

Green Gym Participants



WHAT IS GREEN GYM?

Imagine an outdoor exercise class where you are not just improving on your own health and fitness, you're coming together to help to transform green spaces and contribute to your community.

WHO CAN JOIN?

Green Gym is for anyone and everyone; however some Green Gyms have a specific focus (such as youth or healthy ageing). Talk to our friendly staff to find out if Green Gym is right for you. No prior experience is necessary, although there are some general requirements to check that the program is suitable for you. Once your place is confirmed, be sure to come along to at least one session per week.

WHAT'S IN IT FOR ME?

Being outdoors, doing something meaningful for your community, helping the environment, having fun while meeting new people, learning new skills, building your confidence, improving your fitness and feeling better about yourself, are just some of the reasons people join and keep coming back to Green Gym.

BEYOND GREEN GYM

For some people, taking part in Green Gym becomes a pathway to better health and wellbeing, a new job, different study interests, new relationships or more regular volunteering. For other people, coming to Green Gym each week is just what they need to feel healthier and more connected in their community.

HELP DELIVER REAL BENEFITS FOR THE ENVIRONMENT AND YOUR COMMUNITY

CVA works with project partners to identify Green Gym sites which can be transformed or improved through your efforts.

Activities include restoring native vegetation, rejuvenating parks and gardens, creating wildlife habitats or community food gardening.

WHAT WILL I NEED TO BRING?

You will need long trousers and a long sleeved shirt. Bring along a water bottle and a wide-brimmed hat. So that we're prepared for all conditions, dress in layers and bring along wet-weather gear, just in case. You'll need a pair of boots or closed in footwear – check in with our staff if you need assistance.

YOU WILL BE SUPPORTED IN A SAFE ENVIRONMENT

You will be guided by our skilled Team Leader each session. We'll supply gardening gloves, safety glasses and sunscreen.

Activities generally start from a central pick up point or from the nearest public transport option.



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WHAT WILL I BE DOING?

Project activities could include:

- > planting and growing native seedlings
- > growing food as part of a community garden
- > weed control
- > revegetating and restoring local parks
- > protecting and creating habitat
- > cleaning up waterways
- > restoring foreshores and beaches
- > maintaining walking tracks to protect local wildlife

A TYPICAL SESSION

Green Gym is typically run over 3-4 hours in a morning or afternoon. Start by meeting your team on-site (or pickup point), where our Team Leader will explain the day's activities and any safety issues, then lead everyone through some warm up activities. Then you'll get stuck into some practical activities before taking a well-earned break with refreshments. We'll then finish up our tasks and together cool-down. On some days you might end your session with a group walk.

HOW DO I APPLY?

If you would like to join a Green Gym project, you can register online at www.cva.org.au/green-gym or alternatively email greengym@cva.org.au or freecall 1800 032 501.

WANT TO KNOW MORE?

www.conservationvolunteers.org/green-gym

1800 032 501

greengym@cva.org.au

I RECEIVE INCOME SUPPORT. CAN I STILL JOIN?

Under Social Security Law, any job seeker aged 55 years or over in receipt of Newstart Allowance, Special Benefit (Nominated Visa Holders) or Parenting Payment can choose to undertake voluntary work with an approved organisation to meet their Activity Test or participation requirements. These job seekers can undertake suitable paid work or voluntary work of 30 hours per fortnight or a combination of both of these activities to meet their requirements.

Job seekers who are under 55 years of age may negotiate with their Job Services Australia provider to include voluntary work as their agreed participation activity. This would generally only be available to job seekers who are the principal carer of a dependent child under 16.

IF THERE IS NOT A GREEN GYM NEAR YOU...

We run conservation projects across the country, involving a variety of activities, sites and habitats. Though not specifically 'Green Gym', the projects are very similar. You'll join with other like-minded volunteers under the guidance of experienced leaders, and experience similar benefits.

