members to feel comfortable [and] at ease when visiting these spots of natural beauty.' [M1-j]; 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport. Again, this is done via the What's App chat and locations, routes and pins are shared. Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups. Being able to bring children and dogs to hikes has made [it] a more inclusive offer and it has been reported that some members feel happier whilst being [able] to engage with their children.' [M1-m];</p>	<p>G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; M1: M.A.D. Hikers [M1];</p>
<p>1/G5: Objective 1 regarding WBFG Goal 5 (Cohesive communities) **</p>	<p><i>[NRW's aspect of ecosystem resilience in strategic planning and use of the Nature and Us initiative.] **</i></p>	<p>Data not yet available</p>	<p>Data not yet available</p>

<p>1/G6: Objective 1 regarding WBFG Goal 6 (Vibrant culture and thriving Welsh) **</p>	<p>GOGA has the prospect of inspiring people to take action and be part of the pro-environmental culture, through empowering and transforming participants' relationship with nature in a number of projects with participation in outdoor activities. *%</p>	<p>### GOGA EHE Pembrokeshire: '... it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA sailing sessions in Pembrokeshire: Outdoor activity [G7]; ### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks between themselves' [M1-h]; '...an accessible way for people to enjoy the beauty of the region' [M1-i]; 'I'm hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things there but that's long term which will need a lot more thinking and funding etc.' [M1-p];</p>	<p>G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];</p>
<p>1/G7: Objective 1 regarding WBFG Goal 7 (Globally responsible Wales) **</p>	<p>[NRW's aspect of NRW's supply chains, grants, agreements, strategic approach, and commercial certification.]</p>	<p>NRW internal aspect not applicable regarding GOGA programme.</p>	<p>N/A</p>
<p>Objective 2: By 2030 in Wales, communities are resilient to climate change *</p> <p><i>Nature is the foundation stone of Wales' well-being – supporting community cohesion and resilience, strong local economies, employment, learning, and mental and physical health. Nature underpins vibrant rural communities, with a direct relationship between nature and sustainable agriculture, woodlands and those that manage the land. NRW will prioritise action so that, by 2030, community resilience to climate change will be secure by e.g. (a) nature-based solutions being widely adopted, (b) the risks of climate change being managed and adapted, (c) climate emissions being reduced, and (d) sustained action on climate change being taken by people, communities, and businesses.</i></p>			
<p>General relevance via the prospect of connection with nature enhancing pro-environmental behaviour such as (d) and support for (a)-(c) (Martin et al., 2020; Mayer et al., 2009; Okada, 2013).</p>			

2: Objective 2	A range of GOGA projects strengthen communication, connectivity, sense of belonging, and togetherness in communities, making them better able to collaborate and more resilient and able to respond to challenges such as climate change. Particularly projects that are run outdoors in contact with nature have the prospect of creating cohesive, environmentally aware communities. *%	GOGA has enhanced engagement with local communities. ### GOGA impact report: 'Prior to GOGA participation, 83% said they were positive about community engagement' ... '... by 15 months from GOGA participation [this had risen] to 93%. 87% of all participants said that GOGA has had a positive impact on their engagement with their local community.' [UK-wide] [G1-f]; ### GOGA EHE Pembrokeshire: 'The continuing programme has secured links with community clubs and organisations which many of the young people now have the confidence to become part of.' [G5]; ### LGBTQI+ North Wales: '... the sense of community and friendship' [L1-f]; '...but I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people.' ... 'I feel included, I feel really welcome, I absolutely love it, I feel part of something.' [L1-g]; '... this just seems like the perfect opportunity to get back into an inclusive team.' [L1-h]; 'We hope to continue our work by linking closer with national governing bodies of sport, schools, clubs and other partners and projects.' [L1-i]; ### LGBTQI+ network event: 'We had a really positive response from all who attended, they reported to have valued the networking and sharing of good practice, learning opportunities and increased awareness of local opportunities.' ... 'We have seen increased connectivity, planning and development taking place...' [L2]; ### M.A.D. Hikers in North Wales: 'Ste and the MAD Dogs volunteer group have plans for development. They sometimes use their sessions as an opportunity to consult as a collective and share ideas and feedback.' [M1-o];	G1: GOGA Cxvi [G1]; G5: GOGA Cxxii [G5]; LGBTQI+ North Wales [L1]; L2: LGBTQI+ Network Event [L2]; M1: M.A.D. Hikers [M1];
<p>Objective 3: By 2030 in Wales, pollution is minimised *</p> <p><i>Minimising pollution and waste has a direct benefit to the health and resilience of people and nature, with industry and business directly benefiting by improving their efficiency and effectiveness, and by helping to reduce costs and protect jobs and livelihoods. NRW will prioritise action so that, by 2030, nature and people will be protected from the impacts of pollution by e.g. a) effective use of regulatory tools and approaches, b) incident response being risk-based, c) resource efficiency and the use of alternative materials being widely adopted, and d) sustained action to minimise pollution being taken by people, communities and businesses.</i></p>			
<p>General relevance via connection with nature enhancing the prospect of pro-environmental behaviour such as (d) (Martin et al., 2020; Mayer et al., 2009; Okada, 2013).</p>			
3: Objective 3	A number of GOGA projects provide opportunities for people to connect with nature, which has been shown to increase their pro-environmental behaviours, supporting goals such as minimising pollution. *%	### GOGA EHE Pembrokeshire: 'After a 6-week block of surf sessions with a local surf school at local beaches adults and youngsters were sharing smile after smile.' ... '...it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA sailing sessions in Pembrokeshire: Connection with coastal nature [G7]; ### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks between themselves' [M1-h]; '... an accessible way for people to enjoy the beauty of the region' [M1-i]; 'I'm hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things' [M1-p];	G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];

* NRW: 'The evidence tells us that by targeting action on these three well-being objectives, wider opportunities and benefits will flow for mental and physical well-being, lifelong learning and creativity, and job creation and skills. In turn, these contribute to the seven well-being goals for Wales.'

** NRW internal statements:

1/G1: 'Building the capability and capacity of the Welsh workforce to support nature's recovery through working with others to advocate for green skills and jobs. Delivering multiple benefits and opportunities for nature, people and the rural economy through supporting Welsh Government in the development and implementation of the Sustainable Farming Scheme, providing evidence and expertise.'

1/G3: 'Engaging with people to take action creating opportunities for being in, learning about and becoming advocates for nature and climate through working with the education, physical activity and health sectors; Scaling up nature-based solutions in urban and rural areas to build connectivity between habitats, securing multiple benefits for people and nature through working with planners and developers to embed in developments.'

1/G4: 'Ensuring local communities benefit from equitable access to green and blue spaces and act responsibly through providing guidance and support, working collaboratively with strategic partners such as Visit Wales and Local Authorities.'

1/ G5: 'Building ecosystem resilience into the strategic planning system for land and sea, including Future Wales and other development plans, Planning Policy Wales and the Welsh National Marine Plan, through strengthening our provision of advice and guidance. Ensuring a diverse range of people are taking action for nature through sharing the vision and outcomes from Nature and Us to expand our networks and increase involvement.'

1/G6: 'Accelerating action for nature's recovery at a landscape scale through sharing our evidence and expertise with National Parks, Areas of Outstanding Natural Beauty and other partners; Inspiring people to take action, empowering and transforming their relationship with nature through working with creative industries and the cultural sector.'

1/G7: 'Ensuring nature's recovery is driven through our supply chains, grant programmes and land management agreements through inclusion in our procurement and funding frameworks. Ensuring partners are delivering against our strategic commercial approach through nature positive certification in commercial products and services.'

*%: Prospect of indirect alignment (Martin et al., 2020; Mayer et al., 2009; Okada, 2013).'

6.3 Synopsys – Natural Resources Wales Well-being statement

After systematically reviewing the GOGA data against the Natural Resources Wales Well-being Statement, an overall indirect alignment of GOGA was suggested with the well-being objectives, with a host of examples from the GOGA data aligning with the first objective (*'By 2030 in Wales, nature is recovering'*) (see Figure 6.2). Additionally, examples from the GOGA data were apparent for objectives two (*'By 2030 in Wales, communities are resilient to climate change'*) and three (*'By 2030 in Wales, pollution is minimised'*), however this was to a lesser extent than for the first objective.

Natural Resources Wales (NRW) also linked its three objectives with the goals of the Well-Being of Future Generations Act (WBFG) (Welsh Government, 2015) (see Section 3.1), from the particular viewpoint of the NRW. The same consideration of linking and NRW viewpoint was applicable in the GOGA programme in relation to the first objective, with supportive data collating behind the links between objective 1 and WBFG goals–1 - 4 and 6 (see Figure 6.3). Aspects relating to the link between NRW and WBFG goal 5 (*'Ecosystem resilience in strategic planning and the use of the Nature and Us initiative'*) were not present in the data from GOGA. Moreover, the link between NRW and WBFG Goal 7 was not applicable beyond NRW.

As in the case of Goal 2 in the Well-Being of Future Generations Act (see Section 4.3), the suggested alignment in these cases was due to the general association that has been observed between connecting with nature – as evident in a number of GOGA projects – and pro-environmental behaviour (e.g., Martin et al, 2020; Mayer et al, 2009; Okada, 2013). While the prospect of this outcome (increase in pro-environmental behaviour) applies across the GOGA projects connecting with nature, the current data points to this indirectly, as an implication from the evidenced nature exposure. Further data from participants may be able to confirm these indications in the future.

At the time of this report:

- Directly supportive data may confirm the prospective implications on the three objectives in the future.
- Data that would relate to the link between Natural Resources Wales Objective 1 and the Well-Being of Future Generations Act Goal 5 is not yet available.

Overall:

- ❖ An indirect alignment of the GOGA data and Natural Resources Wales Well-Being Statement was suggested on all three objectives.
- ❖ Within Objective 1, indirect alignment was suggested on five of the six applicable links between the objectives and the goals of the Well-Being of Future Generations Act. On the sixth link with the Well-Being of Future Generations Act, data was not yet available.

Data across objectives [NRW]
[%]

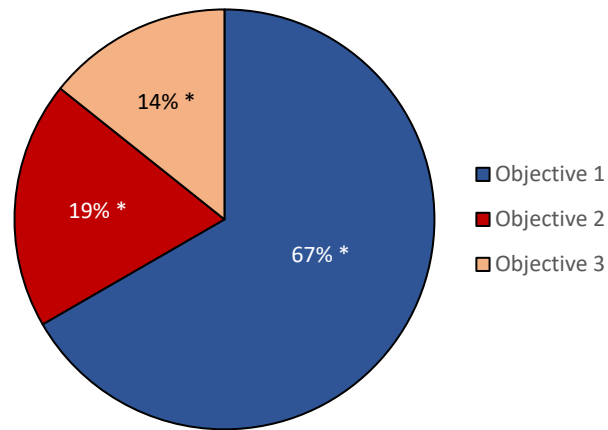


Figure 6.2 GOGA data across the NRW objectives

NRW Well-Being Objectives:

- Objective 1: 'By 2030 in Wales, nature is recovering'
- Objective 2: 'By 2030 in Wales, communities are resilient to climate change'
- Objective 3: 'By 2030 in Wales, pollution is minimised'

* Indirect alignment

Data across aspects within Objective 1
[NRW] [%]
0%

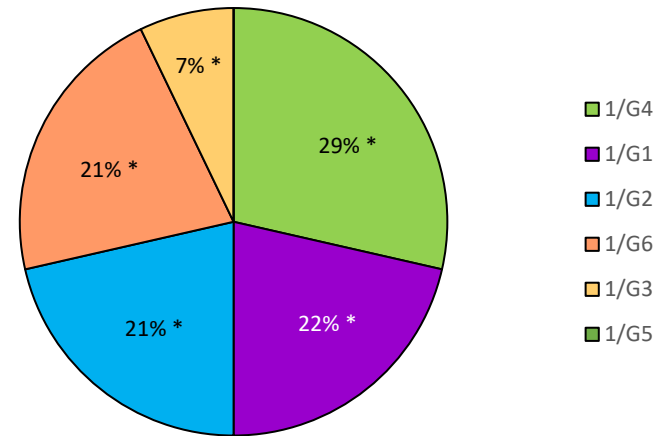


Figure 6.3 GOGA data across the links between NRW Objective 1 and WCFG goals

Applicable Well-Being of Future Generations goals:



- G1 A prosperous Wales
- G2 A resilient Wales
- G3 A healthier Wales
- G4 A more equal Wales
- G5 A Wales of cohesive communities
- G6 A Wales of vibrant culture and thriving Welsh language
- * Indirect alignment

7 Welsh Government Well-being Statement

7.1 Overview – Welsh Government Well-being Statement

The Welsh Government Well-being Statement is part of the *Programme for Government 2021 to 2026*. It sets out the ten well-being objectives that the Welsh government is using to maximise its contribution to Wales’ seven long-term well-being goals and the steps planned to deliver them (Welsh Government, 2021c). The well-being objectives focus on areas where action is needed to respond and recover from the impact of the coronavirus pandemic, while also laying out a stable foundation for the future (Welsh Government, 2021c). Each well-being objective contributes to all or a number of the well-being goals (Welsh Government, 2021c) (see Figure 7.1). The well-being objectives have been set in accordance with the sustainable development principle and the five ways of working (Long term, Integration, Prevention, Involvement, and Collaboration; Welsh Government, 2021c). The well-being objectives are intended to be considered both individually and as a set: each objective contributes to all of the goals at least indirectly, taking Wales towards the well-being goals with meaning and purpose, while their cumulative value increases when they are combined, with their full impact only seen when considered together (Welsh Government, 2021c).

The Well-being Objectives were cross-referenced with the GOGA data. The objectives of the Well-being Statement and the connections demonstrated by

 Direct contribution
 Opportunity for broader contribution

Well-being objective	1	2	3	4	5	6	7
Provide effective, high quality and sustainable healthcare	+	●	+	+	+	●	●
Protect, re-build and develop our services for vulnerable people	+	●	+	+	+	●	●
Build an economy based on the principles of fair work, sustainability and the industries and services of the future	+	+	●	+	+	+	+
Build a stronger, greener economy as we make maximum progress towards decarbonisation	+	+	●	+	●	+	+
Embed our response to the climate and nature emergency in everything we do	+	+	+	●	+	●	+
Continue our long-term programme of education reform, and ensure educational inequalities narrow and standards rise	+	●	●	+	+	+	+
Celebrate diversity and move to eliminate inequality in all of its forms	+	●	+	+	+	+	+

Figure 7.1 Welsh Government Well-being objectives 1-5, 7, and 9 in line with WBFG goals 1-7 (Source: Welsh Government (2021c))

the Welsh Government to the Future Generations Act (WFG) goals were used to analyse the alignment of the GOGA programme. The cross-reference table was built, recording (i) the association between the GOGA programme and the Wellbeing objectives, (ii) descriptive quotes from the supportive data, and (iii) references to the data. The objectives and relevant connections to the Future Generations Act goals where data was missing were noted. Recommendations for further research were recorded. See Table 7.1 for the results and Section *Data extracts* for the referenced samples.

7.2 Cross-reference table – Welsh Government Well-being Statement

Table 7.1: Cross-referencing GOGA and Welsh Government Well-being Statement

Aspect of wellbeing document	Overview of GOGA alignment	Examples of GOGA alignment	References
<p>Objective 1: Provide effective, high quality and sustainable healthcare. (Contribution to WBFG goals 1, 3, 4, 5)</p>	<p>While access to mental health services is restricted and queues in healthcare can be long, more people were able to benefit from physical and mental wellbeing enhancing activities.</p>	<p>### GOGA lockdown report: 'Most of the participants said that the sessions helped them with specific issues such as their mental health and allowed them to focus on something on a regular basis. A lot of the participants said that they look forward to the sessions during such uncertain times. Additionally, participants said that due to the sessions being provided they have been more active during lockdown as the sessions are easier to access and they don't require any equipment.' ... 'They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated.' [G3-e]; ### GOGA Walk to run: 'We have seen ladies attending the sessions who are recovering from strokes, using it as part of their rehab or allow ladies to help their mental health and well-being.' [G6]; ### M.A.D. Hikers in North Wales: 'Lack of mental health resources, waiting lists and delayed diagnosis plus the loss of some services post lockdown has only exacerbated the challenges for those tackling mental health and mental health illness. Research by the charity Mind, has shown that people with pre-existing mental health problems became at greater risk during Covid-19 with many reporting their conditions to have worsened (www.local.gov.uk) Members of the M.A.D. Hikers shared their experience with mental health and 100% reported an increase in wellbeing and a feeling of increased resilience.' [M1-k];</p>	<p>G3: GOGA Cxx [G3]; G6: GOGA Cxxiii [G6]; M1: M.A.D. Hikers [M1];</p>
<p>Objective 2: Ensure educational inequalities narrow and standards rise. (Contribution to WBFG goals 1, 4, 5, 6, 7)</p>	<p>Various GOGA projects have delivered interventions that provided children and young people with learning opportunities otherwise not available to them.</p>	<p>### Inclusive Community Club rugby: '... the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA.' [G4]; ### GOGA EHE Pembrokeshire: 'There are currently 197 registered EHE children in Pembrokeshire.' ... 'This physical activity intervention engaged with 42 children. A significant number, over 20% are on the ASD spectrum. A further 20% have additional learning needs.' ... 'Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.' [G5]; ### GOGA sailing sessions in Pembrokeshire: 'The participants were young people with various disabilities of physical, sensory and learning' ... '...[got] experience in small dinghies' ... '...sailed on "Sea Legs" a 32ft Catamaran, with a volunteer crew' ... '... took part in a weekend of training and a regatta experience' [G7]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis.' [G8]; ### Participant K and CiTC Newport: 'Due to the success of the weekly football session, we created a weekly basketball session, for the same target audience. Kayla, never having played basketball before. Trusted the coaching staff enough to attend a different sporting activity in a completely new facility' [K1-e]; ### GOGA EHE West Wales: '...focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; K1: Participant K [K1]; K2: Officer K [K2]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S2: EHE families [S2]; S3: Meaning of coaching [S3]; V5: Volunteers VD [V5];</p>

		<p>for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive.' ... '...we can help break down barriers in participation of sport and physical activity with them' [K2]; ### M.A.D. Hikers in North Wales: 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves).' [M1-h]; ### SAW Active Together: '...opportunity to introduce home educated families to the world of weightlifting.' [S1]; ### SAW / EHE families: '... this Home Ed class' ... '...it puts out that children can do weightlifting' [S2]; ### SAW Coaching 1: 'because it's a Home Ed, it's good for them to experience different sports' [S3]; ### Volunteers VD basketball Newport: '...some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];</p>	
<p>Objective 3: Protect, re-build and develop services for vulnerable people. (Contribution to WCFG goals 1, 3, 4, 5)</p>	<p>The motivational influence and support from GOGA reach, in many GOGA projects, young people and their wider families and communities. This support has the potential of a helpful and positive influence in various contexts, including those where people may be at risk of, or experiencing, vulnerability. The GOGA projects are open to all and provide opportunities of support for people from all backgrounds.</p>	<p>### Inclusive Community Club rugby: '... the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA.' [G4]; ### GOGA EHE Pembrokeshire: 'There are currently 197 registered EHE children in Pembrokeshire.' ... 'This physical activity intervention engaged with 42 children. A significant number, over 20% are on the ASD spectrum. A further 20% have additional learning needs.' ... 'Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children.' ... 'Our entire family absolutely loved the surfing sessions - which is impressive considering that the six of us range in age from 9 to 49 so it is usually quite a challenge to find a physical activity that everyone can enjoy equally. There was something for everyone' [G5]; ### GOGA sailing sessions in Pembrokeshire: 'The participants were young people with various disabilities of physical, sensory and learning' ... '...[got] experience in small dinghies' ... '...sailed on "Sea Legs" a 32ft Catamaran, with a volunteer crew' ... '... took part in a weekend of training and a regatta experience' [G7]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis.' [G8]; ### GOGA EHE West Wales: '...focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive.' ... '...we can help break down barriers in participation of sport and physical activity with them' [K2]; ### M.A.D. Hikers in North Wales: 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves).' [M1-h]; ### SAW Active Together: '...opportunity to introduce home educated families to the world of weightlifting.' [S1]; ### SAW / EHE families: '... this Home Ed class' ... 'it puts out that children can do weightlifting' [S2]; ### SAW Coaching 1: 'because it's a Home Ed, it's good for them to experience different sports' [S3]; ### SAW older participant: 'Well, I'd never heard of SAW before, but I've been bringing my granddaughter down as part of her home schooling. And I've never been to a gym before. But what I've been able to do while I'm here - not on a big scale like the young ones, but I have found that it's benefited me and it's something that I would like to pass on to my friends' [S6]; ### Volunteer G / SAW: '...she wanted to share that with the whole family, this lead to getting her cousins involved in coming to the sessions, encouraging both their mums and</p>	<p>G4: GOGA Cxxi [G4]; G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; G8: GOGA Cxxv [G8]; K2: Officer K [K2]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S2: EHE families [S2]; S3: Meaning of coaching [S3]; S6: Older Woman [S6]; V4: Volunteer G [V4]; V5: Volunteers VD [V5];</p>

		<p>I now take them all.' [V4]; ### Volunteers VD basketball Newport: '...some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];</p>	
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Objective 4:
Celebrate diversity and move to eliminate inequality in all of its forms.
(Contribution to WBFG goals 1, 3, 4, 5, 6, 7)

The GOGA programme provides access for hard-to-reach people and people with more limited access than average population, increasing equal opportunities for all.

GOGA LGBTQI+ report: GOGA has engaged people with disabilities or long term health conditions. E.g. section GOGA 2 - Wales - LGBTQI+, in January 2023, reports reaching 159 participants of whom 18.9% (30 participants) report a disability and/or long term health condition. [G2]; ### GOGA EHE Pembrokeshire: 'Regular physical activity sessions with the group has included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children' [G5]; ### GOGA Walk to run: 'The track had only ever been used for the local club and was associated with people who are high performing athletes but we wanted to change that.' [G6]; ### GOGA sailing sessions in Pembrokeshire: 'All participants in the project were non sailors at the start of the project.' ... 'The participants were young people with various disabilities of physical, sensory and learning disabilities.' [G7]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis' [G8]; ### Participant K and CiTC Newport: 'Accessing the "Right Place" was key to the engagement of all participants, Kayla especially. The facility used, is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending, in the new academic year.' [K1-c]; ### LGBTQI+ North Wales: '... break down those barriers to make sure that all children have access to sport the same as anybody else. And also why children should be saying, "Am I allowed to play sport", but instead of "am I allowed", is "how can we get you involved?"' [L1-c]; 'I've wanted to get back into Rugby for a really long time. I've not played since I was in school and this just seems like the perfect opportunity to get back into an inclusive team.' [L1-h]; ### M.A.D. Hikers in North Wales: 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport.' ... 'Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups.' [M1-m]; 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds.' [M1-j]; ### SAW Active Together: '... the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities that we & SAW could offer.' [S1-a]; 'By encouraging whole family participation we found that participants were encouraging other families' members to come along. We made sure SAW had a breakdown of the sessions that were inclusive and could be adapted for everyone of all ages and abilities.' [S1-b]; 'I would've never come to an environment like this but with my grandchildren coming its motivated me to come and try something new' [S1-c]; 'Families would prefer to engage in family friendly opportunities as being home educated one timetable works best' [S1-e]; ### SAW Coaching 1: '... because it's a Home Ed, it's good for them to experience different sports' ... 'It's really important for them to do this kind of strength training just for mental health, trying something new, and just finding a different way [of] their body moving and getting stronger, and healthier.' [S3]; ### SAW older participant: 'Well, I'd never heard of SAW before, but I've been bringing my granddaughter down as part of her home schooling. And I've never been to a gym before. But what I've been able to do while I'm here - not on a big scale like the young ones, but I have found that it's benefited me and it's something that I would like to pass on to my friends who are of the young age that I am.' [S6]; ### Volunteer S Pride Cymru: '...he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown.' [V3]; ### Volunteer G / SAW: 'SAW then encouraged me to join in with the sessions and it was great because everything could be adapted, it was

G2: GOGA Cxix [G2];
G5: GOGA Cxxii [G5];
G6: GOGA Cxxiii [G6];
G7: GOGA Cxxiv [G7];
G8: GOGA Cxxv [G8];
K1: Participant K [K1];
L1: LGBTQI+ North Wales [L1];
M1: M.A.D. Hikers [M1];
S1: SAW [S1];
S3: Meaning of coaching [S3];
S6: Older Woman [S6];
V3: Volunteer S [V3];
V4: Volunteer G [V4];
V5: Volunteers VD [V5];

		such a great friendly atmosphere.' [V4]; ### Volunteers VD basketball Newport: '...some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];	
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<p>Objective 5: Build an economy based on the principles of fair work, sustainability and the industries and services of the future. (Contribution to WBFG goals 1, 2, 4, 5, 6, 7)</p>	<p>The GOGA projects enhance confidence and skills of people from any background, supporting fairer and more equal access to work and opportunities.</p>	<p>### GOGA EHE Pembrokeshire: 'She struggled to learn to walk having to manage with hypermobility, low muscle tone and sensory and processing difficulties. Until recently she would fall regularly and being unable to catch herself would often fall heavily and hurt herself. The opportunity for her to try different activities and for me to be able to show her that I have faith she can try such an adventurous thing teaches her so much! She came away so proud and saying she really surprised herself' [G5]; ### GOGA Walk to run: 'Michelle who has been running with the sessions since last September has since completed her 5k and wanted to coach in her spare time. The GOGA programme paid for her to attend a Welsh Athletics Run Leaders course giving her the qualification and support to do this. Since that she has been commissioned by Welsh Athletics to lead runs for them allowing her to use her own story to inspire others. Michelle was also selected by them to be part of a peer mentoring / coaching group who would train with Welsh Athletics to complete the Cardiff half marathon which she did with some other ladies who were selected.' [G6]; ### GOGA sailing sessions in Pembrokeshire: '... Alex has grown in confidence and taken an active team member role within his sessions. He is supportive and encourages his peers from the moment he arrives. He is enthusiastic and wants to learn more each day about the sport. Over the summer Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season. The sailing has influenced Alex off the water too. Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.' [G7]; ### Participant K and CiTC Newport: 'CiTC's delivery ensured all participants [were] able to achieve in every activity and push to improve their individual skills and ability.' [K1-c]; 'Once we see the confidence increase, we actively encourage participants to continue to [challenge] themselves by stepping out of their comfort zones' [K1-e]; 'Kayla's commitment and resilience has led to success and progress.' ... 'All [helps] Kayla to take big steps towards long-term participation and encourages her aspirations to evolve' [K1-f]; ### M.A.D. Hikers in North Wales: 'I am fitter both physically and mentally. I feel like I'm becoming the person I always "should" have been.' [M1-k]; ### SAW Active Together: 'GOGA has allowed my children to use transferable skills' [S1-c]; ### SAW Coaching 2: '...and then they come and do it and you can see the happiness on their face that they've had that little voice and they've put it away and they've done it themselves, and they can actually do it and they know that if they keep trying they can keep achieving. And it's just like everyday life, what it is in here, if you can't do it - if you say you can't do it and you don't try, there's no point of doing it, but when they do try and they do it, it's amazing to see, and it's just lovely to see all the kids working and achieving what they want to.' [S4]; ### Volunteer S Pride Cymru: '...he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown, he gets to show off his strengths and he wants to be able to include it on his CV to help him get a job in the future.' [V3]; ### Volunteer G / SAW: 'My favourite thing was being able to come to the GOGA sessions and feel welcomed, all sessions were encouraged to be active together and it pushed myself to get involved.' ... 'From taking part in the sessions it's helped my everyday life fitness, I can lift things when I'm doing my shopping. I am able to bend more when doing my gardening, go out for walks with my grandchildren and my confidence has improved in so many ways, I'm no longer afraid to do daily tasks that involve lifting & stretching.' [V4]; ### Volunteers VD basketball Newport: 'Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.' [V5];</p>	<p>G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; K1: Participant K [K1]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S4: Enjoying coaching [S4]; V3: Volunteer S [V3]; V4: Volunteer G [V4]; V5: Volunteers VD [V5];</p>
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<p>Objective 6: Push towards a million Welsh speakers, and enable our tourism, sports, and arts industries to thrive. (Contribution to WBFG goals 1, 2, 5, 6)</p>	<p>Numerous projects in GOGA encourage people to participate in sports and contribute to an enhanced profile of sports in these communities.</p>	<p>### Inclusive Community Club rugby: '...rugby session was launched in partnership with the Get Out Get Active programme. The session was started from scratch with 0 players, and the WRU coaches arrived at Abercynon with a 3G pitch and some equipment. After the first few sessions the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA. The Cardiff Blues have arranged for a number of players to attend the sessions and were lucky enough to be able to bring the Challenge Cup along one week. Many of the children attending are completely obsessed with rugby so having the chance to meet and have pictures with famous players and the Challenge Cup was a great experience. We get large amounts of positive feedback from the sessions, particularly on social media' ... 'has been attending the ICC Blues Rugby sessions since they began. It's a wonderful provision as it has enabled him to access high quality sport in the local community.' [G4]; ### Children's disability swimming in RCT: 'Feedback from parents has been very positive with their children making excellent progress. Many of our leisure centres have had to put on multiple classes to cope with the demand.' [G8]; ### Wrexham Golf: '... competed at the North Wales 'New to Golf' competition at Conwy Golf Club which was ran by Wales Golf. Due to the success of the programme, Wrexham Golf Club brought the most participants by any club in North Wales which is a demonstration of how well the golf programme has worked. In six months, we have managed to get over 30 ladies playing golf across three separate sessions a week at the club which has led to over 12 memberships and a huge change in perception of ladies' golf within the Wrexham area.' [G9]; ### LGBTQI+ network event: 'The event welcomed over 130 attendees from members of the public to partners and projects connected to the Get Out Get Active programme. The aim was to share the work of the GOGA programmes who work to deliver activity and provision for disabled and non-disabled people from the LGBTQI+ community.' [L2];</p>	<p>G4: GOGA Cxxi [G4]; G8: GOGA Cxxv [G8]; G9: GOGA Cxxvi [G9]; L2: LGBTQI+ Network Event [L2];</p>
<p>Objective 7: Build a stronger, greener economy as we make maximum progress towards decarbonisation. (Contribution to WBFG goals 1, 2, 4, 6, 7)</p>	<p>Several GOGA projects offer participants opportunities for exposure to nature, which has been demonstrated to enhance participants' nature connectedness and increase their pro-environmental behaviours (Martin et al., 2020; Mayer et al., 2009; Okada, 2013). Prospect of indirect alignment via people with more pro-environmental attitudes being more likely to support the development of a greener economy. *%</p>	<p>### GOGA EHE Pembrokeshire: 'After a 6-week block of surf sessions with a local surf school at local beaches adults and youngsters were sharing smile after smile. Their safety and surf knowledge grew week to week, and it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA sailing sessions in Pembrokeshire [G7]; ### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks between themselves' [M1-h]; 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'I'm hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things there but that's long term which will need a lot more thinking and funding etc.' [M1-p];</p>	<p>G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];</p>

<p>Objective 8: Make our cities, towns, and villages even better places in which to live and work. (Contribution to WBFG goals 1, 2, 3, 4, 5, 6)</p>	<p>Various GOGA projects have brought new opportunities to areas or populations with previously less access and fewer connections, enhancing the range of opportunities across Wales.</p>	<p>### GOGA EHE Pembrokeshire: 'Regular physical activity sessions with the group has included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children.' ... 'I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children' [G5]; ### GOGA Walk to run: 'The track had only ever been used for the local club and was associated with people who are high performing athletes but we wanted to change that.' [G6]; ### Children's disability swimming in RCT: 'RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis' [G8]; ### Participant K and CiTC Newport: 'Accessing the "Right Place" was key to the engagement of all participants, Kayla especially. The facility used, is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending, in the new academic year.' [K1-c]; ### LGBTQI+ North Wales: '... break down those barriers to make sure that all children have access to sport the same as anybody else. And also why children should be saying, "Am I allowed to play sport", but instead of "am I allowed", is "how can we get you involved?"' [L1-c]; ### M.A.D. Hikers in North Wales: 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport.' ... 'Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn't feel comfortable in larger groups.' [M1-m]; 'Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds.' [M1-j]; ### SAW Active Together: '... the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities that we & SAW could offer.' [S1-a]; 'By encouraging whole family participation we found that participants were encouraging other families' members to come along. We made sure SAW had a breakdown of the sessions that were inclusive and could be adapted for everyone of all ages and abilities.' [S1-b]; 'I would've never come to an environment like this but with my grandchildren coming its motivated me to come and try something new' [S1-c]; 'Families would prefer to engage in family friendly opportunities as being home educated one timetable works best ' [S1-e]; ### SAW Coaching 1: '... because it's a Home Ed, it's good for them to experience different sports' ... 'It's really important for them to do this kind of strength training just for mental health, trying something new, and just finding a different way [of] their body moving and getting stronger, and healthier.' [S3]; ### Volunteers VD Newport: '...some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.' [V5];</p>	<p>G5: GOGA Cxxii [G5]; G6: GOGA Cxxiii [G6]; G8: GOGA Cxxv [G8]; K1: Participant K [K1]; L1: LGBTQI+ North Wales [L1]; M1: M.A.D. Hikers [M1]; S1: SAW [S1]; S3: Meaning of coaching [S3]; V5: Volunteers VD [V5];</p>
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<p>Objective 9: Embed our response to the climate and nature emergency in everything we do. (Contribution to WBFG goals 1, 2, 3, 5, 7)</p>	<p>Several GOGA projects offer opportunities for activity in, or exposure to, nature, which has been linked with enhanced nature connectedness and increase in pro-environmental behaviours (Martin et al., 2020; Mayer et al., 2009; Okada, 2013). Prospect of indirect alignment. *%</p>	<p>### GOGA EHE Pembrokeshire: 'After a 6-week block of surf sessions with a local surf school at local beaches adults and youngsters were sharing smile after smile. Their safety and surf knowledge grew week to week, and it was fantastic to hear what they had learnt about a new sport as well as their surrounding rural environment of Pembrokeshire.' [G5]; ### GOGA sailing sessions in Pembrokeshire [G7]; ### M.A.D. Hikers in North Wales: 'The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.' [M1-a]; 'The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks between themselves' [M1-h]; 'The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region' [M1-i]; 'I'm hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things there but that's long term which will need a lot more thinking and funding etc.' [M1-p];</p>	<p>G5: GOGA Cxxii [G5]; G7: GOGA Cxxiv [G7]; M1: M.A.D. Hikers [M1];</p>
<p>Objective 10: Lead Wales in a national civic conversation about our constitutional future and give our country the strongest possible presence on the world stage. (Contribution to WBFG goals 1, 5, 6, 7)</p>	<p>The GOGA programme has had an engaging influence across the projects, often encouraging people to be active about and influence their future, organisations, and communities. Prospect of indirect alignment via general enhanced engagement. *%</p>	<p>### GOGA Walk to run: 'Michelle who has been running with the sessions since last September has since completed her 5k and wanted to coach in her spare time. The GOGA programme paid for her to attend a Welsh Athletics Run Leaders course giving her the qualification and support to do this. Since that she has been commissioned by Welsh Athletics to lead runs for them allowing her to use her own story to inspire others.' [G6]; ### GOGA sailing sessions in Pembrokeshire: 'Over the summer Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing nights next season.' ... 'Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.' [G7]; ### Participant K and CiTC Newport: 'Kayla has since continued to challenge herself by attending a local mainstream inclusive community basketball session. Where her skill set has made her a sought after teammate.' [K1-e]; ### LGBTQI+ network event: '... some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU. Over 15 Exhibitors held stands promoting their work to support diversity, equality, and inclusion. We were pleased to welcome North Wales Police, North Wales Fire and rescue Service, Glyndwr University, Action for Children, Liverpool Pride (who also host a GOGA LGBTQ+ programme) and Outside Lives, Unique Network and many more partners to showcase the work they do.' [L2]; ### M.A.D. Hikers in North Wales: 'Ste and the MAD Dogs volunteer group have plans for development.' ... 'Starting as a voluntary group they are keen to understand how they can form a stable framework to access fundraising and developmental support and we as partners are keen to assist and signpost them to the right support for this. We aim to work together with Sported to support governance and due diligence is in place to establish a fundraising and development plan. Together with GOGA we hope to establish and identify M.A.D Hikers aims, relative organisations for signposting and support and anticipated outcomes for sustainability. We have contacted Outdoor Training providers to understand the required qualifications and pathways for Ste and Volunteers to lead walks and public liability insurance for their project.' [M1-o];</p>	<p>G6: GOGA Cxxiii [G6]; G7: GOGA Cxxiv [G7]; K1: Participant K [K1]; L2: LGBTQI+ Network Event [L2]; M1: M.A.D. Hikers [M1];</p>

*%: Prospect of indirect alignment

7.3 Synopsis – Welsh Government Well-being Statement

After systematically reviewing the GOGA data against the Welsh Government Well-being Statement, an overall alignment of the GOGA data was apparent across all ten objectives. Alignment with the objectives 1 - 6 and 8 was directly supported by the data, while an indirect alignment was suggested on the objectives 7, 9, and 10. In particular, the data provided examples concerning objectives 4 (diversity and equality), 3 (services for vulnerable people), 2 (educational equalities and standards), and 5 (fair work and sustainability), followed by objective 8 (improved areas to live and work; see Figure 7.2). Objectives 6 (Welsh language and thriving tourism, sports, and arts industries) and 1 (high quality healthcare) were directly supported by examples from the data as well. Indirect alignment was suggested through the nature connection, via the consequential prospect of an increase in pro-environmental behaviour, as in the case of the WBFG Goal 2 and the three NRW objectives (e.g., Martin et al., 2020; Mayer et al., 2009; Okada, 2013; see Sections 3.3 and 5.3). This applied in a number of GOGA projects, contributing to the alignment with objectives 7 (greener economy and decarbonisation) and 9 (responsiveness to the climate and nature emergency). In addition, the data suggested a potential second type of indirect alignment through the overall increased level of engagement in a number of GOGA projects, with the prospect of this increased activity influencing people's engagement in national issues and in the representation of Wales, linked with objective 10 (national civic discourse about future and the global role of Wales).

At the time of this report:

- The indications of indirect alignment with objectives 7, 9, and 10 remain to be confirmed by directly supportive data in the future.

Overall:

- ❖ The GOGA programme provided examples relating to all of the ten objectives of the Welsh Government Well-being Statement.
- ❖ The alignment on seven of the objectives was directly supported by data. For three objectives, the indication was a prospective indirect alignment which is yet to be confirmed.

Data across objectives [WBS] [%]

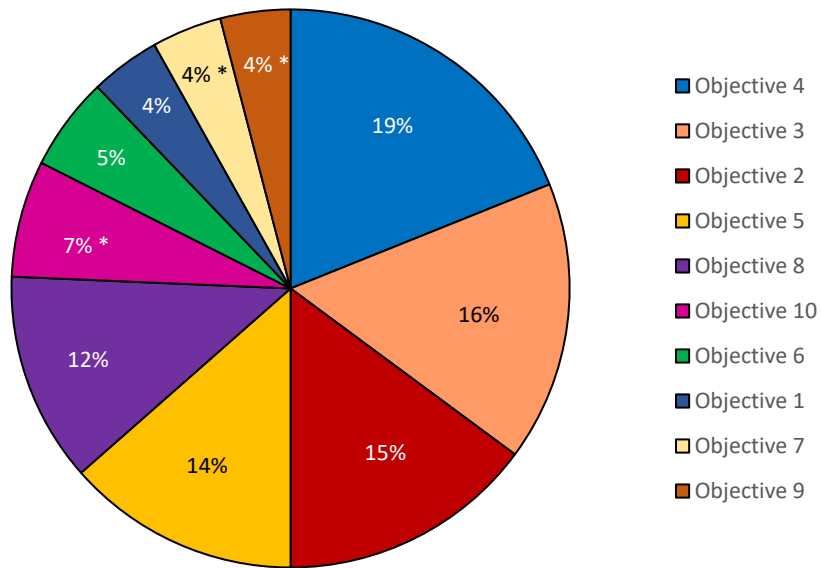


Figure 7.2 GOGA data across the WBS Objectives

WBS Objectives, summarised:

- 1 Effective, high quality and sustainable healthcare
 - 2 Ensure educational inequalities narrow and standards rise
 - 3 Protect, re-build and develop services for vulnerable people
 - 4 Celebrate diversity and move to eliminate inequality
 - 5 Fair work, sustainability, and industries and services of future
 - 6 Welsh language and thriving tourism, sports, and arts industries
 - 7 Stronger, greener economy and progressing decarbonisation
 - 8 Cities, towns, and village even better places to live and work
 - 9 Responsiveness to climate and nature emergency
 - 10 National conversation about future, global presence of Wales
- * Indirect alignment

8 Data Overview

8.1 Cross-referencing – all wellbeing documents and GOGA data

The complete cross-referencing for all wellbeing documents and GOGA data is presented in Table 8.1. The distribution of the examples from the data was most balanced for the goals of the Well-being of Future Generations Act (WBFG). A narrower example base, although still with typically three or more data references per aspect, accumulated behind the objectives of the Natural Resources Wales Well-being Statement (NRW). The item of data that provided support for the alignment most frequently was M1 (M.A.D. Hikers in North Wales), linking to more than 40 aspects altogether. This was followed by the cases G5 (GOGA EHE Collaboration in Pembrokeshire) and G7 (GOGA Sailing Project in Pembrokeshire), aligning with approximately 30 aspects each. The rest of the data tended to support typically 5 to 20 aspects each. The aspects from within the wellbeing documents often overlapped since each document was considered both on the main level and on any potential sublevel, in parallel. Caution should be taken not to compare the numbers of references between the wellbeing documents, as each wellbeing document has a unique structure with different main- and sublevel items.

Table 8.1: Cross-reference table for all wellbeing documents and GOGA data

Wellbeing document	Aspect	Alignment	Prospect of indirect alignment	Data n/a	G1	G2	G3	G4	G5	G6	G7	G8	G9	K1	K2	L1	L2	M1	S1	S2	S3	S4	S5	S6	V1	V2	V3	V4	V5	W1	Total
WBFG total		✓	✓	✓	5	2	10	5	8	10	7	5	5	6	5	11	6	15	5	6	2	2	2	4	2	2	7	6	10	2	150
WBFG	G1	✓			✓		✓	✓	✓	✓	✓			✓		✓	✓	✓	✓			✓			✓	✓	✓	✓	✓		17
WBFG	G2		✓						✓	✓	✓					✓	✓														5
WBFG	G3	✓			✓		✓	✓		✓		✓			✓	✓		✓		✓			✓						✓	✓	12
WBFG	G4	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓			✓	✓	✓		20
WBFG	G5	✓					✓									✓	✓	✓								✓		✓		6	
WBFG	G6	✓			✓		✓			✓			✓			✓	✓	✓	✓					✓							9
WBFG	G7			✓																											

WFBG	#3	✓					✓	✓	✓	✓					✓		✓									✓	✓	✓		10	
WFBG	#23	✓								✓				✓		✓											✓	✓	✓		7
WFBG	#24	✓							✓	✓	✓	✓	✓	✓		✓	✓		✓				✓					✓		12	
WFBG	#27	✓					✓			✓					✓		✓											✓		5	
WFBG	#28	✓			✓												✓		✓						✓	✓	✓	✓	✓	8	
WFBG	#29	✓					✓			✓					✓		✓													4	
WFBG	#30	✓					✓		✓						✓		✓									✓				5	
WFBG	#38	✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20	
WFBG	#46	✓						✓	✓	✓		✓	✓	✓	✓	✓	✓		✓											10	
HWHW total		✓		✓	4	2	2	11	10	4	9	10	5	6	6	5	0	9	8	4	4	2	0	0	0	0	0	2	5	2	110
HWHW	HE	✓						✓	✓	✓	✓	✓	✓		✓			✓	✓		✓									10	
HWHW	HS	✓						✓	✓		✓	✓		✓	✓	✓		✓	✓	✓	✓							✓		12	
HWHW	HP	✓			✓			✓	✓		✓	✓			✓			✓	✓	✓		✓					✓	✓		12	
HWHW	LE	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓										✓	14	
HWHW	1			✓																											
HWHW	2	✓						✓	✓	✓	✓	✓	✓		✓			✓	✓		✓									10	
HWHW	3	✓						✓	✓		✓	✓		✓	✓			✓	✓	✓	✓							✓		11	
HWHW	4	✓						✓	✓			✓		✓		✓														5	
HWHW	5	✓						✓	✓		✓	✓			✓			✓	✓	✓		✓					✓	✓		11	
HWHW	6	✓			✓			✓			✓	✓						✓										✓		6	
HWHW	7	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓									✓	14	
HWHW	8	✓						✓	✓				✓	✓		✓														5	
NRW total			✓	✓	1	0	0	0	7	0	6	2	0	0	0	1	1	8	0	0	0	0	0	0	0	0	0	0	0	0	26
NRW	1		✓					✓		✓	✓							✓												4	
NRW	2		✓		✓			✓							✓	✓	✓													5	
NRW	3		✓					✓		✓								✓												3	
NRW	1/G1		✓					✓		✓								✓												3	
NRW	1/G2		✓					✓		✓								✓												3	
NRW	1/G3		✓															✓												1	
NRW	1/G4		✓					✓		✓	✓							✓												4	
NRW	1/G5			✓																											
NRW	1/G6		✓					✓		✓								✓												3	
WBS total		✓	✓		0	1	1	3	7	5	7	5	1	5	2	2	2	9	5	2	4	1	0	2	0	0	2	3	5	0	74
WBS	1	✓						✓		✓								✓												3	

9 Conclusions

The data supported the alignment of the GOGA programme across all four Welsh wellbeing documents. The alignment with three of the four wellbeing documents was supported for the most part directly, and with one document, indirectly. In rare cases, supporting data from GOGA was not yet available. Suggestions for future investigations include gathering data, if available, that support connections with the Well-Being of Future Generations Act / Goal 7 and the Healthy Weight Healthy Wales Strategy / Healthy Environments, Subtheme 1. In addition, collection of directly supportive data could contribute to confirming the indirect implications on the Well-Being of Future Generations Act / Goal 2, Natural Resources Wales Objectives 1-3, and the Welsh Government Well-being Statement / Objectives 7, 9, and 10. In general, the GOGA programme data provided a broad range of examples that aligned with the wellbeing documents to varying degrees, with opportunities to further enhance the evidence base in the future.

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Data extracts

- [G1: GOGA Cxvi: Measuring our impact – report \[UK\]](#)
- [G2: GOGA Cxix: Quarterly Report 09 Jan 2023 – Wales LGBTQI+- participants](#)
- [G3: GOGA Cxx: Final Report – Lockdown](#)
- [G4: GOGA Cxxi: GOGA/Cardiff Blues – case study](#)
- [G5: GOGA Cxxii: GOGA EHE Pembrokeshire – case study](#)
- [G6: GOGA Cxxiii: GOGA Ladies Walk to Run Sessions – case study](#)
- [G7: GOGA Cxxiv: GOGA Pembrokeshire / Sailing Project – case study](#)
- [G8: GOGA Cxxv: GOGA Children’s Disability Swimming Lessons – case study](#)
- [G9: GOGA Cxxvi: GOGA Wrexham Ladies Golf](#)
- [K1: Kayla Taylor and County in the Community – case study](#)
- [K2: Katie – video interview](#)
- [L1: LGBTQI+ North Wales – case study, video interviews](#)
- [L2: LGBTQI+ Network and Partnership Event, North Wales](#)
- [M1: M.A.D. Hikers, North Wales – case study](#)
- [S1: Strength Academy Wales \(SAW\) Active Together – case study](#)
- [S2: Strength Academy Wales \(SAW\) / EHE families - video interview](#)
- [S3: Strength Academy Wales \(SAW\) / Meaning of coaching – video interview](#)
- [S4: Strength Academy Wales \(SAW\) / Enjoying coaching – video interview](#)
- [S5: Strength Academy Wales \(SAW\) / Young Girl 2 - video interview](#)
- [S6: Strength Academy Wales \(SAW\) / Older woman - video interview](#)
- [V1: Volunteer: Azaria - video interview](#)
- [V2: Volunteer: Charlie - video interview](#)
- [V3: Volunteer: Sparrow Gotthardt – case study](#)
- [V4: Volunteer: A grandmother who started volunteering to support her grandchildren – an interview](#)
- [V5: Volunteers: Victoria Abdie and Deborah Green – an interview](#)
- [W1: Wavehill \(2021\): GOGA Cost Saving Modelling report](#)

G1: GOGA Cxvi: Measuring our impact – report [UK]

[A report outlining the statistics of GOGA impact in the UK]

[G1-a] Get Out Get Active (GOGA)’s impact has been measured against five core objectives. Ranging from measuring participation levels among disabled people to engagement of volunteers.

The following outcomes demonstrate the real-world effectiveness of GOGA.

Objective one: Increase participation in physical activity from under-represented groups.

Outcomes

We’ve had a nationwide impact:

To date we have engaged over **20,000** unique participants through **2,400** activities and nearly **25,000** participants in over **200** events, supported by a network of **2,800** volunteers.

Stats by country:

Wales:

Reached **2,000** unique participants (**40%** registered as being disabled or having a long-term health condition) through **100** activities.

Engaged over **450** volunteers and peer mentors.

[G1-b] GOGA has genuinely reached the very least active disabled and non-disabled people in activity together:

Even though participants typically over-report activity levels at baseline, their average activity levels ‘in the past month’ were very low:

36% of GOGA participants declared they were disabled at point of registration. However please note that disability was under-reported. Our best understanding is that **73%** of GOGA participants gave the same disability response at Registration and Baseline, **15%** changed their response from No to Yes I have a disability between Registration and Baseline.

65% of all GOGA participants came from the least active (0-20 minutes per day) group.

42% had not done anything prior to GOGA.

Amongst disabled people, **71%** came from the least active group and **46%** were inactive pre-GOGA.

14% had taken part in up to 10 minutes of activity per day and a further **9%** were doing between 11 and 20 minutes per day.

We’ve supported the very least active to become more active:

The majority of participants tried activities that they hadn’t done before.

58% say they are doing more activity now than when they started GOGA, **28%** say a lot more active. **91%** say this increase in activity is down to GOGA.

For the least active*, **60%** are doing more physical activity now than when they started GOGA.

The proportion of disabled GOGA participants taking part in no physical activity has halved from when they joined the programme (**46%**) to their last interview (**15%**).

Findings show that **43%** of the least active move from being inactive to being active because of GOGA.

Overall, one in five progress from being inactive to active (Chief Medical Officer definition) - small steps are key here for this group.

Stats by country:

Wales:

37% of participants admitted to no physical activity prior to GOGA.

15 months on disabled GOGA participants were doing an average of **26 minutes** of additional activity a day.

[G1-c] GOGA has led to sustained activity improvements:

65% of participants were sustaining their activity **6 months** after programme start - above the **40%** programme target.

15 months on, **58%** say that they are doing more activity since they started GOGA, **91%** say increase in activity is down to GOGA.

Additional Activity (average number of minutes / day):

6 months after engaging with GOGA the tracked sample as a whole was doing an additional **15 minutes** of activity per day and an additional **16 minutes** of activity **15 months after joining GOGA**.

The least active increased their average daily amounts of physical activity by **18 minutes** per day (very inactive) after 6 months, and by **24 minutes 15 months later**.

For inactive groups, amounts of activity increased by 33 minutes per day 6 months after starting with GOGA, and by **12 minutes 15 months after starting GOGA**.

[G1-d] Objective two: Increase personal wellbeing through participation

Outcomes

GOGA has positively impacted on people's well-being:

Overall, life satisfaction, the sense that life is worthwhile, and happiness all increased through GOGA (participation from programme start to 15 months later) - whilst levels of anxiety decline.

Overall, how satisfied are you with your life nowadays? Average raised from **7.3** to **8.1** above national average of **7.6**.

Overall, to what extent do you feel the things you do in your life are worthwhile? Average raised from **8.1** to **8.5** above national average of **7.8**.

Overall, how happy did you feel yesterday? Average raised from **8.0** to **8.4** above national average of **7.5**.

'Overall, how anxious did you feel yesterday?' Average decreased from **3.7** to **3.2** although still above national average of **2.9**.

[G1-e] Objective three: Create positive change in the perception of disabled people in communities.

(by both disabled and non-disabled people)

Outcomes

GOGA has improved the perceptions of disabled people:

65% said they have a more positive view of disabled people.

58% of interviewees at **9** and **15 months** after taking part in the GOGA programme said that their view of disabled people is more positive as a result of their programme participation.

[G1-f] Objective four: Create sustained participation and community engagement

Outcomes

GOGA has created better connections to communities:

Following their engagement with GOGA, participants became more positive about taking part in activities in their local community. Prior to GOGA participation, **83%** said they were positive about community engagement and **6-9 months** after GOGA participation this had risen to **89%**, and by **15 months** from GOGA participation to **93%**. **87%** of all participants said that GOGA has had a positive impact on their engagement with their local community. **69%** of participants six months after joining GOGA said they had made new friends in their local area as a result of their GOGA participation.

[G1-g] Objective five: Get more people to volunteer and engage in their community

Outcomes

GOGA has established a diverse volunteer network:

25 - 30% of volunteers have a disability or long-term health condition.

48% of volunteers were identified as 'informal'. Informal volunteering was defined in GOGA as 'An individual who has decided to take a role on without being specifically asked, isn't registered as a volunteer and hasn't had a specific training course. Typically helps out on an ad hoc basis.'

Role models play a critical role in facilitating engagement on to the programme, with almost **70%** of participants agreeing that a role model has influenced their engagement with GOGA. The role models are even more important for the least active groups, with over **75%** agreeing they had been influenced by a role model to join GOGA.

There are examples of how volunteering has had a huge impact on the lives of the volunteers who may have experienced anxiety, depression, and lack of confidence. Volunteering can give people a purpose and motivation to get out and about and engage with the community. There are also examples of how GOGA has given the confidence and encouragement to get back into work and education following re-engagement through supporting the GOGA programme. All achieved through the strength of the GOGA family and the improvement to policy and practice of all the partners engaged.

***Definitions of inactivity**

No activity - an average of **0 minutes a day**.

Very inactive - those doing more than none but less than **10 minutes a day**.

Inactive - those doing **11 to 20 minutes a day**.

Active - those doing **21** or more minutes of activity a day.

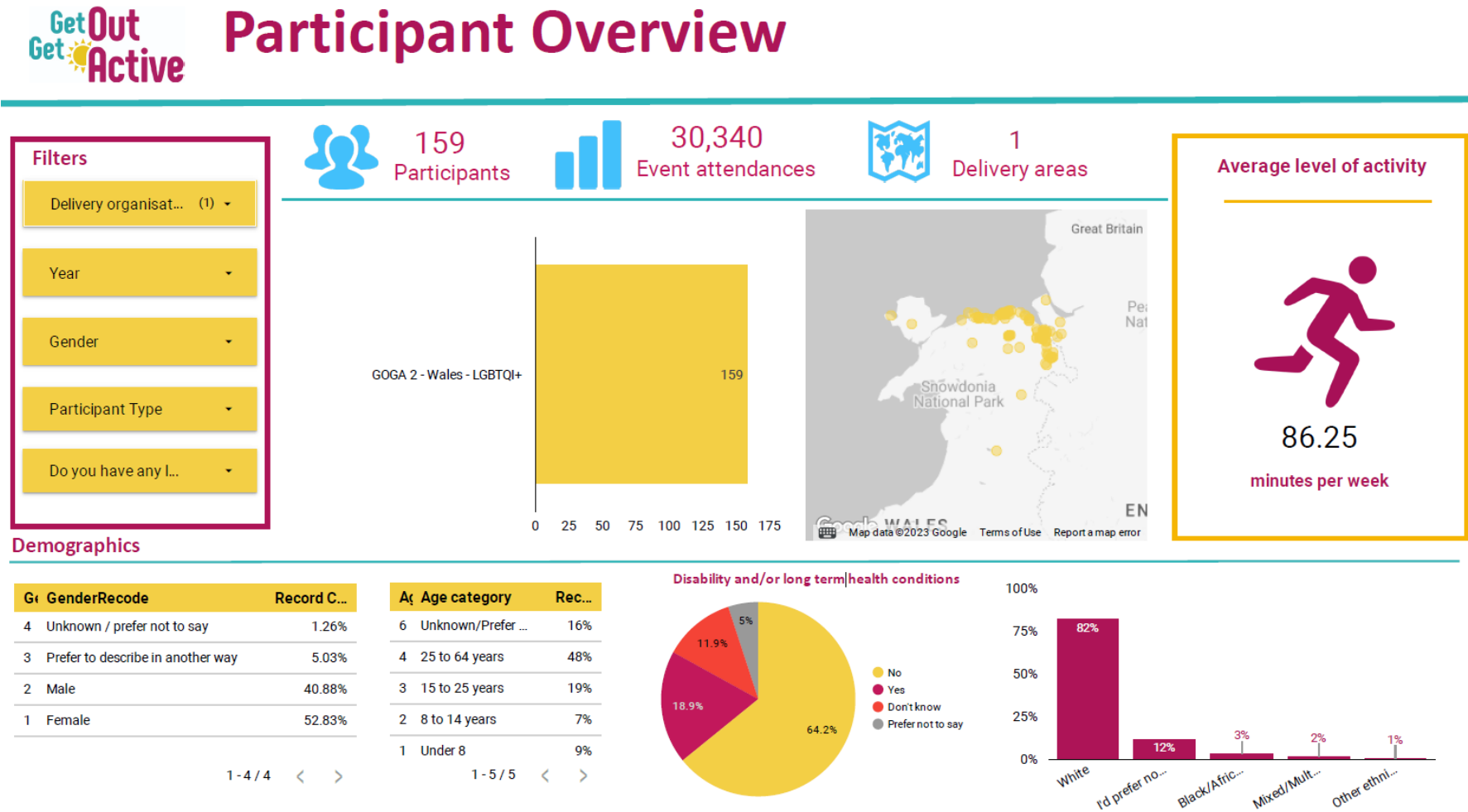
Least active group is a combination of our inactive categories (very inactive + inactive).

[List of data extracts](#)

G2: GOGA Cxix: Quarterly Report 09 Jan 2023 – Wales LGBTQI+ participants

[A report outlining the participation statistics for the LGBTQI+ section in North Wales]

[G2-a]

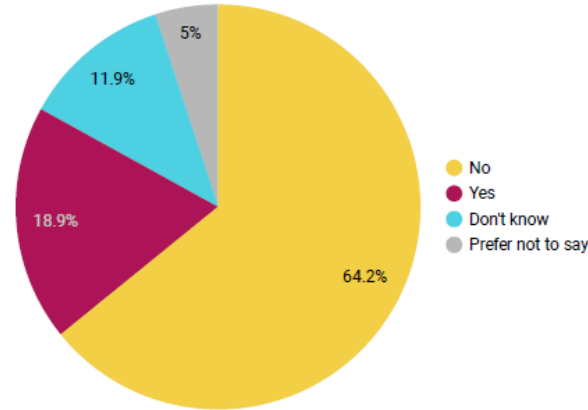




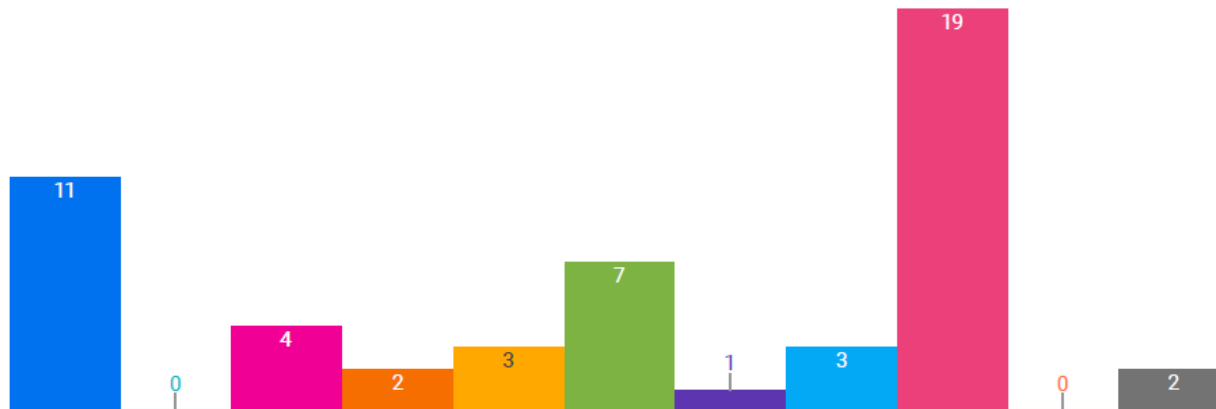
Disability and/or long term health limiting conditions

Filters

- Delivery organisat... (1) ▾
- Year ▾
- Gender ▾
- Participant Type ▾
- Do you have any L... ▾



■ Breathing or stamina
 ■ Dexterity (for example deafness or...)
 ■ Chronic health condition (for exam...
 ■ Hearing (for example deafness or p...
 ■ Learning or concentrating or reme...
■ Long-term pain
 ■ Memory
 ■ Mobility (for example walking short dist...
 ■ Mental Health
 ■ Speech or making yourself understood
 ■ Vision (for example blindness or partial...



[List of data extracts](#)

G3: GOGA Cxx: Final Report – Lockdown

[A report outlining the GOGA activities through the pandemic lockdown]

[G3-a]

GOGA – Final report

Overview:

This report will outline what the GOGA Activators have done throughout lockdown to keep Wales moving.

The activities that GOGA Wales have provided throughout Lockdown have been a true success with every session being inclusive with a range of disabled and non-disabled.

Furthermore, GOGA have also produced further resources to give a variety other than live online sessions.

Codi Allān  Get Out
Bod yn Egniol  Get Active





The statistics (participants)

Over the next couple of slides the statistics will show the impact of the online sessions on the participants mental and physical health.

The data was collected through an online survey with all the responses staying anonymous, this was decided in order to receive true, open and candid feedback from our participants.

It collected information on what the participants would like moving forward, along with the ratio of people with and without a disability. This was important as the GOGA program believes in all (disabled and non-disabled) being physically active together.

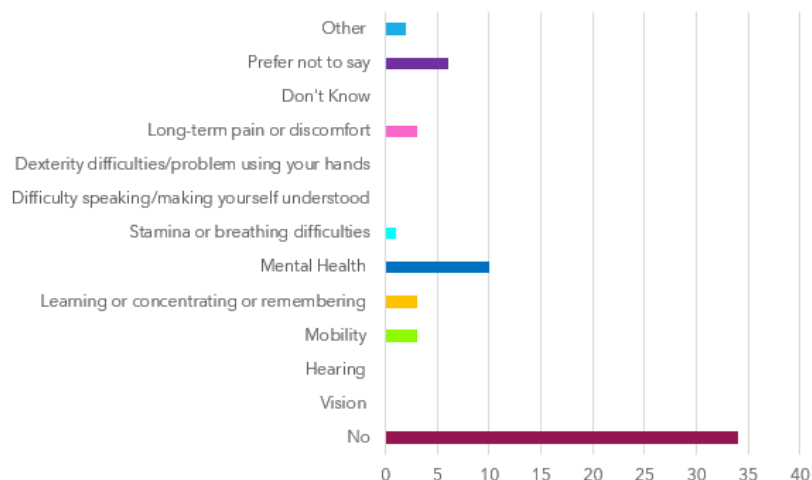


The statistics

The ratio of those with a disability compared to those who are non-disabled is 42% compared to 58%.



Do you have a disability/impairment/mental health condition?

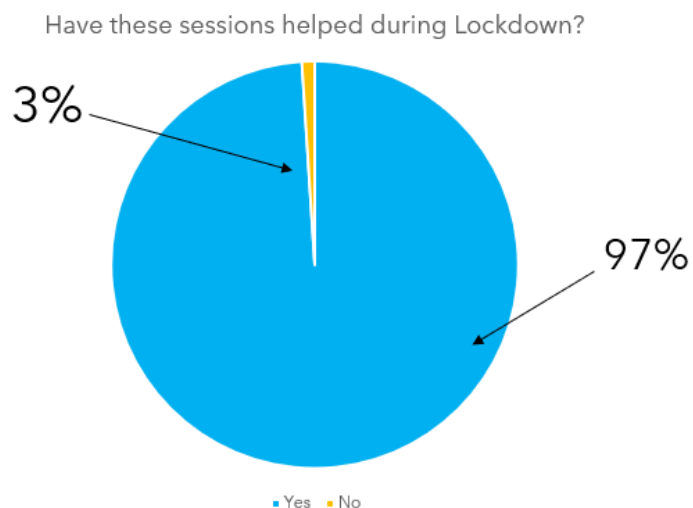


The mix of those with a disability ranged throughout the sessions. Participants attended sessions that best suited their disability and needs.

- Zumba consisted mostly of people who struggle with their mental health as they believe that the sessions created a community feel along with the high intensity workout helps them de-stress and feel re-energized.
- Yoga and Pilates consisted mostly of people with mobility issues. The participants found that their mobility improved by joining in the classes.
- Wayne's MMA session consisted of those with learning and visual impairments. They had found that the sessions were easy to access with great communication from Wayne with engaging sessions.



The statistics



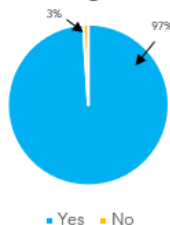
After analysing the data received from the participants survey it was shown that 62 out of the 63 participants that completed the survey believed that the sessions helped them during lockdown.

Most of the participants said that the sessions helped them with specific issues such as their mental health and allowed them to focus on something on a regular basis. A lot of the participants said that they look forward to the sessions during such uncertain times.

Additionally, participants said that due to the sessions being provided they have been more active during lockdown as the sessions are easier to access and they don't require any equipment.

What they said...

Have these sessions helped during Lockdown?



"They have helped to keep me active when services have been no longer available and have contributed in me maintaining good mental health through being able to keep connected socially and feel less isolated. It's been really nice feeling part of something and learning new things and meeting new people. The GOGA WhatsApp group has also helped with this and has built a community spirit through messages of support, appreciation and banter."

"Have kept me active and helped me remain as flexible and mobile as possible"

"They have done wonders for my mental health and put a smile on my face"

"Gives some structure to week. Good for physical and emotional well-being"

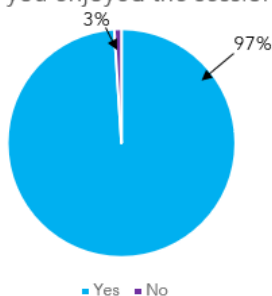
"I so look forward to these sessions for my physical health & importantly my mental health. My husband died after Christmas last year, my 94-year-old mother had to move in with me & I feel like a prisoner in my own home. Beth's smile & energy has been a Godsend & I so appreciate her ❤️"

"They have kept me feeling more positive and given me more energy"

"kept me sane, helped with my mental wellbeing and also lost weight."

The statistics

Have you enjoyed the sessions?



Participants explained that the reason they enjoyed the sessions was due to the community feel that they provided through the GOGA program over the lockdown period. Some of the comments can be seen below:-

"The sense of community spirit through interacting with the instructors, activators and other participants"

"I've enjoyed feeling connected, learning new things, and having these sessions to attend has helped to provide both routine and structure to my day. It's allowed me to meet new people, participate in something that would not have otherwise been available to me if not offered virtually. The Teachers have been amazing full of fun, energy and provided easy to follow classes with good guidance and instruction on how to do the exercises"

"To be able to be at home yet still be able to exercise."

"Free as single mum with disabled child along with my own disability"



General Comments..

"GOGA have been brilliant in providing further admins support, advice and help where required."

"[Thanks](#) you so much for providing these free classes. They were brilliant. They have helped me immensely both physically and mentally. Please keep up the good work and continue with these classes."

"Instructions were very clear and it was easy to follow. Great that you could see them doing it to make sure you were doing it right"

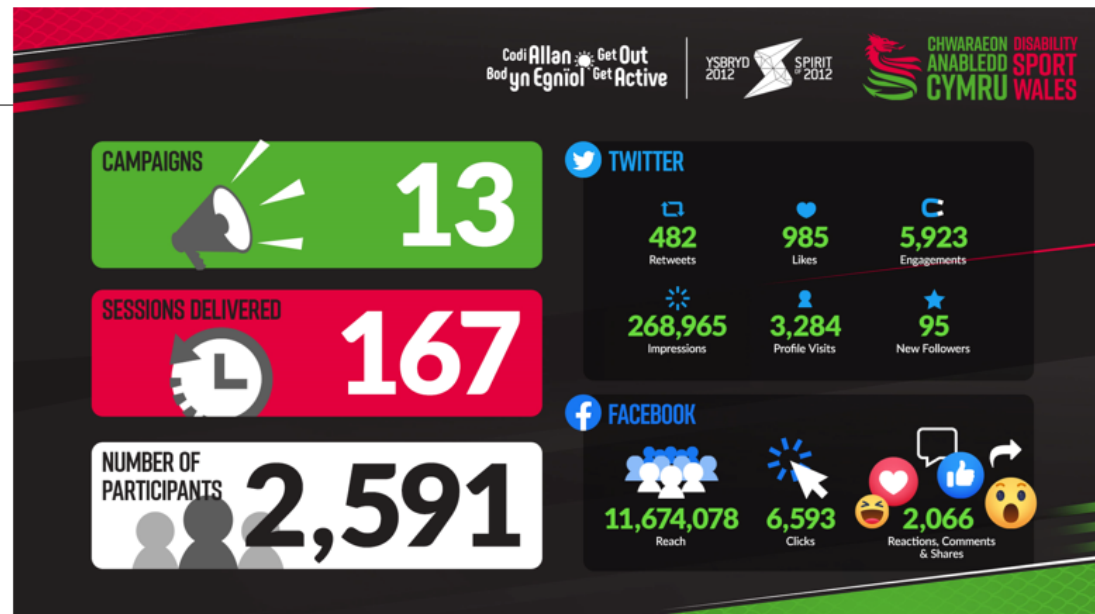
"I truly think this was one of the best things I found in lockdown, I love you loads! Thank you so much!!!"

"One word - excellent. Please keep the sessions going it really has a positive impact on health and well-being."

"Absolutely fantastic friendly really good involvement in the session made them all enjoyable and something to look forward to each week"

Final Stats

Here are the total final figures of the sessions and the social media impact. It reflects the work that was done to stay connected with participants and followers to make sure that they had something to focus on due to traditional face to face sessions not being able to carry on.



[List of data extracts](#)

G4: GOGA Cxxi: GOGA/Cardiff Blues – case study

[A case study of rugby sessions for children with disabilities]

There has been demand for a while for a disability rugby session in the RCT area. After a number of meetings with the WRU Disability Coordinator Darren Carew, the Cardiff Blues Inclusive Community Club disability rugby session was launched in partnership with the Get Out Get Active programme. The session was started from scratch with 0 players, and the WRU coaches arrived at Abercynon with a 3G pitch and some equipment. After the first few sessions the numbers went from 3 participants to 15 children with a disability taking part in rugby on a weekly basis. The session continues to grow rapidly thanks to the commitment, energy and enthusiasm of the coaches and the support and promotion of GOGA. The Cardiff Blues have arranged for a number of players to attend the sessions and were lucky enough to be able to bring the Challenge Cup along one week. Many of the children attending are completely obsessed with rugby so having the chance to meet and have pictures with famous players and the Challenge Cup was a great experience. We get large amounts of positive feedback from the sessions, particularly on social media with the parents and children themselves being our biggest advocates. To see some more pictures and videos of the sessions please take a look at the @GOGA_RCT & @CBluesCommunity Twitter accounts.

“Daniel has been attending the ICC Blues Rugby sessions since they began. It’s a wonderful provision as it has enabled him to access high quality sport in the local community. He has built wonderful friendships and have developed good relationships with the coaches. They have developed their coaching and have used a variety of techniques to support the needs of all the children who access the sessions.

Personally for Daniel it had not only built his skill level but has built his self-esteem by being successful in enjoyable activities.

It has served to enhance his passion for sport, rugby in particular.” – Julie Roberts, Parent of Daniel age 11

[List of data extracts](#)

G5: GOGA Cxxii: GOGA EHE Pembrokeshire – case study

[A case study of a project bringing opportunities for physical activity sessions to EHE families]

The Elective Home Education Project is a partnership between Sport Pembrokeshire and GOGA Pembrokeshire. During conversations held with families over the recent months the need has been expressed for support with Physical Education.

There are currently 197 registered EHE children in Pembrokeshire. However, it is apparent that many more than this are 'off radar'. This physical activity intervention engaged with 42 children. A significant number, over 20% are on the ASD spectrum. A further 20% have additional learning needs. BBC News Nov 2017 stated "the number of pupils being taken out of school to be taught at home has doubled in four years - with many of them believed to be autistic. "

Regular physical activity sessions with the group have included swimming, circus skills, football, dance, surfing etc. These sessions engage many socially and geographically isolated children. Self-efficacy questionnaires measured the impact on self-confidence. Self-efficacy questionnaires were completed by a sample of 7 children and 3 parents. Average score on capability clusters at start of bloc of sessions = 59/80 rising to 70/80 at end of the block. Parents have outlined the impact on delivery of physical activity at home, with motivation to engage at home, particularly, amongst the KS3 cohort rising significantly after the engagement in the physical activity sessions. Many parents recognize the benefits of improved coordination and balance and the subsequent benefit to wider learning. Interventions have been sustainable through parental engagement.

Sessions were designed for all to get involved giving physical and social benefits to families from all over the county.

Through building confidence doing indoor activities, GOGA then helped to identify and support families with a swimming opportunity at Haverfordwest leisure centre. Parents were invited to join in the water and help assist and encourage their children build water confidence during the lessons. The swim instruction was delivered by instructors from the leisure centre and as parents were involved, they then felt more confident to take their children swimming independently between weekly lessons. The swimming pool floor was raised to create a safer and more confidence giving environment to participants. The short 30-minute water sessions were concise and held for a vast range of swimming abilities as well as non-swimmers who started sat on poolside with legs in the water. The delight after swimming a first width and the excitement of jumping into water soon developed skills and confidence. "Did you see me, I just jumped into this deep water, and I can float! Now, watch me swim!"

Children said, "I love doing this with my family and making new friends here". Parents who were invited to join the sessions too enjoyed that they could get involved alongside their children and other families. The sessions allowed for pool time either side of the lesson to have added time to have fun in the water.

From this, confidence levels rose, and it was time to boost water confidence within a beach environment.

After a 6-week block of surf sessions with a local surf school at local beaches adults and youngsters were sharing smile after smile. Their safety and surf knowledge grew week to week, and it was fantastic to hear what they had learnt about a new sport as well as their surround rural environment of Pembrokeshire.

Below is some feedback from parents involved in the project:

"Our entire family absolutely loved the surfing sessions - which is impressive considering that the six of us range in age from 9 to 49 so it is usually quite a challenge to find a physical activity that everyone can enjoy equally. There was something for everyone- opportunity to gain confidence and have fun in the sea for the 9 year old, who has gone from being nervous of the waves to wanting to go in the sea as often as possible: opportunities to discover abilities he didn't know he had for the 12 year old (and to do a bit of showing off!); a chance to make new friends and discover that physical activity doesn't have to be a drag for the 14 year old, who was a reluctant participant initially but soon learnt to enjoy the sea; a friendly, inclusive environment for the autistic spectrum teenager, since a lack of good social skills becomes much less significant when you're concentrating on catching waves. Personally, I also loved learning a new activity alongside other families because it was fantastic to be a part of a group all striving to do that little bit better week on week. I really felt part of a shared experience as we all met with the same challenges together."

"I never thought that we, as home-educators, would ever be able to have this opportunity of doing this apart from doing it privately, but to be recognised as a home-educator and to be given these sort of opportunities to participate in such great activities is truly amazing and very beneficial to our children."

"Ella walking on stilts was amazing for so many reasons. She struggled to learn to walk having to manage with hypermobility, low muscle tone and sensory and processing difficulties. Until recently she would fall regularly and being unable to catch herself would often fall heavily and hurt herself. The opportunity for her to try different activities and for me to be able to show her that I have faith she can try such an adventurous thing teaches her so much! She came away so proud and saying she really surprised herself. Heartfelt thank you to everyone involved in enabling this fantastic programme to happen. "

Email received from EHE family. May 2018:

"We have six children whom we home educate ranging from age 11years to 3 months.

My husband and I wanted to write to encourage and express our appreciation of the numerous opportunities that GOGA has offered our children through the home education sessions. We, as parents, have really been made aware of the importance of physical literacy through engagement. It has not only offered new ideas and presented new activities for the children to try but our needs as a family have been listened to and actively delivered with what we

want. The swimming classes have been a real answer to our prayers as we had tried to get the children into classes but without success as all places were booked. My two sons (age 5 and 7) are four weeks into the course and have gained so much confidence in the water and are practically swimming unaided.

The children have really gained a lot from working together with a larger group of children, which has really helped their self-confidence not only with sport but also other areas such as drama, music and reading aloud to others. It has been great to have a go at the activities along with the children, which supports our approach to learning alongside each other as a family. And you can clearly see how much the children (of all the families) love playing and working together, in an all-age integrated group.

The Monday sessions as well as swimming has given the children and parents a chance to meet other families and make friendships, to offer support to one another, to work alongside others in groups and to join in with competing against others. It is one of the only activities that brings all the families together regularly which is so important for so many of us. We consider it an integral part of our curriculum and it gives us peace of mind to know that the children's physical education is being nurtured.

I really hope that the sessions and the vision for the home educating families can continue. “

The continuing programme has secured links with community clubs and organisations which many of the young people now have the confidence to become part of.

[List of data extracts](#)

G6: GOGA Cxxiii: GOGA Ladies Walk to Run Sessions – case study

[A case study of a project coaching ladies in walking and running at an athletics track]

The GOGA ladies 'Walk to Run' sessions began in September 2017 where we started them within the GOGA Ladies Night with Freedom Leisure. Ladies Night is a Monday evening of GOGA sessions across Freedom Leisure centre sites where all the sessions are free to disabled and non-disabled ladies due to the GOGA funding. We decided to begin the running programme at the local athletics track due to it being a well-lit, safe and secure environment for ladies to try running. **The track had only ever been used for the local club and was associated with people who are high performing athletes, but we wanted to change that.**

The idea with the track is that there is never anyone at the front but never anyone at the back and this made ladies feel better about participating instead of feeling like they were holding anyone back. In the first month, we had 55 ladies sign up to the programme which was initially planned for 8 weeks with an aim for them to complete their 5k within this time frame which allowed the ladies to have something to target. The sessions were delivered by Welsh Athletics NGB lead and Coach Eva Brewer who was great at relating to the ladies and driving them forward.

We had a nice mix of ladies who joined that were young, fit, new to running, disabled or suffer with a health condition. Initially, a lot of the women came as groups but progressively grew to confidence to attend alone without peers as they were happy enough to continue aiming for their 5k. The plan was that **on the eighth week, the ladies would all do their 5k together for charity as a small event so they could all achieve their goals together as a team. The money was raised for Disability Sport Wales and raised over £600. With this, over 20 ladies all completed their 5k on one of the coldest nights of the year showing the drive and determination that they had to continue and complete their goals. It was a proud night for Eva, the ladies, myself and GOGA.**

One lady in particular who thoroughly enjoyed completing her 5k was Shirley who is 61 years old and was recently recovering from cancer. She was desperate to keep active and understood the importance of remaining social, healthy and active and so decided to join the scheme. Shirley was not a runner but instead chose to walk her 5k which fitted with the aim of the 'Walk to Run' programme as we didn't want ladies being put off by the word 'running' so combined it with walking to see if we could reach a new audience which worked. **Shirley inspired the group on her journey and has since continued with GOGA sessions elsewhere to remain active within a different activity. "This session has been great for me and my health but also proved to me that I can do it!"**

The walk to run sessions have now been going for over a year with 93 sessions led and has seen 165 different women join the programme with 35 of them declaring impairments or health conditions. The sessions are regularly expected and attended every Monday at Queensway leisure centre and have been a huge success among the community allowing different ladies be able to get time to themselves, get fitter, achieve goals and make friendship groups through being part of a social group or Facebook messenger chat that they can share their journeys. **We have seen ladies attending the sessions who are recovering from strokes, using it as part of their rehab or allow ladies to help their mental health and well-being.** Dave who is the new coach for

the group shares adapted training programmes, mentoring and support with any run related issues giving them the best possible support through the GOGA programme.

Michelle who has been running with the sessions since last September has since completed her 5k and wanted to coach in her spare time. The GOGA programme paid for her to attend a Welsh Athletics Run Leaders course giving her the qualification and support to do this. Since that she has been commissioned by Welsh Athletics to lead runs for them allowing her to use her own story to inspire others. Michelle was also selected by them to be part of a peer mentoring/ coaching group who would train with Welsh Athletics to complete the Cardiff half marathon which she did with some other ladies who were selected. This was a brilliant demonstration and example of what ladies could achieve through GOGA sessions and these sessions have been a pleasure to see grow and has been a brilliant demonstration of that if you make suitable and inclusive changes to the facility, environment, marketing or anything else, we can attract a new and varied audience that we may not have engaged before.

[List of data extracts](#)

G7: GOGA Cxxiv: GOGA Pembrokeshire / Sailing Project – case study

[A case study of sailing training and inclusion in community, of children / young people with disabilities]

GOGA Sailing sessions were held at Pembrokeshire Yacht Club near Milford Haven. The sessions began for six-week blocks in June with a ratio of two participants to one instructor. This was continued for a second block of a further two participants joining the activity.

All participants in the project were non sailors at the start of the project. GOGA invited participants to a 'meet and greet' evening at the club prior to the first session. To run through equipment, facilities and welcome any questions. The sessions were chosen to run alongside club evenings to fully involve the participants both on and off the water.

The participants were young people with various disabilities of physical, sensory and learning disabilities. Participants learnt and demonstrated knowledge of parts of the boat, preparing the boat for sailing and skills once on the water.

Over the duration of the sessions participants had experience in small dinghies working as a team of up to three or four as well as in single handed dinghies. They also sailed on "Sea Legs" a 32ft Catamaran, with a volunteer crew, from nearby Neyand Marina. Later in the programme participants took part in a weekend of training and a regatta experience to get a taste of racing in classes alongside others.

The RYA instructor Rosie, having limited previous experience with disability work, had a natural way to deliver fun inclusive and safe sailing sessions. Rosie's friendly enthusiasm, motivation and professionalism on a weekly basis has instilled confidence as well as developing non sailors understanding and skills both on and off the water.

Two of the four sailors Rosie has worked with have achieved their RYA Cymru Level 1 sailing award this season. Two sailors have also achieved their Scout sailing badges through her tuition.

Volunteer coach Morgan (Para sailor) was a huge asset to connecting and encouraging the youngsters to sail. He was often the first to arrive and last to leave, pleased to spend as much time as possible to deliver the best opportunity and introduction he could to new sailors. He shared personal sailing experiences with a new participant who also had cerebral palsy and soon removed any anxiety felt.

Alex has autism and began sailing only in June 2018 attending weekly sailing sessions offered through GOGA. Through the support of his coach Rosie, volunteers and members at Pembrokeshire Yacht Club Alex has grown in confidence and taken an active team member role within his sessions. He is supportive and encourages his peers from the moment he arrives. He is enthusiastic and wants to learn more each day about the sport. Over the summer Alex has achieved a RYA Cymru Level 1 Sailing Award as well as his Level 2 Scout Sailing Badge. Alex is now becoming a member of his local sailing club, Pembrokeshire Yacht Club and is looking to continue sailing as a crew member for weekend sailing over the winter months and join mainstream sailing

nights next season. The sailing has influenced Alex off the water too. Alex has adapted his studies at Pembrokeshire College to incorporate a marine element to his course and now aspires to continue this within his career path.

Alex was paired with Bleddyn (with downs syndrome and global delay), and the pair sailed with each other over the course of the project. Alex quite memorably said “I now realise why we have been paired together: I help Bleddyn to learn. Bleddyn helps to inspire me”. Bleddyn started sailing wanting to “sink the boat” and go for a swim at the end of each session. He returned with excitement each week and gained responsibility, competency and confidence in sailing. Bleddyn achieved his Scout sailing Badge and now recognises his “sailing T-shirt” as a proud achievement.

Pembrokeshire Yacht Club members and volunteers are committed to developing sailing skills at all levels. **The club has a great inclusive, approachable and adaptive attitude to making sailing suitable for all!** Pembrokeshire Yacht Club have demonstrated the ability and foundations towards becoming a recognised RYA Sailability centre as well as working to achieving insport accreditation through Disability Sport Wales.

[List of data extracts](#)

G8: GOGA Cxxv: GOGA Children's Disability Swimming Lessons – case study

[A case study of staff training and swimming lessons for children with disabilities in RCT]

The disability swim project is a partnership between GOGA and the local authority leisure services. The aim of the project is to get children's disability swimming lessons into every leisure centre in Rhondda Cynon Taf alongside the Junior learn to swim programme, while upskilling leisure centre staff to be more confident to deliver inclusively.

"RCT council are currently working in partnership with the Get Out Get Active (GOGA) programme to deliver swimming lessons for disabled children. We are delighted with how this partnership has developed, with sessions now taking place in the majority of our sites on a weekly basis. The development of this provision has positively impacted on the county wide aquatics offer in RCT and we look forward to this growing even further in the future." - Jonathon Phillips, Aquatic Development Officer Rhondda Cynon Taf

Feedback from parents with children in mainstream classes indicated that their children would often struggle with the size of the classes, so we aimed to keep these classes small keeping a ratio of 1 instructor to 4 children. The parents are asked to go in the water with their child, this allows the instructor to give each child individual attention and helps the parents develop the skills to practice with their child outside of lessons. All children are also given a GOGA float to take away and keep to help them practice outside of lessons. There are currently 8 classes running across 3 Leisure centres with the rest of the centres looking to start in the coming months.

As part of our upskilling of staff we offer the swimming instructors the opportunity to complete Aquatic Disability Inclusion Training (UK DIT), an adapted version of UK DIT delivered by Disability Sport Wales and Swim Wales. This teaches the swimming instructors effective communication, how to overcome barriers and adapt practical lessons to ensure inclusivity.

As training for all the leisure centre staff we also get each facility to complete ASD Info Wales' Autism Awareness training. This course written by ASD Info Wales and delivered by ourselves is tailored specifically for leisure. It gives all staff an understanding of the issues and difficulties a person with autism may face when using the facility and how they can identify when a person may be struggling and make adaptations to accommodate their needs. Each centre aims to become an 'Autism Aware' facility meaning over 80% of their staff complete the training. We have currently delivered 7 ASD courses with one facility achieving 'Autism Aware' status and 3 facilities nearly over the 80% of staff trained target.

"After completing the Aquatic DIT course the centre staff also then undertook further training and gained accreditation as an autism friendly centre. Working closely with the Get Out Get Active programme we quickly identified a strong demand for the disability swimming lessons when we began advertising and had to put on additional classes. Abercynon sports centre were pleased to facilitate these lessons. From day one the support and dedication from parents, children and staff alike have gone from strength to strength with parents traveling from within RCT and further afield." – Emma Morgan, Duty Manager Abercynon Sports Centre

Feedback from parents has been very positive with their children making excellent progress. Many of our leisure centres have had to put on multiple classes to cope with the demand.

“Swimming lessons have given Zach confidence in the water. Previous to these lessons Zach was attending mainstream lessons which he struggled with. These lessons have given him the ability and confidence to work hard and work towards two badges. Thank you!”- Vicky Brewis, Zach’s mother.

[List of data extracts](#)

G9: GOGA Cxxvi: GOGA Wrexham Ladies Golf

[A case study of a project introducing ladies to golf via two-stage training]

The Wrexham ladies golf sessions began last January where we came up with the innovative idea to start coaching 'Street Golf' indoors at a local leisure centre to a group of females teaching them the basic skills and technical points of golf during the winter. This was a key and important part of getting the ladies hooked and engaged in the game due to them starting in a closed environment that didn't feel intimidating or overwhelming which was suggested in some research we conducted prior to the sessions.

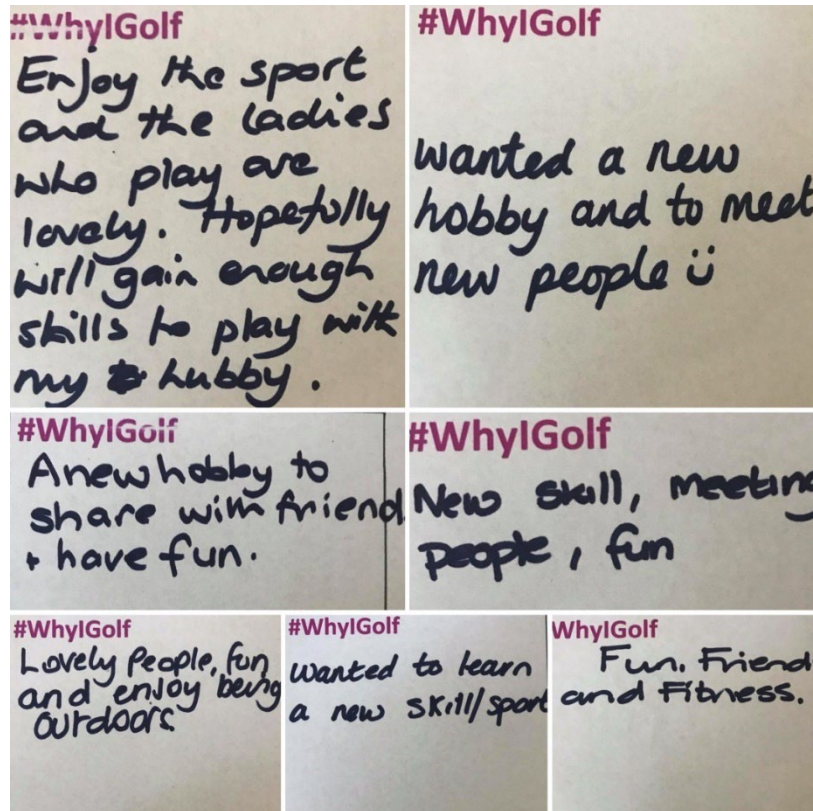
Vickie, who is a level 2 PGA qualified coach at Wrexham Golf Club ran the sessions for GOGA using her infectious personality to engage with the ladies immediately. The numbers for the session started low and rose quite quickly due to the strong word of mouth promotion that the ladies did independently after attending the sessions. After completing eight weeks at the leisure centre Vickie then took the ladies over to Wrexham Golf Club to introduce them to the training facilities and academy course. By this point the ladies were all enjoying the sessions and ready to take the next step at the club. From January, 27 ladies have taken part in the GOGA golf sessions with 18 of them still fully engaged 8 months later. The sessions have changed the lifestyles of the ladies as well as raising the profile of ladies' golf by changing some of the perceptions on the game.

Vickie has been working directly with Wrexham Golf Club to welcome these ladies into the club by increasing the sessions weekly for the ladies which has led to 12 of them taking up the academy membership at the club. These ladies have found a love and interest for golf and has led to them being able to do something active within their free time due to it being coached in an accessible environment with inclusive coaching skills and techniques. The ladies have since been confident enough to play alongside their partners on holidays and at weekends, some ladies participating in physical activity for the first time in nearly 50 years.

"Sport has never been something I have ever engaged in due to me not feeling comfortable enough or even capable of being able to do it. These sessions changed that, and I am now regularly playing golf within an accessible environment by an inclusive coach whilst participating in something I enjoy. Golf has changed my own life and some of the other ladies, it has increased my confidence, self-esteem and made me believe in myself. I now have a hobby that I love and that I can share with my family and newly made friends. Thank you to GOGA for helping me with this!" Sharon, 55.

To increase the socialisation at the club, Vickie has organised fun tournaments amongst the ladies at the club donating prizes and her own time to organise and run them. She has directly collaborated and worked with the NGB and has spread our good practise and case studies with Wales Golf. They have been impressed and overwhelmed with our work in North Wales and the sessions have been used as positive and innovative examples of good practise. The program has drawn wide and varied interest from a variety of partners and was highlighted at the UK Get Out Get Active conference with the style and approach of Vickie and the sessions being identified as one of the key reasons for success.

Recently, all the ladies competed at the North Wales 'New to Golf' competition at Conwy Golf Club which was ran by Wales Golf. Due to the success of the programme, Wrexham Golf Club brought the most participants by any club in North Wales which is a demonstration of how well the golf programme has worked. In six months, we have managed to get over 30 ladies playing golf across three separate sessions a week at the club which has led to over 12 memberships and a huge change in perception of ladies' golf within the Wrexham area.



[List of data extracts](#)

K1: Kayla Taylor and County in the Community – case study

[A case study of a young participant in Newport taking part in weekly football sessions]

[K1-a] History of GOGA

GOGA is a catchy abbreviation of 'Get Out Get Active'. GOGA is an exciting programme that began in 2016 and spans across the whole of the UK. GOGA supports disabled and non-disabled people to enjoy being physically active together. Funded by the Spirit of 2012 and additional investment from Sport England and London Marathon Charitable Trust, GOGA continues to be focused on getting some of the UK's least active communities moving through fun and inclusive activities - with a particular focus on ethnically diverse communities. GOGA is about much more than being active. It strengthens community spirit, increases confidence, and improves mental health. The success of GOGA comes from tapping into people's real-life motivations to be physically active. After the success of GOGA phase 1, in 2016 to 2019. Plans were underway for GOGA phase 2 to start in the new financial year of 2019. With the pandemic delaying the launch of phase 2, Disability Sport Wales and Street Games Wales, partnered to ensure the pandemic didn't stop GOGA impacting local Welsh communities. Disability Sports Wales's core ingredients of; Outreach, Engage & Effective marketing and Street Games '5 Rights'; Time, Places, Style, Person & Price. Crossed over perfectly to ensure GOGA is delivered efficiently.

GOGA phase 2 officially start in November 2019, since that date we have; Hosted 3 network meetings, attended numerous national conferences, partnered/connected to a wide variety of locally trusted organisations. Delivered 14 online activities, created 5 weekly activities and delivered 2 mass events. Statistically we have delivered, over 170 sessions, with over 2102 attendances. Engaged and upskilled 20 new volunteers.

[K1-b] Engagement Journey Featuring Kayla Taylor

Our weekly sessions, consist of a variety of sporting activities. One being football, delivered by County in The Community (CiTC). The session targets disabled people and their friends and family; the session is open to all age groups but attracted younger participants from primary school. Here is where we met a young lady from Newport, Kayla Taylor.

How It Started

Standing at just 4ft tall, long blonde hair, head held high. Despite living with a disability, this young lady was fearless. Often being the only female participant, her effort level and performance at each session always stood out over the other participants. Due to previous experiences in other sporting environments, Kayla was a little hesitant to trust us with her full self. The CiTC staff referred to the GOGA 'Core Ingredients' and Street Games '5 Rights'.

[K1-c] Right Style and Right Place

Accessing the 'Right Place' was key to the engagement of all participants, Kayla especially. The facility used, is no more than 5mins walk away from where Kayla lives. The facility is also the high school Kayla will be attending, in the new academic year. Even though she looks so small walking down the corridor, she has been able to familiarise herself with the facility. The style was simple, ensure all participants feel welcome and have a good sense of belonging.

Personal progression within themselves, was also important. CITC's delivery ensured all participants [were] able to achieve in every activity and push to improve their individual skills and ability. The final touch was caring about each participant, before expecting them to care about what we were teaching e.g., as well as playing all sports, Kayla also enjoys playing the guitar/ukulele.

[K1-d] Empowering Environment

Building an empowering, fun and challenging environment. Was important to gain the participants full trust and unlock the participants full potential. Simple things like asking the participants what they would like to practise next session and/or asking them what they would do to correct/improve a sporting action e.g., if a participant is passed the ball, they go to kick it and miss it. We would ask why that happened and encourage the participant to come up with a solution (Control the ball first and then kick).

[K1-e] Building Confidence

Once we see the confidence increase, we actively encourage participants to continue to [challenge] themselves by stepping out of their comfort zones. Due to the success of the weekly football session, we created a weekly basketball session, for the same target audience. Kayla, never having played basketball before. Trusted the coaching staff enough to attend a different sporting activity in a completely new facility. Kayla flourished more than we could have ever imagined. Her energy, focus, mixed with her speed, quickness and newfound confidence. Made Kayla a standout teammate. Kayla's has since continued to challenge herself by attending a local mainstream inclusive community basketball session. Where her skill set has made her a [sought] after teammate.

[K1-f] Success and Progress

Kayla's commitment and resilience has led to success and progress. By far it is not the end of Kayla's sporting journey. The recognition Kayla has received from coaches and peers. The medal and trophies Kayla has achieved, and the friendships and relationships Kayla has created. All [helps] Kayla to take big steps towards long-term participation and encourages her aspirations to evolve, throughout her sporting journey.

[List of data extracts](#)

K2: Katie – video interview

[An interview about a collaboration offering physical activity session opportunities for EHE families in West Wales]

'Hello, my name is Katie Bowie-Hallam and I'm the Get Out Get Active Officer that covers West Wales and focuses on elective home education families, in partnership with Sport Pembrokeshire. GOGA means to us that we can have a flexible approach for working with these families and help build sustainable opportunities for them to take part in that are fun and family friendly and most importantly, inclusive. GOGA also means that we can help break down barriers in participation of sport and physical activity with them, but most importantly, help build better relationships in the communities across West Wales.'

[List of data extracts](#)

L1: LGBTQI+ North Wales – case study, video interviews

[Video interviews about collaboration with, and physical activity opportunities for, the LGBTQI+ community in North Wales]

[L1-a] 'The project has been really important in North Wales because it's tended to link up different elements of the community, and it's been really good at interacting with individuals and finding out what the community really needs, rather than just taking a few and then going ahead without proper consultation. It's been a pleasure to work with the project, and it certainly makes Pride Cymru feel a little more real in North Wales. In the past there's been really a lack of interaction between Pride Cymru in Cardiff and the LGBT community in North Wales, and the GOGA project has made a difference to that.'

[L1-b] 'Also, it's really started to get people to think more seriously about activity, especially following COVID, where there is a much greater need for people to come out of their houses and get active again. It's a pity we're going into a period now where there is likely to be more staying at home, more working at home and less going out for events. But within that scenario, the GOGA project has worked well, and it's been a pleasure for Unique to be part of it.'

[L1-c] '...it's been a great opportunity to work with the GOGA project and Emma Jones to look at how we can make sport more accessible for the young LGBT community. It's been great having the conversations and bringing awareness to the conversation around trans inclusion in sport, and it'd be great to carry on this process and have a look at how it can break down those barriers to make sure that all children have access to sport the same as anybody else. And also why children should [not] be saying, "Am I allowed to play sport", but instead of "am I allowed", is "how can we get you involved?" I look forward to working with GOGA moving forward into the next year and hopefully we'll see those areas, those conversations and see the brilliant work, the GOGA is already doing over in North Wales and make sure that the access to all young people is the same and make sure that we support their mental and physical health as well. ...

[L1-d] 'I'm really proud and pleased to be working alongside the GOGA project in North Wales, looking at increasing opportunities and breaking down barriers for members of the LGBTQI+ community and also those that may also have an impairment. A huge positive of this project so far is the level of engagement with members of the community, but also those partners working and engaging with individuals on a daily and a weekly basis. I think it's really important to make sure that people that are going to benefit from this project are really at the heart of the decision-making process and finding out truly what matters to people, what people want to do and what are the barriers that [are] stopping people from engaging in levels of physical activity. I think it's really important as well. I think moving forward to make sure that we cover the full spectrum from physical activity to sport because obviously people get involved for lots of different reasons and sport means very different things to individuals. It's finding out truly what people want and need in order for us to provide positive opportunities.'

[L1-e] 'I think some of the training that has been provided by GOGA so far has been really beneficial to my organisation as part of Aura in Flintshire. I think as a member of LGBTQI+ community, I think there's been lots of changes in recent years that people still need lots of training around and some of the terminology that thankfully we now have, so that people can describe how they feel and how they identify personally, and I think that's been really

important for us moving forward, we have - we have lots of individuals in schools and in our local communities that identify as part of this community. And I think the more training and learning opportunities that we have to ensure that we can provide really great positive opportunities and that we can have those ongoing conversations, the conversations won't stop, and we're starting to see some - some really great opportunities that are emerging now. But I think the real heart of this project is nothing about this without us making sure that we're involving the people and that's who matters the most. '

Conwy Dragons RUFC – Gay and Inclusive Rugby

[L1-f] #1

- 'I got in contact with the Dragons over social media, Instagram mainly. And the reason I decided to join was to get fit, and the nice group of lads.'

- 'OK. What do you like about the Dragons?'

- 'Getting fit each week, and just the sense of community and friendship.'

- 'What's your favourite part about the Dragons?'

- 'Um, definitely playing matches and games, working on my cardio, getting fit again.'

[L1-g] #2

- 'Why did you get involved with the Conwy Dragons?'

- 'Well, I've always found exercise a little bit off putting, and I had not very good experience in school. And then when I got into my thirties, eventually from my own fitness decided going to the gym, but I always really missed out on the team experience. I really wanted to be a part of a team with like-minded people.'

- 'OK, how does it make you feel playing at Conwy Dragons?'

- 'It feels fantastic to be honest it's an absolute highlight of my week. I look forward to it, I feel included, I feel really welcome, I absolutely love it, I feel part of something.'

- 'OK, and what's the best part about it?'

- 'The team with the camaraderie. Absolutely love the game. I love running around, but it's the team stuff, the team socials at the end, that gets together with everyone else and feeling part of something.'

[L1-h] #3

- 'Why did you join Conwy Dragons?'

- 'I've wanted to get back into Rugby for a really long time. I've not played since I was in school, and this just seems like the perfect opportunity to get back into an inclusive team.'

- 'OK, what do you like about the Dragons?'

- 'Everyone's been absolutely amazingly friendly. It's really welcoming. I couldn't have wanted to be with a better group of people.'

- 'What's your favourite thing about the Dragons?'

- 'Definitely the social side, looking like it's going to be a lot of fun, we got a lot of events planned, but mainly for the fitness. Need to get back into doing sports, got to get myself in shape.'

[L1-i] GOGA:

'We hope to continue our work by linking closer with national governing bodies of sport, schools, clubs and other partners and projects.'

[List of data extracts](#)

L2: LGBTQI+ Network and Partnership Event, North Wales

[An online news article about an event hosted by Pride Cymru in partnership with Disability Sport Wales at Deeside Leisure centre, Queensferry, in February 2023; <https://www.disabilitysportwales.com/en-gb/news/north-wales-lgbtq-plus-network-and-partnership-event-16th-feb-2023>]

The event welcomed over 130 attendees from members of the public to partners and projects connected to the Get Out Get Active programme. The aim was to share the work of the GOGA programmes who work to deliver activity and provision for disabled and non-disabled people from the LGBTQ+ community.

The day began with the opportunity to try out some of the activities delivered by GOGA partners such as Ice Skating, Aura Community Sports Hub and rugby from Conwy Dragons and Wrexham Rhinos IGR Teams supported by the WRU. Over 15 Exhibitors held stands promoting their work to support diversity, equality and Inclusion. We were pleased to welcome North Wales Police, North Wales Fire and rescue Service, Glyndwr University, Action for Children, Liverpool Pride (who also host a GOGA LGBTQ+ Programme) and Outside Lives, Unique Network and many more partners to showcase the work they do. We were also pleased to welcome 10 young people from Hawarden High School, who are planning to host their own Pride event and valued the support from Flintshire Integrated Youth Service and Viva LGBTQ+ youth project in supporting the young people on the day and now going forward with their event. Aura Libraries hosted a Meet and Greet with Emma Goswell (Podcaster, Author and Gaydio presenter) where she shared her book 'Coming Out Stories' and spoke about her various work which was most well received by our delegates.

After an action-packed morning, we were privileged to receive Hannah Blythyn MS- Deputy Minister for Social Partnership, and her update on the most recent LGBTQ+ Action plan, she shared with the room fond memories of attending Ice skating discos at Deeside Leisure Centre herself as a young person growing up in the local area. supported by presentations from trustees from Pride Cymru and Disability Sport Wales. After an energetic blast of exercise delivered by Sparky the Dragon and Jamie Lewis, Fitness and Wellbeing officer NWFR, we heard from our expert panel hosted by Kate Hutchinson, Trustee Pride Cymru. Jenny Anne Bishop OBE, Verity Smith, Mermaids, Joy Hall Glyndwr University, Jodie Ann Wheelchair Rugby. The panel took questions and together we discussed the importance of taking a collaborative approach to Inclusive practice along with our thoughts on what needed to be done to build good practice and autonomy around equality, diversity and inclusion.

The day finished on a high with Dj Alex Sweeny on the inflatable fun park and Natasha White delivering a session on musical mindful adventures. Overall, the day was fun, informative and brought a wide range of people together to look at the progress of GOGA so far and look at the legacy it can leave when it comes to a close.

We had a really positive response from all who attended, they reported to have valued the networking and sharing of good practice, learning opportunities and increased awareness of local opportunities. Our volunteers were such an integral part of the day delivering activities and hosting registration. We have seen increased connectivity, planning and development taking place in conjunction with GOGA since the day and we have had an overwhelming response to 'What's Next...'

Pride Cymru feel the value of the relationship with DSW through GOGA, has been tremendous. We have increased awareness of the importance of profiling and championing LGBTQ+ Inclusion and feel more connected to our Network in North Wales, we have worked together on workforce development and have built a strong and stable partnership which we hope we continue.

[List of data extracts](#)

M1: M.A.D. Hikers, North Wales – case study

[A case study of the M.A.D. Hikers group promoting the positive effects on mental well-being of outdoors physical activity]

[M.A.D. - Mental Health, Anxiety & Depression]

[M1-a] A project M.A.D. Hikers, formed during the Covid-19 pandemic, was set up to bring together a community for those addressing Mental Health challenges. The Group uses walking, hiking and outdoor pursuits in a pledge to support each other and promote the positive effects of physical activity in the great outdoors.

[M1-b] During 2020, many of us were working to adapt to the 'New Normal' as it was announced we were in the process of a Global pandemic. The impact of Covid-19 had a profound effect on the mental health and emotional wellbeing of the population. Social isolation, financial insecurity, physical distancing or the loss of a loved one affected many people.

[M1-c] Ste Falvey, Founder of M.A.D Hikers explained how his own mental health journey promoted him to take action. **“I was at rock bottom mentally, the only way I could cope was to go to the doctors and try and sort my head out. The tablets only put the issues to the back of your mind. I started researching how to cope with mental health naturally as I didn't want to become dependent on drugs for life. I carried on hiking and slowly weaned myself off the tablets. I spoke to friends who suggested I set up a Facebook group, and M.A.D Hikers was formed.”** — Ste Falvey, Founder M.A.D Hikers

[M1-d] The group started out with 10 participants meeting for a socially distanced walk up Moel Famau. One member reports driving to the wrong car park so missed the start: **“I did drag myself up to the top and take in the air, after all I had fought my fear of going somewhere and meeting new people. I messaged Ste to explain my mess up and he set up a WhatsApp group which means we can all now keep in touch with each other.”**

[M1-e] The sessions saw a growth in participants and Ste began to notice a change in his own well-being and that of others. The impact of the intervention, utilising the benefits of exercise on mental health and wellbeing also highlighted the additional benefits, such as reduced feelings of isolation, reduced feelings of stigma, and some participants shared how they felt their physical fitness also began to improve.

[M1-f] Amongst the respondents who engaged with the GOGA case study interview, many openly shared their motivations for initially engaging with the M.A.D. Hikers Facebook group. Bereavement, Cancer, Diagnosed and Undiagnosed Neuro Diverse conditions, Divorce/separation, Psychosis, PTSD and Suicidal thoughts were referenced as experiences faced by participants.

[M1-g] Participants stated that confidence has been gained by a feeling of security where others may have experienced something similar to theirs. One participant explained how there is no pressure to share or disclose personal information, the feeling of being understood creates a sense of belonging.

[M1-h] The group has 86 members on their WhatsApp group and 2300+ likes on Facebook and Instagram. The group has set up a M.A.D. Dogs Committee for volunteers. The group also runs Mini M.A.D. Hikers and M.A.D Adventures (Adventure Days such as kayaking, gun range and underground caves). Participants also plan smaller group walks between themselves and feedback how meaningful friendships have been formed.

[M1-i] M.A.D Dogs Volunteer Group - 12 Participants.

Members have accessed DIT Training and Mental Health First Aid training via GOGA. The M.A.D. Hikers events are free of charge and welcome people from all backgrounds and levels of fitness, making it an accessible way for people to enjoy the beauty of the region. **“Everything is free at the moment, and I’d like to keep it that way. Life’s expensive as it is and the mountains, adventures etc. majority of it is free so I don’t see the need to charge anyone.”** — Ste Falvey, Founder

[M1-j] Planning routes with accessibility in mind, organisers make a concerted effort to ensure activities [are] well-suited to those with anxiety in social situations, or around large crowds. Many of the walks organised are off the beaten path, avoiding tourist hotspots, which allows members to feel comfortable [and] at ease when visiting these spots of natural beauty. One member said: **“I find myself falling back while on some walks to help support those that are struggling but to be honest, I feel as a group that tends to happen naturally... people just help each other out.”**

[M1-k] Lack of mental health resources, waiting lists and delayed diagnosis plus the loss of some services post lockdown has only exacerbated the challenges for those tackling mental health and mental health illness. Research by the charity Mind, has shown that people with pre-existing mental health problems became at greater risk during Covid-19 with many reporting their conditions to have worsened (www.local.gov.uk) Members of the M.A.D. Hikers shared their experience with mental health and 100% reported an increase in wellbeing and a feeling of increased resilience. The feeling of ‘belonging’ and supporting each other was reported as one of the main reasons for retention to the group. **“I am fitter both physically and mentally. I feel like I’m becoming the person I always ‘should’ have been.”** — Person C M.A.D. Hikers participant

[M1-l] The WhatsApp chat helps to plan routes, share stories and images of the adventures. Having the chat really helps keep participants connected. People share jokes and information and for some people it is a valuable support for just checking in and feeling valued. The group worked together to design a M.A.D Dogs logo, Volunteer B purchased T shirts for the group as a contribution. The Shirts are intended to bring a sense of identity and belonging and raise funds for the group. Volunteer B, a chef by trade also bakes cookies and snacks for the walks. **“The group has kept me going and brought me out of my shell. Everyone supports everyone no matter what, if we’ve been in the group for ages or a newbie.”**

[M1-m] The group offers to share lifts and pick-ups to help reduce barriers for those struggling with transport. Again, this is done via the What’s App chat and locations, routes and pins are shared. Mini M.A.D. Hikers have proven successful with the aim being to support single parents, those who may need a lower level of physical activity and or for anyone who doesn’t feel comfortable in larger groups. Being able to bring children and dogs to hikes has made [it] a more inclusive offer and it has been reported that some members feel happier whilst being [able] to engage with their children.

[M1-n] M.A.D Hikers has a growing Facebook Community. They have received a number of reviews. **“Lucky to have found this group, forever keeping good spirits, always there to chat...kind and passionate individuals.”** — Simone Burrige 20/2/22

[M1-o] Ste and the MAD Dogs volunteer group have plans for development. They sometimes use their sessions as an opportunity to consult as a collective and share ideas and feedback. Starting as a voluntary group they are keen to understand how they can form a stable framework to access fundraising and developmental support and we as partners are keen to assist and signpost them to the right support for this. We aim to work together with Sported to support governance and due diligence is in place to establish a fundraising and development plan. Together with GOGA we hope to establish and identify M.A.D Hikers aims, relative organisations for signposting and support and anticipated outcomes for sustainability. We have contacted Outdoor Training providers to understand the required qualifications and pathways for Ste and Volunteers to lead walks and public liability insurance for their project.

[M1-p] ● *A guidebook for quieter non-touristy walks with significant interesting aspects but also maybe focus on the mental health aspect too. 'The M.A.D Hikers' Guide to North Wales'*

● *I'm hoping to do something more in the future which will involve getting a piece of land or renting a building to try to have like an adventure hub there which will involve activities, bushcraft, and other things there but that's long term which will need a lot more thinking and funding etc.*

[M1-q] *In the future we would like to look at a fundraising plan to grow M.A.D Hikers and keep it going. We have set up the M.A.D Dogs volunteer group to help us with things like admin and social media.*

[M1-r] ● *Mental Health First Aid Training was good to help us to be able to signpost our members to support if needed. Emma also shares opportunities with us for things that might suit our volunteers.*

● *We are working with GOGA to help ensure we are fully inclusive and reaching out to our LGBTQ+ members and others in our communities.*

"I would NEVER have done this, only for the confidence and support and the 'I don't give a damn' approach that being part of this amazing gang has given me. Onwards and upwards (typically up the steepest, muddiest route if King Ste has anything to do with it)." — Person C M.A.D. Hikers participant

[List of data extracts](#)

S1: Strength Academy Wales (SAW) Active Together – case study

[A case study of Strength Academy Wales Active Together Group, proving all ages can get involved in weightlifting, even the grandparents]

[S1-a] Background

Get Out Get Active EHE was approached by Strength Academy Wales to target the lack of daytime provision activity. GOGA saw this as the perfect opportunity to introduce home educated families to the world of weightlifting. Breaking down the barriers to accessible family friendly opportunities that we & SAW could offer.

[S1-b] Approach

Before sessions started within SAW, we worked closely with them to provide information to families before they started attending. Simple information about the club, coaches & what the sessions would look like broke down the barriers of entering a gym/weightlifting setting.

By encouraging whole family participation, we found that participants were encouraging other families members to come along. We made sure SAW had a breakdown of the sessions that were inclusive and could be adapted for everyone of all ages and abilities.

[S1-c] "I would've never come to an environment like this but with my grandchildren coming its motivated me to come and try something new, it gets me out of bed in the morning, it's something we all look forward to" — Grandmother of attendees

"GOGA has allowed my children to use transferable skills"

[S1-d] Outcomes

- Large percentages of attendees taking part in other programmes within SAW (youth weightlifting, US girls, Lift the bar)
- 9 adult, 13 junior memberships
- SAW expansion, new timetable, added another 'Active Together' session
- Whole family participation from ages 6-76

[S1-e] Learning

- Families were travelling from other counties to attend SAW session
- Families would prefer to engage in family friendly opportunities as being home educated one timetable works best
- Families were using word of mouth to spread success of SAW sessions, leading to expansion of another session

[S1-f] **“I feel empowered by sharing the word to other home ed families, it’s nice for them to know there are opportunities out there for them to access”**

[List of data extracts](#)

S2: Strength Academy Wales (SAW) / EHE families – video interview

[Interview 1 about working with EHE families at Strength Academy Wales]

[What have you learned from working with EHE families?]

‘So normally with SAW we mainly coached adults and young children, which are over the years seven, but it's nice to have these Home Ed children come into coaches to give us a diverse range of children to work with.

And I think a lot of parents are scared to put their children in a strength training facility because of all the myths of bones not developing and stuff, but it's nice to have this Home Ed class just because it puts out that children can do weightlifting and it gives us a different kind of coaching point of view to work with younger children. So make them do more mobility work because some children aren't very mobile at the minute because sitting on the games and stuff, but it just gives us a different form of coaching rather than just coaching adults. And it just gives so a good image of putting out there that children can do it too.’

[List of data extracts](#)

S3: Strength Academy Wales (SAW) / Meaning of coaching – video interview

[Interview 2 about working with EHE families at Strength Academy Wales]

[What does coaching mean to you?]

‘So it means so much just because we get in the idea of strength training and weightlifting out of the stereotypical normal sports that kids do in schools, but **because it's a Home Ed, it's good for them to experience different sports**, because some kids don't want to do football, rugby, gymnastics, hockey, whatever they teach in schools. **It's really important for them to do this kind of strength training just for mental health, trying something new, and just finding a different way [of] their body moving and getting stronger, and healthier.** And it's just good to give back to the families.’

[List of data extracts](#)

S4: Strength Academy Wales (SAW) / Enjoying coaching – video interview

[Interview 3 about working with EHE families at Strength Academy Wales]

[What do you enjoy about coaching?]

‘Myself, **I get a lot out of the sessions just of the fact of the children come in with their parents and it's nice to see the bond between child and parent, working together lifting weights**, and for the fact of when they put themselves down, they can't lift the same weight **and then they come and do it and you can see the happiness on their face that they've had that little voice and they've put it away and they've done it themselves, and they can actually do it and they know that if they keep trying they can keep achieving.** And it's just like everyday life, what it is in here, if you can't do it - if you say you can't do it **and you don't try, there's no point of doing it, but when they do try and they do it, it's amazing to see, and it's just lovely to see all the kids working and achieving what they want to.**’

[List of data extracts](#)

S5: Strength Academy Wales (SAW) / Young Girl 2 – video interview

[An interview about taking part in the activities at Strength Academy Wales as a young participant]

- [When you think of the sessions,] 'how does it make you feel and why have you enjoyed it?'
- 'So it's helped me personally with my mental health and my strength and I've gained more strength in doing these activities.'
- 'What other sessions have you been taking part in as part of SAW?'
- 'I do the SAW youth training activity on a Saturday which is more painful than the one on Monday.'
- 'And the environment, walking into SAW how does it make you feel? Do you feel welcome, are you comfortable with being in here now?'
- 'Yeah, I've made friends and it's really fun...'

[List of data extracts](#)

S6: Strength Academy Wales (SAW) / Older woman – video interview

[An interview about taking part in the activities at Strength Academy Wales as an older participant]

'Well, I'd never heard of SAW before, but I've been bringing my granddaughter down as part of her home schooling. And I've never been to a gym before. But what I've been able to do while I'm here - not on a big scale like the young ones, but I have found that it's benefited me and it's something that I would like to pass on to my friends who are of the young age that I am.'

[List of data extracts](#)

V1: Volunteer: Azaria – video interview

[An interview about volunteering as a basketball coach in Newport Aces]

'My name is Azaria and I coach in Newport Aces basketball. I coach as it helps me teach skills to the younger generation and improve my knowledge on the game.'

[List of data extracts](#)

V2: Volunteer: Charlie – video interview

[An interview about volunteering as a basketball coach in Newport Aces]

'My name is Charlie Morgan. I volunteer at Newport Aces basketball club. I volunteer because I - I think it helps me, to come here and help out with other kids, see them through the processes I went through when I was starting playing basketball. I think volunteering here has helped me to become a better player and also remind myself of fundamentals and other stuff like that, as well as being able to see other players and help progress them to get better at the game themselves.'

[List of data extracts](#)

V3: Volunteer: Sparrow Gotthardt – case study

[A case study of a volunteer in GOGA North Wales with Pride Cymru]

What motivated Sparrow to volunteer with GOGA?

Sparrow has struggled to fit into the concept of "normal" for years due to being Autistic and Trans.

He struggles to attend school or groups for young people due being different, not being able to speak at times, wearing clothes he feels comfortable in that aren't the "norm", sensory overloads making him shutdown, anxiety. Often called "dog, retard, thick, rude". He feels his opinions are disregarded in school as he does not fit the 'norms.' Sparrow refuses to do PE for many reasons.

Sparrow, for example doesn't think someone is rude if they don't talk, he just thinks they don't want to talk. He doesn't judge someone on what they look like or what they wear, he just gets to know the person.

Sparrow enjoys volunteering with Emma [Jones, Get Out Get Active (GOGA) Activator for Pride Cymru] because **he gets to meet people who just accept him as he is, his opinions are valued and not disregarded, his confidence has grown, he gets to show off his strengths and he wants to be able to include it on his C.V to help him get a job in the future.** He recognises that it may be a struggle to get a job that he will enjoy and wants to help improve his chances.

Emma recently supported Sparrow with an opportunity to attend a Youth Sport Trust residential. Emma has invited Sparrow to lots of fun activities and opportunities for which we are so grateful.

What is Sparrow's favourite thing he has done/experienced with GOGA?

Sparrow enjoys volunteering at one-off events such as marching with Denbigh LGBTQ+ group at their carnival and being on reception at the Network and partnership event. Sparrow has enjoyed activities and opportunities to meet new people. Sparrow enjoyed attending VIVA LGBTQ+ Youth Group.

What benefits has Sparrow personally gained from GOGA?

Sparrow has had fun, made friends and enjoyed trying new activities.

What would Sparrow like to do next with volunteering?

Sparrow is looking forward to going to this year's Pride Cymru event in Cardiff. Sparrow is also interested in attending Pride Youth Games.

What advice would you give to someone else looking to volunteer or get involved with GOGA?

People are friendly and find ways for you to volunteer even if you don't want to do it all the time. It can seem scary but volunteering is a good place to start especially for work place experience and people care about what you are interested in and try to find things you might like to do.

[List of data extracts](#)

V4: Volunteer: A grandmother who started volunteering to support her grandchildren – an interview

[An interview of a volunteer in Strength Academy Wales (SAW) Active Together Sessions, Pembrokeshire, supported by GOGA Elective Home Education (EHE). GOGA EHE is supported by Sport Pembrokeshire and Disability Sport Wales.]

What motivated you to volunteer with GOGA?

My granddaughter started attending the sessions, I seen how much she enjoyed it, she wanted to share that with the whole family, this lead to getting her cousins involved in coming to the sessions, encouraging both their mums and I now take them all. SAW then encouraged me to join in with the sessions and it was great because everything could be adapted, it was such a great friendly atmosphere.

What is your favourite thing you have done/experienced with GOGA?

My favourite thing was being able to come to the GOGA sessions and feel welcomed, all sessions were encouraged to be active together and it pushed myself to get involved.

We now have 3 generations taking part, me, my daughter, and my granddaughter.

What benefits have you personally gained from GOGA?

From taking part in the sessions it's helped my everyday life fitness, I can lift things when I'm doing my shopping. I am able to bend more when doing my gardening, go out for walks with my grandchildren and my confidence has improved in so many ways, I'm no longer afraid to do daily tasks that involve lifting & stretching.

What would you like to do next with volunteering?

I'd like to still get other home educated families involved, it could be talking to them over a coffee morning spreading awareness of GOGA and how it promotes being activity together.

What advice would you give to someone else looking to volunteer or get involved with GOGA?

Take every opportunity and trust the GOGA officers, you're always their best interest!

[List of data extracts](#)

V5: Volunteers: Victoria Abdie and Deborah Green – an interview

[An interview of two volunteers in Newport Aces Basketball Club with GOGA EDC (Ethnically Diverse Communities), supported by Street Games and Disability Sport Wales.]

What motivated you to volunteer with GOGA?

Victoria: My children motivated me by playing so much basketball. I started volunteering to help the club, support more children, like they have for my children.

Deborah: The kids – some children don't get the chance to be part of something as they don't fit into the box – GOGA within Newport Aces Basketball provides opportunities for everyone whether able bodied or not to stay active & stay in contact with others & to be part of something.

What is your favourite thing you have done/experienced with GOGA?

Victoria: Meeting all the different children that attend and seeing them work hard and have fun.

Deborah: Seeing a little boy who has a diagnosis of Autism go from not wanting to play basketball or get involved in anything – to playing every week laughing & smiling with the other kids being part of a team and really getting involved.

What benefits have you personally gained from GOGA?

Victoria: I have gained many benefits from volunteering for GOGA. Socially and physically, it has given me a closer connection with other parents, coaches, volunteers and the club as a whole. Physically, it has inspired me to pursue my own physical activities. Helping to realise that exercise plays a key part in staying motivated and healthy.

Deborah: Patience and understanding.

What would you like to do next with volunteering?

Victoria: Gain more skills, qualifications and social connections.

Deborah: I am happy to continue & develop with what I am doing at the moment with Newport Aces Basketball.

What advice would you give to someone else looking to volunteer or get involved with GOGA?

Victoria: I would advice anyone who is interested in volunteering to take the step, straight away. It is very rewarding offering a helping hand, no matter how big or small.

Deborah: Get involved it's so rewarding – it's as good for your overall health & wellbeing as it is for the participants you are helping.

[List of data extracts](#)

W1: Wavehill (2021): GOGA Cost Saving Modelling report

[A report outlining GOGA stage 1 impact and evidence base (Allies et al., 2021)]

Appendix 3 Impact Measures Evidence Summary [p.48]

Outcomes		Outcome Type	Existing Evidence Base Summary
Domain	Specific Outcome		
Activity	Activity levels	Proximal	Extensive evidence to suggest participation in physical activity reduces the reported incidence of diabetes, high blood pressure, heart disease, asthma, and arthritis as well as being in fair or poor health.
Activity	Volunteering	Proximal	Strong evidence between volunteering and improved mental health. Impact on physical health less so.
Physical Health	Improved cardiovascular health	Proximal	Strong evidence supporting links between activity and improved cardiovascular health
Physical Health	Improved musculoskeletal strength	Proximal	Well established. Engaging in physical activity does make significant contributions to maintaining and improving muscular-skeletal health. Impact- Lots of evidence into the benefits with regards to older adults.
Physical Health	Improved weight management	Proximal	Well established links between increased physical activity and weight loss.
Physical Health	Reduced risk of illness	Distal	Well established rigorous evidence.
Physical Health	Reduced falls	Distal	Moderate evidence to suggest that physical activity levels predict falls up to the age of 70, so that is the more active a person, the less likely they are to fall until they reach around 70 when the effect washes out.
Physical Health	Increase life expectancy	Distal	Strong evidence between higher levels of physical activity and reduce risk of mortality
Physical Health	Improved recovery from physical illness	Distal	Strong evidence to suggest good physical fitness speeds recovery and improves outcomes from a range of health issues, including elective and emergency surgery.
Mental Health	Improved cognitive functioning	Proximal	Emerging field of research. Although PA is one of the most effective lifestyle changes that reduces risk of dementia.
Mental Health	Improved confidence and self esteem	Proximal	Strong evidence supporting link between physical activity and volunteering with increased confidence. Including body image.

[List of data extracts](#)