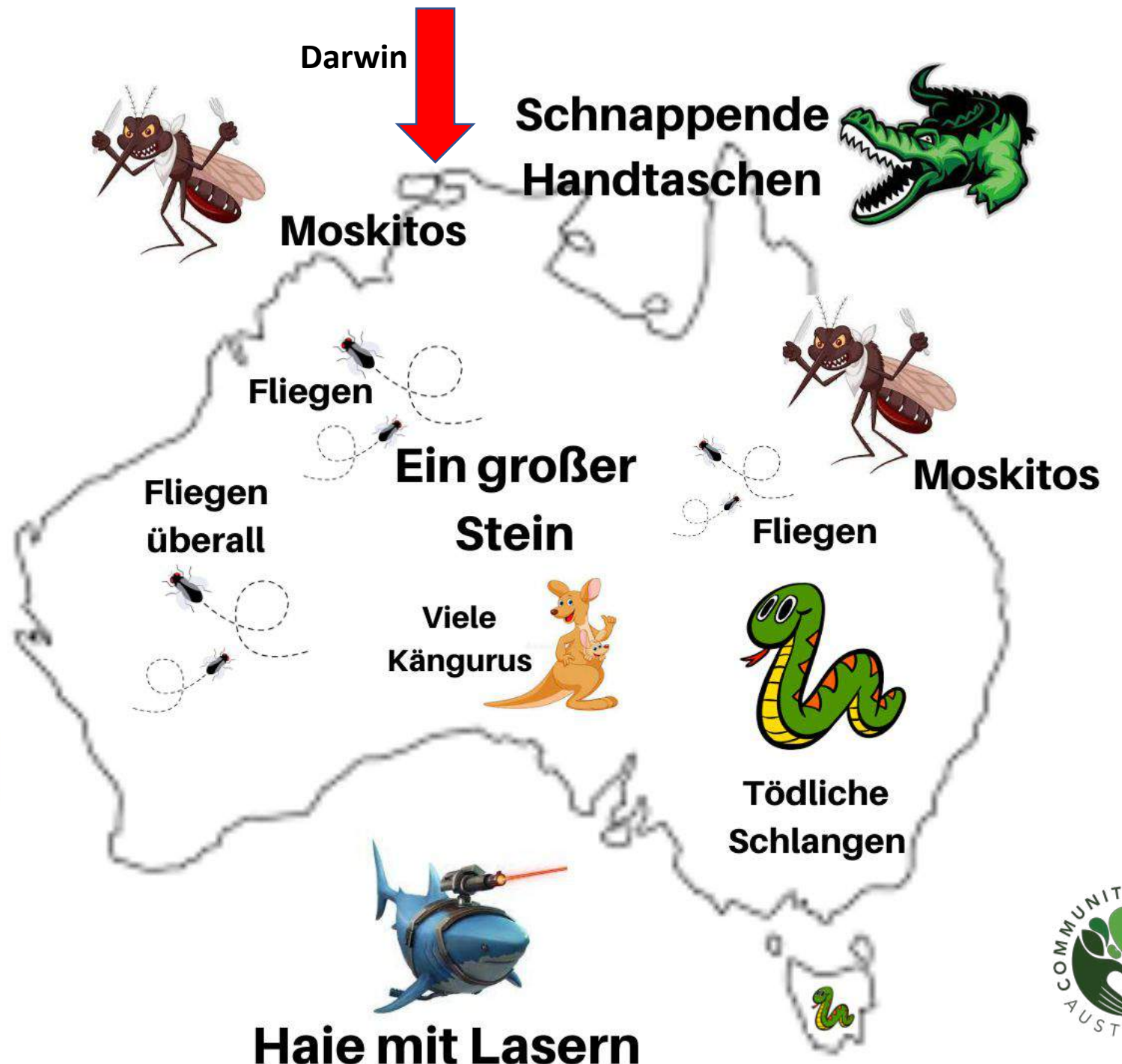




COMMUNITY
GARDENS
AUSTRALIA

Mein Zuhause...

Australien



Becky & Zoe



Toby



Mein letzter Campingausflug (Schwimmen mit Krokodilen!)





**Winston
Churchill Trust**
Learn globally, inspire locally.

Ziel: Untersuchung von Gemeinschaftsgartennetzwerken zur Unterstützung der Entwicklung unserer nationalen Organisation

Schwerpunkte:

- Führung Organisationsstrukturen
- Finanzierungsmodelle
- Freiwilligenmanagement
- Mitgliedschaftssysteme & Management Öffentliche
- Bildung Engagement und Unterstützung der Regierung
- Kommunikation
- Versicherung





1996 - Gegenwart

Community Gardens Australia (CGA) ist eine gemeinnützige, von Freiwilligen geführte Organisation, die existiert, um Gemeinschaftsgärtneraktivitäten in Australien zu unterstützen, Ressourcen bereitzustellen, sich zu vernetzen und sich dafür einzusetzen.

Was wir tun:

- Pflegen eines Netzwerkes von Landeskoordinatoren und Regionalvertretern
- Online-Verzeichnis der Gemeinschaftsgärten
- Online-Ressourcen, z. B. Wie man einen Garten anlegt
- Ressourcen für die Kommunalverwaltung
- Veranstaltungen und Networking-Möglichkeiten
- Interessenvertretung



Gemeinschaftsgärtnern in Australien

- Gemeinschaftsgärten erfreuen sich immer größerer Beliebtheit
- Die Vorteile sind allgemein bekannt und gut dokumentiert, einige Beispiele werden wir später diskutieren
- Die Pandemie hat das Bewusstsein für Lebensmittel und das Interesse am Anbau erhöht
- Die Menschen möchten Lebensmittel essen, die gut schmecken, kostengünstig sind und die Lebensmittelmeilen verringern
- Die Menschen suchen auch die Verbindung zur Natur



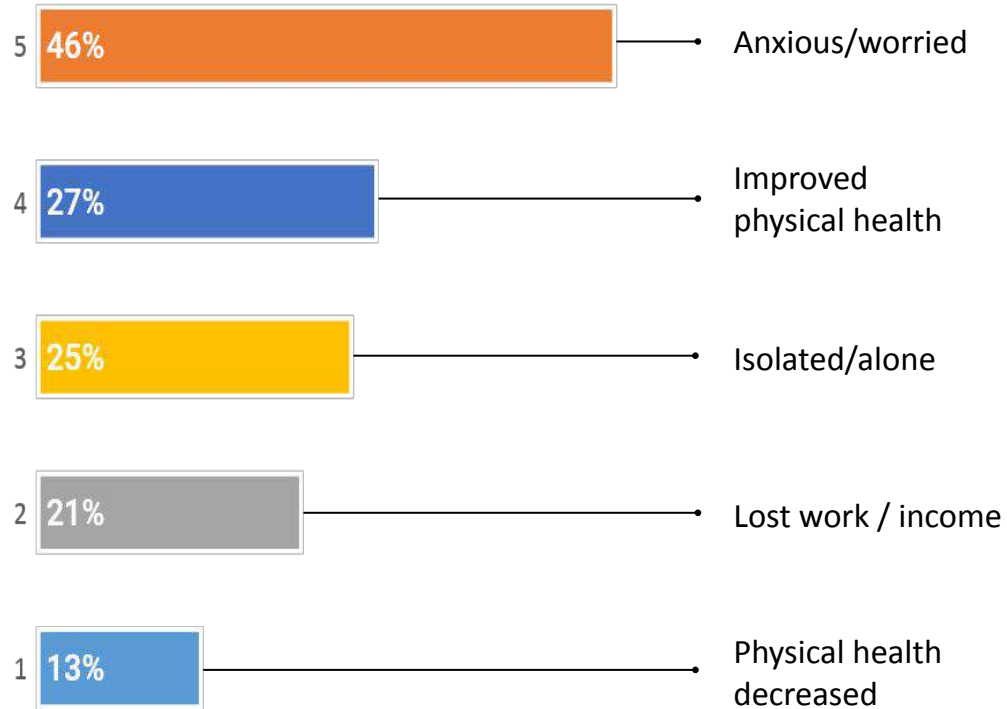


**Gemeinschaftsgärten
sind so vielfältig wie die
Gemeinschaften, die sie
anbauen!**



What impact has the pandemic had on you?

Q12: n= 8396



“Had more time”
52%

“Happier”
32%

“Work intensified”
13%

“Minimal Impact”
1.5%

“
The pandemic has been positive for our family’s mental and physical health. Having a large garden has meant we all spend more time together and with purpose.

Female gardener, European Australian
35-44, Bowral NSW

“
My hours of work are now reduced and I work from home. Although there is less money we are happier and healthier. I walk more (everyday) through the forest. I have more time to spend on my creative activities including gardening and art.

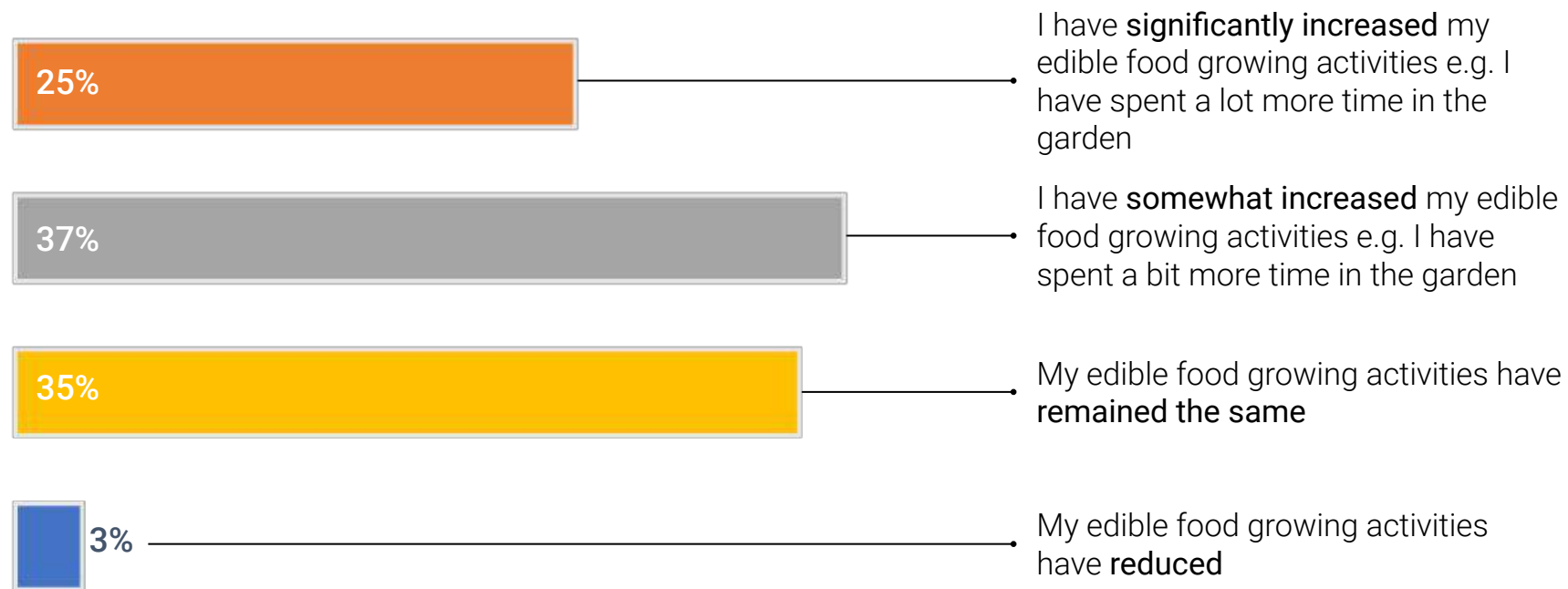
Long-term female gardener,
65-74, Castlemaine Vic

“
[It’s been] stressful and exhausting. Work intensified these few months for me as a lecturer in higher education. Uncertainty makes it difficult to plan for the future. Concerns with future work. Husband’s work also intensified greatly. Working from home is great but COVID-19 as the driver for WFH is not great.

Female gardener, Asian Australian
45-54, Sydney

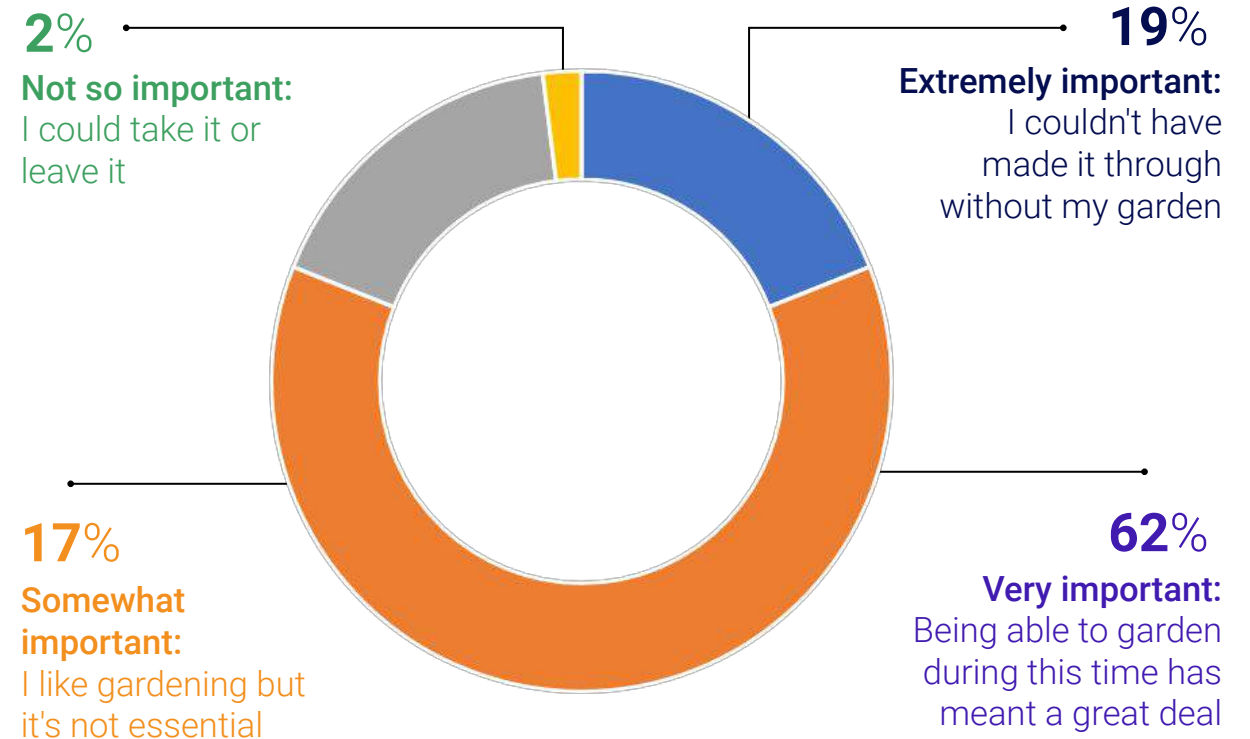
Did the pandemic lead to more edible gardening?

Q8: What impact has the COVID19 pandemic had on your edible food growing activities? (n= 8633)



How important was edible gardening during COVID-19?

Q11: n= 8597



“

During March and April I lost all of my work. It was a very anxious time, but the physical activity of setting up a few garden beds and resolving the issues of possum, bird and cabbage butterfly-proofing the gardens gave me a strong focus.

Female gardener since COVID-19, European Australian
Age not stated, Brisbane

“

It gives me hope and peace. It provides a sort of meditation or therapeutic quality which allows me to cope. It gives me purpose which I haven't had from working.

Female new gardener, European Australian
25-34, western Melbourne

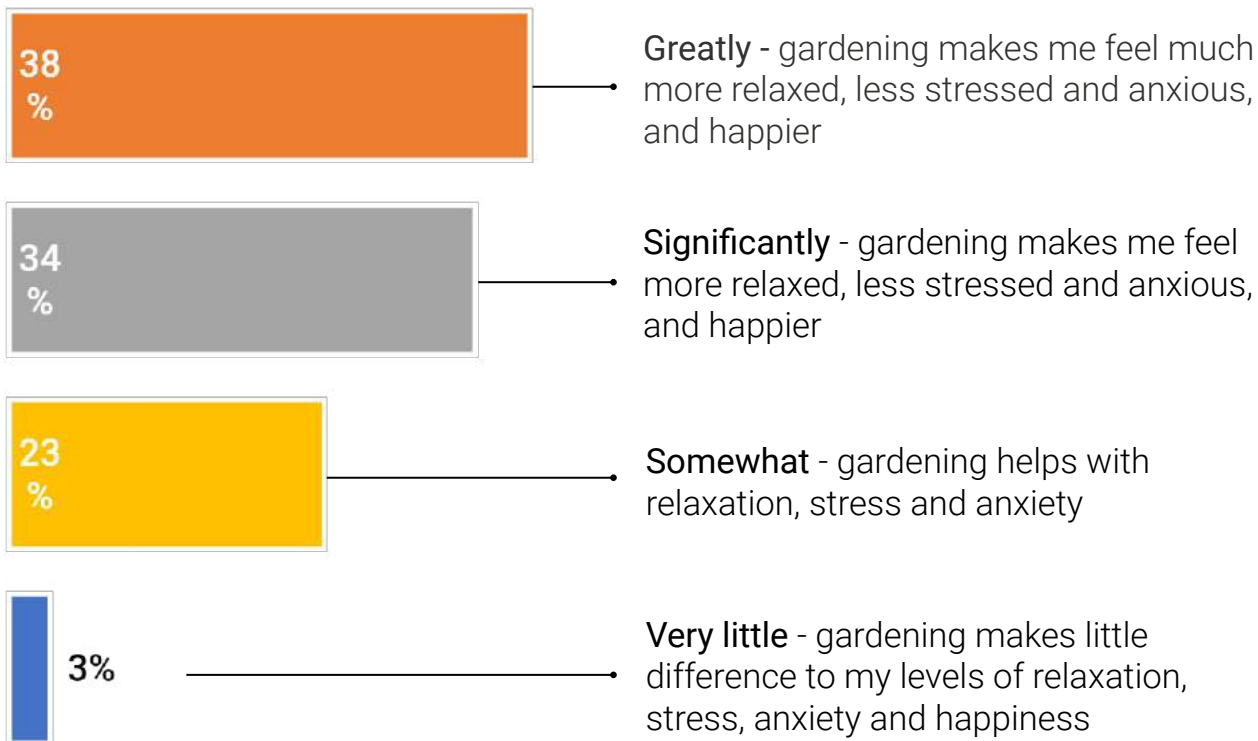
“

Gardening gave me a focus. It provided hope and reinforced my personal resilience. Putting my hands in the soil each day redirected my fear and anxiety about our future - I was able to transfer it to action.

Experienced female gardener, Anglo-Australian
55-64, South coast NSW

Edible gardening and mental health

Q13: To what extent have your gardening activities resulted in improved mental health and wellbeing? (n= 8642)



“ Gardening has grounded me and connected me to empowering myself in a particularly disempowering circumstance. It’s given me an outlet for my creativity and calmed my mood as I’ve gotten used to letting go of my pre-Covid 19 life. It’s taken place of work hours and actually is more meaningful this work with my mother earth. It’s a deeply fulfilling and rewarding experience.

New female gardener, Anglo-Australian
25-34, Geelong

“ It has kept me calm and focussed on the future. There is a future when you garden.

Female gardener, Anglo-Australian
Age not stated, Tasmania

“ Thank goodness for gardening! It brings me peace, happiness, comfort, generosity, connections, health and nourishment.

New female gardener, Anglo-Australian
25-34, NSW

Edible gardening as therapy

“ Growing food and gardening is essential to me. I have PTSD, fibromyalgia and arthritis and being in the garden provides huge relief. Growing food is also really satisfying and therapeutic, it makes you feel you are contributing in a meaningful way. Food growing and gardening have particularly helped during lockdown to help cope with increased anxiety.

Experienced low-income female gardener, European Australian, 45-54, regional Tasmania

“ My concern is that politicians don't listen to the positive effect on society of activities such as gardening and continue to focus on big business for economic growth. My health is so good now through gardening that I am able to be back in the workplace. Imagine if this effect could be replicated throughout the community. Surely that would be an economic benefit worth having.

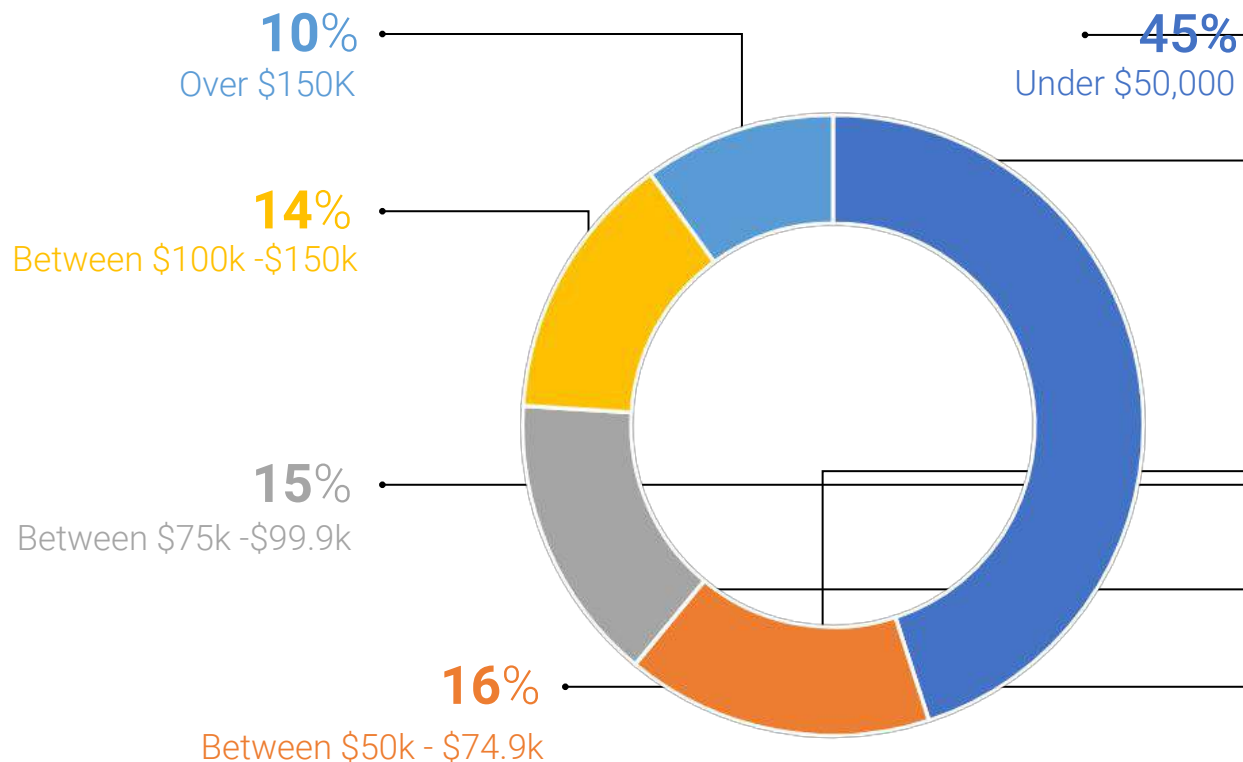
Low-income female gardener, Anglo-Australian 45-54, South Gippsland





Low-income households (under \$50K) are the most productive gardeners

Q23: Households growing more than 30% of their own food by income (n= 924)



During COVID-19, the importance of growing my own food has been reinforced. We needed to isolate for health reasons and being able to find fresh food in my garden stretched out the need to go to the shops. Growing my own food helps with the budget now that I am no longer working. I have also found the benefits of swapping food and plants.

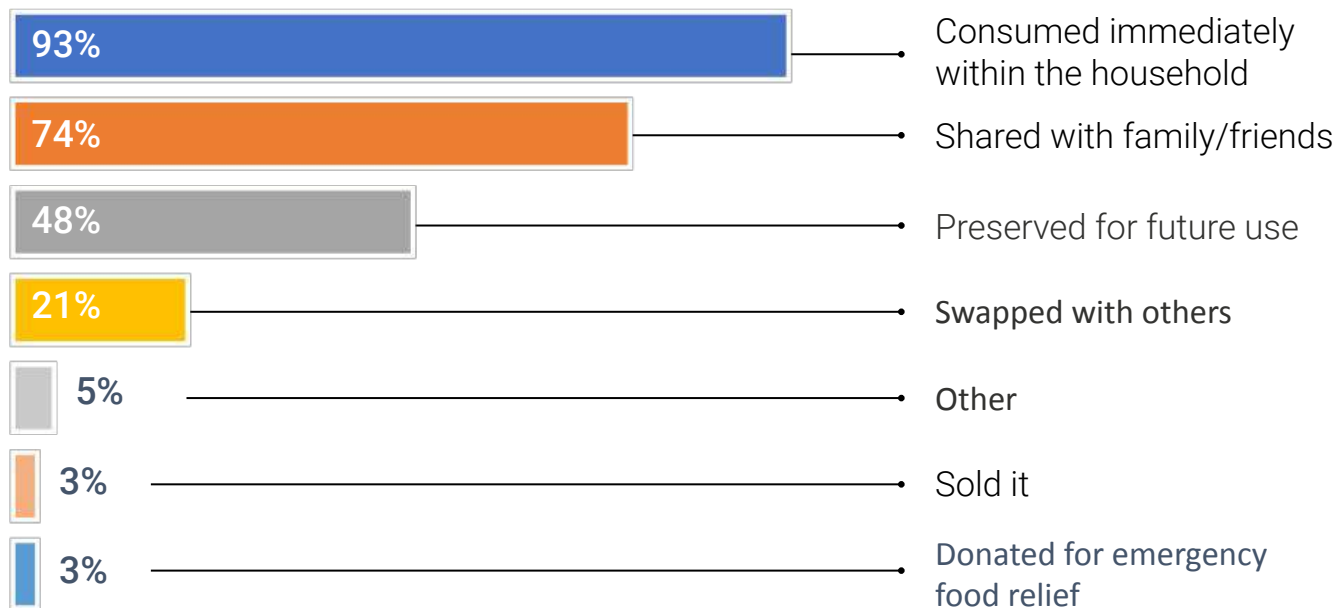
Low-income experienced female gardener, European, 55-64, western Sydney

Being able to garden and have some food security means everything to our small family. For myself, it has allowed me to tackle family life with a healthier mental and physical state. For my family, it meant less risk (going to supermarkets) and less waste. Our community is happier and much closer now we have started swapping vegetables and resources.

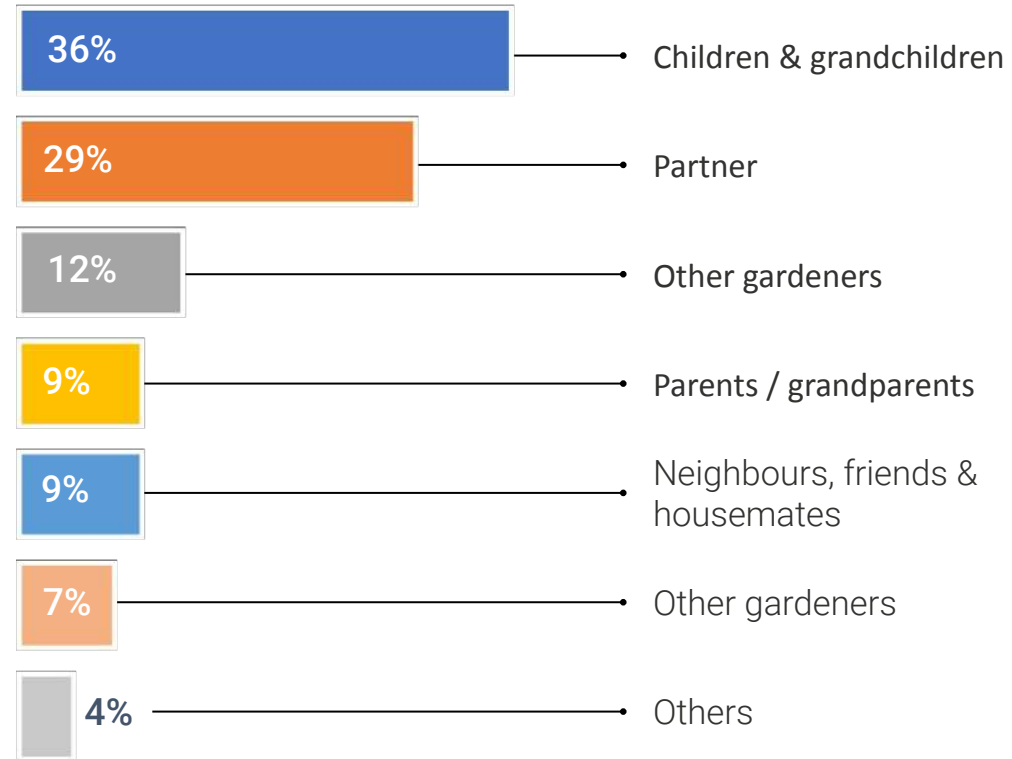
Low-income gardener, gender unspecified, East/Southeast Asian, 25-34, outside Hobart

Enjoying and sharing abundance

Q10: What have you done with the food you have grown in 2020? (n= 8662)



The social lives of gardeners: who do you garden with?



More - *and more diverse* - community gardens

[There should be] a community garden within **walking distance of everyone**.

**Female gardener, Anglo-Australian
55-64, Central coast NSW**

“

Would LOVE to see **more urban farming!** Imagine every new suburb with a designated 'urban farm' space allocated. FAB! Community gardens...are often seen as challenges for the local council as they can end up being somewhat neglected and look very dishevelled. **More models of community gardens** where maintenance can be shared between individuals/communities and the council would be a great.

**Experienced low-income female gardener, Anglo-Australian
55-64, Mornington Peninsula, Vic**

“

Ich freue mich auf ...

- CGA wird verstärkt daran arbeiten, gute Beziehungen zu allen Regierungsebenen aufzubauen
- Wir werden darauf hinarbeiten, dass Gesetze und Richtlinien die Einrichtung neuer Gärten und die Pflege bestehender Gärten unterstützen und erleichtern
- Wir werden neue, aktuelle Ressourcen für den Sektor entwickeln
- Wir werden unser Freiwilligennetzwerk weiter entwickeln und erweitern und unsere Kommunikation weiterentwickeln, um damit zu arbeiten
- Wir werden uns weiterhin um geeignete Finanzierungen bemühen, um sicherzustellen, dass wir unsere Ziele erreichen können
- Wir werden internationale Verbindungen aufrechterhalten und ausbauen, um den Austausch von Folgendem zu ermöglichen:
 - Beste Übung
 - Gute Programme
 - Gemeinsame Bildungschancen



Zusammen sind wir stärker!

