

**Green Gym – physical activity
and health benefits through
improving green spaces**

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Green Gym Managing Director



Our Key Services

Community Builder



Natural Talent



Green Gym



Spaces to Grow





**“Someone is sitting in the shade today because someone
planted a tree a long time ago”** Warren Buffet

How long have we been here?

01:37

00:00.17

- 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*)

Importantly

- We like to achieve things (*especially in groups*)
- We like to be appreciated (*remember Maslow?*)



Social Return On Investment:

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

Join in, feel good

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Natural exercise for community health





In 2015 TCV helped to distribute and plant almost 160,000 trees - working with over 560 community groups across the UK.

Through the Big Tree Plant in 2014 TCV helped to plant almost 60,000 trees.





1. The possibility exists that the anti-inflammatory activity induced by regular exercise may exert some of the beneficial health effects of exercise in patients with chronic diseases.

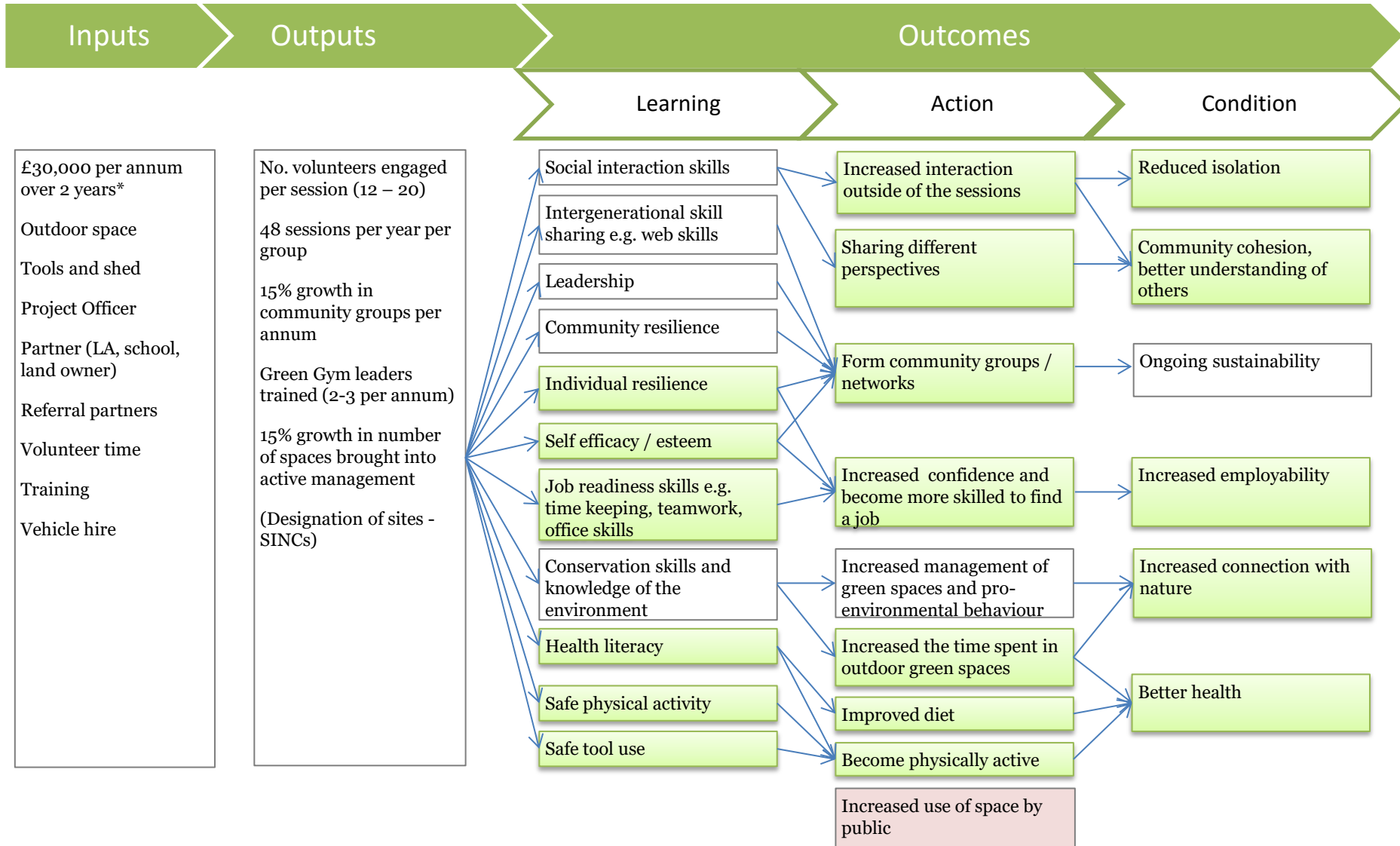
2. However, highly elevated chronic levels of IL-6, as seen in patients with rheumatoid arthritis, play a pathogenetic role in this disease as demonstrated by the fact that blocking IL-6 has beneficial effects on arthritis.

3. However, blocking IL-6 in clinical trials with patients with rheumatoid arthritis leads to enhanced cholesterol and plasma glucose levels, indicating that functional lack of IL-6 may lead to insulin resistance and an atherogenic lipid profile

We are a
pharmacy

Overall Impact Pathway (PWC)

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At least 14
PH
indicators

Exit from
NHS Health
Check / ER

At least 4
CCG
deliverables

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

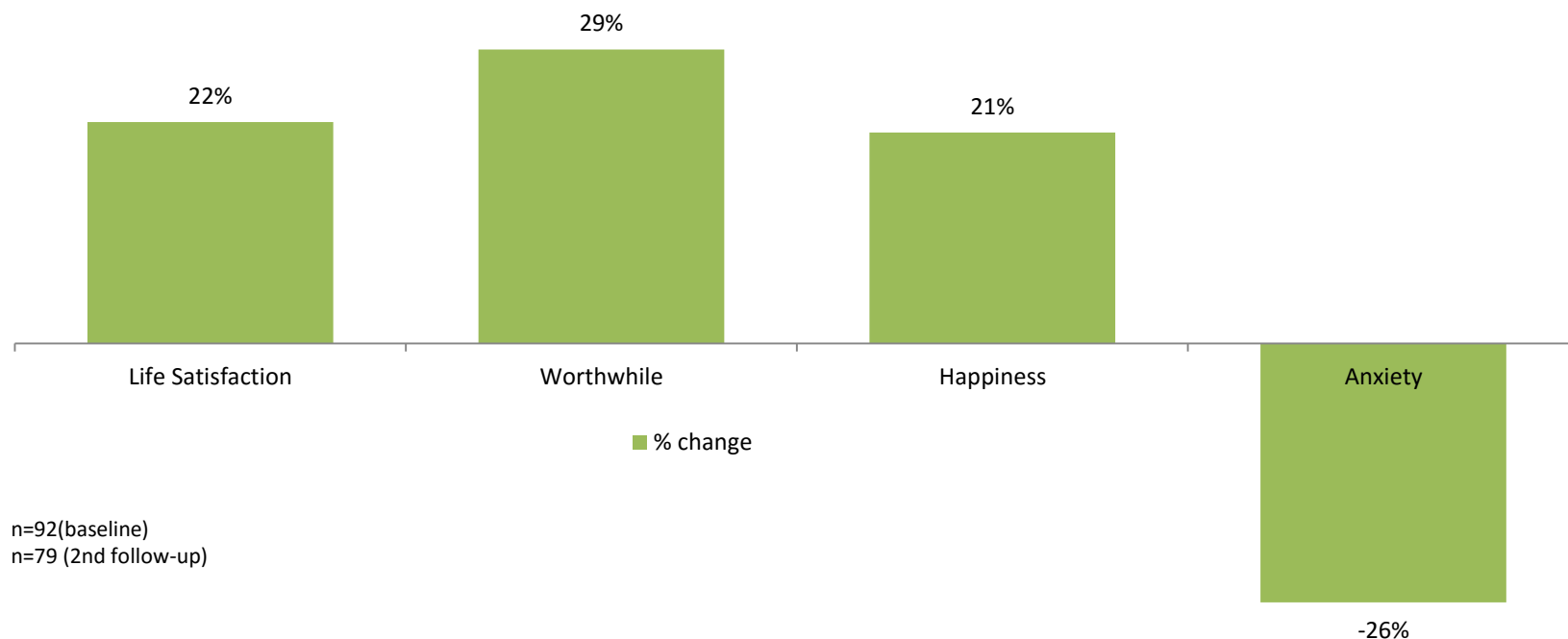
Reduced
sedentary
behaviour

Be
active

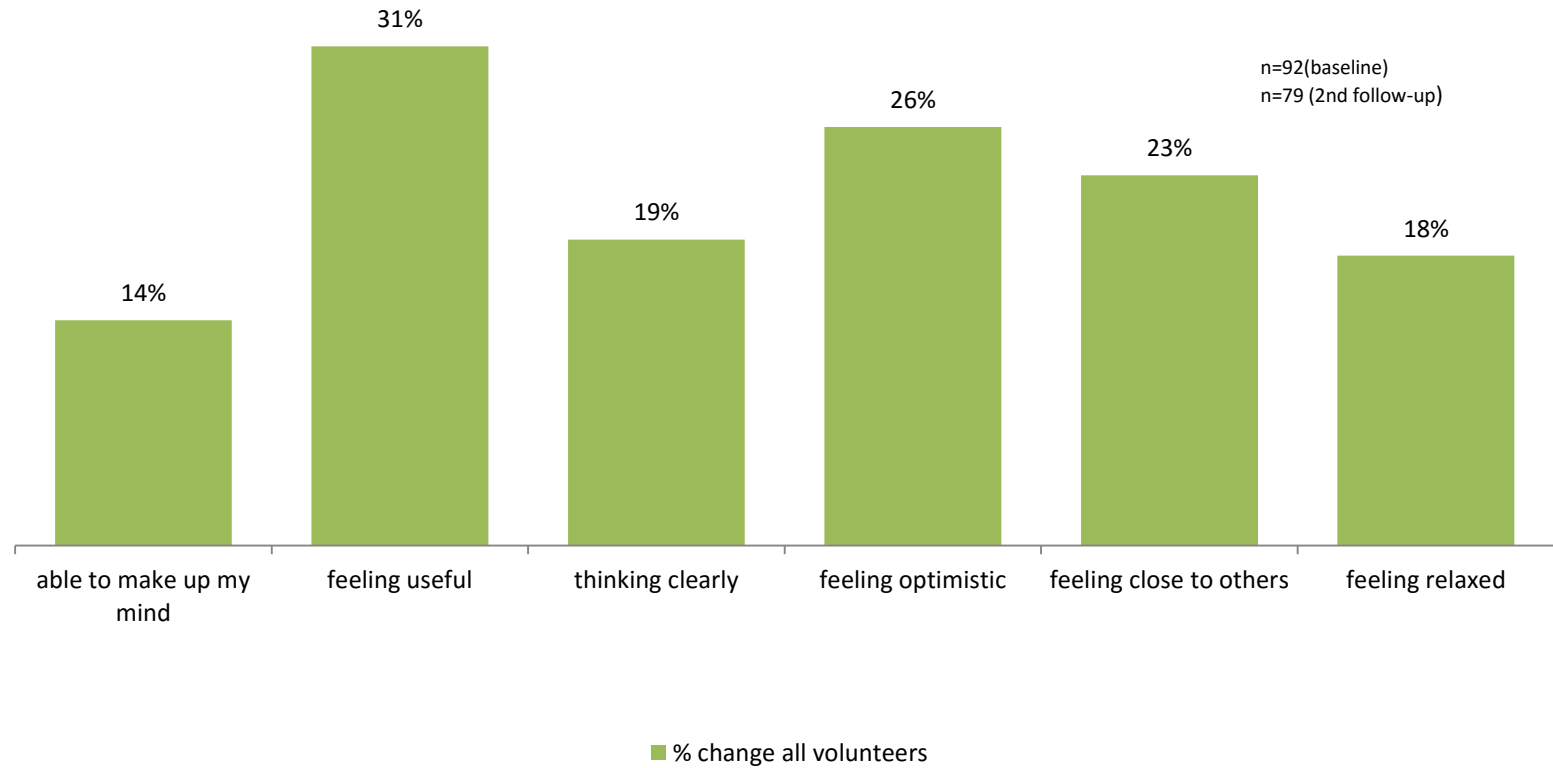
Keep
learning



ONS wellbeing improves by a fifth or more and anxiety drops by more than a quarter



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



60% of participants improved their knowledge of good nutrition and healthy lifestyle basics

55% of participants reported increased consumption of fruit and fresh foods.

74% will continue with the healthy eating skills they have learned

74% have become more active

85% will continue with physical exercise as a result of participation in the programme

77% will continue to grow their own food.

79% have grown their own food as a result of participation in the programme, and 40% of participants are now growing their own food at home.

TheKingsFund>

Ideas that change
health care

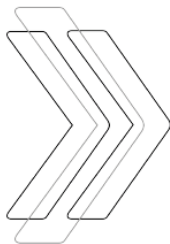
Gardens and health

Implications for
policy and practice

Author
David Buck

May 2016

This report was commissioned by the National Gardens Scheme



<http://www.kingsfund.org.uk/publications/gardens-and-health>



TCV won the coveted three year Health and Wellbeing Award from the **Royal Society for Public Health (RSPH)**, one of only four organisations nationwide.

TCV (in partnership with Mind) have been awarded £557,164 from the Department of Health (HSCVF) to run a pioneering ecotherapy scheme called **Pro-Active Minds**.

Physical activity and health

*Working together to
get the nation moving*

July 2016

SPORT+
RECREATION
ALLIANCE

UK
active
More people
More active
More often



http://www.ukactive.com/downloads/managed/Physical_Activity_and_Health_-_Final_Version.pdf

