

# Bristol Goodgym

Get fit by doing good



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# What is Goodgym?

- National organisation, founded in Tower Hamlets in 2008
- Combines running and volunteering
  - Get fit by doing good – lift things that need lifting!
- Three types of activities:
  - Coach Runs
  - Mission Runs
  - Group Runs
- Bristol running for over 4 years
  - Tuesday Evening 6:30pm – 8:00pm (30+ members)
  - Saturday Morning 11:00am – 1:00pm (10-15 members)

# What do we do?

Litter picking

Digging

Compost turning / moving

Pruning

Weeding

Painting / Sanding (Play eqpt, benches)

Raking Leaves

Planting bulbs

Heavy lifting (sleepers, rocks)

Bramble Clearance





# Who do we help?

Incredible Edible

Narrowways Millennium Green Trust

Dame Emily Park Project

Brandon Hill

Victoria Park

Malago Berry Maze

Malago Valley Conservation Group

Patchwork Project

Northern Slopes

St Pauls Adventure Playground



1,560 Volunteer Hours /  
Year



