

The Systemic Impact of Community Gardening Activities on Wellbeing



Centre for Systems Studies

     UNIVERSITY OF **Hull**

Hull University Business School



Our Research Cluster



Resilient Communities for Sustainable Development: harnessing ecosystem services and local sustainable development to promote well-being



Systemic Impacts of Urban Nature-Based Activities on Wellbeing



Centre for Systems Studies



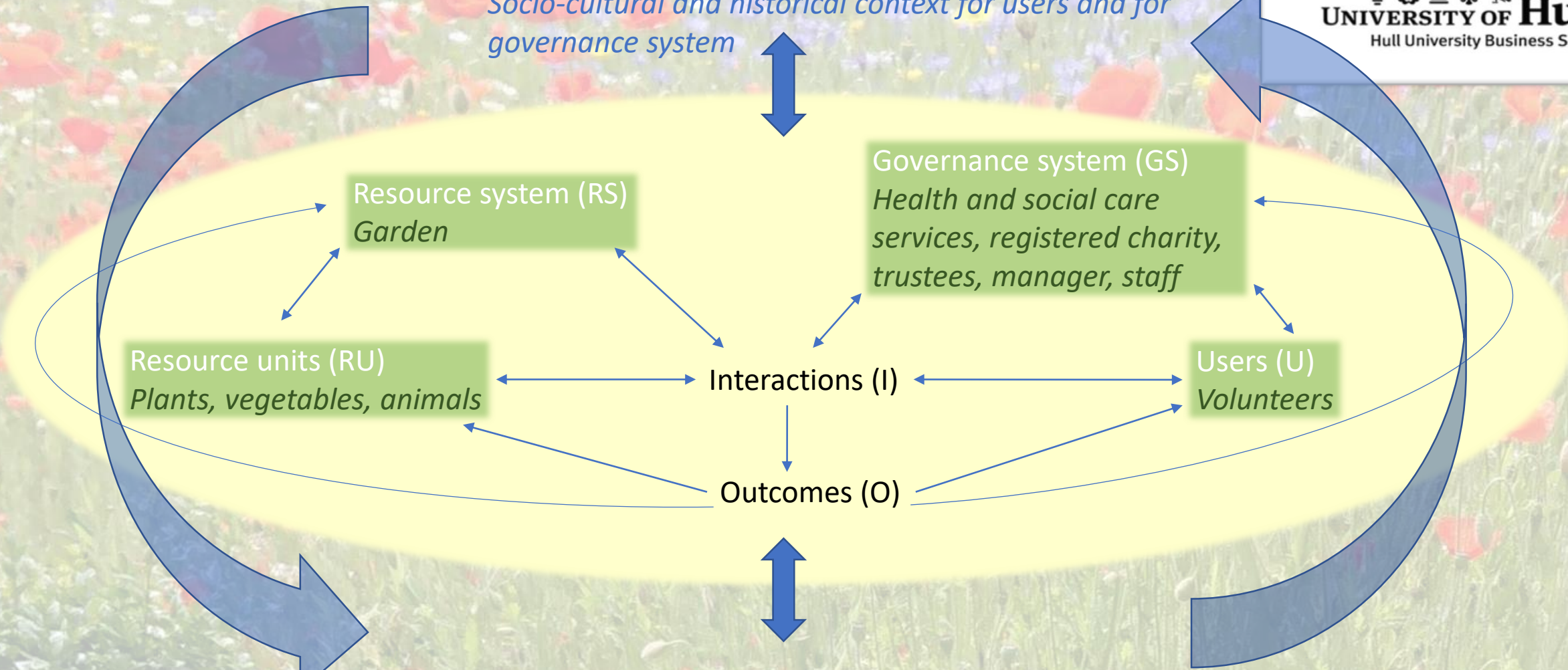
@systemicfocus

Marginalisation and Conflict: addressing the dynamics of conflict and marginalisation and their consequences in complex social systems.

The community garden as a social-ecological system



Social, economic and political setting (S)
Socio-cultural and historical context for users and for governance system



Related ecosystems (ECO)
Nutrient cycling, wildlife habitat, flood defence

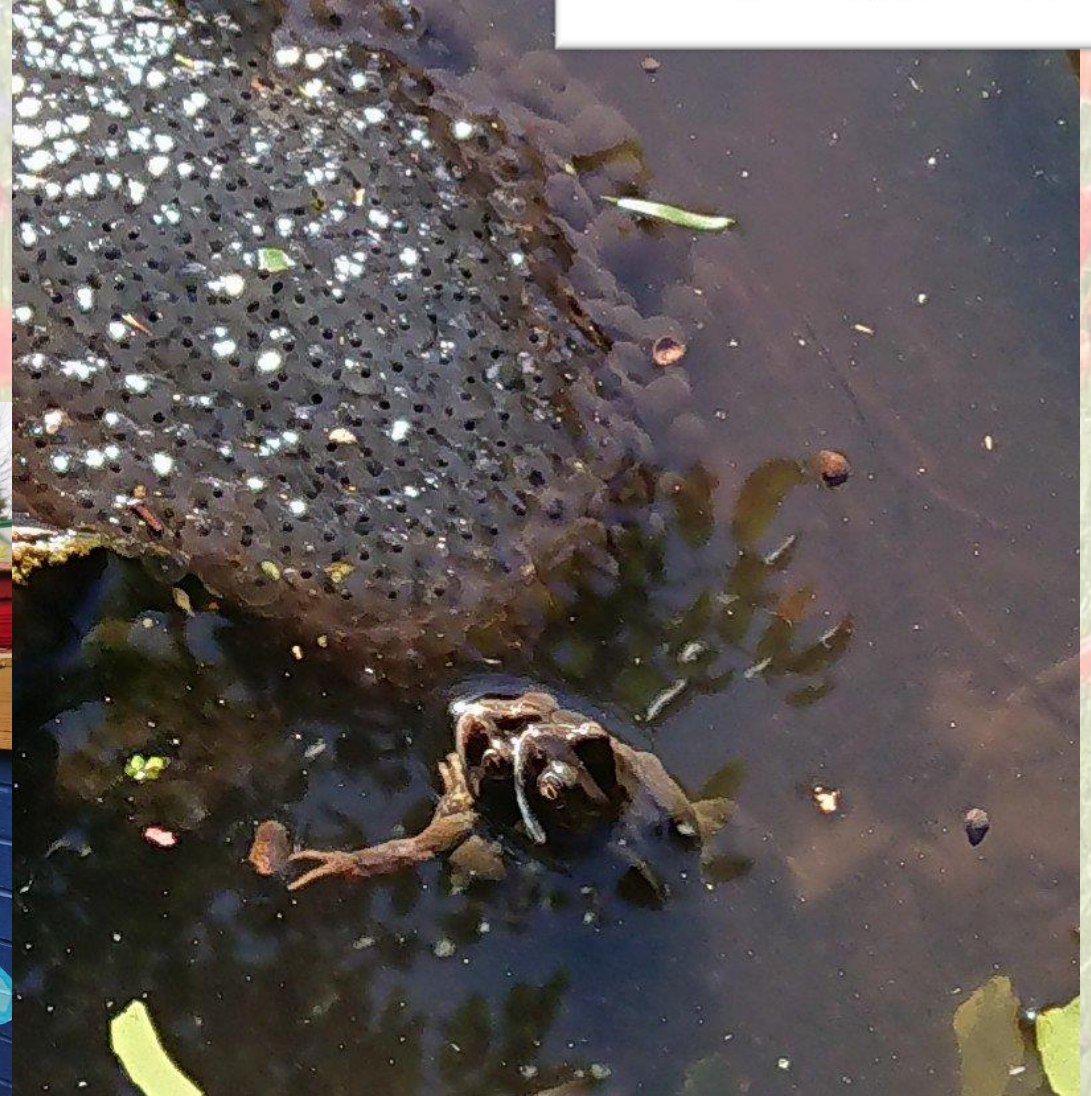
Rainbow Community Garden Hull

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Rainbow
Community Garden
Hull
@rainbowgardenhull

Screenshot from: <https://www.facebook.com/rainbowgardenhull/>



Impacts on wellbeing



Community



Environment

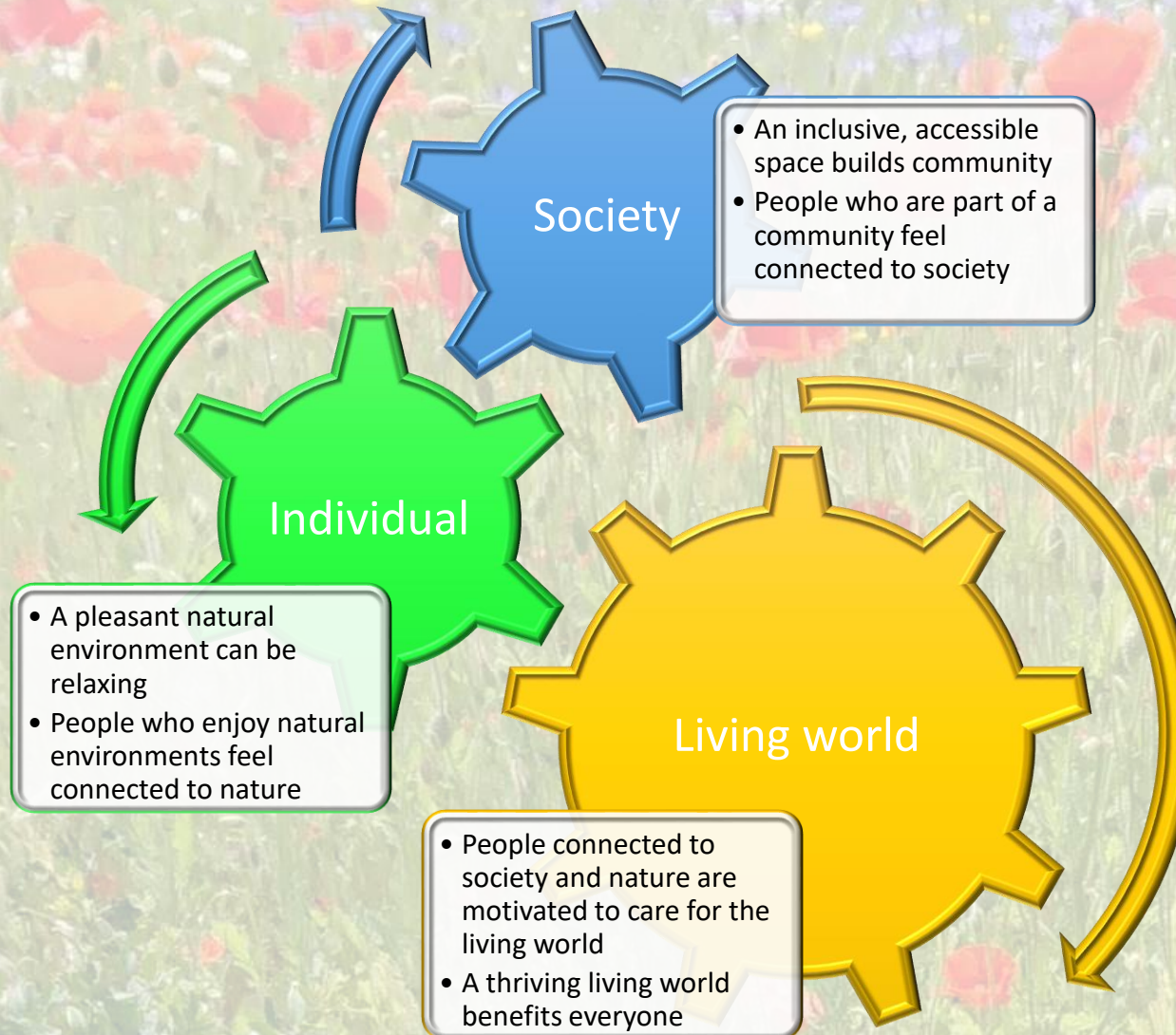


A “happy place”

Providing a context for systemic impacts: a safe pair of hands




Potential mechanisms acting in community gardens to boost wellbeing



Promoting human wellbeing while enhancing the environment: a win-win outcome?

“We are made of the same stardust of which all things are made, and when we are immersed in suffering or when we are experiencing intense joy we are being nothing other than what we can't help but

by  @YvonneBlack76 for www.wildthings.me (14)