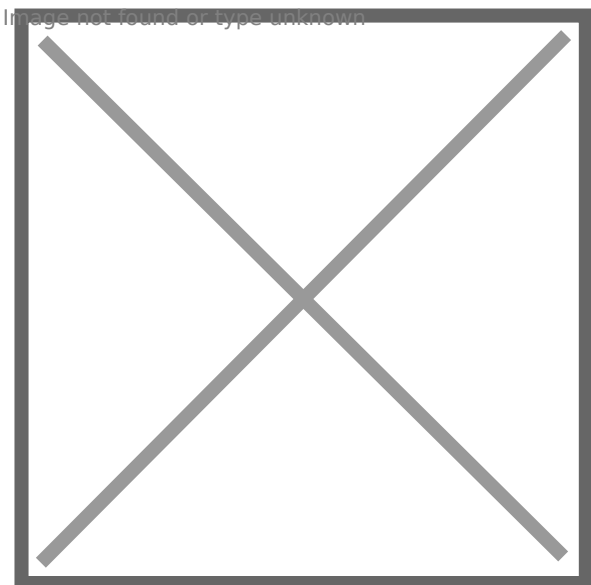


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Themes: Advocacy, Health and Wellbeing, Learning Disabilities, Nature and Outdoors, Physical Disabilities, Transport, Green Social Prescribing, Walking Groups

Aimed at: Adults 18+

Get Out Get Active (GOGA) Bassetlaw is a project that is working across the district to support those who are inactive or have a long term health condition to get active by taking part in fun, safe and inclusive activities.

GOGA is about more than just being active, it strengthens community spirit, increases confidence and improves mental health. GOGA reaches out to the very least active, disabled and non-disabled people in the community. GOGA aims to provide support to encourage greater activity in a genuinely inclusive environment, helping to build friendships, maintain health, increase independence, reduce stress and boost self-esteem.

In Bassetlaw, partners will introduce active recreation into a voluntary sector led health initiative which supports those with long term illness. The approach maximises the chance of securing full buy in from local health professionals but also helps Bassetlaw develop an approach which connects those with health conditions into local communities through integrated activity provision.

An 'Active at Home' booklet has been produced to provide practical guidance to older adults on home-based activities to maintain their strength and balance. It follows concerns that low levels of physical activity in older adults will lead to reduced fitness resulting in loss of independence and need for care in the future.

Area: Bassetlaw

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