

Craig Lister Green Gym Managing Director

Birmingham Parks & Open Spaces Forum



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**

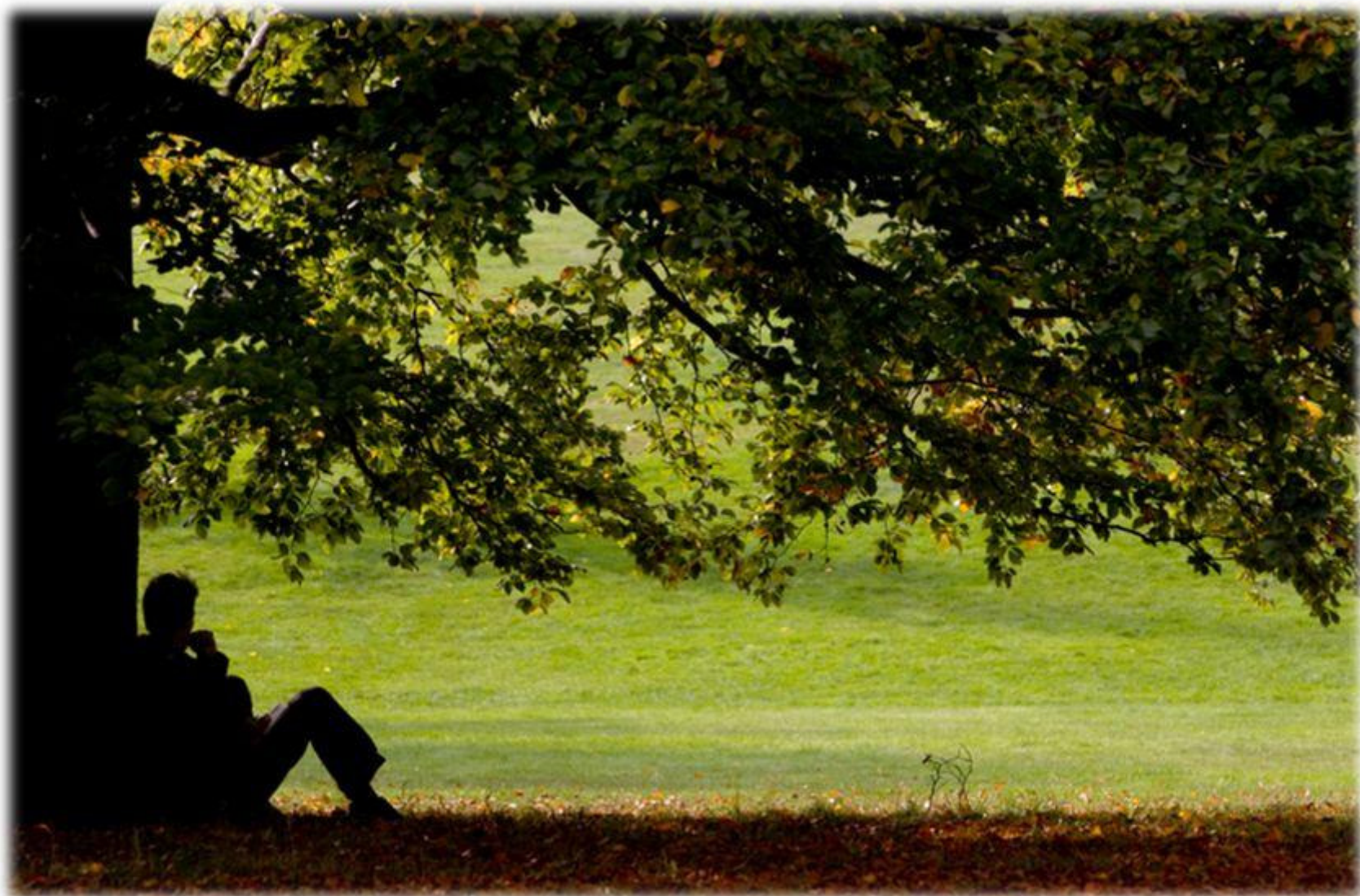
**We support over
11,000 volunteers
each year to
address the
challenges of being
indoors, inactive or
isolated**

TCV's purpose:

Working together with people, communities and partners to deliver practical actions that have a lasting impact on people's health, prospects and outdoor places.

- **Working together**
- **Practical actions**
- **Lasting impact**





**“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

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?*)
-



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

Join in, feel good

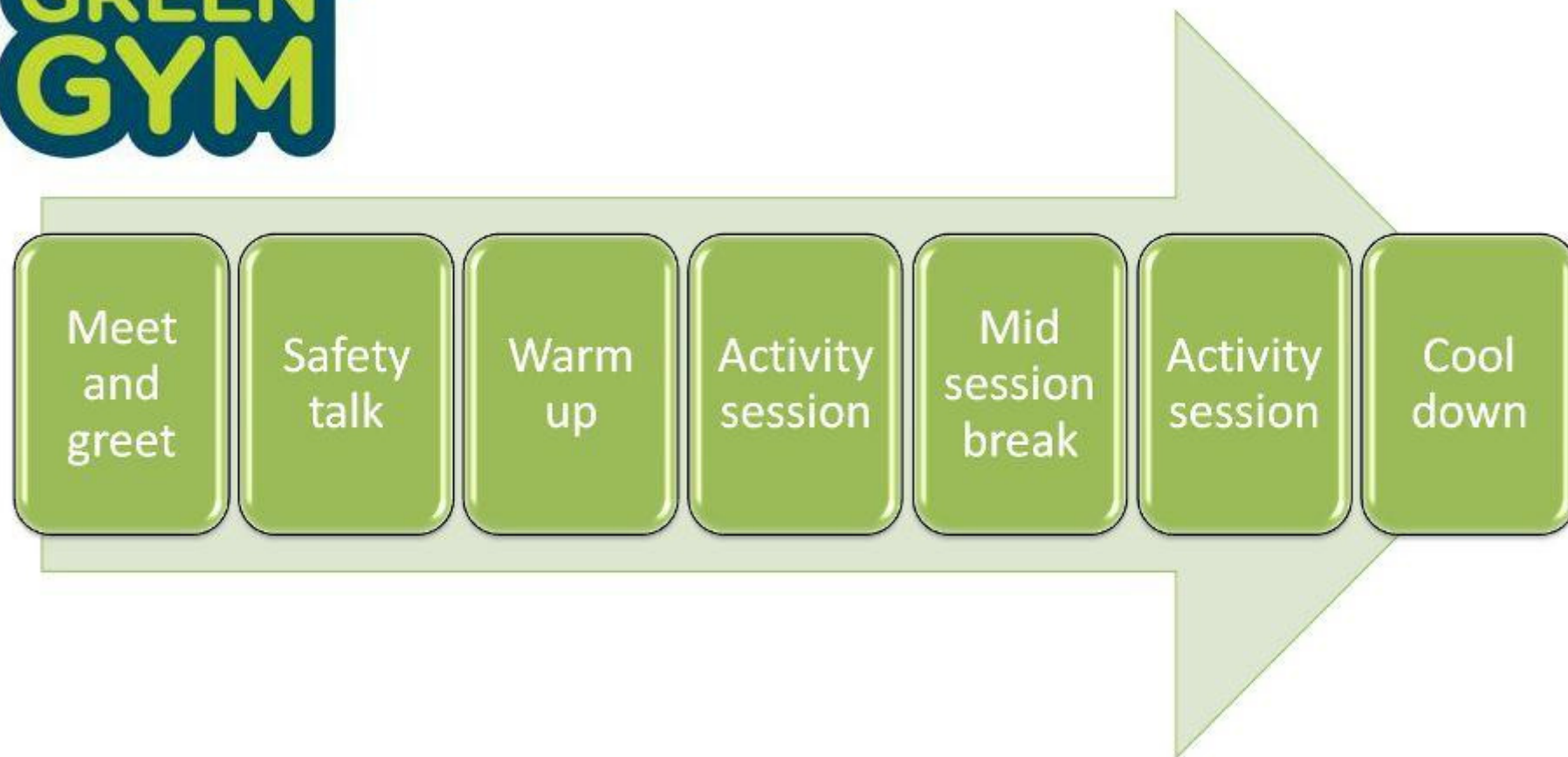
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Natural exercise for community health



Green Gym supports the 5 ways to well being





Join in, feel good

Health by stealth

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Join in, feel Good



Trained leaders teach
how to safely warm
up and cool down

Regular, varied
outdoor activity in a
group

Intensity

Contact
with nature

Social
contact

Personal
Impact

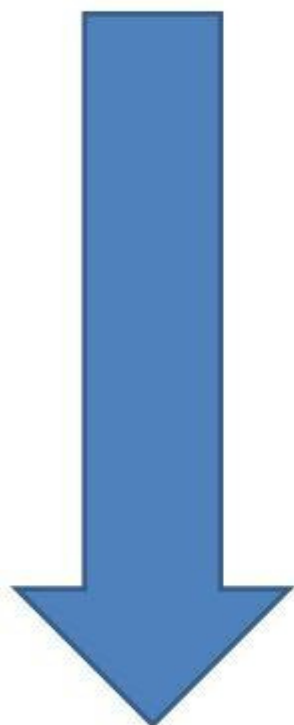
Peer
support

Increased
Fitness

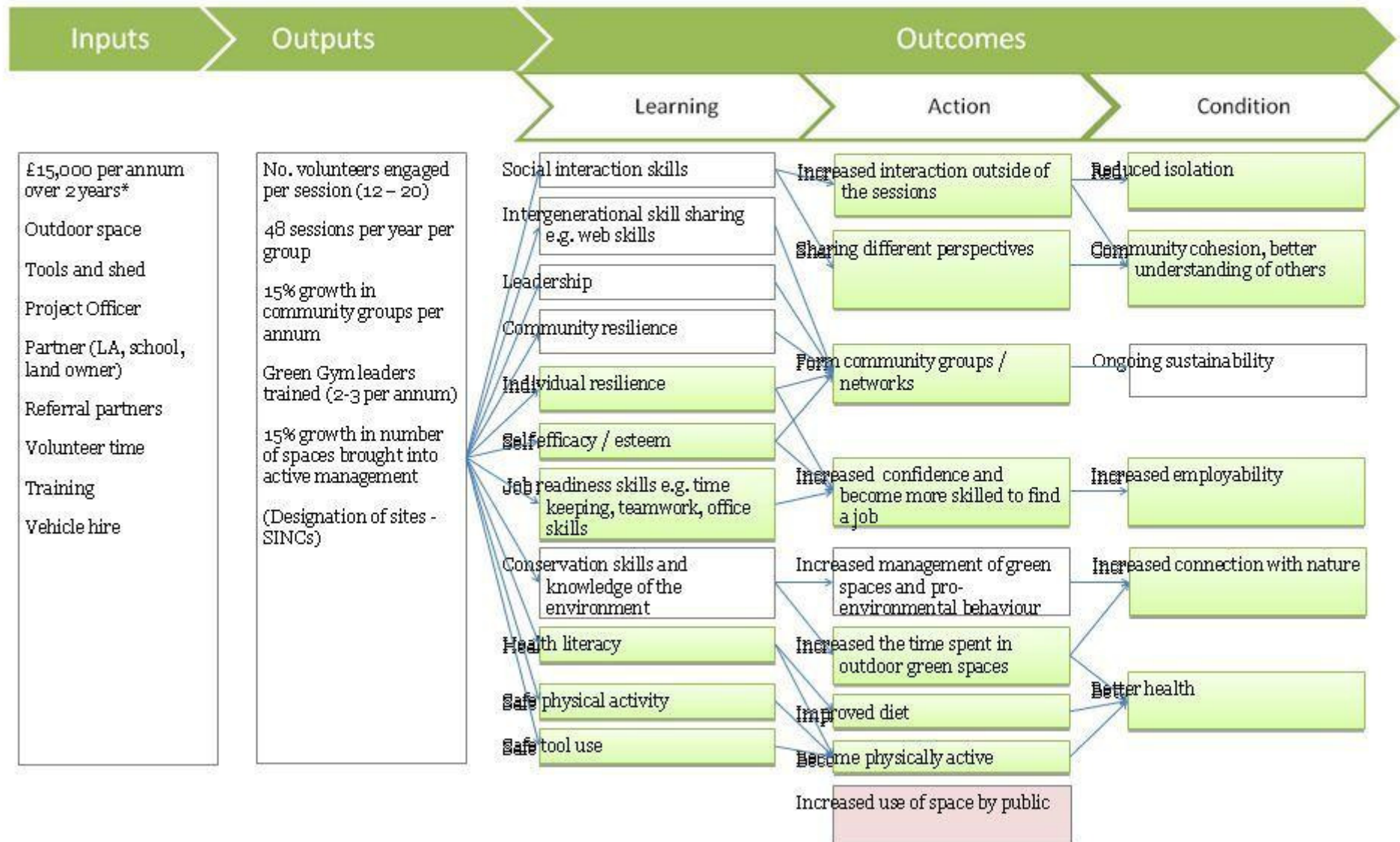
Better
Mental
Wellbeing

Reduced
Isolation

Individual Change



Overall Impact Pathway



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

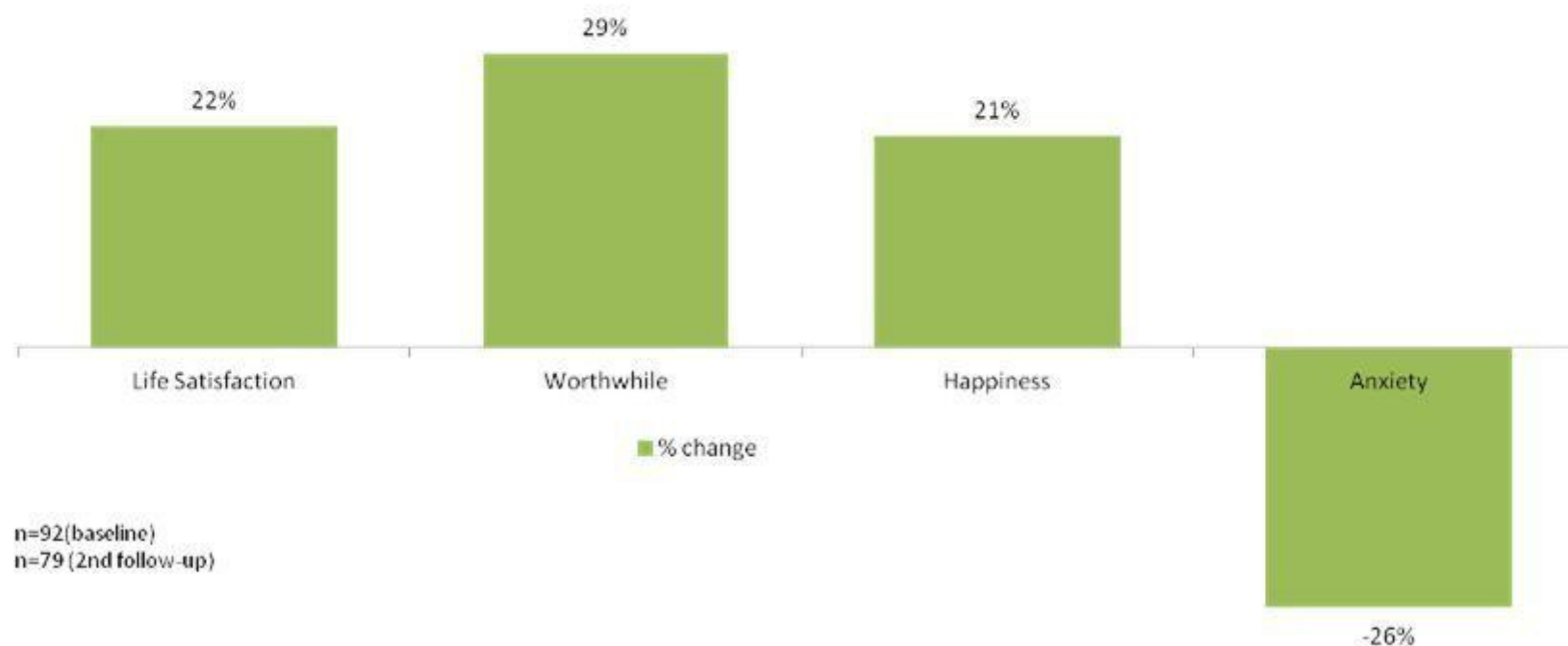
85% will continue with physical exercise as a result of participation in the programme

74% have become more active

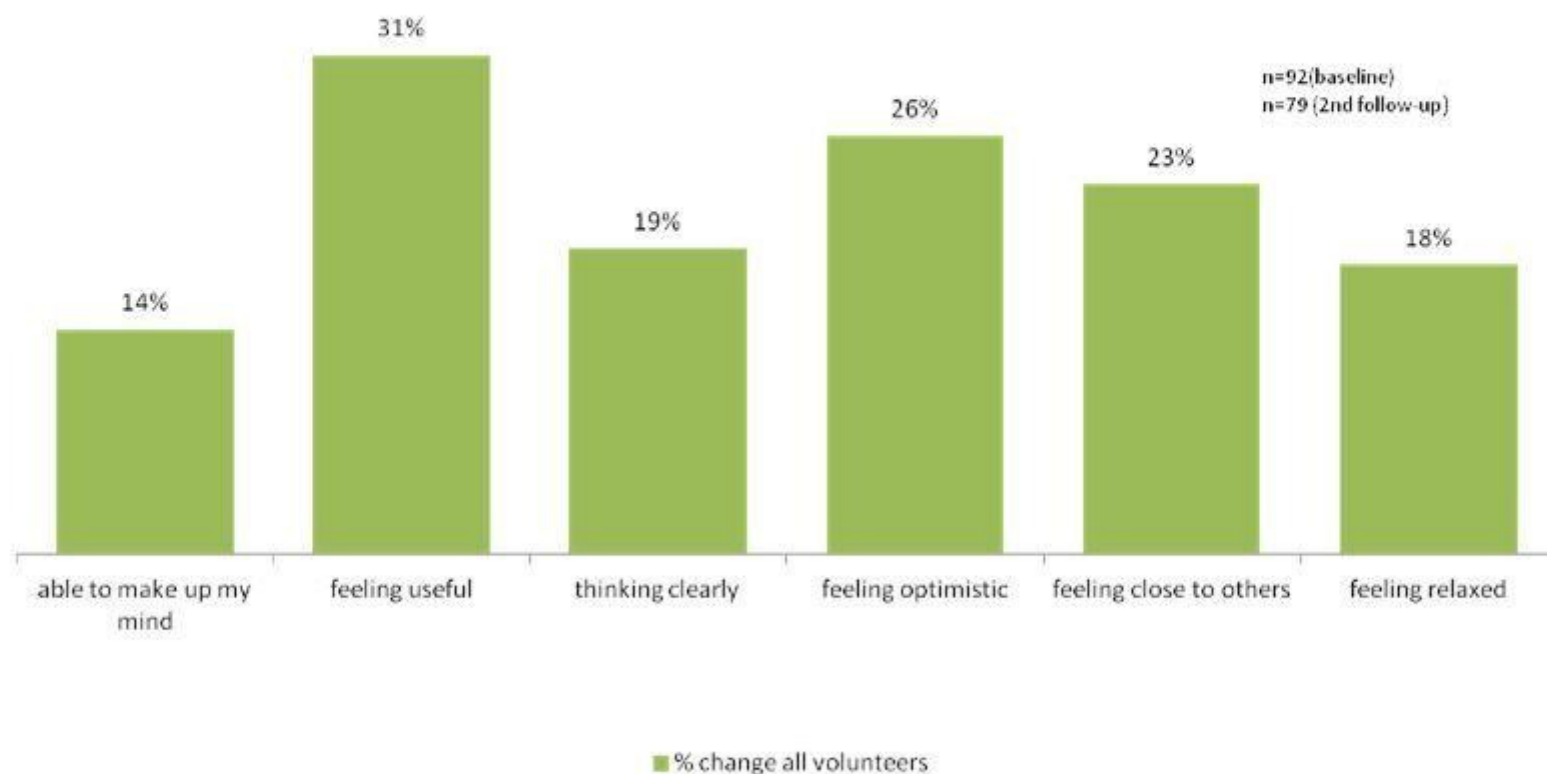
77% will continue to grow their own food.

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.

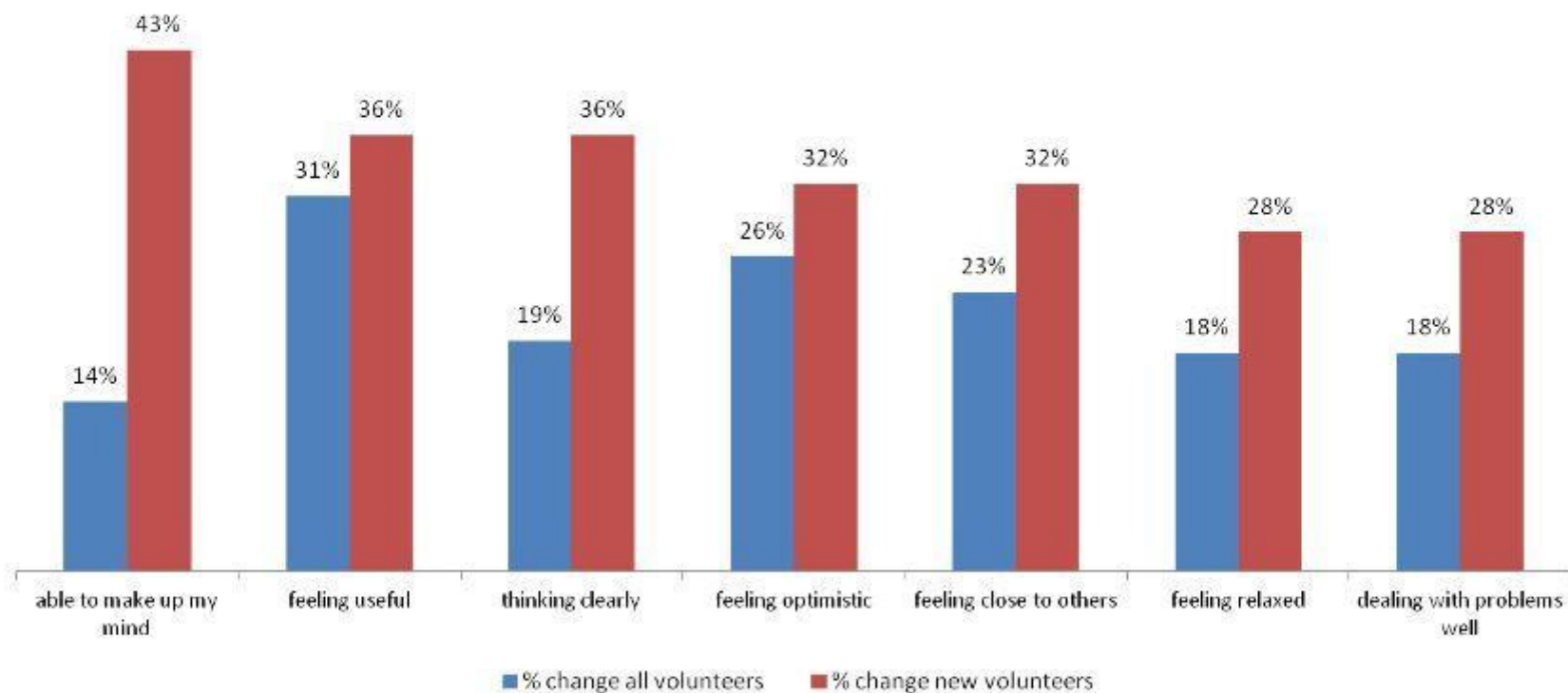
ONS wellbeing improves by a fifth or more and anxiety drops by more than a quarter

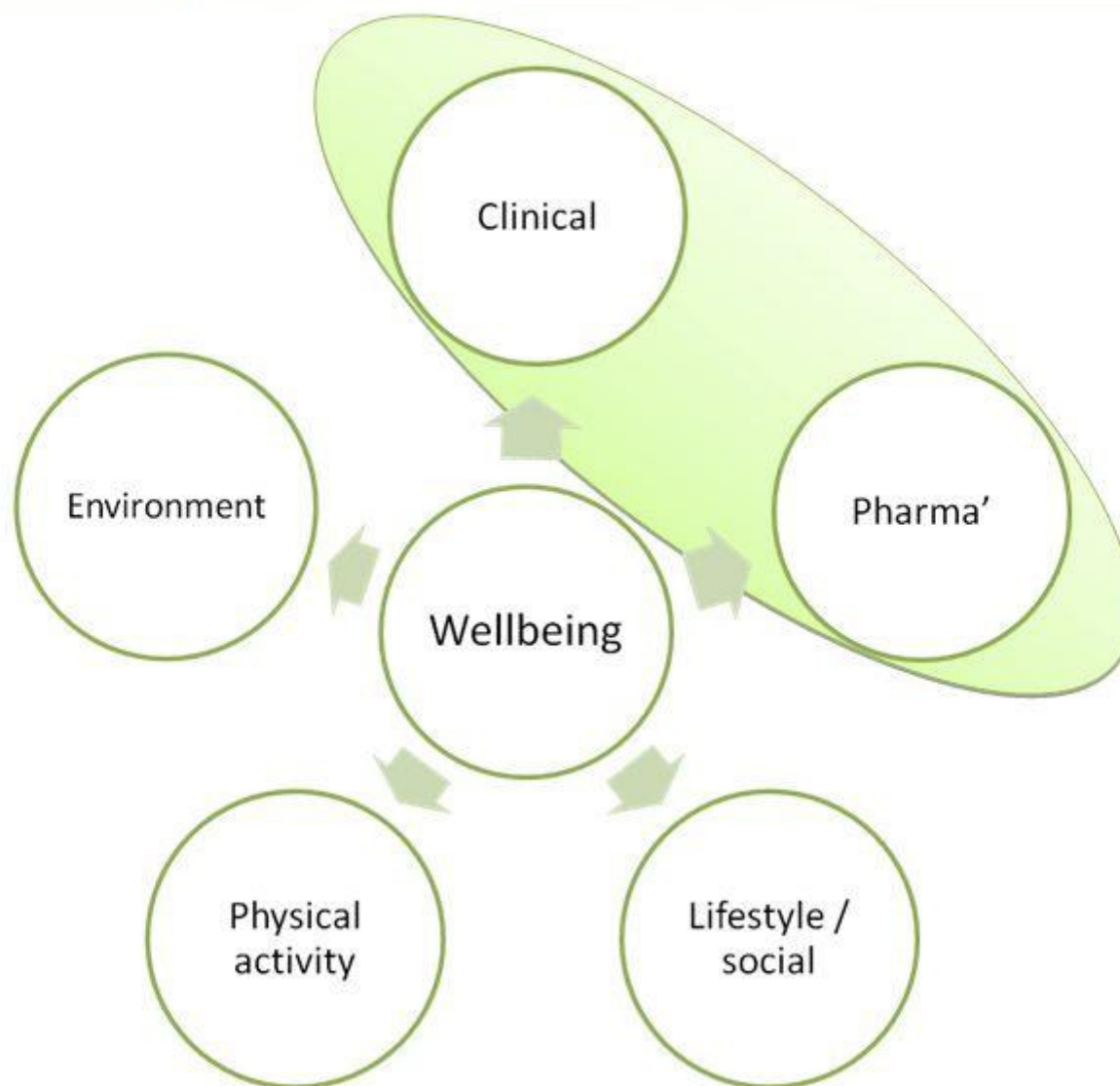


Feelings of wellbeing improve - biggest increase in 'feeling useful'



New volunteers have greater improvement in wellbeing (WEMWBS Scores)





Join in, feel good

Activity with purpose

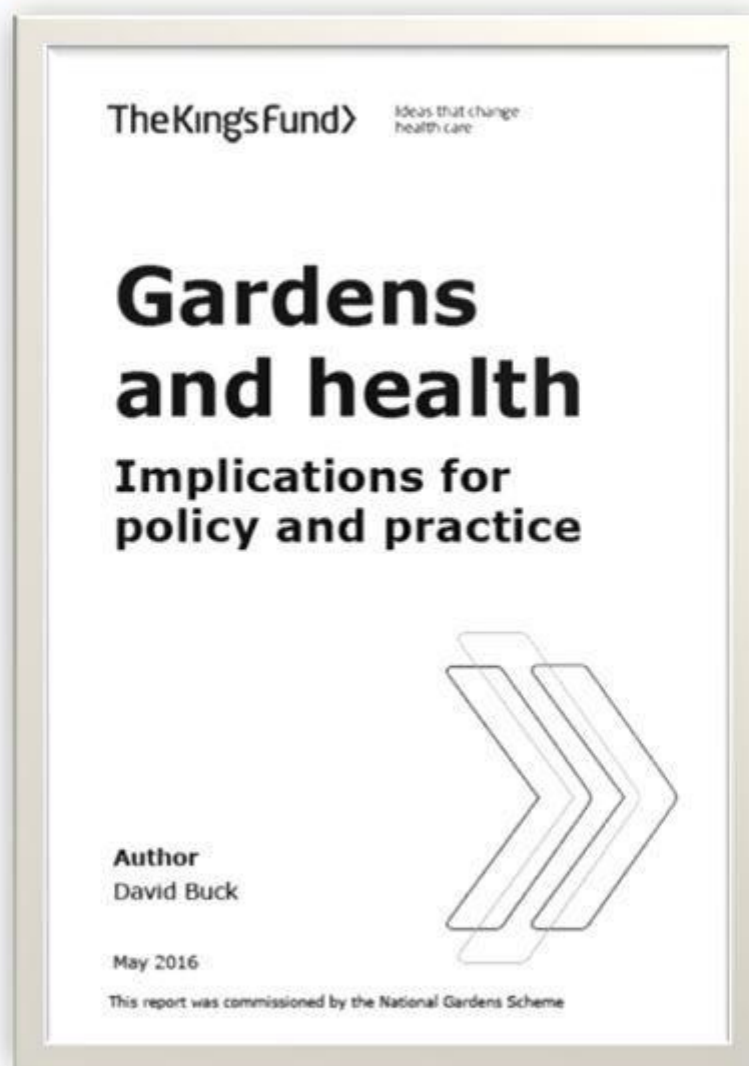
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Join in, feel good

Out time is now!

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

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

Social Return On Investment:

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

TCV has been awarded support by the Cabinet Office and innovation foundation Nesta.



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**, which will run in four sites across London.



Thanks for listening!

