Green Gyms in West Lothian

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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

Whitburn Older Peoples Group Increasing opportunities for older people to **MOOD Project** improve their health Ageing Well More Choices More Chances Offering young people the chance to gain new Whitburn Academy skills and engage in community group activities Youth Action Project **NETS and Land Services** Increasing community ownership of parks and greenspaces, encouraging active participation Countryside Ranger Service West Lothian on the Move Increasing physical activity and positive mental wellbeing of less active people in West Lothian NHS Lothian Increasing opportunities for residents to help Howden Community Council make decisions about the local area Community Planning Increasing opportunities for students to obtain Oatridge College practical experience in real-life settings Increasing opportunities for people to engage in the **Arts Services** arts and for artists to engage with greenspace **BTCV** All of the above!

How Does it Work?

Funding

- West Lothian on the Move
- Whitburn OlderPeople's Project
- Community grants

Management

- BTCV
- Steering groups

Monitoring

- Questionnaires
 - Registers
- Informal communication
 - Reports

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

