

Green Gyms in West Lothian

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West Lothian Council



Friends of the Park

Start-up pack

Guidance notes for starting a "Friends" group in West Lothian

West Lothian Council delivers
westlothian.gov.uk

UK Council of the Year 2006

SCOTTISH NATURAL HERITAGE

West Lothian Council

09/03/2009

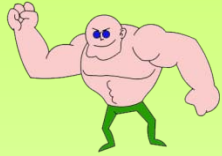




Benefits of the Green Gym



Increased cardiovascular fitness



Increased muscular strength



Weight loss



Positive mental health



Environmental improvements



Community participation and empowerment



Increased resources for green spaces

Green Gyms in West Lothian

Whitburn

Blaeberryhill Park

10 weeks, once a week

Intergenerational

Wednesday mornings, from 4th November





Livingston

Howden House Walled Garden and surroundings

1 year, twice a week

Open to all

Thursday afternoons, from 12th Nov

Primary Target Market

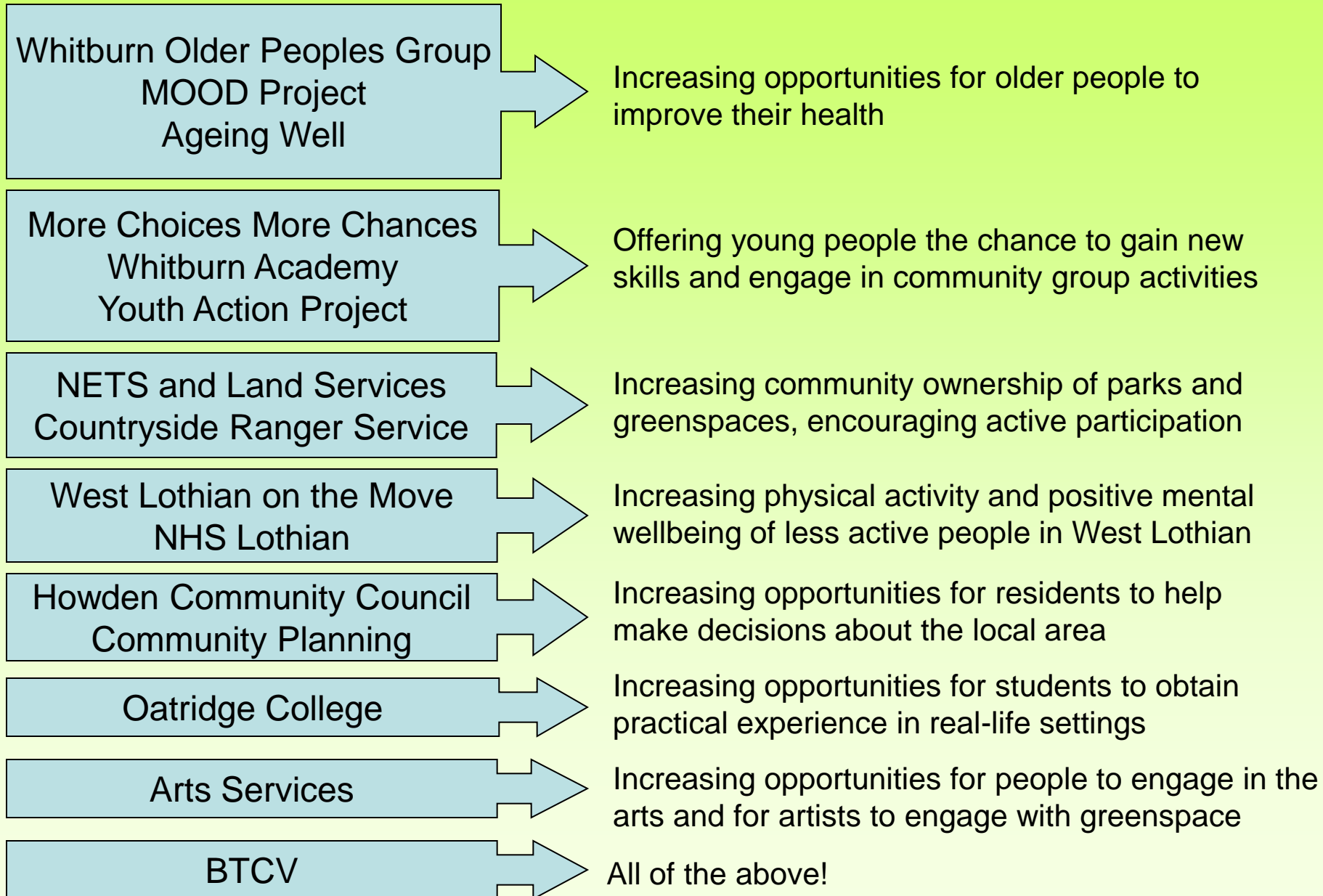
- Inactive or less active people within West Lothian

People can join via:

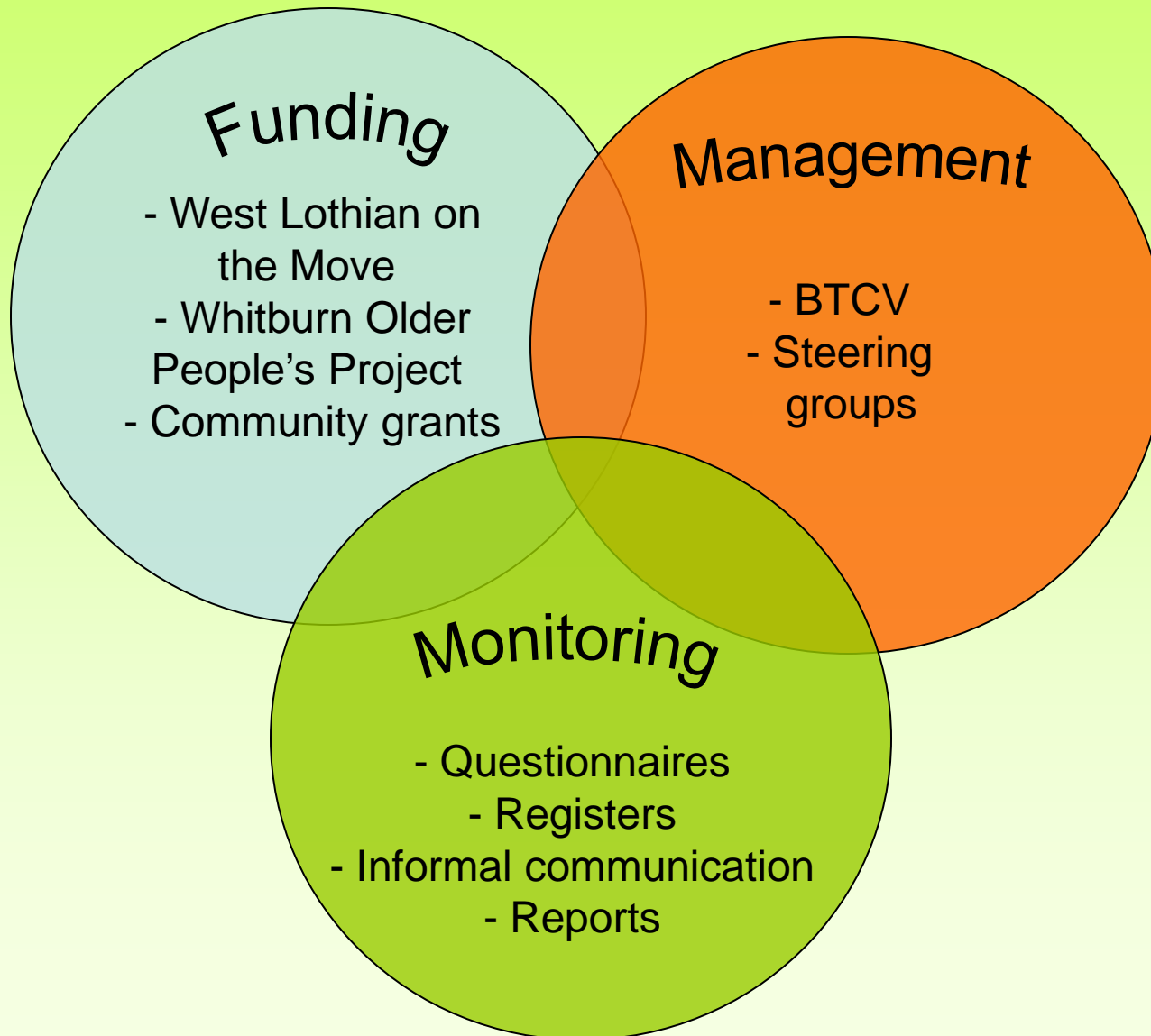
- Self-referral
- School / workplace schemes
- Recommendation from other groups
- Referral from a health professional



Partners and Desired Outcomes



How Does it Work?



Lessons Learned to Date

Preparation

- Find a suitable site
- Ensure you have all relevant permissions
- Build up a steering group involving as many stakeholders as possible
- Establish where your funding is coming from
- Write a project management plan
- Appoint a project officer
- Work out provisional programme of tasks
- Advertise group and organise project launch

Group Management

- Young and old need encouragement to integrate!
- Requires understanding of aims and buy-in from all key workers
- It takes time to build up a group
- Best advertisement is the group itself and the work they've achieved
- Flexible task programme required

