

Craig Lister

Green Gym Managing Director



TCV – The Community Volunteering Charity

Connecting local communities with their environment for almost 60 years

1959

In 1959 Brigadier Armstrong was appointed by Council for Nature to form the Conservation Corps in order to involve volunteers in practical conservation work.



1970

In 1970 the Corps became the British Trust for Conservation Volunteers with HRH The Duke of Edinburgh as Patron. By 2000 the organisation's conservation and reclamation work had expanded to include broader-based training and support for unemployed people.



1998

Green Gyms were launched in 1998 to give more people the opportunity to enjoy the health and wellbeing impact of outdoor activity.



2012

In 2012 we became The Conservation Volunteers and in 2014 Sir Jonathon Porritt CBE became our President. Each year we help 1,100 people back into paid employment, we run 138 Green Gyms and achieve over 900,000 volunteering hours working in outdoor places across the UK.





**TCV's vision:
Healthier, happier communities
for everyone**

**We support over
11,000 volunteers
each year to
address the
challenges of being
indoors, inactive or
isolated**

Our Key Services

Community Builder



Green Gym



Natural Talent



Spaces to Grow



How long have we been here?

01:37

00:00.17

Facts and personal thoughts

- Habitual PA and socialising is good for you
- Inactivity and isolation are bad for you but...
- Being active is not easy (*inherently lazy*)
- Eating lots is (*inherently greedy*)...
- as is Getting fat (*thrifty/drift gene hypothesis*)
- We like to achieve things (*especially in groups*)
- We like to be appreciated (*remember Maslow?*)



Meet
and
greet

Safety
talk

Warm
up

Activity
session

Mid
session
break

Activity
session

Cool
down

Figure 6: Our sample is older when compared with all GG volunteers

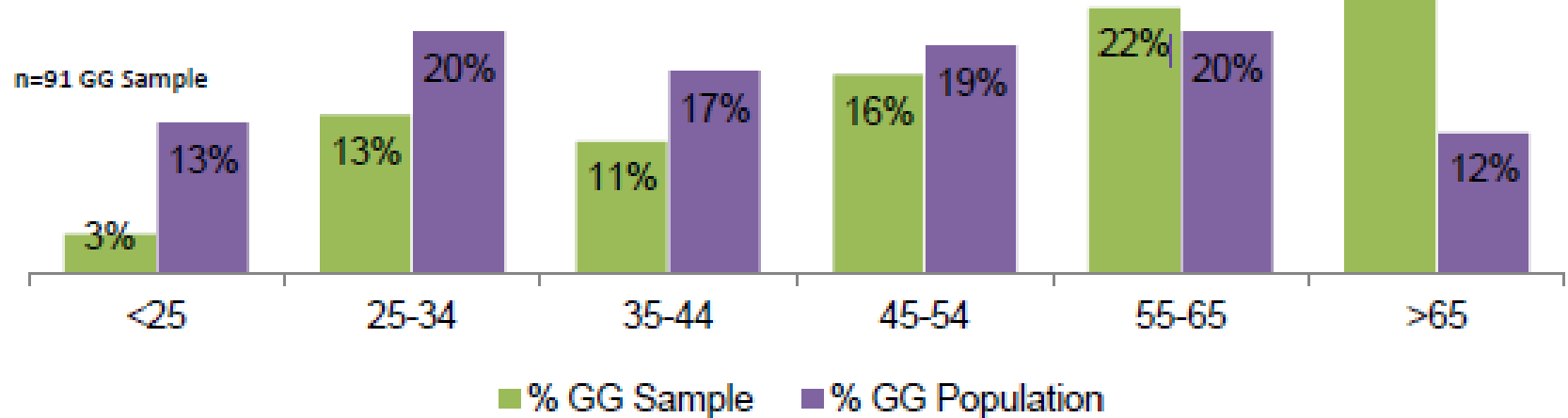
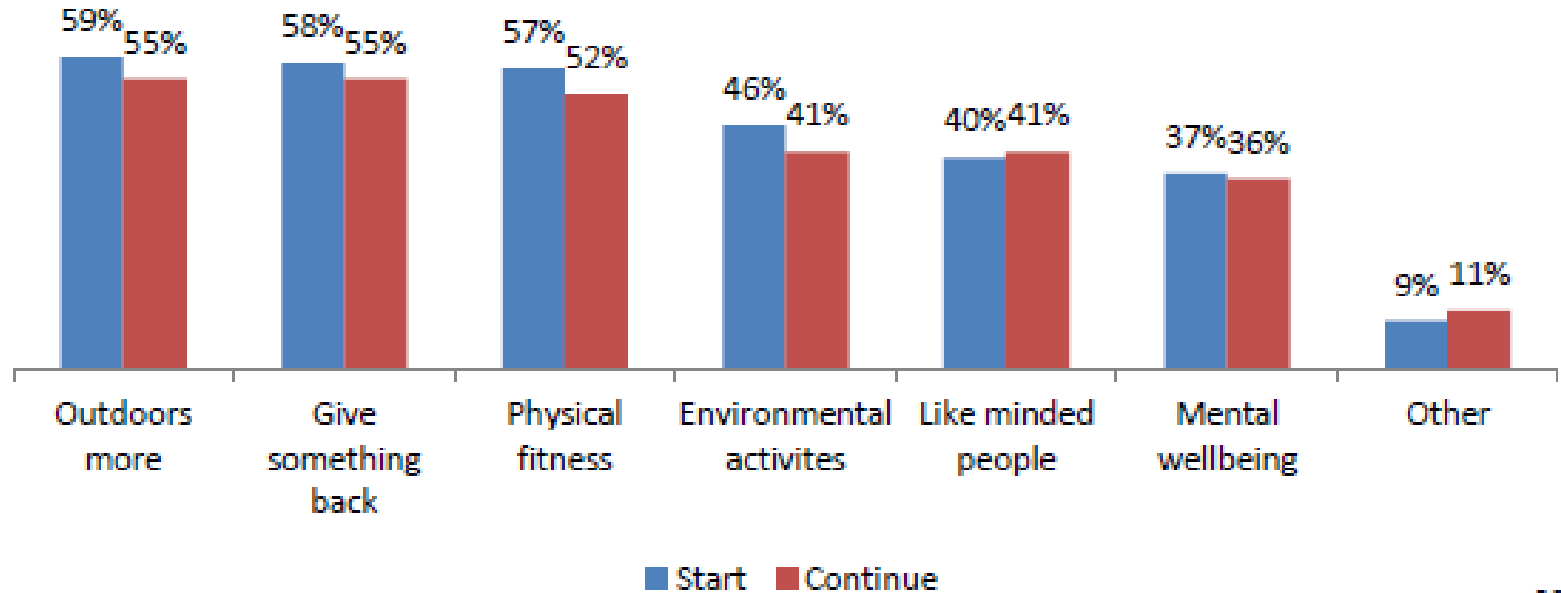


Figure 9: Being outdoors, giving something back and improving fitness are key motivations



n=92

Despite being retired, Rachel is keen to keep learning new skills and meeting new people. She enjoys the exercise she gets at Green Gym relishing feeling tired but exhilarated at the difference her work has made:

“It’s fun to do, you can see what you’ve done...at the end of a session you can see the changes you’ve made as a group. I didn’t realise it would be that significant to me until we’d done a couple of jobs where you could actually see a huge difference.”

TCV Scotland's Green Health in Later Life programme has the primary aim of building natural exercise into supported living arrangements with housing associations and 'extra care' organisations who work with older people, as well as developing new programmes within hospital grounds.

Aim 1

Promote the health and wellbeing of ageing residents (aged 55+) in West Lothian through creating opportunities for people to engage in green activities i.e. reminiscence gardens, Green Gym, exercise referral schemes and conservation groups.

Aim 2

Specific research and development to provide a better organisational understanding and awareness of dementia - align TCV working practices to more fully engage with the concept of dementia friendly communities and Dementia friendly green space.



- Fresh herbs for cooking
- Raised beds
- TCV mid-week group helped build the raised beds
- Gardening activities
- Herbalist explained uses of herbs in vinegars and cosmetics





A qualitative evaluation of a pilot green exercise volunteering program for older adults living in a socio-economically disadvantaged area of Glasgow, Scotland

Archibald, Daryll; Jepson, Ruth; Rennie, Alison (all SCPHRP, University of Edinburgh); Graham, David (TCV Scotland)

Abstract Conclusion

This pilot green exercise volunteering programme represents an effective means to engage a hard-to-reach older population located within an area experiencing multiple disadvantage. Social and environmental benefits for both participants and the wider community were observed and funding is now being sought to increase the scope of the programme.

Nature in Mind

Fun, nature-based activities to
stimulate and engage the mind



Riviera Growing Communities



A local food growing project run by
The Conservation Volunteers
in partnership with
Sanctuary Housing



Funded by the Big Lottery Fund's
Local Food scheme



Hatfield Flats

Carl enjoys picking the vegetables for all the residents to enjoy, but prefers the more traditional vegetables such as potatoes and cabbage. The potato harvest was plentiful this year, but his top tip would be to ensure that the cabbages are covered with netting to stop the cabbage white butterfly from laying eggs that then hatch into caterpillars which feed on the cabbage. He also suggests not planting crops too close together as they don't grow as well. Carl says to come along to the Coffee Mornings and talk to people if you want to get involved.



Crops that have been grown include potatoes, spinach, beetroot, courgettes, cabbage, kale, radish, lettuce, runner beans, French beans, garden peas and strawberries. Potatoes were so popular, that two beds are to be dedicated to them next year — this is why so much manure has been added to the raised beds, to maintain the fertility of the soil, as potatoes are a 'hungry' crop. A quote from Mary 'You need to feed the soil, to feed the plants, to feed us'. The Coffee Mornings enable residents to discuss the gardens and share the harvest.

Recipe for Courgette and Cheese Soup



A splendid courgette harvest

- 1 average courgette
- 2 cheese triangles
- Salt and pepper to season

Boil courgette for a few minutes until soft. Drain off liquid into a jug. Mash courgettes and add cheese triangles. Add salt and pepper to taste. Return to heat until cheese is fully melted. Add saved liquid to bring soup to required consistency. Enjoy. Recipe provided by Faith.

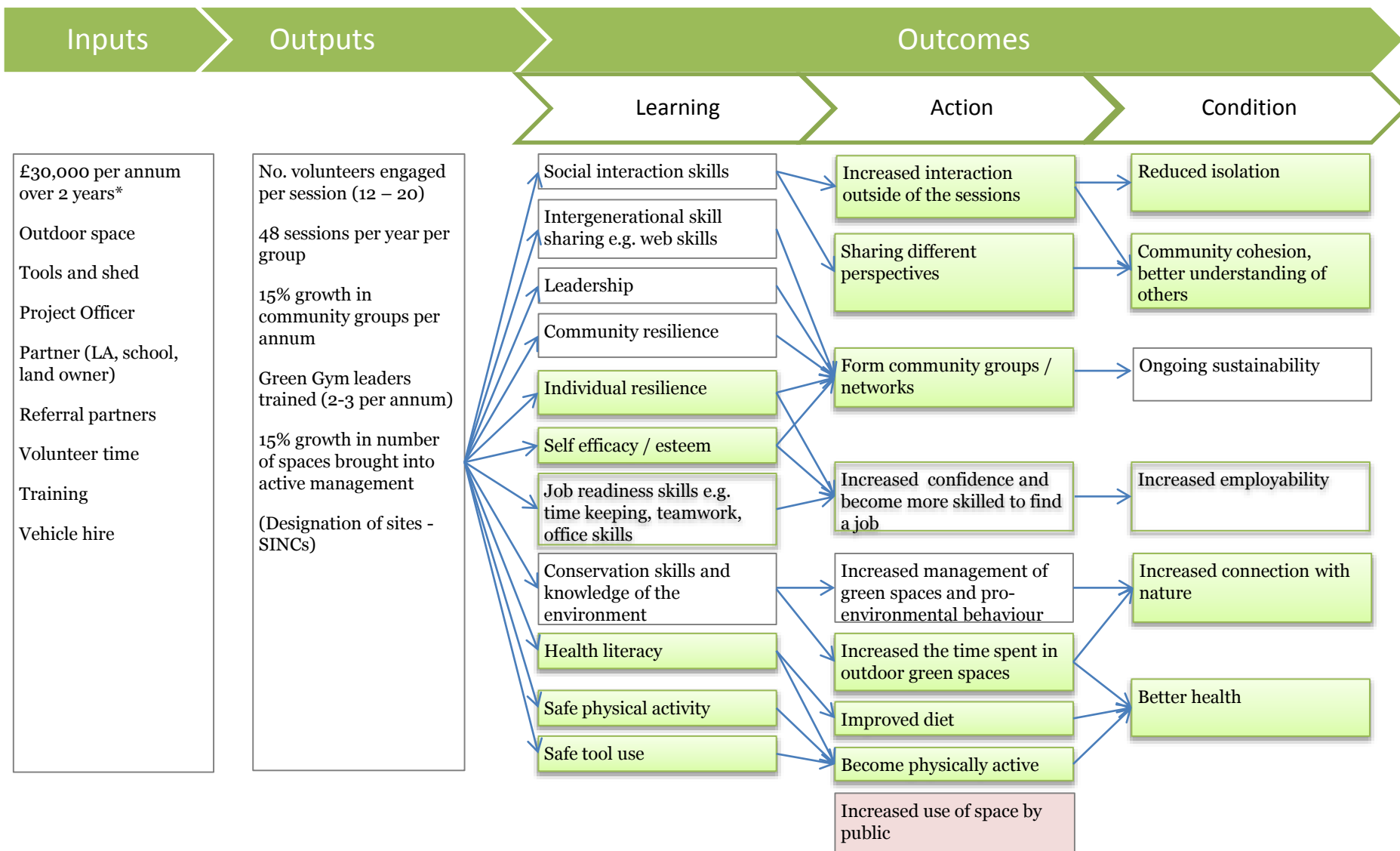
Yvonne likes to eat beetroot, potatoes, carrots and raspberries so this is what she would like to grow next year. Yvonne also suggests getting a BBQ for the garden for everyone to use.



Indicator	Description
1.16	Utilisation of outdoor space for exercise/health reasons
1.18i and 1.18ii	Social isolation of adults and their carers
1.19i and 1.9i1i	Older people's perception of community safety
2.06i	Excess weight in 4-5 and 10-11 year olds – 4-5 year olds
2.06ii	Excess weight in 4-5 and 10-11 year olds – 10-11 year olds
2.11i	Proportion of the population meeting the recommended 5-a-day
2.11ii	Average number of portions of fruit consumed per day
2.11iii	Average number of portions of vegetables consumed per day
2.12	Excess weight in adults
2.13	Percentage of physically active and inactive adults
2.14	Smoking prevalence
2.17	Recorded diabetes
2.23	Self-reported well-being score (inc all indicators 23i to 23v, 23v is Warwick Edinburgh)
4.04	Under 75 mortality rate from all cardiovascular diseases

This table shows some of the Public Health Outcome (PHOF) indicators that can be positively impacted by the Green Gym
 For additional information please contact Craig Lister c.lister@tcv.org.uk

Overall Impact Pathway (PWC)



Deliver Green Gym growth in Scotland
(38% of 1915 Green Gym Volunteers were over 55, excluding Community GG)

Build the skills and capacity of our staff to better engage Scotland's growing ageing population (i.e. through becoming dementia friends and/or Green exercise Ambassadors.)

Create more leadership roles for older volunteers, creating a Scotland wide pool of life-experienced mentors, experts, friends and leaders, creating a purpose for themselves, and enhanced impact on their fellow participants and wider society.

Evaluate the impact of more older people-led activity and the impact of inter-generational connections on Green Gym beneficiaries to expand the evidence base which is presently under-represented.

Green Health in Later Life



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