

## What we've achieved

As at 31 March 2023, over the course of 927 sessions:

- around 620 people had taken part in our activities, improving their health, learning new skills, making new friends and discovering the Island's beautiful countryside;
- over 185 locations on the Isle of Wight had benefited from our work;
- that amounted to well over 65,000 volunteer hours!

*Our current partner organisations include* The National Trust, Hampshire & Isle of Wight Wildlife Trust, Gift to Nature, and many Island charities, parish councils and schools.



## How it started

The concept of boosting health and wellbeing by working on environmental and community projects was originally suggested by an Oxford GP in 1997. The BTCV - now The Conservation Volunteers (TCV) - turned this idea into reality, and Green Gyms are now recognised by the Department of Health as a proven approach to creating healthier communities and a better environment.

Founded by the Footprint Trust in 2003, the IWGG became an independent group in 2004, run by volunteers. As one of many Green Gyms nationally, we are part of TCV's community network.

*(Green Gym is a Registered Trade Mark of TCV.)*

### Contact us

#### **Volunteer enquiries:**

[info.iwgreengym@gmail.com](mailto:info.iwgreengym@gmail.com)

#### **General enquiries:**

[iwgreengym@gmail.com](mailto:iwgreengym@gmail.com)

**Website:** [www.iwgreengym.org.uk](http://www.iwgreengym.org.uk)

**Blog:** [www.iwgreengym.blogspot.com](http://www.iwgreengym.blogspot.com)

**Twitter:** [@iwgreengym](https://twitter.com/iwgreengym)

In 2009 we were awarded the Queen's Award for Voluntary Service, the highest award given to volunteer groups for outstanding work in their own communities.



# Isle of Wight Green Gym



*Caring for our Island's  
countryside since 2003.*



### *What is Isle of Wight Green Gym?*

We are a group of friendly and hardy volunteers of varying ages, interests and abilities who love the Island's countryside and wildlife. We have been helping other groups and organisations with conservation and environmental tasks since 2003.

*It's called 'Green Gym'* because we work in the open air throughout the year - it's physical activity to make a difference! Our aim is to benefit the communities and countryside of the Island, and also our own physical and mental wellbeing. We meet on Wednesday mornings from 10am to 1pm, with a break for refreshments – there is no charge, and alongside the hard work we have fun and make friends!

### *What kind of work do we do?*

Tasks vary widely according to the time of year, from cleaning beaches to managing ponds, clearing paths, creating habitats, helping to remove non-native invasive plants, and much more. Using only hand tools, we work at venues right across the Island, at new sites and old favourites, including coast, downland, woods, schools and churchyards. You can get a real flavour of our activities, including lots of photos, by visiting our Blog at **[www.iwgreengym.blogspot.com](http://www.iwgreengym.blogspot.com)**.

There is more information on our website **[www.iwgreengym.org.uk](http://www.iwgreengym.org.uk)**.

### *How to find out more*

If you are interested in joining us, or would like more information, please email **[info.iwgreengym@gmail.com](mailto:info.iwgreengym@gmail.com)**.

### *Can we help with your project?*

We work with local groups, charities, churches, parish and town councils, schools and other public bodies. We offer one or more three-hour sessions of practical conservation work, supervised by an experienced leader, to benefit the environment and wildlife. We can get a lot done in three hours!

Please talk to us about how we might help with your project, or discuss ideas for a future activity. It is wise to contact us before you apply for any project funding, in order to incorporate our small charge

and any advice we can offer.

By involving us in your project you will in turn help us to boost our volunteers' physical and mental health. For more information, including our fees, please email **[iwgreengym@gmail.com](mailto:iwgreengym@gmail.com)**.

### *Other ways you can help us*

As an independent community group, we rely on donations to continue our work, primarily from the sites we work on. As a non-profit organisation we are also very grateful for donations from the public towards our overheads, such as tools, fuel and insurance. Donations of tools are also very welcome.

