



University of Essex

Trust Links and The University of Essex are working together to evaluate the health benefits of community gardens. As part of this work, we will be asking you to complete surveys at the start of the research project and then again three- and six- months later. Your answers will help us understand the benefits and challenges people experience.



You do not have to answer the questions if you do not want to. If you can't answer a question just leave it and go onto the next question. Thank you!

1. Please enter today's date in the box

2. So that we can match up your responses throughout the project, please write your date of birth and the initials of your first name and surname in the boxes below:

Date of birth

First name initial

Surname initial

3. How long have you been attending Growing Together?

4. How often do you usually attend?

3-4 times a  
week +

Twice a  
week

Once a  
week

Once a  
fortnight

Once a  
month

Once every 6  
months

Once a year  
or less








5. Describe any barriers that make it difficult for you to attend?

6. What are you enjoying most about the Growing Together?

7. What are you enjoying least about Growing Together?

8. What would you change about Growing Together and why?

9. Rate the importance of the different elements of Growing Together highlighted below, from 1 to 4; with one indicating the most important and four indicating the least important.

Interaction with nature

Participation in physical activity

Social interaction

Skill and knowledge development


The following section contains questions about how you feel about yourself, other people and nature. They are made up of standardised questions so some of the words and phrases are written in different styles. Please ask if you need any help. There are no right or wrong answers.

**10. Please tell us how much you agree with the following statements by ticking the appropriate box**

	Yes!	Yes	More or Less	No	No!
I experience a general sense of emptiness					
There are plenty of people I can rely on when I have problems					
There are many people I can trust completely					
I miss having people around					
There are enough people I feel close to					
I often feel rejected					

De Jong Gierveld &amp; Tilburg (2006)

**11. Below are some statements about your feelings and thoughts. Please tick the box that best describes your experience of each over the last two weeks**

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my own mind about things					

Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2009, all rights reserved

**12. The following questions are about how you relate to, or feel about nature. For each of the following, please rate the extent to which you agree with each statement. Please respond as you really feel, rather than how you think most people feel.**

	Completely disagree	Mostly disagree	Slightly disagree	Neither agree or disagree	Slightly agree	Mostly agree	Completely agree
Being in nature makes me very happy							
I find being in nature amazing							
I always find beauty in nature							
Spending time in nature is very important to me							
I always treat nature with respect							
I feel part of nature							

Richardson et al (2019)

**13. On a scale of 0-10, how satisfied are you with your life?**

Not at all	0	1	2	3	4	5	6	7	8	9	10	Completely
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**That's all! Thank you very much for sparing the time to complete our questionnaire**

Please hand the questionnaire back to the person that gave it to you.

If you have any questions about this research please contact the key researcher Dr Carly Wood, by email:

[cjwood@essex.ac.uk](mailto:cjwood@essex.ac.uk)