

# GoodGym Croydon Newsletter

**Winter 2016/17**

## **GoodGym Croydon – going from strength to strength**

**GoodGym** is a charitable organisation that combines running with doing good in the community. You can find out more about how we work [on our website here](#); or watch a [short video about us here](#). The video highlights what we do far better than words alone and is well worth a watch.

We get involved with the local community in the following ways:

- Run weekly in groups to do manual labour for community organisations and charities.
- Individual runners make weekly social visits to isolated older people who we call our 'coaches' because they motivate us to keep going.
- Undertake Missions: either helping with larger community tasks often at the weekend or missions for older people such as clearing gardens, changing light bulbs and doing odd-jobs.

Runners who visit older people or undertake the missions are all DBS checked by GoodGym and also have to provide references.

**GoodGym Croydon** has been running for over 7 months now and we are building our number of regular runners and our network of community groups. We meet every Tuesday at Solutions Health & Fitness on Lansdowne Road near East Croydon station. We gather there at 6.45pm for a 7pm start at, run for varying distances, complete a task and head back for 8.30pm. Click on the links below to read a report on the tasks we've undertaken or those in the pipeline.

September through to December saw us heading all round the borough from central Croydon where we [cleaned the PING table tennis tables](#), learned more about the history of Croydon while we [sorted corms](#) and [harvested saffron](#), many hands made light work as we helped sort the [food donations at the Salvation Army](#). [Waddon Youth Centre](#) benefited from many pairs of hands as we cut back their prickly hedges, we headed to [Thornton Heath Rec](#) to clear the leaves and bag them up for mulch. Our final and possibly favourite task of the year was for [Evolve](#) where we donned our Christmas hats and delivered gift bags to the hostels supporting homeless people. It's not just about the running either, we're a social bunch and have had a couple of nights out and support each other in local races such as parkrun.

**As you can imagine it does start to get a bit trickier to find tasks in the winter but we will come out in all weathers for indoor or outdoor tasks and we are looking for more weekly tasks in January and February.**

For those people who may be a bit nervous about coming along one evening or aren't sure about their running we've organised two Start sessions in January and would love to see you there.

[Sunday 22nd of January at 2pm in Thornton Heath Rec](#) and [Saturday 28th of January at 12 noon in Park Hill Rec](#)

If you or anybody from your organisation would like to experience the weekly runs first hand we'd love you to sign up and join us.

Please let us know if there is anything you feel we could become involved with as an organisation and feel free to share this newsletter with your contacts. If you have any thoughts on other organisations that could benefit from **GoodGym Croydon's** input they'd be gratefully received.

Best wishes

Juliet – GoodGym Trainer for Croydon

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