

# **Green Gyms in West Lothian**

**Becky Plunkett**

**Community Greenspace Officer**

**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

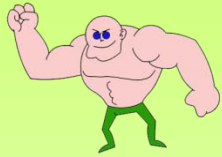




# Benefits of the Green Gym



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 4<sup>th</sup> November





## **Livingston**

Howden House Walled Garden and surroundings

1 year, twice a week

Open to all

Thursday afternoons, from 12<sup>th</sup> Nov

# Primary Target Market

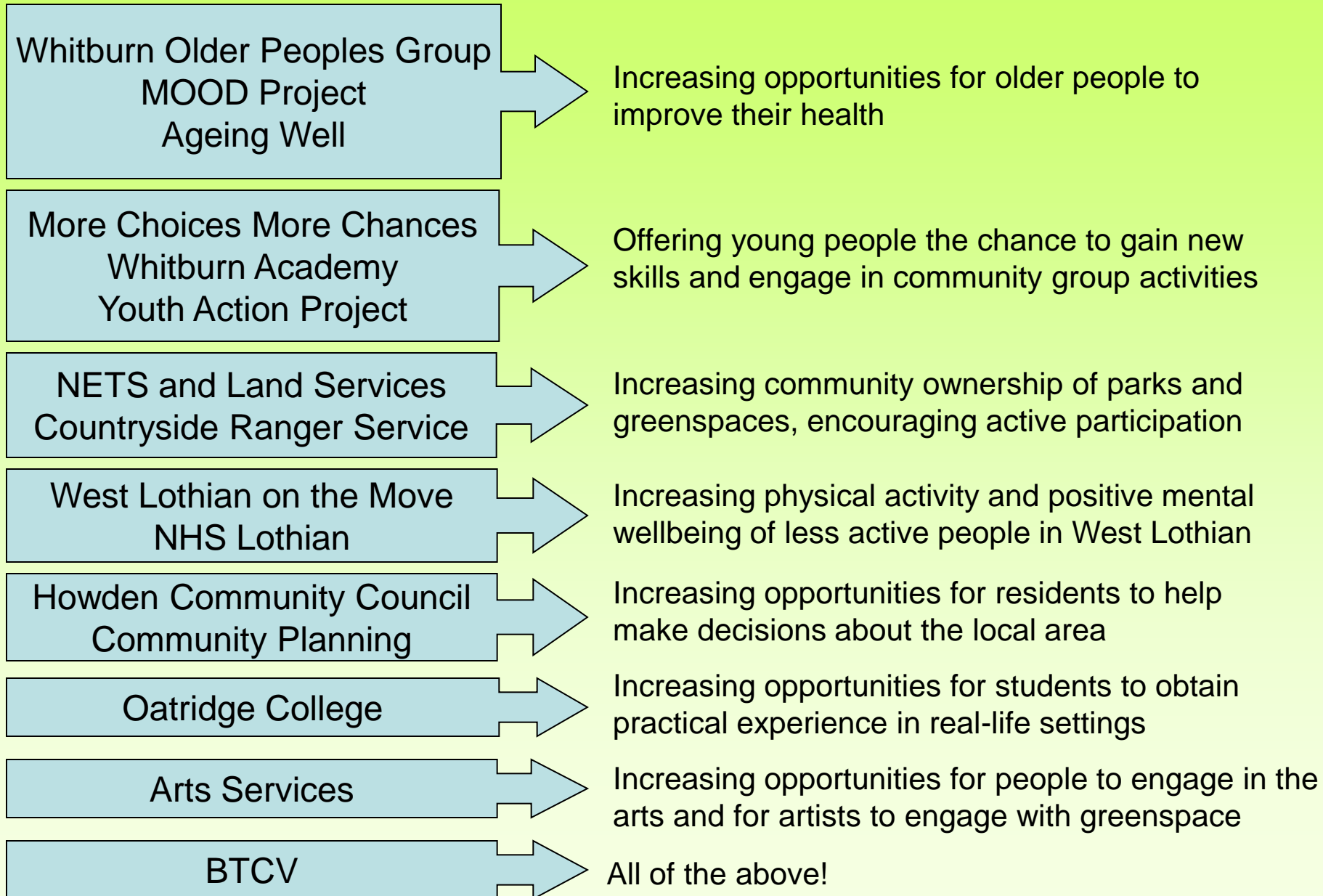
- Inactive or less active people within West Lothian

People can join via:

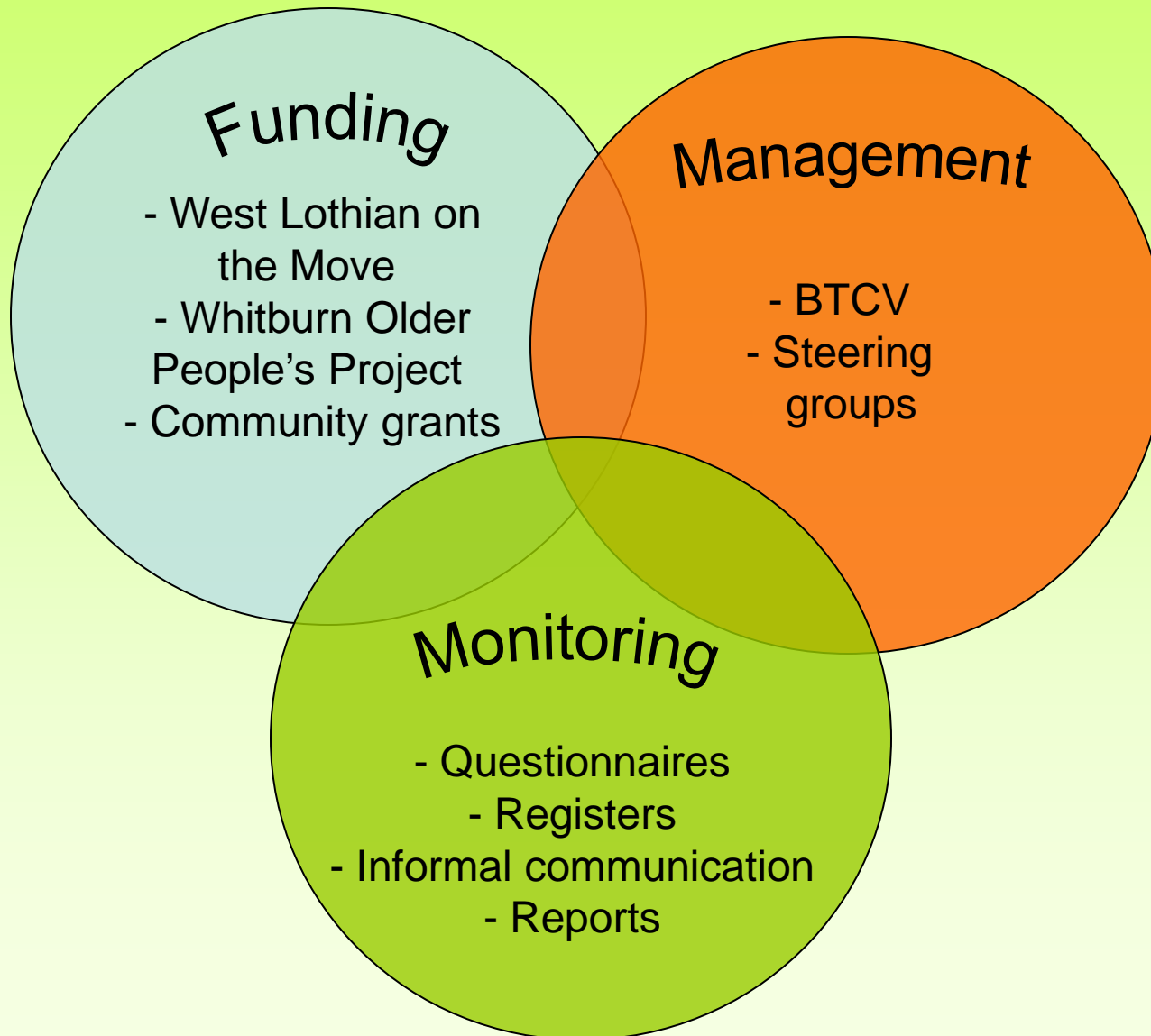
- Self-referral
- School / workplace schemes
- Recommendation from other groups
- Referral from a health professional



# 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

