



## Outcome: Communities

### Group case study: TCV at Lislea Community Centre, Armagh

*“What it has done, it has just given me contact with nature again. And that contact with nature has really improved my mental health. It’s awakened a whole new side of my life. And I just want to continue doing that. It has been a lifesaver for me, really.”*

Jacqueline, Volunteer

**Through the work of The Conservation Volunteers, communities become stronger, working together to improve the places where people live and tackle the issues that matter to them.**

Lislea Community Association (LCA) is the heart of its rural community. The group was formed to improve the health and wellbeing of the local community. From a community garden project, to renovating an old rockery into a welcoming and colourful space for all, there is something for everyone. LCA also organises events throughout the year – a 5km run, road bowls championship, Christmas and summer dinners and classes on all sorts of subjects – creating an inclusive community centre for all.

**86% of our volunteers feel more connected to their community since volunteering with TCV.**

Source: TCV impact figures 2021-22





***"We got in contact with TCV. Most of us had no gardening skills. Jenny was a real lifeline for that. People could come, do some gardening, chill out, site and have some 'me-time'. Especially during the pandemic, it was invaluable."***

Sean, Chair Partner

LCA is a lifeline for its community. There is no Post Office, shops, pub, bus service or even a school in the area so many local people experience loneliness and social isolation.

The community gardening project has grown immensely from its beginnings to now encompassing raised beds, a small orchard, a large polytunnel and planted beds around the centre.

An old rockery has been redeveloped into a vibrant and welcoming garden for all to enjoy.

From the older men who attend weekly to tend the tomatoes and weed the beds to the mothers and children who regularly come to the traditional and natural craft sessions that TCV run at the centre, there is something for all members of the community.



***"I work with the ambulance service and have worked very long hours and long days over COVID and eventually burned out. I met with one of the group members here and he invited me to come along and see how things went. It has been fantastic."***

Jacqueline, Volunteer







*"It's a great social occasion. When we've finished our work here at 4 o'clock every Thursday, we go up to the hall, we make some tea, we'll have our fairest bit of craic, a bit of a laugh. It's absolutely brilliant. "*

Sean, Chair Partner

## How to get involved

### Volunteer with us

If you're looking to volunteer with TCV, we draw on our expertise as a national organisation and take a local approach, working with people and communities to co-design solutions that meet local needs. We bring residents and other stakeholders together and provide them with the practical expertise, resources and training they need to engage in sustained action that makes a positive difference.

### Join TCV's Community Network

Through our Community Network, TCV connects groups with each other and provides access to a package of support including a dedicated website, insurance discounts, funding information, access to grants and so much more.

**Find more ways how TCV's projects and volunteers impact local communities and how you can help by visiting our website.**



[www.tcv.org.uk](http://www.tcv.org.uk)