



# RIVERSIDE COMMUNITY GARDEN

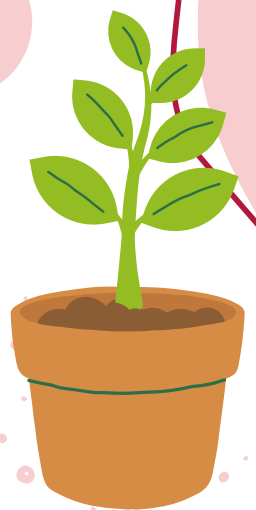
## VOLUNTEER WELLBEING EVALUATION

Based on a survey of 22 volunteers at the garden from Summer 2024 to Spring 2025

### WHY DO PEOPLE WANT TO VOLUNTEER AT THE GARDEN?

The most popular reasons for volunteering are:

- To have the opportunity to meet and interact with people
- To improve mental health and wellbeing
- To be part of a community
- To get some physical activity



### DID COMING TO THE GARDEN IMPROVE WELLBEING?

100%

of volunteers agreed that volunteering at the garden had a positive impact on their mental health and wellbeing

And **49% strongly agreed** that it had a positive impact.

### WHICH ASPECTS IMPROVED WELLBEING?

We asked volunteers which aspects improved wellbeing.

- 86%** said connecting with nature and being outside
- 82%** said gaining satisfaction from doing practical work
- 77%** said meeting and interacting with other people
- 73%** said learning about gardening, and
- 73%** said taking home vegetables you've grown yourself



### BEING PART OF A SUPPORTIVE AND FRIENDLY COMMUNITY

*"You meet lots of interesting people. We have some good laughs here and we support each other. And, I really, really enjoy it. I think if I didn't come, I'd miss it."*

**86%** of volunteers agreed that volunteering at the garden helped them to feel part of a community and find friends

### TAKING PART IN POSITIVE PRACTICAL WORK

*"With the climate crisis and so on you feel so helpless. And this is then something where you really feel on a small scale you're doing something positive. For me, it's just been incredible, and I wasn't expecting it when I first came here but it's been quite transformative for me."*