

Green Gyms - Wasdale

Participant notes

What are 'Green Gyms'?

The title 'Green Gyms' is just a term used to describe days or courses that we deliver outside, that are designed to be beneficial to peoples wellbeing and health, both physically and mentally. Actual activities on each day may vary, but will always involve time in the outdoors, helping with some conservation work, learning new things, and getting to know other people in the group.

The days will involve some physical work, but it won't actually feel like a gym workout! We always aim for the days to be relaxed and enjoyable, with a focus on improving individual wellbeing and benefiting the environment.

What do these days involve?

These days will take place in Wasdale, at a site where the West Cumbria Rivers Trust and the National Trust are already doing lots of conservation work.

We will provide minibus transport from Whitehaven to Wasdale, see further details below. You are welcome to make your own way to Wasdale if you would prefer.

The course will involve 5 days (1 day per week) starting in mid-January.

If you are unsure whether you can attend the full 5 days, then just let us know. Feel free to have a chat with link workers, chat to Esther at the WCRT, or sign up for the first day....and make a decision after that!

We will start by doing some tree planting in a field adjacent to the River Irt. After a few weeks, we will move on to some other conservation activities around the site. This could involve hedge-laying, footpath surveys, tree maintenance etc....there are lots of options and we'll just see what is best for you and the area at the time.

We will also have the option of doing some other activities in the area, such as nature walks, Kelly Kettle fires and bushcraft.

Who is this course suitable for?

- This course is for adults who would like to spend some time outdoors doing conservation and nature-based activities
- We welcome people who feel they need some more physical activity, or who are struggling with mild anxiety, mild depression, loneliness or isolation issues, or people that just would like some regular days outdoors to look forward to
- The days will involve some manual work (for example, using a spade to dig holes for tree saplings, kneeling on the ground, carrying some equipment, walking through fields and woodland), but the loads can be shared and we will aim to help anyone that may not be able to do as much physical work as others.

What will you need to bring?

- These days will be outdoors during the winter. We will be moving around which will keep us warm, but the weather is likely to be cold or wet at times, and the ground will be muddy.
- You will need to bring your own **warm clothes, waterproof jacket (and ideally waterproof trousers), food and drink, wellies or walking boots, and thick socks.**
- Use old clothes you don't mind getting a little dirty, or have a look in charity shops
- We will provide tools and work gloves, but bring your own work/gardening gloves if you own some.

Dates - this course will run for one day each week, for five weeks

Tuesday 12th January

Tuesday 19th January

Tuesday 26th January

Tuesday 2nd February

Tuesday 9th February

Facilities

- There are toilet facilities on site, and an indoor space can be used to eat or sit in if needed
- There is no mobile phone signal on the site

Times and meeting locations

09:15am meeting at: Copeland Council Sports Centre Parking, Castle Meadows, Whitehaven CA28 7RG

WCRT staff will then drive the group in a minibus to the site in Wasdale

4pm estimated finish time in back in Whitehaven

Group size

There will be a maximum group size of 6.

How to book?

We need people to tell us in advance so that we know who will be attending.

Follow this link to sign up: [https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=RyQ1PDGKk0KiuJYimyYsGjPzNjjLh9tCnaRgSPy5urpUMURVQURKMKMxWUpFOVpPT0pJUUIJUTU0WS4u)

[id=RyQ1PDGKk0KiuJYimyYsGjPzNjjLh9tCnaRgSPy5urpUMURVQURKMKMxWUpFOVpPT0pJUUIJUTU0WS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=RyQ1PDGKk0KiuJYimyYsGjPzNjjLh9tCnaRgSPy5urpUMURVQURKMKMxWUpFOVpPT0pJUUIJUTU0WS4u)

You can also scan this QR code to sign up:

If you don't have access to the internet, you can sign up by calling Esther at the West Cumbria Rivers Trust or through a link worker.

You'll need to give your name, contact details, and any relevant medical information that will help us to look after your safety each day.

Once you have signed up, Esther will get in touch to let you know that we are expecting you and answer any questions. She'll also send you a message the week before to check you know where to meet us and what kit to bring etc.



COVID requirements

The government guidelines are changing regularly at the moment, which makes it very hard to plan ahead!

We will be doing everything we can to help these courses run, but if there are further lockdowns or tighter restrictions then we may have to cancel days last minute. If this is the case, then WCRT staff will contact you as soon as possible to let you know.

How will we manage the risk?

We will chat through how to manage things on the day, but here is a brief summary:

- Currently, we can meet as a group outdoors, as these days fit in to the 'education and training' category which is allowed by the government.

- The risk of virus transmission outdoors is relatively low, but we will still aim to keep the recommended distance between people throughout the day.
- People will use a single set of gloves for the day, which will be quarantined or cleaned before use by anyone else
- Hand sanitiser will be used regularly
- It is not essential to wear face coverings outside, but you are welcome to do so if you wish
- Face coverings will have to be worn on the minibus
- People can travel independently to the site if they wish to do so, rather than be in a group vehicle

***please note, that if you display virus symptoms during the 14 days previous, you will be unable to attend and will need to self isolate.

Please contact Esther Foster at the West Cumbria Rivers Trust if you have any queries

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FAQs

What if I can't make every day of the course?

It's not essential you come every day of the course, these are voluntary days! However, we would like to be able to fill every space each week if possible. Please only sign up if you think you may like to come each week. However, if you are nervous about the days or unsure if it's for you, then you could plan to come to the first day and let us know after that if you would like to sign up for every day

Will the days still run if the weather is really bad?

We will always try to run these courses if we can!

If the weather is bad, we might change the activities a little, or finish a bit earlier. This means you do need to try to bring appropriate clothing and footwear so that you can be comfortable and enjoy the day.

However, if the weather is particularly bad, or the roads are dangerous, we may have to cancel a day or postpone it. WCRT staff will contact you if this is the case.

What if I need to cancel my booking?

You can cancel your booking by giving Esther at the WCRT a call, message or email. Please let us know in advance if you can, so that we can offer the day to someone else that might want it.

What if I am unsure if this course is suitable for me?

Have a chat with your link worker (if that's who has told you about this course), or feel free to message, email or call WCRT staff member Esther and she can chat anything over with you. You can always come to the first day or two, and then decide if the whole course is for you.

What if I don't have waterproofs or appropriate clothing/footwear?

Have a look in some charity shops or ask to borrow from friends. Unfortunately we don't have spares to lend people at the moment.