

Cardiff Salad Garden

Volunteer Programme Evaluation

What motivates volunteers to join the garden?



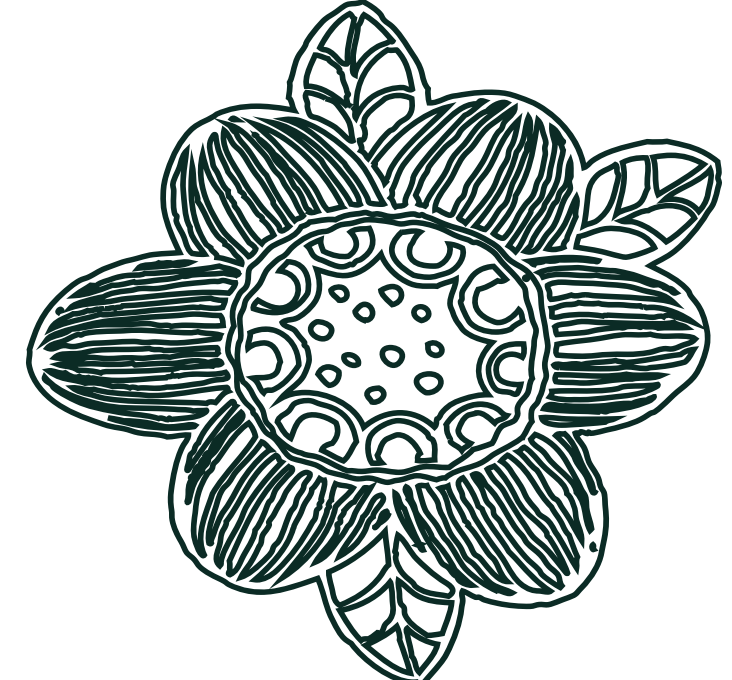
Being social

To meet others and make friends, build confidence with social interaction, and feel part of a community.



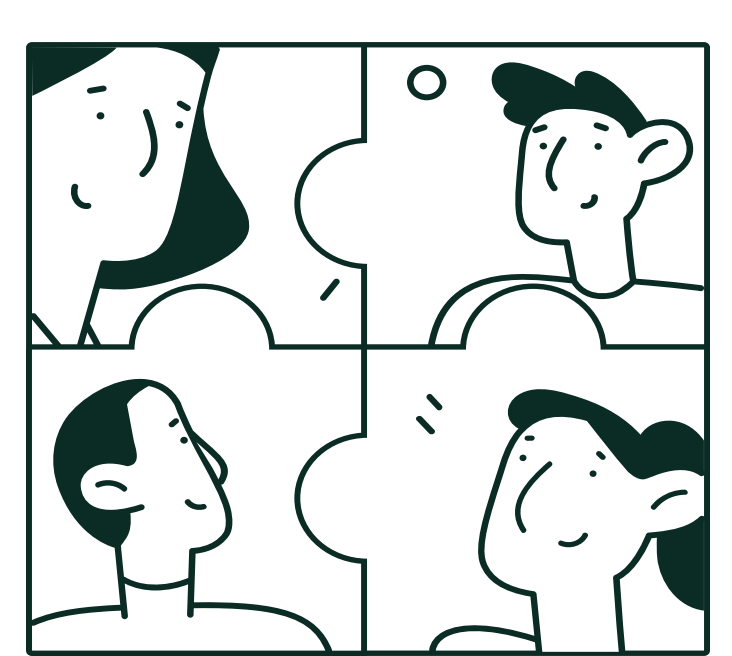
Learning to grow

To learn about salad growing, plant care and identification, gardening skills, and running a sustainable food business.



Improving wellbeing

To improve mental health, get out of the house, maintain a routine, be physically active, and spend time in nature.

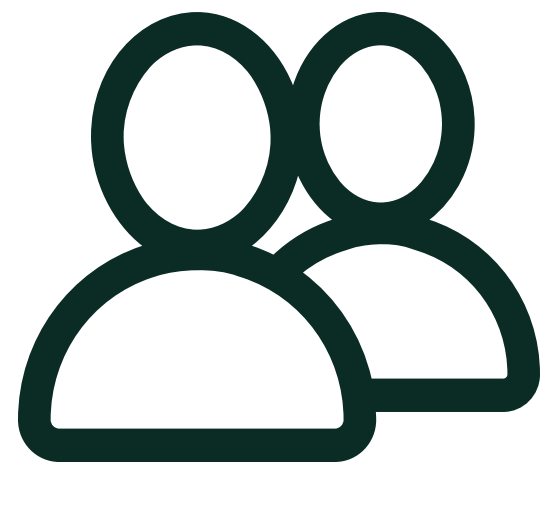


Contributing to something meaningful

To help the wider community, contribute to developing and supporting the salad garden, and feel productive and useful.

Who are CSG Volunteers?

Data from 26 volunteers



70% Female

42% aged 18-24 and **77%** under 40

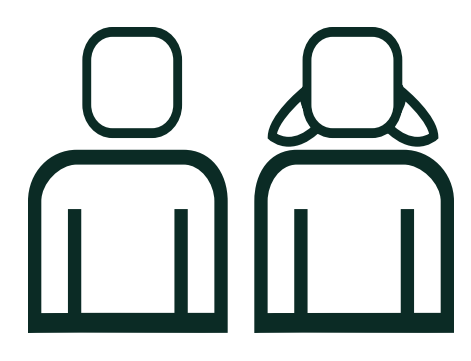
69% not in employment incl. students and those out of work and unable to work

77% White (British) or White (Welsh)

88% have full British Citizenship

What do volunteers gain from volunteering?

Through volunteering at the garden, respondents had:



Met new people

100%



Made new friends

100%



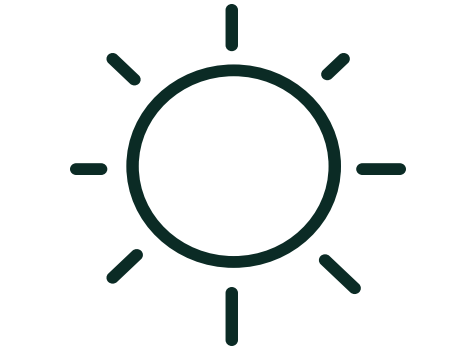
Shared meals together

100%



Improved their English

22%



Enjoyed getting out of the house

100%



Learned how to grow/care for plants

100%



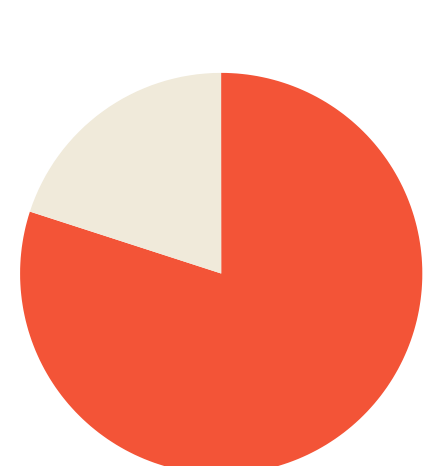
Found out about local events

100%

"Otherwise, I would just be in the house. It's good for my mental health."

"I was so surprised to have a robin eat bread out of my hand. I've never had a bird so close to me."

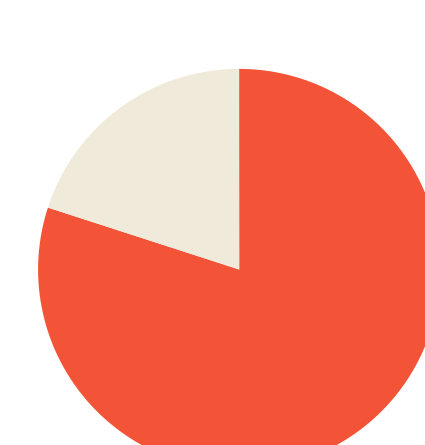
Volunteer Wellbeing



80% felt **useful** often or all of the time

felt **satisfied from hard work** often or all of the time

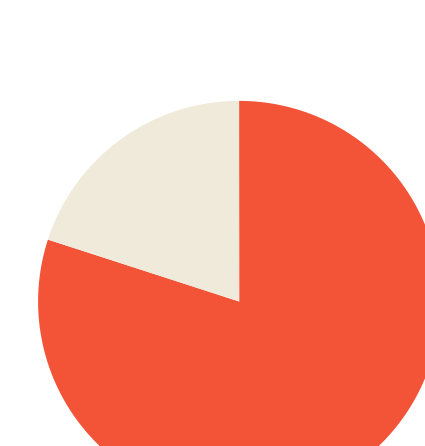
80%



90% felt **relaxed** often or all of the time

said their **mood had improved** often or all of the time

80%



90% felt **satisfied from talking to others** often or all of the time

"Sowing the seeds, seeing the seeds growing two weeks later if they have grown well, I'm so happy to see them."

Evaluation Methodology



The evaluation was carried out over a period of six months by an external researcher in collaboration with CSG and funded by Welsh Government through Wales Council for Voluntary Action Volunteering Wales Grant. It consisted of a survey to gather volunteer demographics (n=26), an initial assessment of volunteer aims and motivations (n=11) and two review questionnaires to assess impact after 3 and 6 months (n=11, 4).