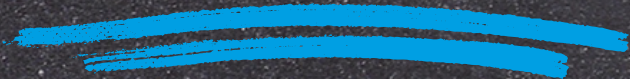




Together Fund

Phase 4 Case Study



Outcomes

- Reduced isolation.
- Weekly counselling sessions aimed at improving their coping strategies.
- Increased physical activity.
- Improved coping strategies that empower participants
- Improved confidence, self-esteem, and resilience.



"The majority of our members have reported having gained self-confidence, self-esteem, and resilience"

Impact

Real Vision Community Group had a positive impact on the community, bringing people together through activities that empowered them. The organisation successfully reduced isolation and created a sense of belonging for the community.

The funding received from GreaterSport enabled more men to join the group who were unable to purchase exercise equipment or afford gym membership. Real Vision Community Group has been encouraged to continue helping people in the community and applying for further support to reach more people in their community. Real Vision Community Group has had a positive impact on individuals and the community, empowering men to make positive lifestyle changes and improve their mental and physical health.

Purpose

Real Vision Community Group is a community-based health and fitness group aimed at improving the mental and physical health of men in the Greater Manchester area.

The aim of the project was to improve the mental and physical health of men in the Greater Manchester area and bring the community together through activities that empower them.

Real Vision Community Group used the funding to purchase exercise equipment needed by members, pay for the cost of their professional trainer and therapist. The group also organised weekend runs and participated in the Heaton Park Marathon.



Manchester



"I highly recommend Real Vision fitness club for anyone who is ready to make a positive lifestyle change. It is a safe environment which allows anyone to exercise at home and achieve their fitness level"