



What is GoodGym ?

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 running group and run once a week whilst volunteering as part of your running group session (Monday's at 6.30pm from Salt Hill Activity Centre, starting 30th July)
- 2) Join a friend, colleague, family member to run to an isolated older adult to help them with a one off task
- 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

Outcomes for Slough

Building on the support gained already from local residents we hope to achieve the following outcomes:

1. Reducing isolation amongst older people and improving their wellbeing

100% of the older people supported through GoodGym feel happier after 6 months of visits, showing a 28% improvement across life satisfaction indicators. 98% consider their runner a friend after 6 months.

"I was housebound, I was lonely, absolutely, I was on my own, the world crumbled in on me, I hadn't got much of a family, someone coming into to see me enlightened me... now I can get out and about, and we're friends." **Joyce, Hackney**

2. Improving physical and mental health and wellbeing amongst our volunteer runners

Runners through GoodGym increase their exercise by an average of 20 minutes exercise per week. 57% of members say they would not have joined another running group and 74% of registered runners are women.

"Goodgym has given me an enormous amount over the last two years. It's given me back my enjoyment of running, brought me into contact with some wonderful people" -**runner, Bristol**

3. Promoting greater civic action and community cohesion

In any given area, GoodGym creates 1600 hours of local volunteering per annum and supports up to 50 community organisations and friends groups within the year, many of which maintain outdoor spaces or improve the public realm. We engage a different type of cohort to better connect with their communities - 61% of our runners say that they are not engaged in volunteering before joining GoodGym;

'You're going there together and you're all doing it together and you really feel that sense of community'
Carl, runner

For more info or to sign up to GoodGym for FREE, head to

www.goodgym.org/areas/slough