



The National
Allotment Society

Allotments and Wellbeing Survey Insights 2025

▶ Charlotte Watts





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Background

- Part of National Allotments Week 2025: *'Allotments and Wellbeing'*
- Survey explored experiences, benefits, and challenges of allotment life
- Conducted February to May 2025 — nearly 2,000 responses
- Included both NAS members and non-members
- High engagement reflects how valued allotments are across the UK
- Findings range from joy in growing to access and resource concerns
- Promoted via newsletters, social media, and partner organisations
- Broad outreach helped capture diverse perspectives



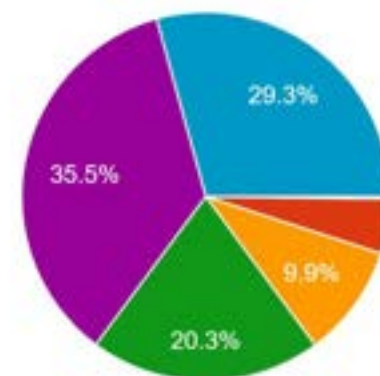


Demographics

- 30.2% under 59 – strong mid-life interest
- 35.5% aged 59–69; 29.3% aged 69+
- 63.8% female, 35.6% male, 0.6% other
- 96.2% White

What is your age group?

1,805 responses





Access and Demand

- 51.5% got a plot within 6 months
- 19.3% waited over 2 years
- Unequal access suggests regional disparities
- 71% held plots > 3 years; 41% > 10 years
- Majority tend plots alone – community still valued
- Most plots: traditional 5- or 10-pole sizes



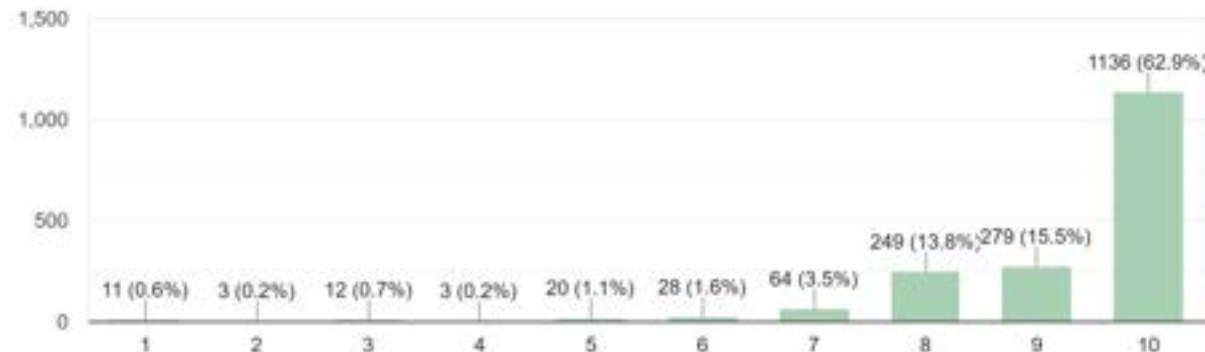


Mental Health Benefits

- 62.9% rated impact as 10/10
- 91.9% rated 8 or above
- Allotments provide stress relief, mindfulness
- “Walk in stressed, walk out smiling”

On a scale of 1 to 10, with 1 being no impact and 10 being highly beneficial, how would you rate the impact of your allotment on your mental well-being?

1,805 responses



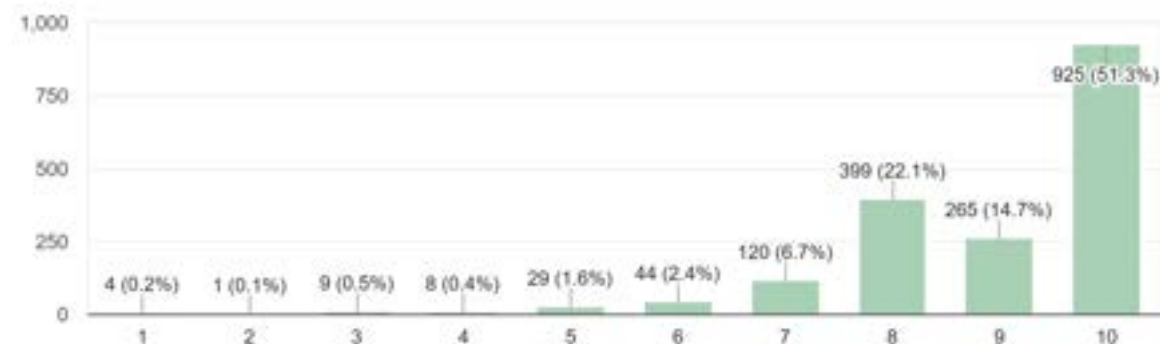


Physical Health Benefits

- 51.3% gave a 10/10 rating
- 88.1% scored 8 or higher
- Gardening = exercise with purpose
- “Better than a gym subscription”

On a scale of 1 to 10, with 1 being no impact and 10 being highly beneficial, how would you rate the impact of your allotment on your physical health?

1,804 responses



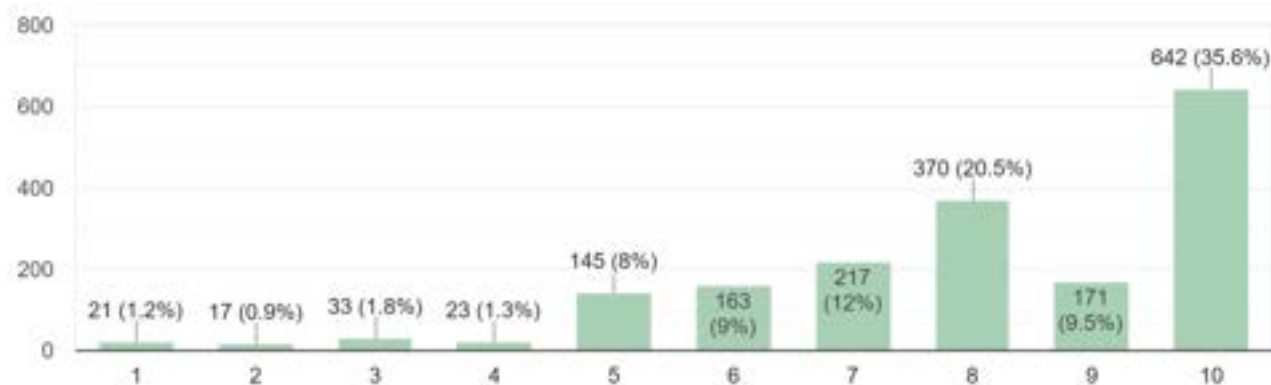


Social Connection

- 80.3% built new social connections
- 35.6% rated social benefit a 10
- 47.6% lack designated social spaces
- Community potential is high but under-resourced

On a scale of 1 to 10, with 1 being no impact and 10 being highly beneficial, how would you rate the impact of your allotment on your social well-being?

1,802 responses



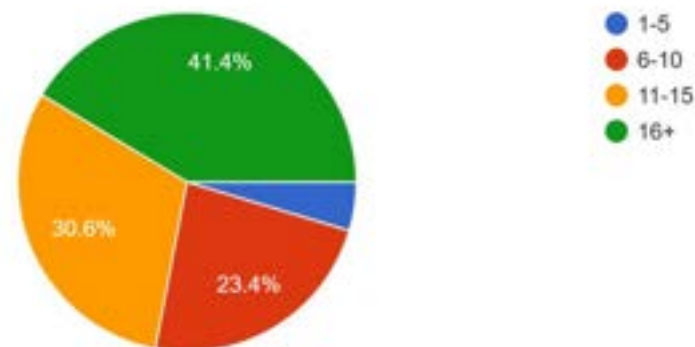


Nutritional Health

- 89.2% eat more fresh produce
- 72% grow 10+ crops; 41% grow 16+
- 71% grow herbs; 81% grow flowers
- Supports healthier, seasonal eating

How many different types of fruit and vegetables do you typically grow in a year on your allotment?

1,797 responses



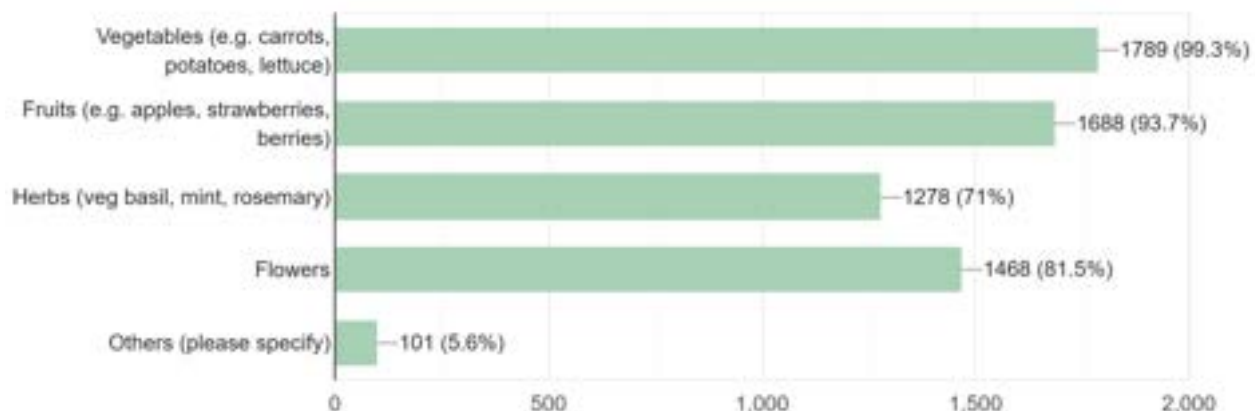


Favourite Crops

- Top 5: Potatoes, Tomatoes, Beans, Onions, Soft Fruit
- Reflects traditional favourites and seasonal staples
- Soft fruit and beans especially popular

What type of crops do you grow on your allotment? Please select all that apply

1,801 responses





Challenges

- Access inequality and long waits
- Ste infrastructure lacking (waste, social space)
- Governance issues in some areas
- Only 5.2% linked to social prescribing
- Protection of allotments

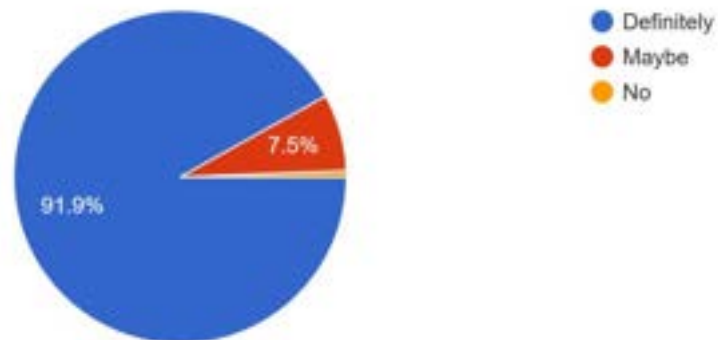




Opportunities

- 91% of respondents would recommend having one
- Integrate allotments into planning and public health
- Promote social prescribing and urban greening
- Engage diverse communities more effectively
- Protect allotment sites

Would you recommend having an allotment to others for improving wellbeing?
1,795 responses





Hopes

- Expand provision and improve accessibility
- Enhance support and communication
- Strengthen legal protections
- Promote benefits and build inclusive communities





Final Thoughts

- Allotments = wellbeing, resilience, connection
- 91% recommend having an allotment
- “It’s not just about growing—it’s about living better”
- Thank you – questions welcome!





The National
Allotment Society

**Thank you
for listening!**

▶ www.thenas.org.uk

