

Case Study: Jones & Us

Jones & Us is a social enterprise providing a unique and bespoke personal training and activities service, focused on people with disabilities and mental health issues.

New social enterprise Jones & Us has a mission of nurturing strength and unity through sports and physical health.



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**Iain Cunningham,
Third sector
development officer**

Engage Renfrewshire is a third sector interface (TSI); this means that we support local charities and other not-for-profit groups, so that they can do even more of what they're good at. We empower organisations to be safe, resourceful and effective, and to grow and develop their services – meaning our communities are inclusive and aspirational.

As they continue to grow and expand, Jones & Us have a goal of providing bespoke personal fitness and multi-sport opportunities for disadvantaged people in Renfrewshire and west central Scotland, especially those experiencing mental health issues and/or physical disabilities.

The organisation will encourage participation in groups and individual one to one multi-sports sessions, along with nutritional awareness. This will encourage people to become more active, and not only get people fit but also build self-esteem, reduce social isolation and loneliness, while enhancing sustained health and wellbeing.

Engage Renfrewshire is currently supporting and working with Jones and Us on a variety of service delivery elements, including partnerships with public, private and third sector organisations. These include:

- Renfrewshire Access Panel; a community group who can collaborate providing accessibility information, advice and workshop provision
- Twist & Hit Community Group; a cheerleading and fitness community group who can collaborate on workshop delivery and assist with storage space
- Firstport; a provider of start-up funding

Iain Cunningham, Third Sector Development Officer at Engage said: “Jones & Us are an aspiring social enterprise and a perfect example of how a simple idea can have a positive impact on social connectedness, mental health and wellbeing as well as personal physical fitness. Jones & Us are a credit to themselves and an inspiration to others”

Yoko, a co-founder of Jones & Us said: “We’re indebted to the much valued and continued support from Engage including opportunities to promote Jones & Us to Renfrewshire’s Third Sector Network and Community Planning Partners. Their support will enhance our scope of provision and service delivery, and furthermore it will strengthen our sustainability”



Engage Renfrewshire can help you make your vision a reality. If you would like to find out more about how to develop your own social enterprise idea contact the Community and Voluntary Action Team on info@engagerenfrewshire.com or 0141 887 7707