

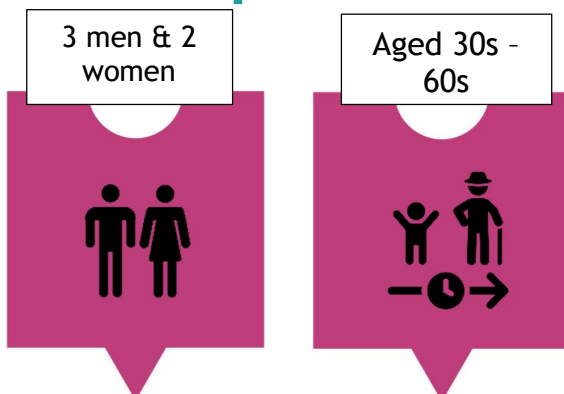
## KEY FINDINGS FROM THE TaAF EVALUATION:

# Up and Active

## What did we do?

Between 2020 and 2021, we talked with participants who were involved with the Up and Active programme about their physical activity and key events in their lives. The Up and Active programme supports people in Lancashire to be more physically active. Participants took part in interviews held at two time-points, five months apart. This document presents the key findings.

## Who took part?



## What did we find?

- Participants in this cohort were very varied in their ages and experiences of life. However, a common theme was how physical and mental health had impacted on their ability to participate in physical activity.
- The motivation for most people to join was to improve their health not only for their own benefit but also for others.
- Participants described how it was a simple sign-up process which meant they were able to access the service quickly.
- The people we interviewed often described initial apprehension at taking part and a fear of being judged. However, the welcoming environment, supportive staff and lack of judgement from others led to an increase in confidence both in themselves and in their ability to take part.
- Up and Active provided a space and opportunity to explore different activities in a safe space and in a flexible way.

- People felt excited about joining Up and Active and really enjoyed the experience, especially the social side.
- Restrictions and lockdowns due to COVID-19 meant that sometimes the service had to stop. Participants described alternative sources of support during this time such as phone calls with the Health Activators which they very much valued.
- The Health Activators played a really important role. The relationships between staff and the service user seemed important in terms of people getting the most benefit out of the service.
- The benefits of the service included weight loss and increased activity, as well as improved mental and physical health and more social contact with others.

*'[The Up and Active worker] was so down to earth and so friendly, and approachable and the people in the class were really nice, so they made me at ease.'*

*'I was like a bit apprehensive and nervous but [...] they made me feel so welcomed [...] it was a nice setting, I felt so like at home in a kind of way that I didn't have to feel embarrassed.'*

*'It was the people what were running it, 'cos they're so understanding and they don't judge you [...] when I lost a lot of weight like through them [...] they were so happy for me'*

*'Well I'd started to feel better actually, just generally better, I felt fitter, and I felt you know I was doing the right thing you know to help me.'*

*'I were trying to do the best for myself as well as making everybody else proud.'*

## Future working...

We would like to thank everyone who shared their life stories with us and made this research possible. We hope this inspires further conversations about the relationships between people's lives and physical activity.

If you would like more information about this study please contact Sandra [s.varey@lancaster.ac.uk](mailto:s.varey@lancaster.ac.uk)

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