

KEY FINDINGS FROM THE TaAF EVALUATION:

JobCentre Plus

What did we do?

In 2020, we talked with JobCentre Plus customers about their physical activity and key events in their lives. Participants in this cohort attended two events hosted by Together an Active Future (TaAF) at a JobCentre Plus in Pennine Lancashire. 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?

- The life events discussed by participants were often difficult and traumatic, including bereavement and domestic abuse.
- There was a lot of trepidation about the TaAF events at JobCentre Plus. Participants often described feelings of anxiety prior to attending.
- Participants felt more comfortable in smaller groups at the events, or when they were completing activities. It was during this time that some of the initial anxieties subsided.
- The TaAF events had no impact on participants' health and physical activity levels. However, for some, the events did increase awareness of the importance of physical activity.
- Some participants described their motivation for attending as an opportunity to find out information about physical activity in their area. As a result, the sessions would have been more beneficial if there had been more specific local information and signposting.
- Participants associated JobCentre Plus with fear and uncertainty. There appears to be a

- constant worry about being sanctioned, losing benefits and the potential of losing one's home.
- Participants reported being involved in very few conversations about physical activity with professionals, despite being involved with a range of services.

'I just want to be healthy and happy [...] with a roof over my head, and that is the three things that I want.'

'I panic. I feel physically ill going to the job centre.'

'I know what physical activity is good for you, maybe just more like support in terms of getting into like, 'cos I know gyms you have to pay for [...] 'cos I don't know what's going around Blackburn'

'Originally I was quite anxious and that doing it, but it was quite reassuring actually. [...] We were just going round talking to people is pretty easy going'

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
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