**Methods Description**

**Surveys**

Members of Growing Together therapeutic community gardens were invited to complete a survey about their attendance at Growing Together and the impact on wellbeing, loneliness, and life satisfaction at three timepoints; between May 2021 and January 2022. Members were recruited on a rolling basis, with new members being invited to participate as they joined the programme and existing members invited as they returned to the gardens following the easing of coronavirus restrictions. For existing members, the baseline survey was conducted between May-October 2021, the first follow up survey between July – November 2021; and the second follow up survey between December 2021 – January 2022. All members were provided with a participant information sheet detailing the study procedures and provided informed consent prior to taking part.

The surveys asked members to identify how long they had been attending Growing Together and their frequency of attendance. Members were also asked to identify what they perceived were the most through to least important aspects of Growing Together from: i. the interaction with nature; ii. participation in physical activity; iii. social interaction and iv. skill and knowledge development. Members also completed the Short-form Warwick Edinburgh Mental Wellbeing Scale (Tennant et al., 2007) and the six-item version of the De Jong Gierveld loneliness scale (Gierveld & Tilburg, 2006). Members were also asked to rate how satisfied they felt with their life on a scale from 0 to 10, with 0 = ‘not at all satisfied’ and 10 = ‘completely satisfied’. This question was adopted by the Office for National Statistics in 2013 and has been widely benchmarked in national surveys (Clark and Georgellis, 2013; Clark et al., 2018; Helliwell et al., 2019; 2020).

**Interviews**

A range of stakeholders were invited to take part in semi-structured interviews via email or verbal invitation. Stakeholders were purposively selected based on their job role to ensure representation from all key personnel involved from referral through to session delivery and mental health support. All stakeholders provided informed consent prior to participation in the study. Interviews took place via zoom or telephone and were led by a researcher. Participants were asked about the barriers and facilitators to referral and uptake of the service. Trust Links staff were asked additional questions about the impact on members’ health

**Focus Groups**

Growing Together members were purposively selected to take part in focus groups based on which garden site they attended, their mental health condition and length of attendance at Growing Together to ensure representation across the garden sites. Focus groups were led by two peer researchers with lived experience of attending GT to support their mental health. The peer researchers received training on facilitating focus groups from a research assistant who provided support during the sessions. Members were asked questions about their experience of attending GT and the impact on their mental health.