

Green Gym

Supporting mental health & Well-being through improving green spaces



Our Key Services

Community Builder



Green Gym



Natural Talent



Spaces to Grow



The Conservation Volunteers - Join in, feel good



The Conservation Volunteers - Join in, feel good

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Natural exercise for community health

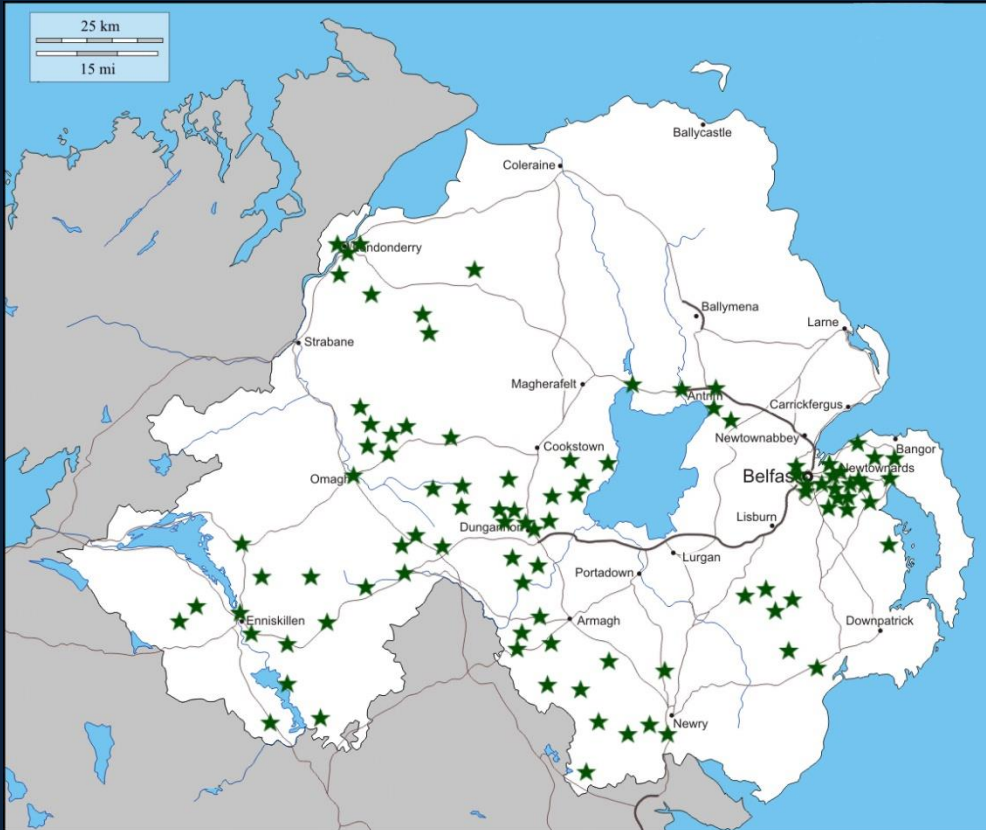




Social Return On Investment:
For every £1 spent on Green Gym, £4.02 is returned
Social, Environmental & Economic outcomes (NEF).

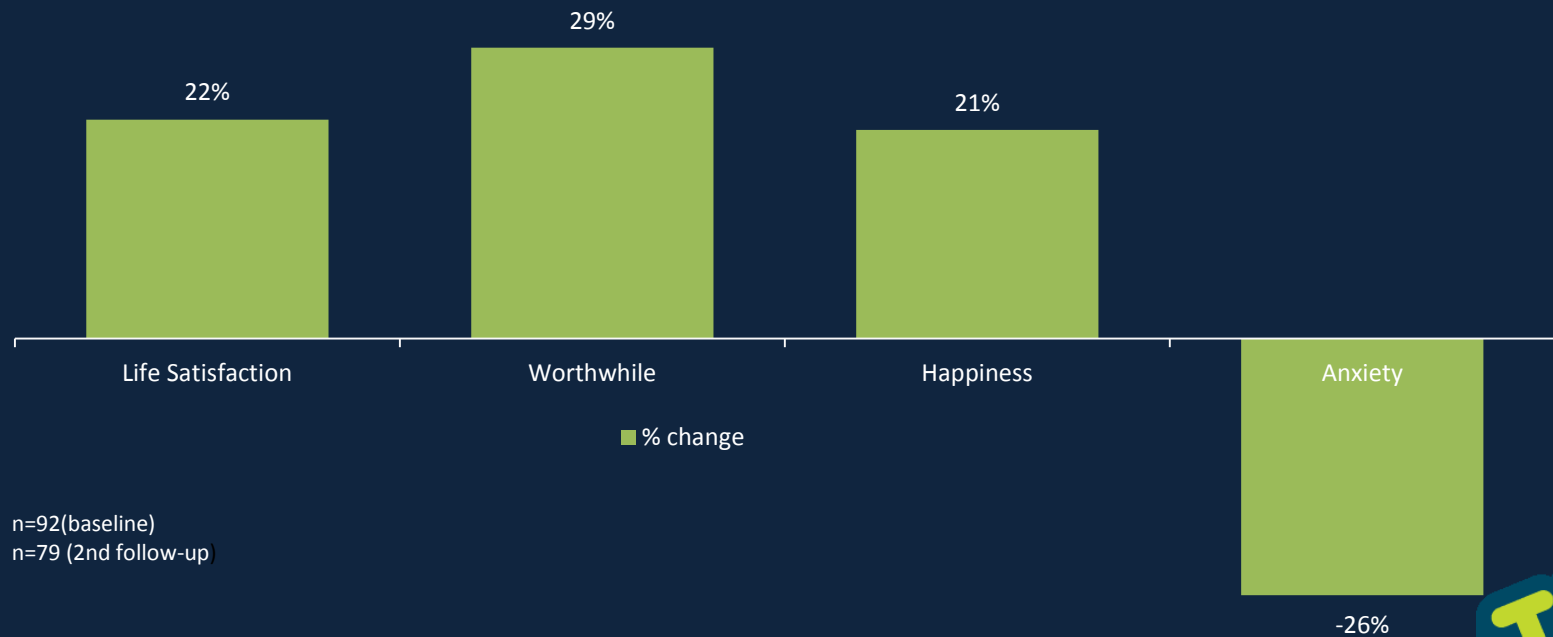


The Green Gym – 2015-16



- 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

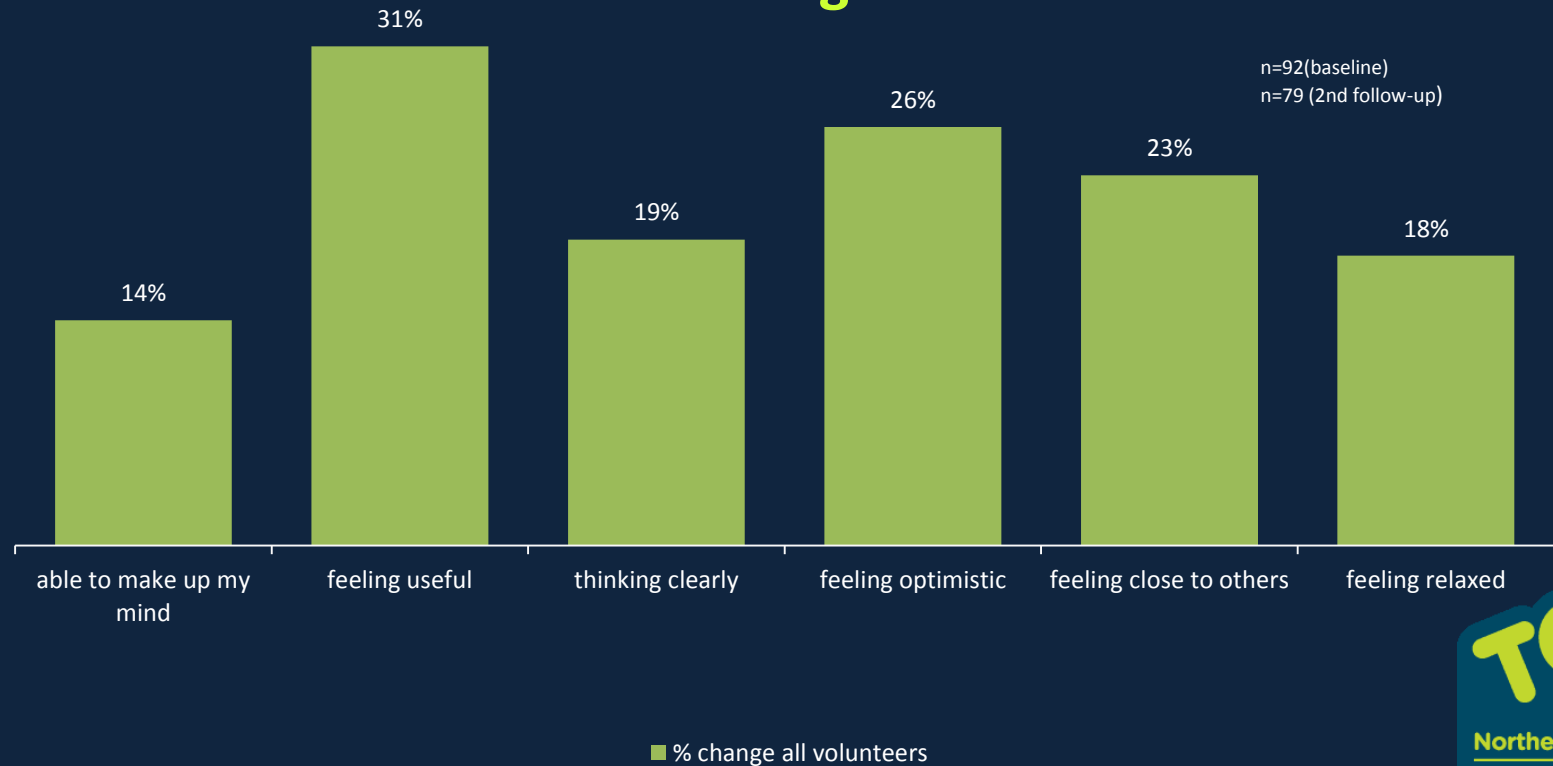


n=92(baseline)
n=79 (2nd follow-up)

The Conservation Volunteers - Join in, feel good

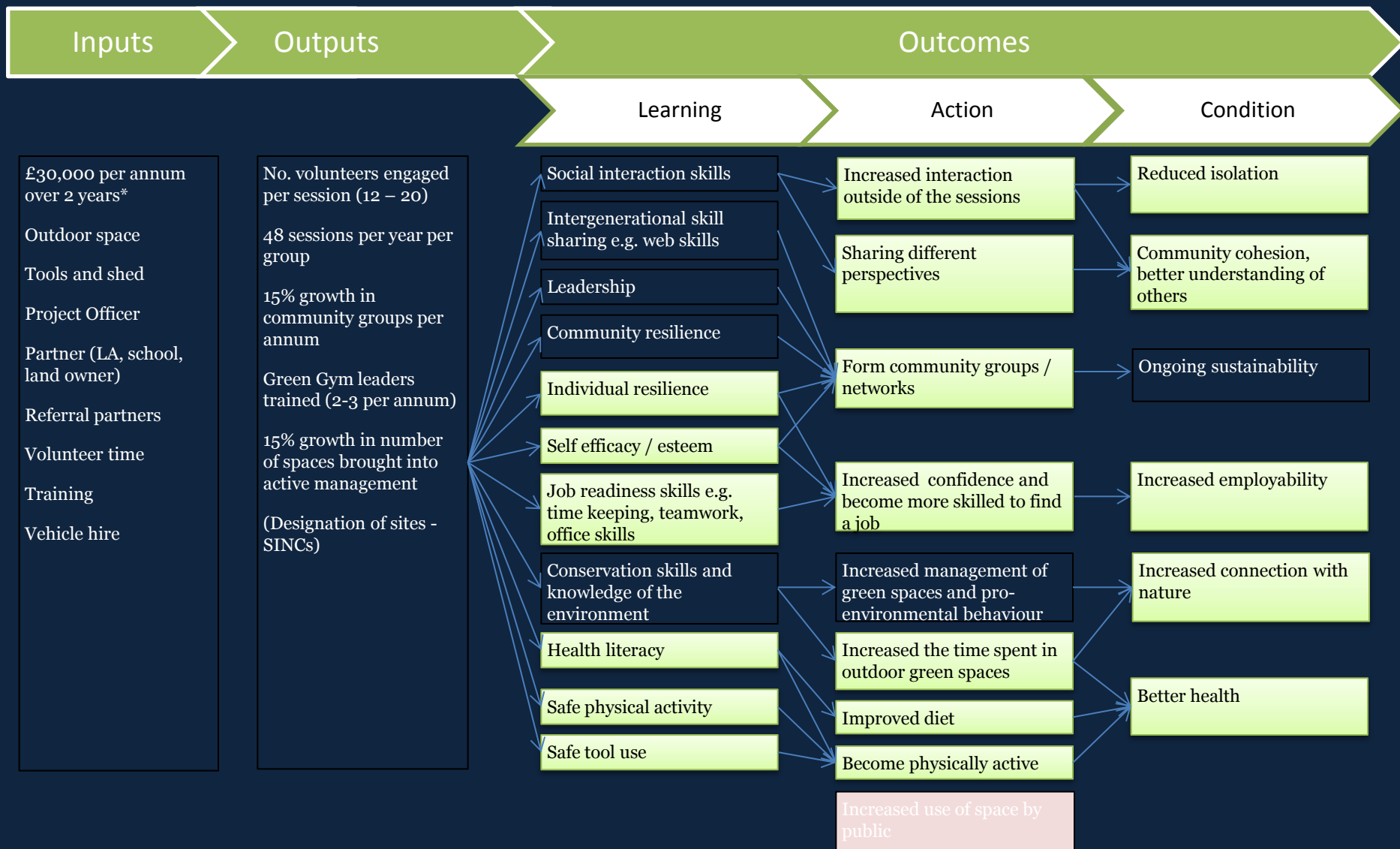


Feelings of wellbeing improve - biggest increase in 'feeling useful'



Overall Impact Pathway (PWC)

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At least 14
PH
indicators

Physical
health

Well-being
& social
Inclusion

Rehab &
community
health

↑ Social
capital

Reduce
isolation

↑ Self
esteem

Enhance
local
pride

↑ Health
literacy

Routes to
employment

New
social
groups

Connect

↓ Antisocial
behaviour

Take
notice

Give

Increase
active
transport

Reduced
sedentary
behaviour

Be
active

Keep
learning



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Thank you for listening

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