



GoodGym in Slough!

What is it?

GoodGym is a community of runners that combine getting fit with doing good. They stop off on runs to do physical tasks for community organisations and to support isolated older people with social visits and one-off tasks they can't do on their own.

It's a great way to get fit, meet new people and do some good.

What can you do with GoodGym?

- 1) Join a local beginner running group and run once a week whilst volunteering as part of your running group session - **Monday's, 6.30pm at Salt Hill Activity Centre - starting 30 July 2018**
- 2) Join a friend, colleague, family member to run to an isolated older adult to help them with a one off task - starting later in 2018
- 3) Run on your own to an isolated older adult on a regular or semiregular basis to befriend them and help remove the burden of loneliness - starting later in 2018



For more information simply head to www.slough.gov.uk/goodgym or follow us on twitter @goodgymslough