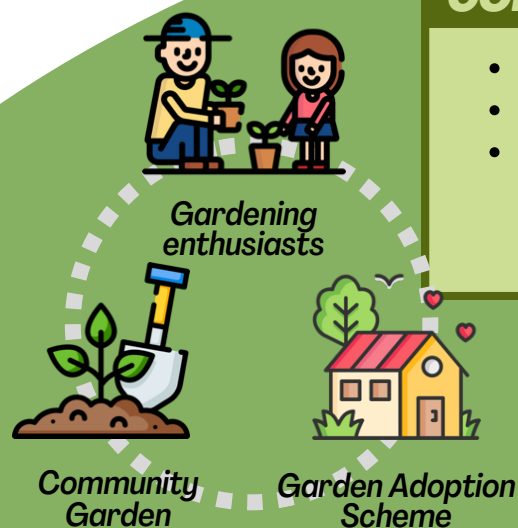


# EXPANDING ACCESS TO URBAN GARDENING

## THE CONTRIBUTIONS OF COMMUNITY GARDENS AND ADOPTION/SHARING SCHEMES

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### COMMUNITY GARDEN-GARDEN ADOPTION/SHARING SCHEME (CGGASS)

- Pairs gardening enthusiasts with those who cannot maintain their gardens independently.
- Strengthens the connection through a shared community garden.
- Evaluate Adopt-a-Garden (AAG) project as a case study. AAG is a partnership between
  - a garden adoption scheme delivered by Fulham Good Neighbours (FGNGAS)
  - Nubian Life Resource Centre's Josiah Braithwaite Community Garden (JBCG)



### KEY BENEFITS DELIVERED



#### IMPROVEMENT IN PHYSICAL WELLBEING

- **Incentivised** participants to do physical activities, especially in bad weather.
- **More nutritious diet:** higher fruit and vegetable consumption.



#### IMPROVEMENT IN MENTAL WELLBEING

- **90%** of participants generated **positive emotions** such as relaxation, satisfaction, reward, and enrichment during and after activities.
- **Reduced loneliness and improved sense of security** for older people.



#### COMMUNITY CONNECTION AND RESILIENCE

- **Intergenerational connectedness:** **75%** of participants agreed that the companionship between volunteers and beneficiaries was developed via AAG.
- **Stronger resilience under unexpected situations:** PPE sharing with neighbours, virtual workshops and fruit harvesting that alleviated the lockdown anxiety.
- Over **90%** of participants agree that **communal lunches** forge the connections.



#### KNOWLEDGE DEVELOPMENTS

- More than **80%** of participants became more interested in gardening.
- **Peer support:** exchanging experiences, demonstrations from skilled gardeners, and themed workshops actively fostered a supportive learning environment.
- **Interactive workshops:** AAG cultivated children's curiosity about nature and developed practical skills, which are often lacking at school.

### MESSAGES FOR POTENTIAL PROVIDERS

#### ENHANCE CROSS-BRANCH COLLABORATION

- Design and deliver more **collaborated activities**.
- Improve the effectiveness and frequency of **cross-marketing**.
- **Better use of resources owned by partnering organisations** and arranging activities such as:
  - Garden adoption for clients at NLRC's daycare centre
  - Art activities for FGNGAS's other senior participants

#### INCREASE NUMBER OF PARTICIPANTS AND COORDINATORS

- **Localised** promotion for participant recruitment, possibly through:
  - mailbox leaflets
  - posters in community hubs
  - advertisements via other local organisations
- **Expand and diversify** the coordinating team and ensure consistent activity delivery.



#### REGULAR SOCIAL IMPACT ASSESSMENTS

- **Conduct regular evaluations** to obtain a deeper understanding of the project impacts and year-on-year changes.
- **More robust evaluation frameworks** such as social return on investment (SROI) or cost-benefit analysis (CBA) can be adopted for more rigorous evaluation and straightforward demonstration of the intangible social impacts.

### AREAS OF FUTURE DEVELOPMENT

#### RECOVERY FROM PRE-PANDEMIC CONSISTENCY

The frequency of activities at both AAG branches has yet to recover from the pandemic. More consistent and regular activities could amplify social benefit.

#### REDUCED AVAILABILITY AS LIFE RETURN TO NORMAL

Despite the lockdown and pandemic motivated people to join community work, increased social activities reduce AAG participants' availability to attend.

#### CURRENT RESOURCES LIMIT FUTURE SCHEME DEVELOPMENT

The budget restricts the delivery of nature-inspired workshops and garden enhancements of demonstrated welfare gain. Creating paid roles for residents would encourage their commitment, reliability and participation, reduce coordinators' workload and enable the garden to deliver more activities.



**“YOU ARE ADOPTING A NEIGHBOUR, NOT JUST THEIR GARDENS”**

– AAG participant

