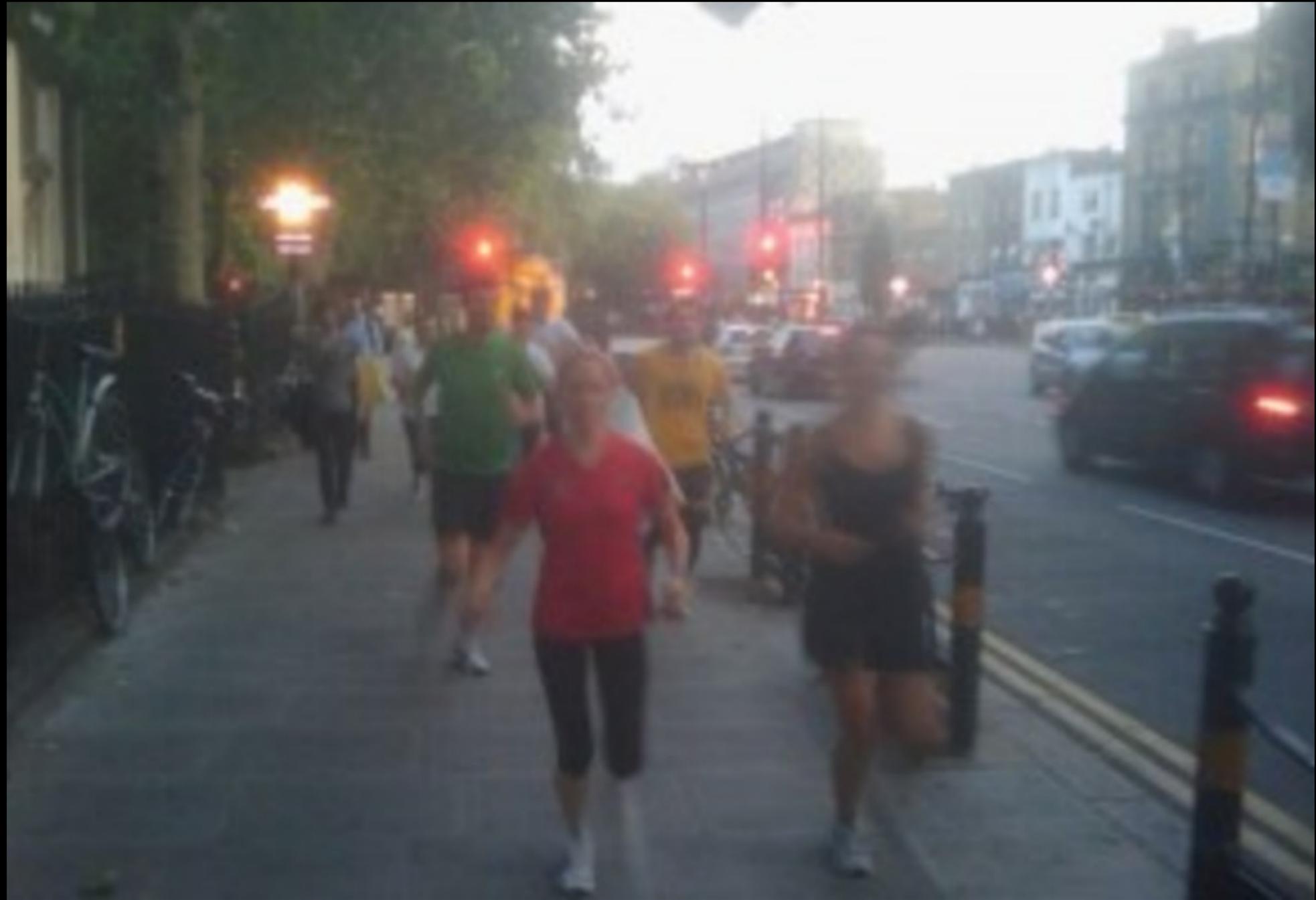


**Working together
for our communities**

Ivo Gormley
CEO, GoodGym























MISSION:

Clear Esther's Garden

Distance: 6.2k

Access notes:
Red door, needs a hard shove to open it.





Where are we now?

-48 locations around UK

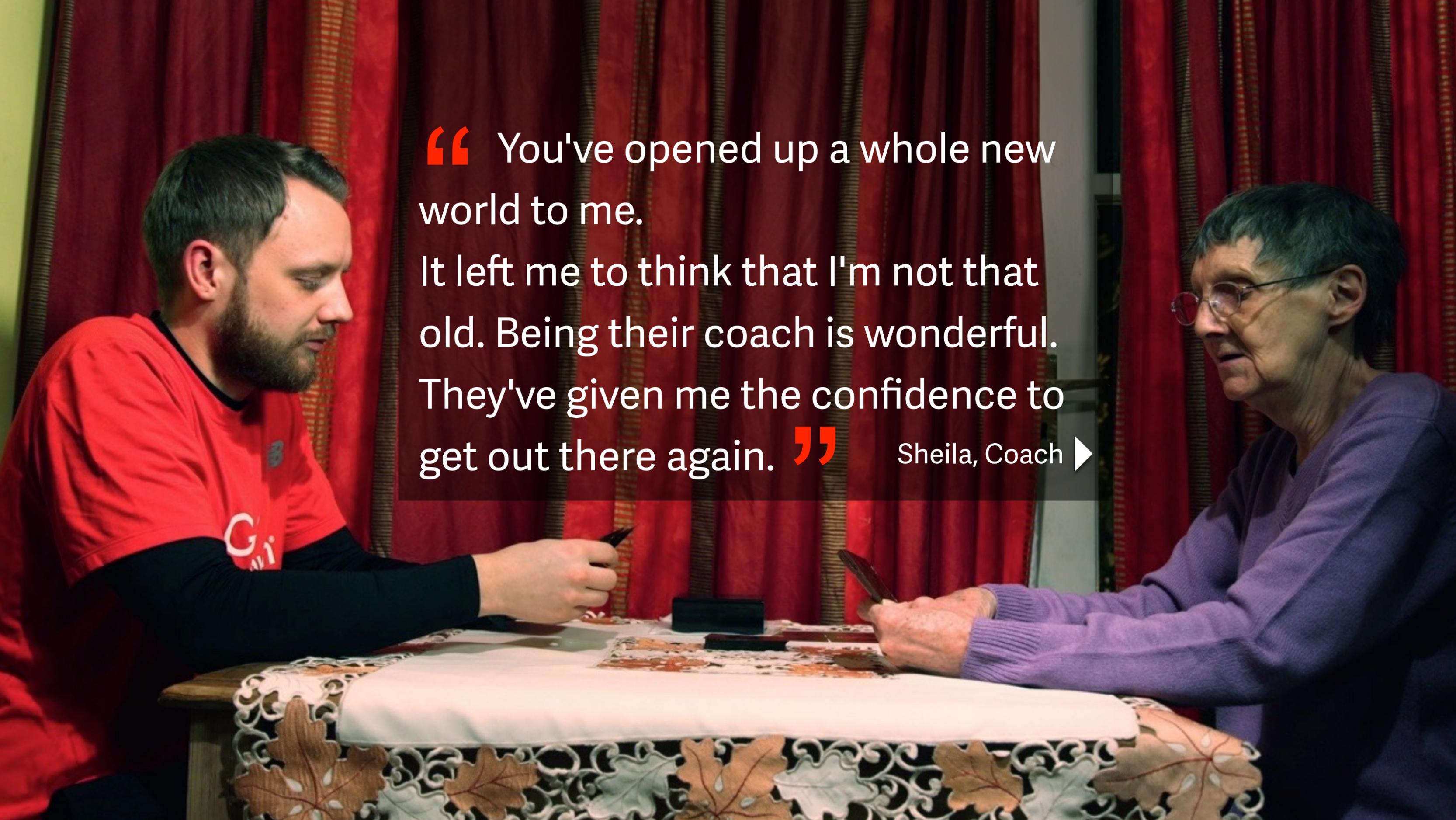
-130,000 good deeds completed

-Over 13,000 participants





“If Anna didn't come, I'd see no-one. When she comes it brightens up the day. To have someone like her, for a lot of pensioners, it's something to look forward to, you know that someone cares.”

A man with a beard, wearing a red long-sleeved shirt with a logo, and an older woman with glasses, wearing a purple sweater, are sitting at a table. They are both looking at their hands, which are holding playing cards. The table is covered with a white lace tablecloth and has a patterned cloth on it. The background consists of red curtains.

“ You've opened up a whole new world to me. It left me to think that I'm not that old. Being their coach is wonderful. They've given me the confidence to get out there again. ” Sheila, Coach ▶



“

I look forward to it. It adds more than just doing exercise for the same old reasons really.

”

◀ Michael, Runner



“Living on your own, doing a solitary sport like running, sometimes commitment escapes you. I am not a “runner”. I have one speed, and am generally not in control of my body. A running club of competitive, committed athletes is therefore not my natural home.”



“Good Gym is the perfect solution to my problem. It pushes me, but in an environment I’m comfortable with. It gets me out and about giving something back to where I have lived but maybe not actively participated for 10 years.”

Rianna, Runner, Tower Hamlets



Increasing physical and mental health

78% of participants did not meet government guidelines for moderate physical activity, GoodGym is shown to increase physical activity by an average of 20 mins a week, and show an overall increase in wellbeing.



Reducing isolation and supporting independence

100% of the older people we support feel happier after 6 months of visits, showing a 28% improvement in life satisfaction. 98% consider their runner a friend after 6 months.



Promoting greater civic action and community resilience

We engage new people in volunteering, - 61% of our participants say that they were not engaged in volunteering before joining GoodGym results in thousands of new connections and friendships.



GoodGym Retweeted



Catriona Sibert @TreenaSib

2d

Thank you for the stories, the shared cups of tea and the wisdom in everything from identifying weeds to cooking plantain. But mostly thank you for the connection to the history and the community of a city which can sometimes feel cold

[#GoodGym](#) [#OlderPeoplesDay](#)

[#DoGoodGetFit](#)



Stephen Gilmer

@ulsterbok

Follow



At first glance it might seem that the benefits of visiting an older isolated person are only for them, but the relationship you build as a [@goodgym](#) coach runner is two way, group runs and missions all offer something to the individual taking part too



Our motivations and needs are the same.





Carol Anne McLachlan
@CarolAnneMcLac1

Follow

Best @GoodGymNcastle moment... while I'm in hospital, the tables have turned and my coach Mr B, has come to visit me! How lush is that!!! ❤️ 😊 ❤️ #GoodGymCoach #FriendForLife #EdMissedOut 🤪 🐾 ❤️



5:16 PM - 15 Nov 2018

3 Retweets 23 Likes



3 3 23



LET'S MAKE GOODGYM HAPPEN IN

NOTTINGHAM

What we need

15 / 5 FOUNDING MEMBERS



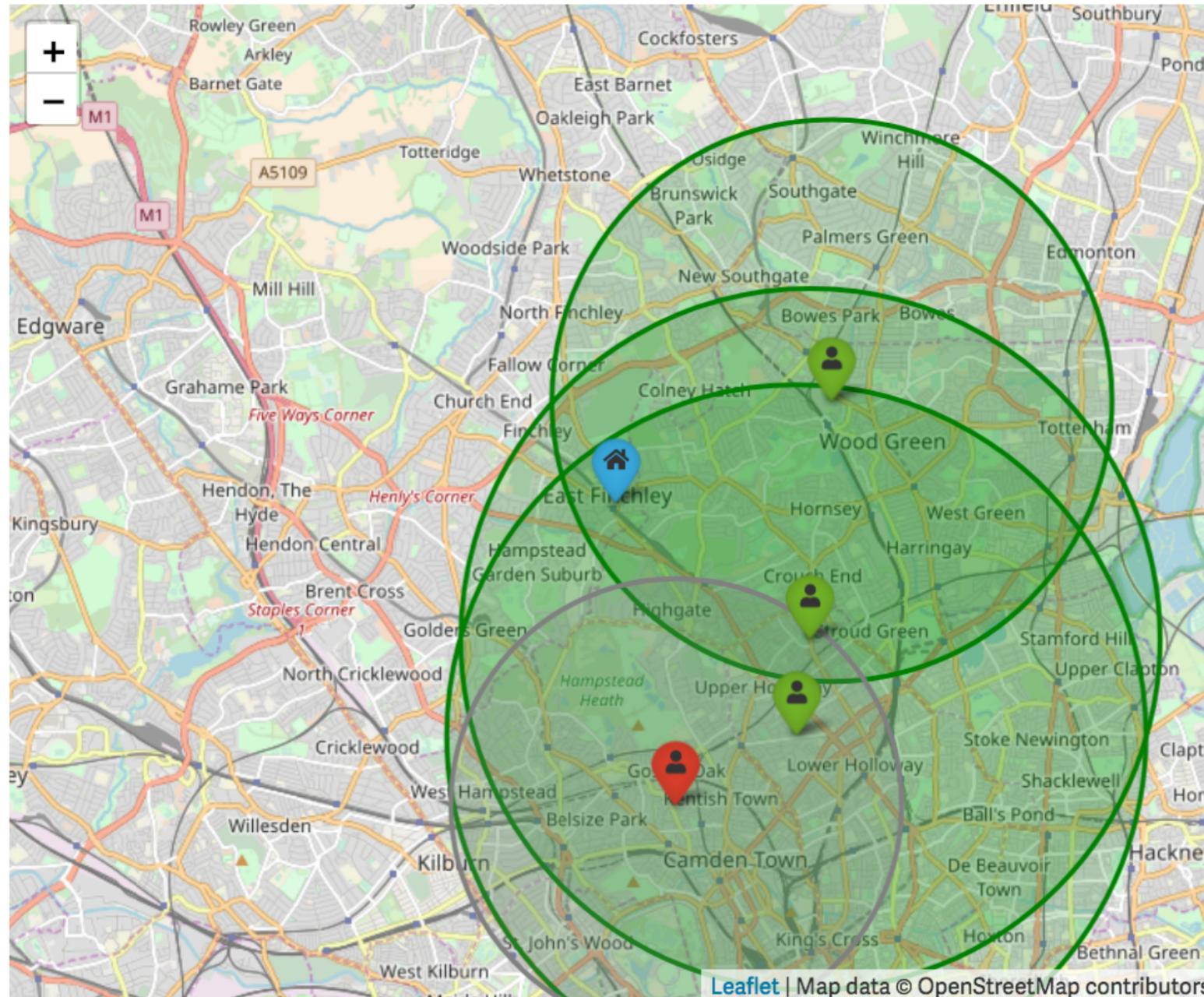
Got more to offer? Founder Members spread the word and help steer and feedback on the project. You don't need to be a runner.

[REGISTER AS A FOUNDING MEMBER](#)

331 / 100 RUNNERS



Request regular visits for an older person



Runners on this map are available to be paired with an older person in the area indicated.
To connect a runner with an older person click on the runner you want to choose and press setup visits.

Search for runners by postcode

N2 9PJ



1km

2.5km

3km

5km

10km

Runners in range

Clare

3.39km away ✓

15 days ago

20 days ago

SETUP VISITS

Melissande

3.41km away ✓

Available 3pm-6pm - Tue Wed and 6pm-8pm - Tue Wed

12 days ago

18 days ago

SETUP VISITS

Meredith

4.21km away ✓

4 months ago

3 months ago

SETUP VISITS

**Working together
for our communities**

**Working together
for our communities**

**Working together
with our communities**



www.goodgym.org

ivo@goodgym.org

“THEY LOVE JOBS WE HATE”

-CITY FARM

the running club that allows you to get fit while giving back

“MAKING A REAL DIFFERENCE”

-PRIME MINISTER

“GIVE POINT TO A POINTLESS RUN”

-BBC