

### Abstract

Clydach community gardens is a community-led and is based in Swansea, Wales, established in 2019. It promotes sustainable food production, nutrition, education, volunteering, and social inclusion. This poster evaluates its effectiveness in improving dietary intake and wellbeing across all ages (Clydach community gardens, no date).

### Background and summary

Poor diet is influenced by wider determinants such as income, education, transport, social isolation, and food availability (UK Parliament, 2022). Community gardens can improve access to fresh local produce, build food skills for people of all ages, help biodiversity thrive, and improve local communities in the prevention of food poverty and the prevention of diet-related ill-health (GOV.Wales, 2025).

### Intervention

The project has transformed unused land into an organic and regenerative growth space where volunteers grow fruit and vegetables and take part in weekly gardening sessions (Clydach community gardens, no date).

### Delivery on intervention

Activities include volunteering, community events, and partnerships with health and local organisations (Social Farms and gardens, no date).

### Effectiveness and critical evaluation

Strengths include improved access to produce, practical nutrition skills, physical activity, and with the main objective to reduced social isolation and improve wellbeing (NHS Wales, 2024).



### The impact across the people of the community

Children benefit from food education; adults gain affordable produce and cooking confidence; older adults benefit from social contact and low impact exercise (Clydach community gardens, no date).

### Nutritional strategies

It provides nutritional support to the community the produce is distributed to local food banks to aid in reducing food poverty and providing fresh, health options (GOV.Wales, 2025). It provides educational skills with weekly sessions it provides informal education on cooking and nutrition to adults and children, helping the community gain confidence in food skills (GOV.Wales, 2025). The garden improves food security, it is part of a broader local strategy such as Food Matters Wales, Swansea Environmental Forum, and Clydach community Council to reduce ill health and improve diet and improve the supply of sustainable, locally sourced food to improve carbon emissions to improve the environment (GOV.Wales, 2025).

### Conclusion

Clydach community gardens is an effective example of a sustainable community food project that supports nutritional health, wellbeing, and environmental sustainability.

### Reference list

Clydach Community Gardens CIC (no date) *Clydach Community Gardens*. Available at: <https://www.clydachcommunitygardens.org/> (Accessed: 14 May 2026).  
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