



# GoGet ACTIVE

**Make your life work  
for you!**

At GoGet Active we believe in enabling individuals to enjoy a life that reflects their own personal goals and aspirations.

Our mission is to develop, promote and deliver bespoke and imaginative solutions for social support which offer enhanced life choices and opportunities.



[www.goget.org.uk](http://www.goget.org.uk)



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### Contact information

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# Who are GoGet?



GoGet Active is a highly specialised enrichment programme. Working in partnership with professional bodies, families and support teams, we are dedicated to providing high energy, sensory experiences for individuals with additional needs and disabilities.

Our team of highly skilled support workers believe passionately that anything is possible.

Our philosophy is that everyone should have the choice and opportunity to challenge themselves.

Our aim is not only to introduce clients to new opportunities, but also to encourage individuals to build and develop independence skills and self confidence through a wide range of activities. Working closely with the individual and their support network, our tailored service supports our clients to explore their abilities, challenge themselves and to broaden their experiences and horizons.



# How will GoGet work for me?

Finding the right support plan is so important. At GoGet, we take a flexible approach to our plans to ensure that they work for each individual and their families. Our session lengths and timings vary depending on the individual's personal goals and lifestyle.



## Half Day Sessions

Our half day sessions are ideal for those who want to get out and try new things, but who may not have the time or stamina for a full day. Our standard half day session runs for three hours, including travel time. This may involve two short activities, for example, a short bike ride and a swim, or perhaps one longer activity, such as a go on a high ropes course. We work to the pace of the individual, making sure we get the most out of our time together.



## Full Day Sessions

Our full day sessions range between six and eight hours, including travel time, and are great for those who have left education or who's Education Health Care Plan recommends learning opportunities outside of a formal education setting. Our longer sessions may involve one, two or even three activities, depending on the activities chosen and the interests of the individual. These sessions offer huge flexibility, and are tailored to each individual.



## Evening and Weekend Sessions

Our evening and weekend sessions are perfect for those looking for a support package to fit around school or college. Our minimum session time is three hours, including travel time, and this might encompass an after school pick up, a single activity such as a swim, some trampolining or a bike ride, and then dropping off at home at the end of the session.



## Holiday, Term Time and Full Year Packages

At GoGet, our enrichment programmes are as individual as our clients. We understand that everyone has different needs from their support, and because of this we offer holiday only and term time only packages as well as our year round programme. We can also tailor the number of sessions per week to an individual's requirements so that you can be sure that your support will work for you.



## Climbing and High Ropes

Nothing beats the thrill of getting up into the tree tops or mastering a zip-line. At GoGet, we know that ability or disability shouldn't stand in the way of incredible experiences. Working with the needs and abilities of the individual, we safely support the people with whom we work to step out of their comfort zone and enjoy the physical, emotional and sensory benefits that climbing and high ropes courses have to offer.



## Cycling and Adapted Cycling

With the right bike, anything is possible. Cycling is a fantastic sensory experience and the perfect way to access the great outdoors. With our extensive knowledge of adapted bikes and cycle routes, we support our clients to experience the joy of riding a bike in whatever way best suits them. Whether on a tandem, an adapted trike or a standard bike, exploring York's cycle paths or off the beaten track, we have something for everyone.



## Swimming and Water Sports

Water offers so much from a sensory perspective. Whether it's a swim at a local pool, a relaxing boat ride, summertime paddling or an Aqua Park adventure, there is so much to be gained from a chance to have a bit of a splash! Our highly skilled support teams work with all abilities and confidence levels to enable our clients to access the activities that bring them pleasure and fulfilment.



## Trampolining and Soft Play

Trampolining is a great way to burn off some excess energy, and for many of our clients it's perfect for self-regulating too.

With such a great range of trampoline parks and soft play centres in the local area, there's always something exciting to offer. Providing both physical exertion and sensory stimulus, trampolining and rebound activities are a highlight for many of our clients.





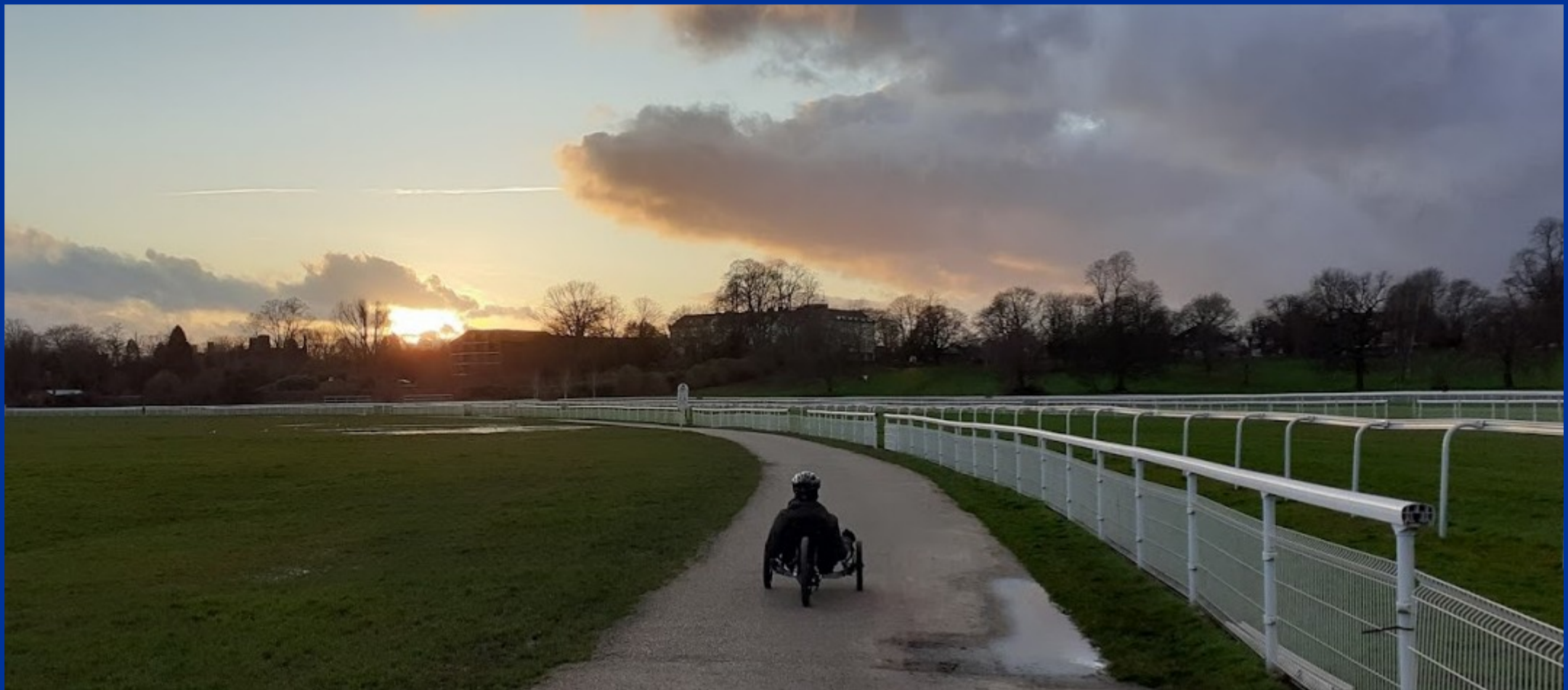
## Walks and Hikes

Fresh air, wide open spaces, and the chance to see somewhere new are just a few of the appeals of a day exploring the fabulous Yorkshire countryside. At GoGet, we like to find the kinds of places our clients might not be able to access by themselves. So when we say we're going for a walk, we're not going for a stroll into town; we're going off in search of adventure!

## Day Trips and Adventures

Everybody needs a trip out once in a while, and with so many amazing places to visit, we do everything we can to ensure that our day trips are smooth, safe, and great fun for everyone. Relationship building is key at GoGet. We take the time to get to know our clients, matching our activities to their individual interests. So whether it's a trip to the zoo, a visit to a museum, or a ride on a steam train, we go above and beyond to support our clients to access activities they'll love.





## Making a Referral

If you think that GoGet look like the right fit for you, we would love to hear from you. To begin the referral process, you can access our referral form on our website, [www.goget.org.uk](http://www.goget.org.uk).

When filling out our referral form, there are a few things you will need to think about:

- The support needs of the individual. This might include their communication, behavioural and personal care needs, as well as any mobility issues or diagnosis we need to be aware of.
- The ratio of staffing required in the community. We provide support on a 1:1, 2:1 and 3:1 basis.
- The interests of the individual and some thoughts on activities which they might particularly enjoy or benefit from.
- The hours of support you would be looking for. You should consider the ideal length of sessions, the number of sessions per week, whether you are looking for a term time, holiday time or full year programme, and when you would ideally like sessions to take place.

The more information you can provide us with at this stage, the better placed we will be to respond to your enquiry. When we have received your completed referral form, we will contact you to discuss the opportunities and support packages we are able to offer.

## What Happens Next?

At GoGet, we always start with the individual. So once we have received your referral and we have agreed an enrichment programme with you, our first step is to learn as much about the person we will be supporting as possible. As well as talking to other professionals such as teachers, social work teams and respite services, in addition to family and carers, we seek to understand the things that make the individual we'll be working with who they are; their likes and dislikes, interests, and aspirations. The information we gather will form a support plan for the individual which will encompass emotional, behavioural, physical, sensory and medical needs, without losing sight of the person at the centre of it all.

Once we are confident that we have a comprehensive support plan in place for the individual, we focus on relationship building. Depending on the individual in question, this may involve visiting them at their home, school, or respite services, or beginning short sessions with them in familiar and comfortable territory, which can then be built into more challenging sessions as relationships strengthen.

We believe that strong relationships are the key to successful support. The time we spend gathering information and getting to know the individual means that when our support begins we can be confident that everyone involved is getting the absolute most out of our service.





## Frequently Asked Questions

**Q: What age range do we work with?**

A: We provide support to children, young people and adults.

**Q: Who pays for the activities?**

A: For the majority of activities, the cost is included in the price of our support packages. There may be the occasional activity which the client is required to pay for, but this is only in exceptional circumstances and any additional costs will be agreed with parents or carers prior to the activity.

**Q: How much does our service cost?**

A: Due to the highly bespoke nature of our service, our pricing is arranged on an individual basis, depending on the number of hours commissioned, staffing ratio required and the length of sessions. This is something we will discuss with you when we have received your referral.

**Q: What size groups do we take out?**

A: Because our service is so bespoke, we generally support people on an individual basis rather than in a group. Occasionally we may take clients out together when we feel it would benefit both individuals, but on the whole we run individual sessions for each client.

**Q: How far do we travel?**

A: We don't work within a fixed radius and are happy to travel further afield where it is beneficial. However, please bear in mind that our session times include the time it takes us to travel to and from client's pick up and drop off, so we would strongly recommend that those who do not live locally consider longer sessions to get the most out of the time available.

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