Green Gym

Supporting mental health & Well-being through improving green spaces



Our Key Services







Natural Talent



Green Gym



Spaces to Grow



The Conservation Volunteers - Join in, feel good













Natural exercise for community health













Meet and greet

Safety talk Warm up Activity session

Mid session break

Activity session

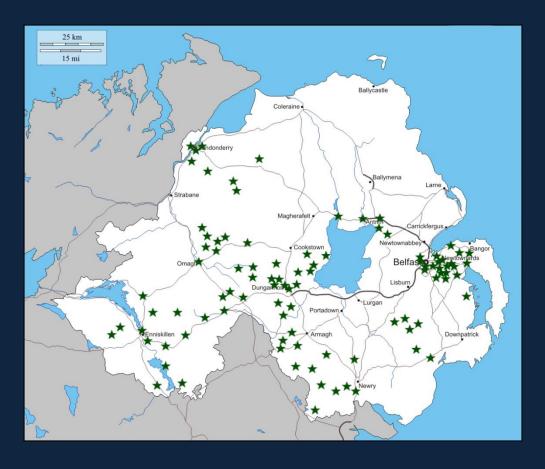
Cool down

Social Return On Investment:

For every £1 spent on Green Gym, £4.02 is returned Social, Environmental & Economic outcomes (NEF).



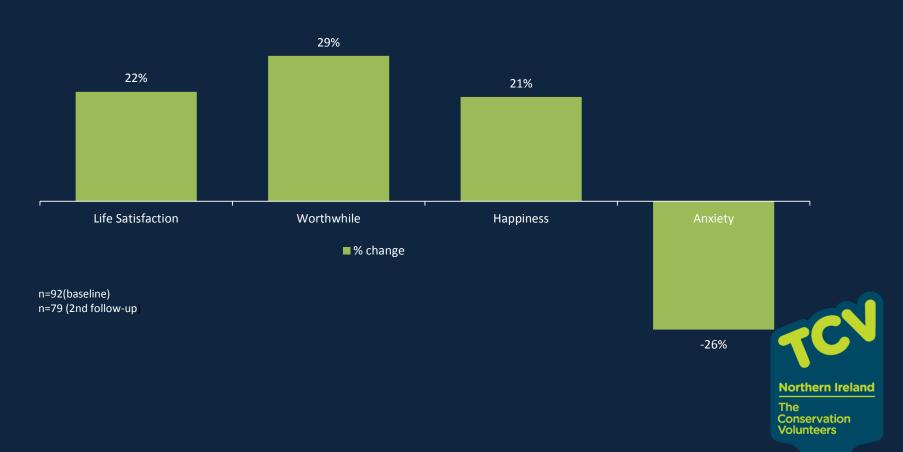
The Green Gym – 2015-16



- Support 110 groups per year
- Over 23,500 volunteer days completed
- 47% Female, 53% male
- 7% under 25 years old
- 49% between 25-50
- 44% over 50
- Average 9,580 steps / GG
- 63% sustained long term community volunteering



Wellbeing improves by a fifth or more and anxiety drops by more than a quarter



The Conservation Volunteers - Join in, feel good









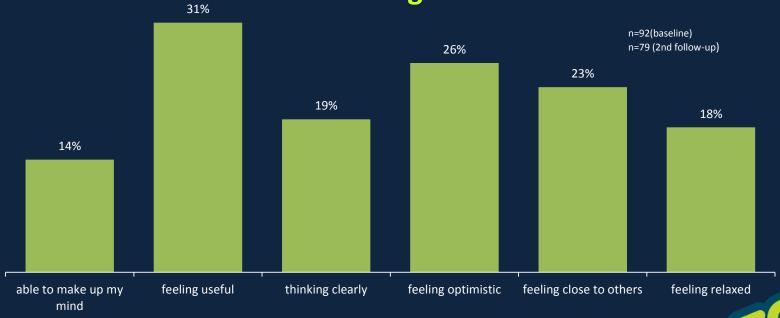
Northern Ireland

The Conservation Volunteers

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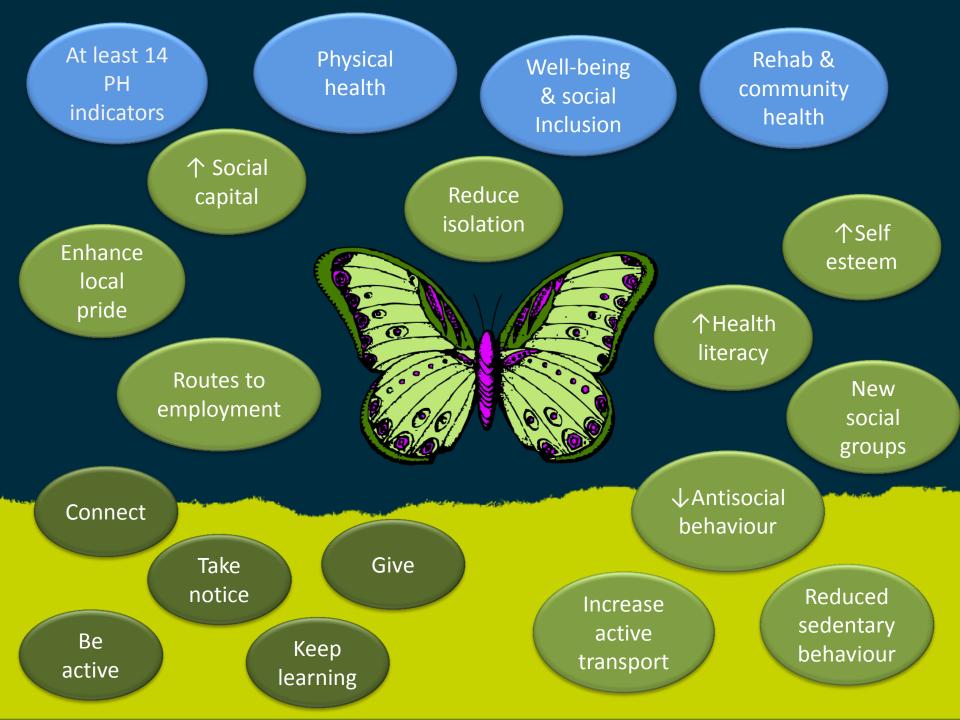
Feelings of wellbeing improve - biggest increase in 'feeling useful'



■ % change all volunteers

Overall Impact Pathway (PWC)

Inputs **Outputs Outcomes** Action Condition Learning £30,000 per annum No. volunteers engaged Social interaction skills Increased interaction Reduced isolation over 2 years* per session (12 - 20) outside of the sessions Intergenerational skill Outdoor space 48 sessions per year per sharing e.g. web skills **Sharing different** Community cohesion, group better understanding of Tools and shed perspectives Leadership 15% growth in others **Project Officer** community groups per Community resilience annum Partner (LA, school, Ongoing sustainability Form community groups / land owner) Green Gym leaders Individual resilience networks trained (2-3 per annum) Referral partners 15% growth in number Self efficacy / esteem Volunteer time of spaces brought into Increased confidence and Increased employability active management Job readiness skills e.g. **Training** become more skilled to find time keeping, teamwork, (Designation of sites a job Vehicle hire office skills SINCs) Conservation skills and Increased management of Increased connection with knowledge of the green spaces and pronature environmental behaviour environment Health literacy Increased the time spent in outdoor green spaces Better health Safe physical activity Improved diet Safe tool use Become physically active



The Conservation Volunteers - Join in, feel good























Northern Ireland

The Conservation Volunteers

Thank you for listening

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