

"Having a garden is a place of peace"



THE WELLBEING IMPACTS OF OUR COMMUNITY GARDENS

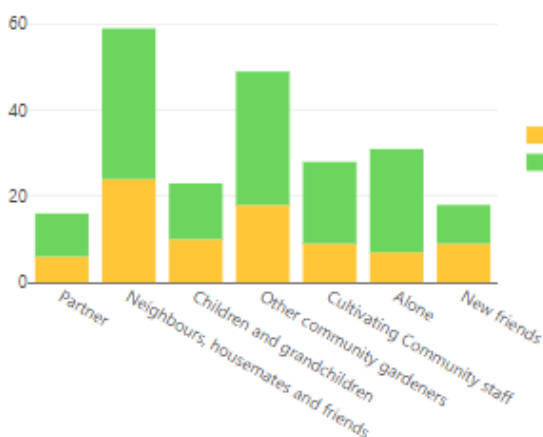
Annual Spring Gardener's Survey

The second annual Spring Gardener's Survey was conducted in Spring 2022. Since commencing our two annual surveys, this will be the first data to allow for a yearly comparison of results. A total of 79 gardeners responded to the survey in six languages: English, Russian, Chinese, Turkish, Arabic, and Vietnamese.

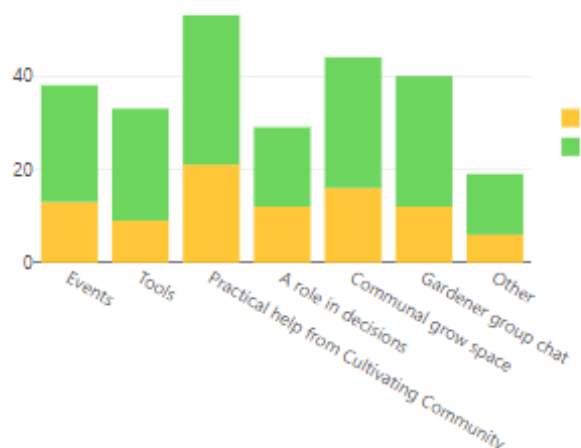
Overall survey insights

- The Spring Wellbeing Survey was sent to 687 gardeners. This survey saw a 208% increase in gardener respondents, with 79 respondents (12% response rate) compared to the previous Spring Wellbeing Survey which had 45 respondents (7% response rate).
- We trialed an in-person response option at the 229 Hoddle Street garden event, with interpreters present we collected 10 surveys. This was especially appreciated by gardeners who did not understand the text, who had limited literacy skills, or limited phone ability.
- Of those who responded, 61% (49) chose to respond via the English Survey. This was a 30% decrease in English response compared to our 2022 Winter Feedback Survey, meaning more people responded in other languages - this may have been helped by surveys being explained at Annual Planning Meetings.
- Of those who responded in a language other than English, responded, 22% (17) responded via the Simplified Chinese Survey, 8% (6) responded via the Vietnamese Survey link, 5% (4) responded via the Russian Survey, 3% (2) via Arabic and 1% (1) via Turkish Survey.
- At multiple Annual Planning Meetings, gardeners requested the survey be sent out in more language options.

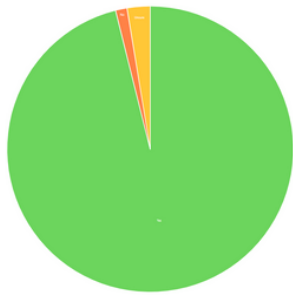
When I garden like to garden with the following people....



What would you like to have more of in the garden?



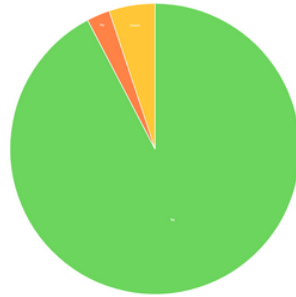
Health and wellbeing outcomes in focus



-2%

96%

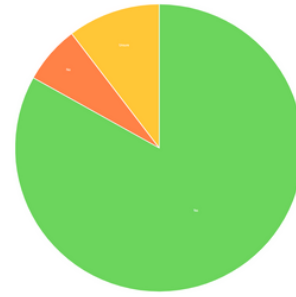
Of respondents said the fresh food they grow helps to keep them healthy



-1%

92%

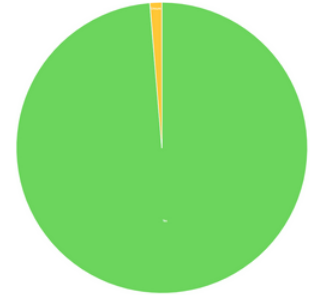
Of respondents said gardening keeps them physically fit



-10%

83%

Of respondents said gardening helps them connect with friends



+1%

99%

Of respondents said the garden makes them happy

● Yes ● No ● Not Sure

Further Comments

What would you like to have more of in the garden?

Of those who left comments (19), the main two requests were for assistance (4) and social events (4).

"I will like to be able to cook and stay in the sun with other gardeners or friends / having barbecues cooked fresh food and enjoying eating it outside in the sun"



The best reason for having a garden plot is:

Of those who left comments (64), one-third expressed they enjoyed having access to fresh food and herbs. The second biggest reason (20%) was the joy the garden brings - "Our joy is increasing, our troubles are decreasing". Comments on the joy and happiness the garden bring indicate positive wellbeing and impact on mental health.

The ability to grow specific food that may not be available at the shops as well as the garden providing an opportunity to be outside and in nature each had 12 respondents (11%).



"Our joy is increasing, our troubles are decreasing"

"It saves me from depression, which I suffered for several years"

"My integration into society, my respect for all cultures, and helping the community around me"

Responses to: The best reason for having a garden plot is