

Goodgym

GoodGym is a community who get fit by doing good. They have presence now in 58 areas across the UK, helping charities, non-profit organisations, community spaces and individuals, through helping out with a physical task that might otherwise be overlooked.



Examples of tasks Goodgym have completed as a group in Bromley include:

- helping to paint the interior of Melvin Hall in Penge
- supporting Living Well through organising their food storage area and packing bags
- working with the Friends of Cator Park and Alexandra Recreation Ground with ongoing gardening tasks
- painting the public toilets in Crystal Palace Park.

Alongside group activities, Goodgym organise pairing with isolated older people, who enjoy a weekly social visit with one of their members. One-off 'missions' to help individual older people with tasks at home are also arranged, such as tackling an overgrown garden, putting up curtains, or maybe changing a lightbulb. To help in this way, Goodgym members take online training and a DBS check.

During the pandemic the one-off tasks have increased in demand, with shopping trips and prescription collections happening every day. Goodgym are adapting their activities to fit in with restrictions, so keep an eye out for any changes to the way they operate.

Any organisations who might benefit from Goodgym help should email adele@goodgym.com

To find out more about what we do, to read reports and look for volunteering opportunities, visit their [website](#)

