

Growing Together



Gardening
in the UK







Growing Together



Introduction

Growing Together was a 3 year study done by Thrive and Loughborough University.

Supported by



The money came from The Big Lottery Fund.

Thrive helps people to be involved in gardening projects (**horticulture**).



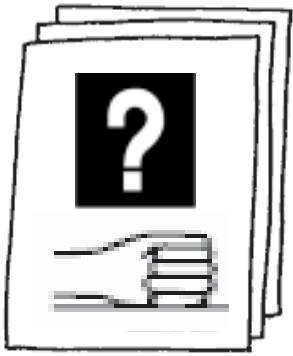
Being involved in these projects helps people to become valued members of their community.

Thrive is a charity that works with over 1000 gardening projects and helps disabled people with their own gardens.



1,000 Projects

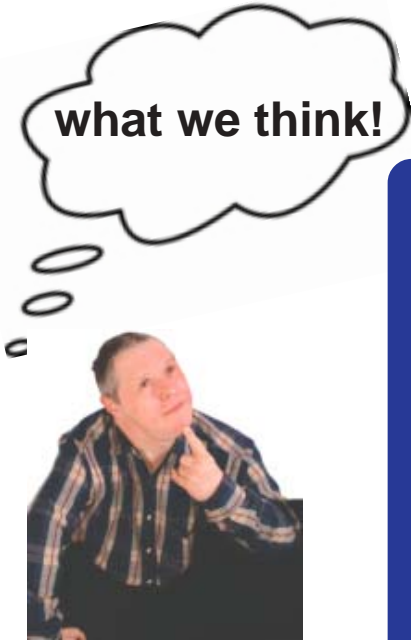
About the study



Until now there have not been many studies to show how gardening and horticulture can help people.

This study found out about more than 800 projects and asked people at 24 of these projects what they thought.

what we think!



The projects included:



Gardens



Allotments



City farms



Over 100 people who go to garden projects were asked what they thought.



People were asked in different ways to make sure everyone could be involved.



Some people used photos to share their ideas.



About the projects



There are many different projects which means that people can do lots of activities.

Some of the different things that people do:



Planting and growing

Digging



Building



Selling things that have been grown



Eating the food that has been grown



Recycling



Projects help **vulnerable** people to be healthier and more included in their community.



Being vulnerable can mean that you may be at risk or open to danger from other people and may need help to keep safe.



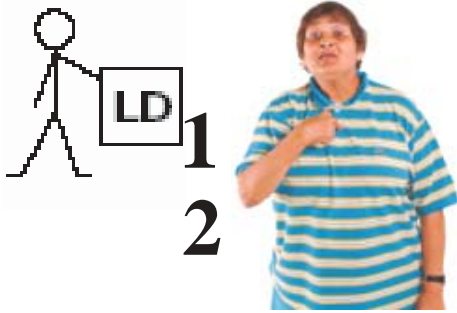
They do this by offering people the chance to get involved in gardening.



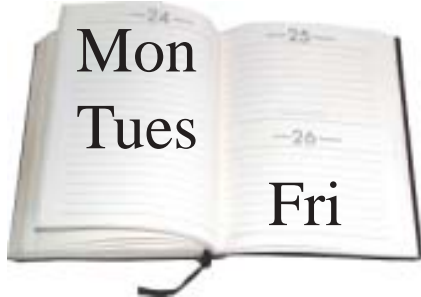
Projects look at things people can do and not what they can't do.



22,000 people go to gardening projects every week in the UK.



Half the people at gardening projects are people with learning difficulties.



Half the people that work at projects go for more than 3 days each week.



Some people get paid for the work they do.



Projects give people a chance to do different things.



Not many people leave projects to get paid jobs.



Some people said they would not want to get paid jobs.

What the study found out

Gardening is good for you in lots of different ways



Gardening can:



Keep you fit and healthy
(some people don't get the chance to
do sport or leisure activities).

Help you feel better.



Make you feel useful and involved.

Give you the chance to work as a team,
get along with others and make friends.



Help some people get jobs.



Gardening can:

Give you responsibility.



Help people feel more confident.



Help people to learn new skills - like using tools.



Give people control and choices in running projects.



Help people feel good about themselves and family relationships.



Give a sense of identity. People being gardeners - not unemployed.

Help people become more involved in their community and work with other local people.

The study found out what people like about gardening:



“Being outside in the fresh air - escape from being inside”



“Being closer to nature”



“Freedom”



“The natural green environment is better than the city”



“Being peaceful”





“Having our own space”



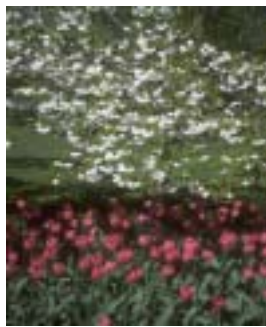
“Being a worker”



“Doing lots of different jobs”



“Helping the environment”



“Growing things - seeing the whole natural cycle”



Ideas for the future

More work needs to be done to make sure:



That people know about gardening projects and how they can become involved.



That health and social services workers and others have good information. This is so that they can help people get involved in projects.



That more women and people from black and minority ethnic groups can be involved in projects.



That information is in places like libraries, doctors' surgeries, health and social services offices.



Work needs to be done to make sure:



That we find out more facts and figures about how gardening can help people be healthier and happier.



That garden projects are healthy places to be and can be part of health planning.



That garden projects can help people keep healthy in the same way as sports centres.



That we look at ways to make sure that staff **qualifications** are recognised.



Qualifications:

People learn new things and get a certificate to show what they have done.





To find out more
about this report,
Growing Together or
to get this report on
CD contact:



0118 988 5688



info@thrive.org.uk

