

Get OUT Glasgow!

Are you
LGBTIQ+ and
over 18? Do you
stay in Glasgow
or Greater
Glasgow?

LEAP Sports Scotland has launched 2 exciting new initiatives motivating people to get active once Covid-19 restrictions have eased.

Get Back OUT and **Active Buddies** aim to use sport, physical activity and movement to get people active, improve mental health & wellbeing, and build a sense of community.

Get Back OUT is a peer-support group, whereas **Active Buddies** is an initiative where we 'match' 2 LGBTIQ+ community members, so it's appealing to those who prefer a 1:1 approach. There's no pressure, participation in each can be done at the pace and approach that's right for you.





What you can expect:

- Access to Get Back Out Facebook group
- Peer-support and 1:1 meetings
- Group drop-in socials
- Confidence and skill-building workshops
- Sport and physical activity such as taster sessions
- Regular, organised sessions with LGBTIQ+ physical wellbeing groups

What you can expect:

- Buddy matching
- Buddy catch-ups & 1:1 meetings
- Regular newsletters with resources and activity updates
- Confidence and skill-building workshops
- Sport and physical activity such as taster sessions
- Regular, organised sessions with LGBTIQ+ physical wellbeing groups

And more! This project is completely FREE!

Contact carolina@leapsports.org or visit <https://leapsports.org/activities/getOUTglasgow> for more information or to get involved.



Glasgow City
HSCP
Health and Social Care Partnership

NHS
Greater Glasgow
and Clyde



LEAP
sports