

Report



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ACKNOWLEDGEMENTS

This body of work would not be possible without the input of the following:

Case Studies: Growing Together Levenshulme, The Comfrey Project, The Grange, Global Gardens, Transition Town Tooting, Martineau Gardens, Kushinga Community Garden, New Roots, Sydenham Garden, Urban Roots and Room to Heal.

The Peer Review Panel: Dr. Teresa Pointing, Diana Tottle, Dr. Clare Rishbeth, Ragel Kammies, Nadir Neciri, Martha Orbach, Mary Raphaely, Kerri Park and Mick Marston; and the partnership panel members: Heidi Seary (Social Farms & Gardens), Andy Goldring (Permaculture Association) and Colleen Molloy (City of Sanctuary).

All those who completed the online surveys.

We are also grateful to have been able to reproduce sections of the City of Sanctuary Mental Health Pack, written by Anne Burghgraef, Gill Martin, Jeff Morgan and Gill Newman.

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Gardens of Sanctuary

Gardens of Sanctuary is a partnership between Social Farms & Gardens, City of Sanctuary and the Permaculture Association. We have a vision of a network of green spaces with a culture and practice of welcome, in which people seeking sanctuary feel safe and valued as co-creators of community gardens across the UK. During 2017 and 2018 we conducted a UK wide study including case studies, a national survey and a literature review to learn from community gardens, refugee organisations and sanctuary seekers themselves about what makes a garden a true place of sanctuary.

This report is a summary of our findings.

Introduction

Refugees and asylum seekers have been in the headlines a lot in recent years with reporting ranging from highlighting the appalling tragedies happening every day, to the perpetuation of myths, to outright hostility.

Beyond the headlines there has been an extraordinary groundswell of people offering practical and political support for those forced to flee from persecution who seek sanctuary in the UK. A growing number of universities, schools, businesses, health centres, libraries and many other places in our communities are recognising that they have a vital role to play in building a society that

embodies a culture and practice of welcome, and to resisting hostility against people from other backgrounds wherever it appears.

The therapeutic benefits of gardening, and in particular of community gardens, have long been understood and they are increasingly recognised as legitimate and powerful drivers for positive individual and social change. There are already community gardens – ranging from large city farms to rural smallholdings to allotments – around the UK who are welcoming people seeking sanctuary in small, and sometimes larger numbers. However, our research shows that many more of the UK's network

of more than 1000 community growing spaces would like to become places of sanctuary for refugees and asylum seekers, but experience barriers in doing so. The Gardens of Sanctuary partnership has produced a resource pack aimed at supporting these groups to overcome some of these real and perceived barriers, and to enable them to benefit from the diversity, skills and ideas that sanctuary seekers can bring to our communities.

We have carried out a UK wide survey to which 139 community growing groups responded, with an additional 35 refugee support organisations taking part in a separate survey. We have also

carried out a number of case studies with groups who already work with sanctuary seekers, and a literature review.

Our research found a strong desire and commitment from the UK's community growing spaces to welcome people seeking sanctuary, with clear potential for significant benefits for everyone involved.

We hope that this report, and the other resources available as part of this collection, will encourage a network of Gardens of Sanctuary to develop around the UK by providing advice, guidance and practical suggestions, and also by providing evidence which can be used for funding applications by growing groups or refugee support organisations who are seeking to develop work in this area.

Definitions

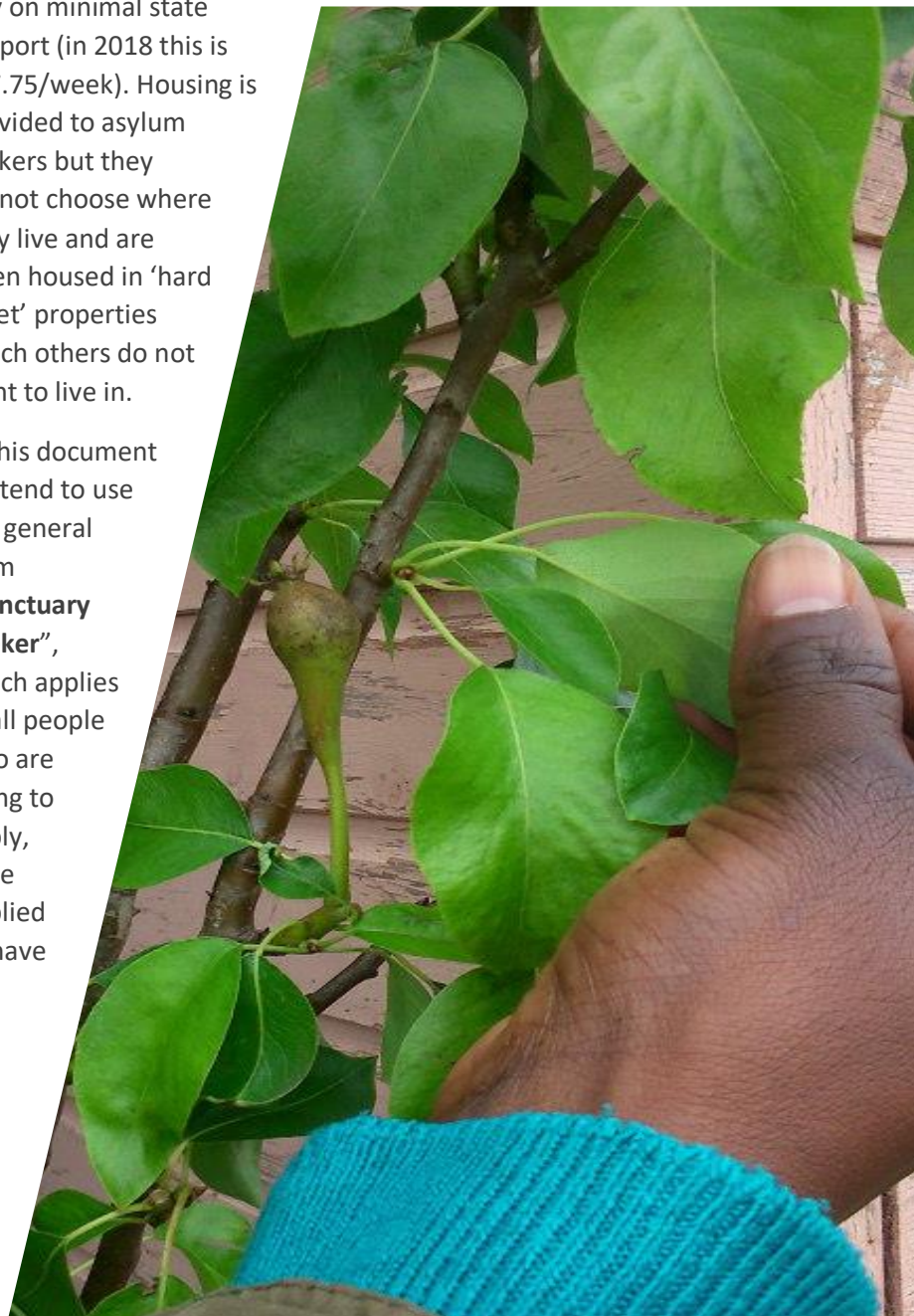
A **refugee** is a person who, 'owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of their nationality, and is unable to or, owing to such fear, is unwilling to avail themselves of the protection of that country'

(Article 1, 1951 Refugee Convention).

An **asylum seeker** is someone who has applied to the Government for refugee status and is waiting to hear the outcome of their application. Asylum seekers do not have the right to work in the UK except under very limited circumstances, and must rely on minimal state support (in 2018 this is £37.75/week). Housing is provided to asylum seekers but they cannot choose where they live and are often housed in 'hard to let' properties which others do not want to live in.

In this document we tend to use the general term "**Sanctuary Seeker**", which applies to all people who are going to apply, have applied or have

received asylum. Under international human rights law, every individual has the right to claim asylum and governments are obliged to provide protection for people who meet the criteria for asylum. Anyone seeking protection is also entitled to stay in the UK whilst they wait for a decision on their asylum claim.



Context

According to UNHCR (the UN Refugee Agency), in 2017 an ‘unprecedented’ 68.5 million people were living forced from their homes including nearly 25.5 million refugees¹. Around 85% of all refugees are living in countries neighbouring the ones they have left, with Turkey (3.5m), Pakistan (1.4m) and Uganda (1.4m) hosting the largest numbers.

In 2016 an estimated 362,000 people risked their lives crossing the Mediterranean Sea with thousands tragically dying in their attempts. Many are escaping from war and persecution and risk

everything to seek sanctuary in a country they believe will offer them safety.

Every year, a small number of refugees arrive in the UK. In the year ending March, 2018 there were 25,500 asylum applications in the UK which was a marked decrease on the previous year.

Whilst refugees and asylum seekers are a highly diverse group of people, they all share the trauma associated with being forced to flee from their homes and seek safety elsewhere. Asylum seekers in particular are one of the most vulnerable groups in our society and often have very complex health and social needs.

experiences but also by their current situation including social isolation and poverty which have a compounding negative impact on mental health, as can hostility and racism.

There is a growing awareness of the importance of policies and programmes which support asylum seekers and refugees to integrate into their ‘host’ communities and the benefits this can bring including for wellbeing, overcoming prejudice and hostility, employment opportunities and cultural diversity.

There is also a growing awareness from individuals, health professionals and governments that community gardens are good for our health and wellbeing and can play an important role in bringing together communities. A small, but increasing, number of community gardens are working with refugees and asylum seekers in innovative ways to provide benefits for both the immigrant population and the ‘host’ community.

Fassil and Burnett (2015)² note that these needs are not only caused by past



¹ UNHCR (2018) *Statistical Yearbook*. Available at <http://www.unhcr.org/figures-at-a-glance.html> [Accessed October 2018]

² Fassil, Y & Burnett, A (2015) *Commissioning mental health services for vulnerable adult migrants: Guidance for Commissioners*. https://www.mind.org.uk/media/3168649/vulnerable-migrants_2015_mindweb.pdf. [Accessed March 2018]

Seeking Sanctuary in the UK

Under the current Home Office hostile immigration environment, thousands of sanctuary seekers who apply for asylum in the UK receive refusals on their initial applications, many of which are subsequently overturned on appeal.

People who have fled their homes and sought sanctuary under international human rights law are faced with waiting many months, or even years, for a positive decision. In cases where an appeal has been successful, the Home Office is still able to contest the decision, leading to further uncertainty for the individual. Recent figures show that Home Office appeals against positive decisions are overturned in almost 75% of cases.³

Our research has identified some of the key barriers to integration and wellbeing for sanctuary seekers.

Health and Wellbeing

A briefing statement by the Faculty of Public Health in 2008 sets out some of the most common health needs of asylum seekers.⁴ They identify specific physical health problems including communicable diseases, sexual health needs, chronic diseases and the consequences of injury and torture. The statement also highlights that 'mental health problems such as depression and anxiety are common, but post-traumatic stress disorder is greatly underestimated and under-diagnosed.'

The same report sets out some of the reasons why asylum seekers might have increased health needs including:

- Having faced forced imprisonment, torture or rape
- Coming from areas with poor health provision
- Spending time in refugee camps with poor nutrition and sanitation
- The impact of their journeys to the UK including overcrowding, lack of food and water

and extremes of temperature

- The lack of support from family and friends and social isolation

Even for those who arrive in the UK in relatively good health, their health can rapidly decline due to multiple factors including:

- Difficulty in accessing health care
- Lack of awareness of entitlement
- Problems in accessing mental health support
- Language barriers
- Ongoing social isolation

Much of the literature on the health needs of asylum seekers focuses on mental ill-health. Although there are no detailed statistics available, a systematic review in 2005 found that refugees settled in western countries are about 10 times more likely to have post-traumatic stress disorder than age-matched general populations in those countries.⁵ More recent research by the Federal Chamber of Psychotherapists in Germany suggests that half the resettled refugees in that country are experiencing psychological

³ <https://www.theguardian.com/uk-news/2018/sep/03/inhumane-three-quarters-of-home-office-asylum-appeals-fail>

⁴ Faculty of Public Health (2008) *The Health Needs of Asylum Seekers*. [No longer available online but available on request.]

⁵ Fazel, M, Wheeler, J and Danesh, J (2005) *Prevalence of serious mental health disorders in 7000 refugees resettled in western countries: a systematic review*: The Lancet 365: pp 1309-1314. Available at <https://www.ncbi.nlm.nih.gov/pubmed/15823380> [Accessed March 2018]

distress. 58% say they have witnessed death and 43% claim to have been tortured.⁶

In the UK, researchers at the University of Kent found that 'Mental health is one of the most frequently reported health problems among dispersed asylum seekers, including anxiety, depression, phobias and PTSD.' The same report suggests that these symptoms are about five times more common in asylum seekers than in the general population.⁷ Even starker is research from the South-East of England which found that more than half of the destitute asylum-seekers surveyed were receiving medication for depression.⁸

Sanctuary seekers are at much greater risk of experiencing destitution as a result of the difficulties associated with the UK asylum system. They are at

particular risk when refugee status is granted as individuals are given just 28 days before all state support is withdrawn. A 2017 survey by the Refugee Council showed that refugees typically struggle to apply for, and then receive, the necessary support before this period has elapsed and they are evicted from their accommodation.⁹

Despite the very high levels of mental ill-health found in refugees and asylum seekers, the evidence is that 'the provision of mental health services for survivors of torture and organised violence is widely regarded as inadequate for [their] needs.'¹⁰

Appropriate and early intervention for refugees and asylum seekers is critical. Fazel, Wheeler and Danesh have shown that if people's psychological problems are not addressed

at an early stage, individuals may develop severe and persistent mental health problems.¹¹

The NICE Guideline (26) on PTSD reinforces the evidence that refugees and asylum seekers are more likely to experience PTSD than the general population. It suggests a phased model for intervention. In the first phase, primary needs are often focused around accommodation, benefits and family separation. In the second phase psychologically-focused interventions may be appropriate whilst a crucial, and often neglected, third phase focuses on integration into their new community.¹²

Burnett argues that medication should be kept to a minimum. She calls for a focus on 'reducing isolation and dependence, having suitable

⁶ BPTk (2015) *BPTk-Standpunkt: Psychische Erkrankungen bei Flüchtlingen [BPTk Standpoint: Mental illness among refugees]*. Bundes Psychotherapeuten Kammer. Available from: <https://tinyurl.com/BPTkStandpunkt> [Accessed April 2018]

⁷ Aspinall, P & Watters, C (2010) *Refugees and Asylum Seekers: A review from an equality and human rights perspective*. Available at <https://www.equalityhumanrights.com/sites/default/files/research-report-52-refugees-and-asylum-seeker-research.pdf> [Accessed February 2018]

⁸ Dumper, H., Malfait, R. and Scott-Flynn, N. (2006) *Mental Health, Destitution and Asylum Seekers: A study of destitute asylum-seekers in the dispersal areas of the South East of England*. South of England Refugee and Asylum Seeker Consortium and the National Institute of Mental Health in England.

⁹ https://www.refugeecouncil.org.uk/assets/0004/1546/Refugees_without_refuge_September_2017.pdf

¹⁰ Fazel, M. Wheeler, J., Danesh, J. (2005) *Prevalence of serious mental disorder in 7000 refugees resettled in western countries: a systematic review*. The Lancet; 365:1309-14

¹¹ Ibid.

¹² NICE (2005) *Post-traumatic stress disorder. The management of PTSD in adults and children in primary and secondary care*. National Clinical Practice Guideline Number 26. Available at <https://www.nice.org.uk/guidance/cg26/evidence/full-guideline-including-appendices-113-193442221> (Accessed May 2018)

accommodation, and spending more time creatively through education and work' to relieve depression and anxiety.¹³

In their guidelines for commissioners, Burnett and Fassil highlight the importance in an understanding of some of the cultural issues related to mental-ill health. They argue that counselling and therapies such as Cognitive Behavioural Therapy may be completely alien to some cultures and, even when it is used appropriately, many people may take a long time to be sufficiently stable to undergo such psychological interventions. In the same guidelines they point out that research also suggests that early intervention and community integration have cost-benefits as vulnerable groups such as migrants can incur disproportionate costs per person due to the complexity of their needs and their high use of emergency care.¹⁴

Community Growing in the UK

Following centuries of small-scale community land use, the contemporary community gardening movement began in the UK in the late 1960's, with residents of towns and cities using vacant sites to create gardens. The first city farm in the UK was opened in London in the late 1970's, and since then a growing movement of community green spaces has spread across the country. It is difficult to put an accurate figure on the number of groups in operation due to the grassroots nature of the activity; Social Farms & Gardens have over 900 members¹⁵, and there are over 100 permaculture demonstration projects as part of the LAND Network¹⁶, but there are many more unaffiliated groups.

The sector is incredibly diverse, with each group being a product of their own unique location and community. Groups range in scale from very small projects run by a single

person in a private garden or allotment site, to large city farms, care farms and commercial operations such as a community vineyard and community supported agriculture schemes. Some will be run entirely by volunteers with no legal structure, and some may have a well-established structure and body of staff. This broad spectrum is a huge strength of the movement because each group is uniquely adapted and attuned to the needs of their surroundings, but also makes delivering advice and guidance on specific issues complex due to the diversity of the audience.

Community Growing spaces are already working with sanctuary seekers in a wide variety of ways, as the case studies that accompany this report illustrate. Many more will be working with individual sanctuary seekers informally, through drop in sessions or as individual volunteers. Our survey suggests that there is appetite within the sector to do far more, but some groups do not feel that they have the necessary knowledge, skills or resources to progress.

¹³ Burnett, A (2001) *Health Needs of Refugees and Asylum Seekers*. British Medical Journal; 322: 544-547. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1119741/> [Accessed November 2017]

¹⁴ Fassil, Y & Burnett, A (2015) *Commissioning mental health services for vulnerable adult migrants: Guidance for Commissioners*. https://www.mind.org.uk/media/3168649/vulnerable-migrants_2015_mindweb.pdf. [Accessed March 2018]

¹⁵ <https://www.farmgarden.org.uk/your-area>

¹⁶ <https://www.permaculture.org.uk/people-projects-places/land/map>

Research Findings

The 139 groups who responded to our survey are between them responsible for providing a total of 406 days per week of access to community growing spaces across the UK, with the average group opening 3.7 days per week. Were this figure extrapolated across Social Farms & Gardens membership and Permaculture Land Centres it would suggest a minimum of 3,700 days of delivery taking place every week that refugees and asylum seekers could potentially take part in.

50% of groups responding to the survey already work with refugees and asylum seekers in some capacity, with the vast majority of the other 50% keen to do so, and a few groups willing but unsure whether they would have the capacity.

“I'd like to discuss this with my colleagues, but in principle it's a great idea and I think refugees/asylum seekers could have a huge amount to contribute to our project”

¹⁷ <https://fullfact.org/immigration/uk-refugees/>

Of the groups already working with sanctuary seekers, the majority are welcoming either individuals or very small groups of up to 3 people per week. The groups who are engaging higher numbers than this are either working in partnership with a refugee and asylum support organisation, or themselves specialise and work exclusively with refugees and asylum seekers.

Syria is the most commonly reported country of origin in our dataset, despite not being the largest refugee population¹⁷. This is very likely because people arriving under the Syrian Vulnerable Persons Resettlement Program, are offered more support and integration opportunities than people seeking asylum in the UK.

The groups already working with refugees and asylum seekers reported that two-thirds of those involved were male and one-third female. 4% (2 groups) had worked with Trans or non-binary sanctuary seekers.

Community Cohesion

With sanctuary seekers much more likely to experience feelings of isolation and loneliness, it is unsurprising that of the refugee and asylum support organisations who responded to our survey, 83% reported that making new friends and improved community integration were key benefits to participating in community growing activities. This is echoed in the experiences of case study groups, a number of which have seen initial reluctance and occasional hostility from existing participants give way to greater understanding and an improved sense of community.



Mental Health

The existing literature, combined with the clear appetite for working with sanctuary seekers demonstrated in our survey suggests that there is considerable potential for community growing spaces to offer opportunities which could result in improved mental health for sanctuary seekers. 72% of refugee support organisations said that improved mental health was an observed benefit of participating in community growing for the people they support, as well as increased confidence (61%) and improved physical health (50%).

These benefits are dependent on overcoming challenges and barriers to engagement, which are described in the following section.

Key Challenges and Barriers

Our survey identified a number of issues commonly experienced by groups working with sanctuary seekers.

Mental Health and Trauma

The naturally therapeutic nature of community growing spaces means that they can be wonderful places for anyone struggling with poor mental health or trauma to spend time in. This does create additional pressures and responsibilities for those managing those spaces, which they may not always be prepared for or trained to deal with, particularly where the engagement is

informal and not specifically clinical or therapeutic in nature.

“Simply being in nature is vital for healing”

Of the groups responding to our survey, 27% indicated that the mental health of sanctuary seekers they have worked with had been an issue, with 14% also indicating secondary trauma, whereby an individual is traumatised after being exposed to, or hearing about, traumatic incidents that occurred to another person.

Using resources, such as the Gardens of Sanctuary Resource Pack and City of Sanctuary Mental Health Pack, establishing robust procedures for dealing with difficult situations, and fostering good relationships

with local organisations with expertise in mental health (particularly amongst sanctuary seekers) will mean that the risks to all parties are significantly reduced.



Safeguarding and Boundaries

Establishing appropriate safeguarding procedures and professional boundaries will be a different process for each community growing space due to the diversity of the sector and the individual nature of each group. It's important to note that sanctuary seekers are not legally defined as vulnerable in their own right, however factors relating to seeking asylum make them more likely to be so, as well being at greater risk of exploitation.

Establishing boundaries may not be something familiar to some community growing projects, and each group will need to find their own level based on the nature of the relationship they have with the people working with them within the garden. Some groups may have no hierarchy, and be dependent upon each individual person to establish their own boundaries and relationships. Where a clearer structure is evident it may be useful for groups to consider whether they have more of a friendly or therapeutic role, and go through some potential scenarios to help think about how difficult situations might be handled, and who is

responsible when they arise [there are examples in the Resource Pack to help with this].

Reaching Out

Of the groups not currently working with sanctuary seekers, reaching and engaging people was identified as the largest single barrier, with nearly a third feeling that they simply didn't know how to engage with sanctuary seekers (31%), or that they had tried and not succeeded (24%).

Geographical location is also a factor, with rural groups located in more sparsely populated areas being less likely to have many refugees and asylum seekers in their local community.

“As far as we are aware, there are few, if any, refugees in our immediate area. We would be delighted to welcome any to the garden”

However, projects such as The Grange show that a rural location can also be of great benefit if transport issues are overcome.

The survey findings show that working in partnership with a specialist organisation which supports sanctuary seekers in the local area is one of the best

ways to engage them in community growing as it provides specialist knowledge, builds on existing relationships of trust and support and helps bridge the interaction with a new environment that could feel unfamiliar or intimidating. The data also suggests that it enables greater numbers of sanctuary seekers to access a growing space, due to the more specialist and ongoing nature of the support available through the partnering organisation.

Funding and Capacity

As is to be expected from third sector organisations, capacity issues were highlighted by many groups who felt that a shortage of funding and/or staff and volunteer time meant that they were limited in what opportunities and support they could provide. This is echoed in the responses from the refugee and asylum support organisations, more than half of whom felt that they didn't have the time and staff capacity to sustain regular access to community growing spaces, even though it was clearly beneficial for the people they work with.

“The hard working people at the Farm would love to do more work with our client group but they are often underfunded and lack capacity”

There are funders who seek to fund work supporting refugees and asylum seekers, and some groups have also been able to use crowdfunding to support their activities, but there is a clear need for increased funding to the sector to support both core and partnership activities between these two sectors.

Some examples of how groups have secured funding to work with sanctuary seekers are:

- The Grange (Norfolk) use funding from trusts and grants to subsidise residential stays for sanctuary seekers as well as to cover travel costs for sanctuary seekers from Norwich to visit on a regular basis
- Audacious Veg (London) crowdfunded in order to be able to cover travel costs
- Growing Together Levenshulme (Manchester) use funding from small grants to pay for sessional worker costs

and to develop their allotment site

- Sydenham Gardens (London) has developed a partnership with the local NHS trust who fund them to deliver a dedicated programme for Sri Lankan male asylum seekers

“Our main issue is capacity as there is only me to run the groups. The people I tried growing with either have no previous experience or have grown very different crops in warm climates! Therefore they need constant support. We could use volunteers to do this, but don't have the volunteers with the capacity to do this”

Skills and Training

The survey results clearly identified a training need within the community growing sector to learn more about what it means to be a sanctuary seeker, options for engaging and supporting them and how to overcome barriers. Of groups not currently

working with sanctuary seekers, 17% say that this is because they do not have the training and 10% because they don't feel able to support them.

On average groups rated their knowledge of the UK asylum system as 2.5 out of 5, and their ability to work with and support traumatised individuals, including torture survivors, as 2.3 out of 5. Some of this knowledge gap could be bridged through the provision of a targeted training scheme, in addition to increased partnership working with specialist refugee and asylum support organisations.



Recommendations and Conclusions

The research outlined in this report clearly demonstrates a strong desire and commitment from the UK's community growing spaces to welcome people seeking sanctuary, with benefits for everyone involved where this is already happening. Whilst there are notable barriers and challenges, these can be overcome with good training, guidance and partnership work with relevant organisations, leading to a strengthened and more strongly connected sector overall.

“We love having a partnership with a local community garden- benefits flow in all directions”

Benefits for people seeking sanctuary include improved mental health, better opportunities for integration into the local community, a chance to learn and share skills and access to good-quality, healthy food. These opportunities presented during times of high stress and critical challenges can bring transformative and long-lasting changes, as several of our case studies demonstrate.

“Refugees and asylum seekers benefit from being outdoors, re-engaging with familiar activities, language development and a feeling of connection and welcome in their new community”

For community growing spaces, working with people seeking sanctuary brings new skills and opportunities, increases the diversity of people using the site and builds friendship between communities. The process of considering how a space can be truly welcoming for all is an exercise that will bring benefits to all who use it, not just sanctuary seekers, and should help any group understand better how and why they do what they do, how they deal with difficult situations and how they make sure everyone involved is kept safe.

“The local volunteers are much more aware of and engaged in refugee and asylum issues”

By becoming a Garden of Sanctuary a community growing space can choose to formalise and recognise

their commitment to providing a place of welcome to sanctuary seekers. We recommend that any growing space looking to work with people seeking sanctuary go through a process of training and awareness-building to ensure that they carry out their activities in a way most likely to be accessible and welcoming for all. The Gardens of Sanctuary partnership (City of Sanctuary, Social Farms & Gardens and the Permaculture Association) have developed a resource pack and accreditation process, and are able to offer further support if required. For more details contact the project partners using the details at the end of this report.

“This partnership gives a route to help people become people, and not just refugees who only access refugee services”



Becoming a Garden of Sanctuary

There are three principles that underpin the commitment needed to become a Garden of Sanctuary

1. **Learn** about what it means to be seeking sanctuary
2. Take positive action to **embed** concepts of welcome, safety and inclusion in the growing space and the wider community
3. **Share** the vision and achievements

Becoming a recognised Garden of Sanctuary gives the growing space, sanctuary seekers and any potential referral organisations confidence that this is a safe and welcoming place where everyone will be trusted, treated with dignity and have opportunities to learn and to share together.



**GARDEN OF
SANCTUARY AWARD**
WELCOMING ASYLUM SEEKERS AND REFUGEES

The structure of the award assessment is flexible to allow for gardens to approach becoming a place of sanctuary in a way most suitable to their context. Garden of Sanctuary accreditation will be awarded where there is evidence that each of the Learn, Embed, Share principles is running through the group that is applying. This can be challenging, and additional support is available from the Gardens of Sanctuary partners and local City of Sanctuary groups.



Research Methodology

I. Survey

Two separate questionnaires were put together; one for community growing spaces and one for organisations whose main function is to support refugees and asylum seekers. These questionnaires were distributed through the partner organisations and on social media from August – October 2017.

A total of 186 responses were received across the two surveys, 139 being received for the community growing space survey, and 47 for refugee and asylum organisations. Of this second group, 15 had to be disregarded as they were from growing groups who had completed the wrong survey. Submissions in this group were not disregarded if they were from growing groups who worked solely with refugees and asylum seekers.

The questions were as follows:

Community Growing Groups

1. How many days per week are you open?	
2. What categories do your users/clients/visitors fall into?	
3. What kind of sessions does your group run?	
4. Do you currently, or have you ever, worked with refugees and asylum seekers at your community growing space?	
<i>If Yes</i>	<i>If No</i>
5. Please briefly describe what kind of work you have done with refugees and asylum seekers to date	5. Why not?
6. How did the refugees and asylum seekers you have worked with initially come to/find your group?	6. Would you like to work with refugees and asylum seekers?
7. Approximately how many refugees and asylum seekers would you estimate visit your group per month?	
8. Where would you estimate the top three countries of origin to be for the refugees and asylum seekers you have worked with?	
9. Please indicate the gender split of the refugees and asylum seekers you have worked with	
10. Have you worked with any refugees or asylum seekers who identify as non-binary or transgender?	
11. Has your group experienced any barriers or problems when working with refugees and asylum seekers?	
12. If you wish to, please give more detail or context on any issues that you have	

experienced when working with refugees and asylum seekers	
13. What one thing would help your group work better with refugees and asylum seekers?	
Please rate out of 5 how much you feel you know about the UK asylum system	
Please rate out of 5 how well you feel your group is able to engage with local refugees and asylum seekers	
Please rate out of 5 how well you feel your organisation is able to work with and support traumatised individuals, including torture survivors	

Refugee and Asylum Support Organisations

1. What area of the UK do you work in?	
2. What type of services do you provide?	
3. Have you ever, or do you currently work with or refer individuals to community growing spaces, such as community gardens, city farms or community allotments?	
<i>If Yes</i>	<i>If No</i>
4. How do you engage with the community growing space?	4. Why is this?
5. Have you observed any benefits for the people you work with in engaging with a community growing space?	5. Would you like to work with community growing groups, or be able to refer people to them in the future?
6. Have you experienced any barriers or problems in working with community growing spaces?	
7. If you wish to, please give us more detail or context about any issues you have experienced when working with community growing spaces	

II. Case Studies

There are already many community growing groups working both formally and informally with seekers of sanctuary, and so part of this project has been to highlight the good practice and learning that results from the years of on-the-ground experience these groups have. In total we compiled ten case studies of a range of groups using a combination of face-to-face visits, phone/skype calls and e-mails.

In selecting these particular groups we have tried to get a good geographical distribution, a mix of relatively young and well established groups, a range of organisational sizes and structures, and a balance of groups who are open to the general public and those who work with specific groups only. The groups are:

- Growing Together Levenshulme (Manchester)
- The Grange (Norfolk)
- The Comfrey Project (Gateshead)
- Global Gardens (Cardiff)
- Transition Town Tooting (London)
- Martineau Gardens (Birmingham)
- Kushinga Community Gardens (Birmingham)
- Room to Heal (London)
- New Roots (Bristol)
- Urban Roots (Glasgow)

III. Literature Review

The literature review conducted as part of this research is contained within the body of this report. There is already a comprehensive body of literature demonstrating the various benefits of outdoor activity, and so our reading focussed more the reality of life in the UK for refugees and asylum seekers and the associated health implications, and on the specific benefits of benefits community growing.

IV. Peer Review Panel

In order to appraise and shape this work we recruited an independent panel of experts from a range of backgrounds and disciplines, whose contributions have helped shape the Gardens of Sanctuary awards scheme, and who have also provided feedback on our Resource Pack.



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