

Nicholas Catahan



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To explore volunteer's stories in gardens as Sustainable Development Goal' (SDG) metrics with a focus on transformative health and wellbeing.

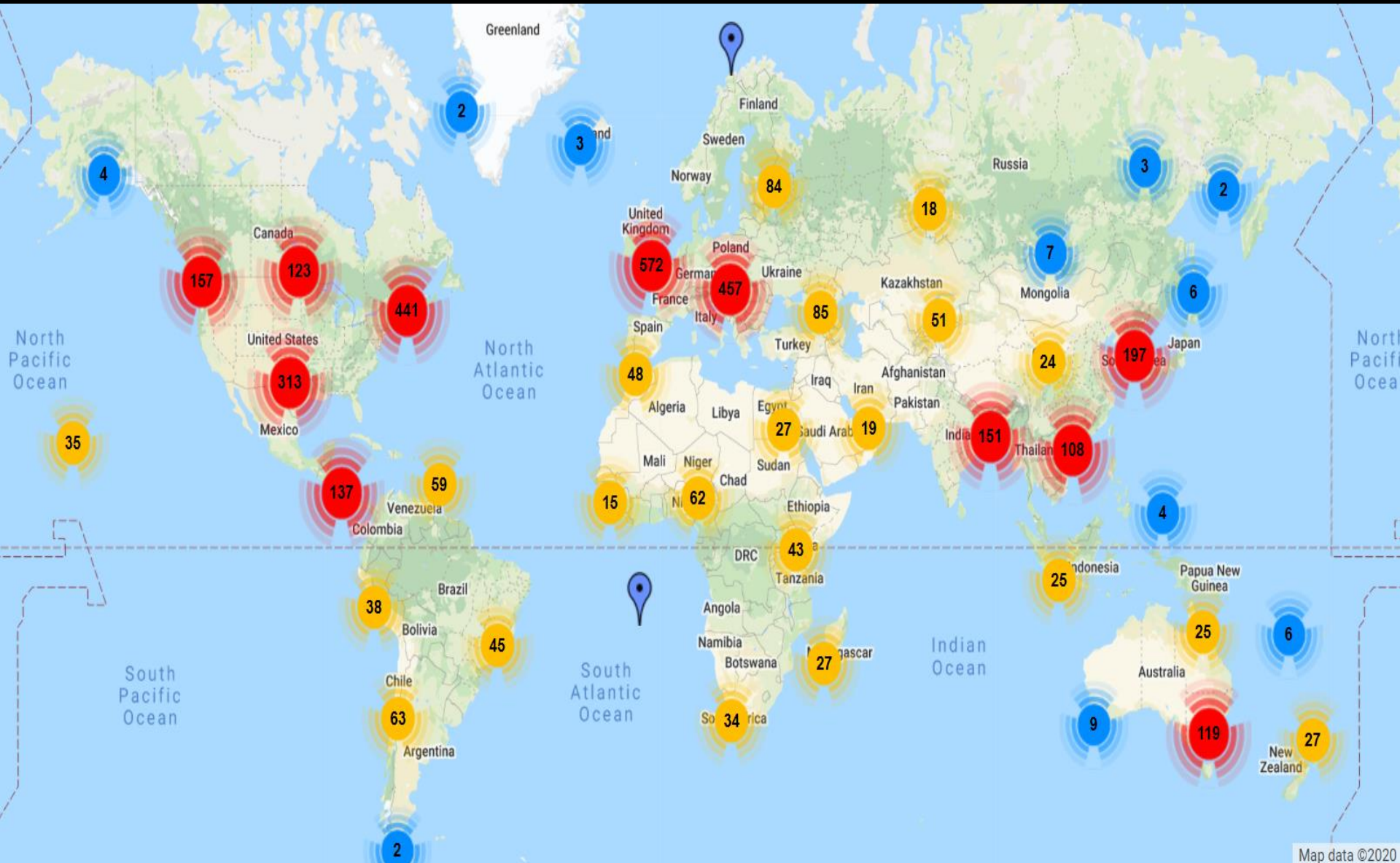
- Transformative health & wellbeing
- Increased, mindful participation
- Model of measuring SDGs
- Enhanced understanding of place
- Service marketing & TSR opportunities

Botanic gardens are institutions holding documented collections of living plants for the purpose of:

- scientific research,
- conservation,
- display,
- and education. (BGCI, 2021)



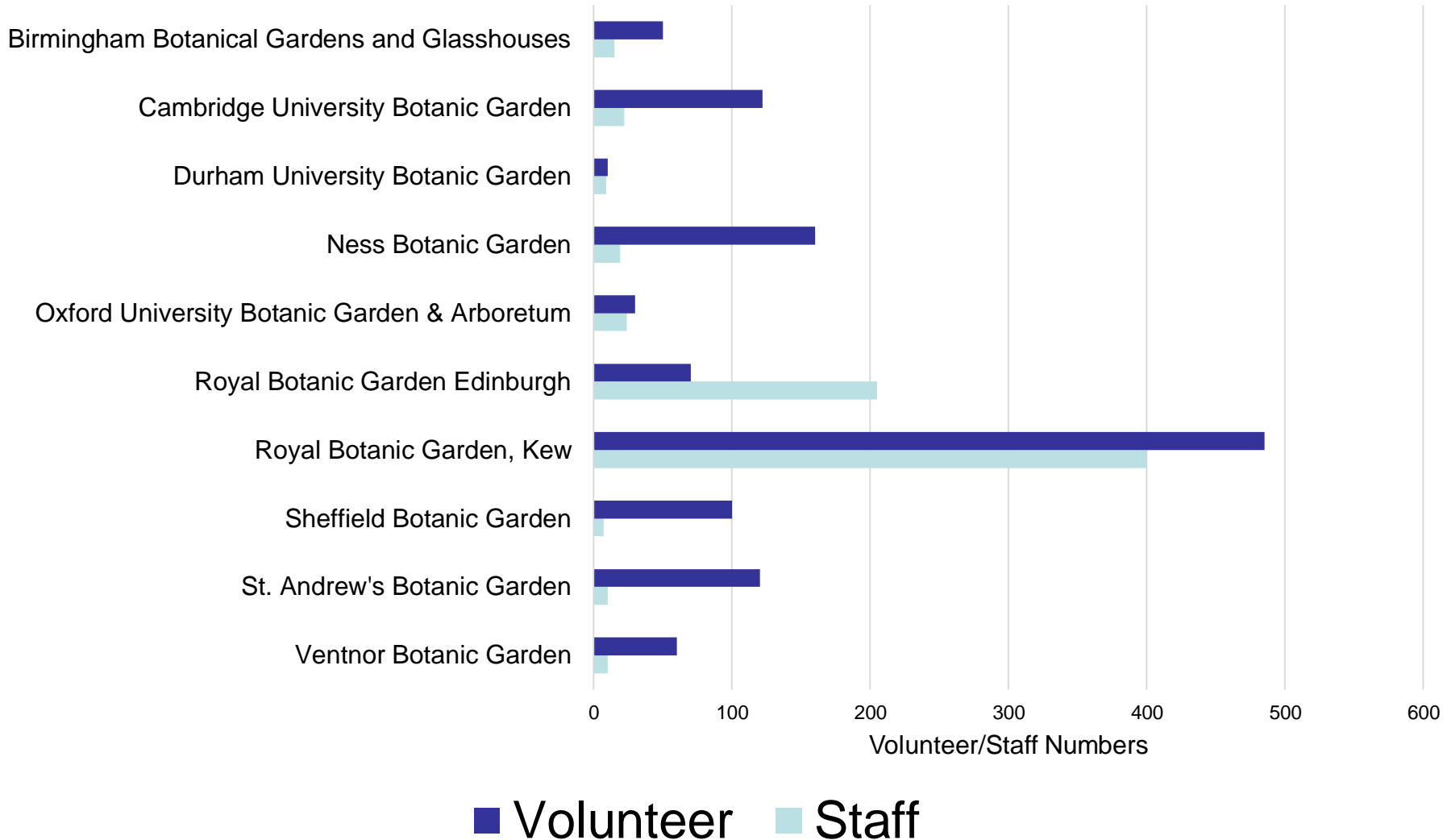
**BOTANIC
GARDENS**
CONSERVATION
INTERNATIONAL

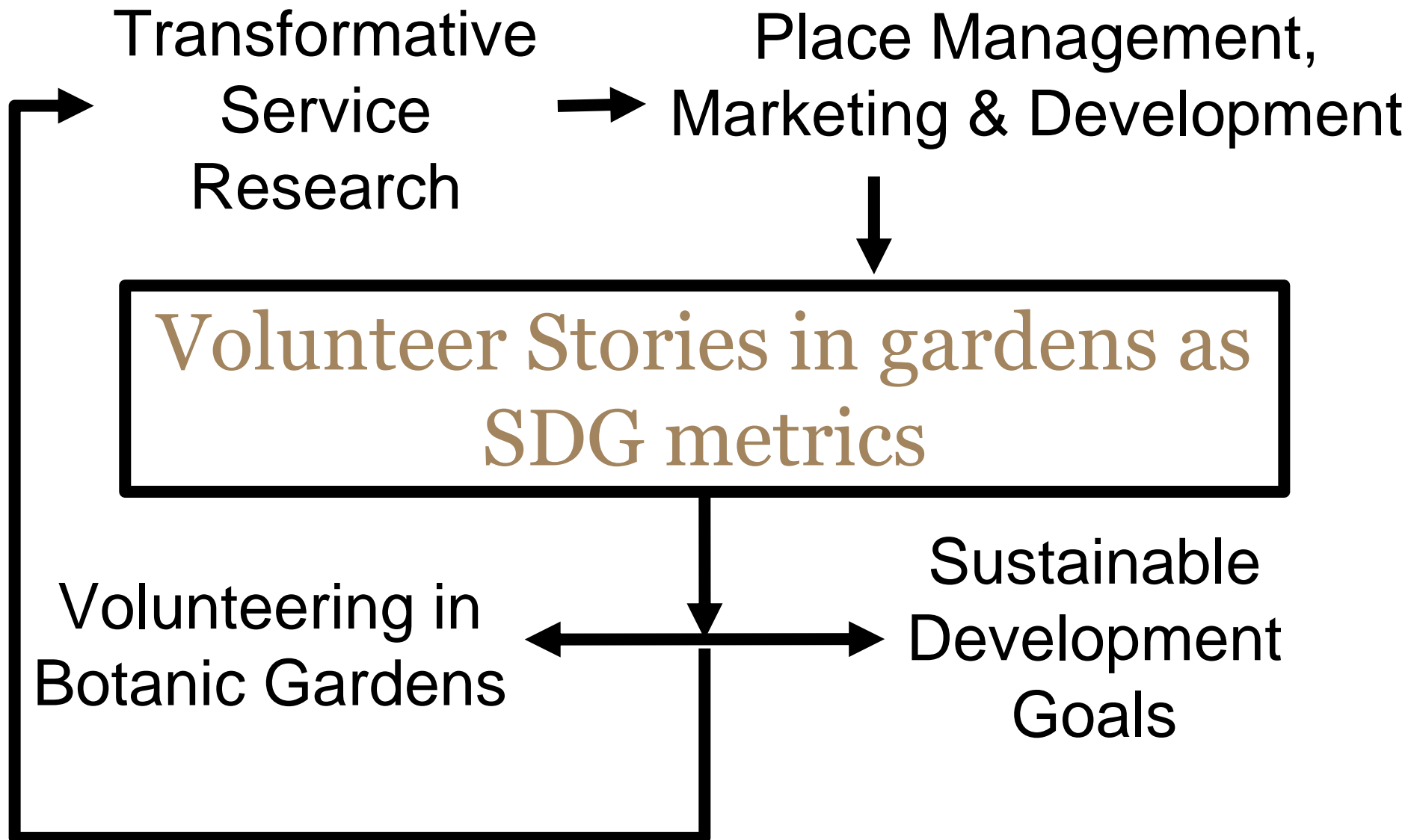


Botanic Garden Staff/Volunteer Numbers

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Sample of Botanic Gardens





TSR attempts to understand how to:

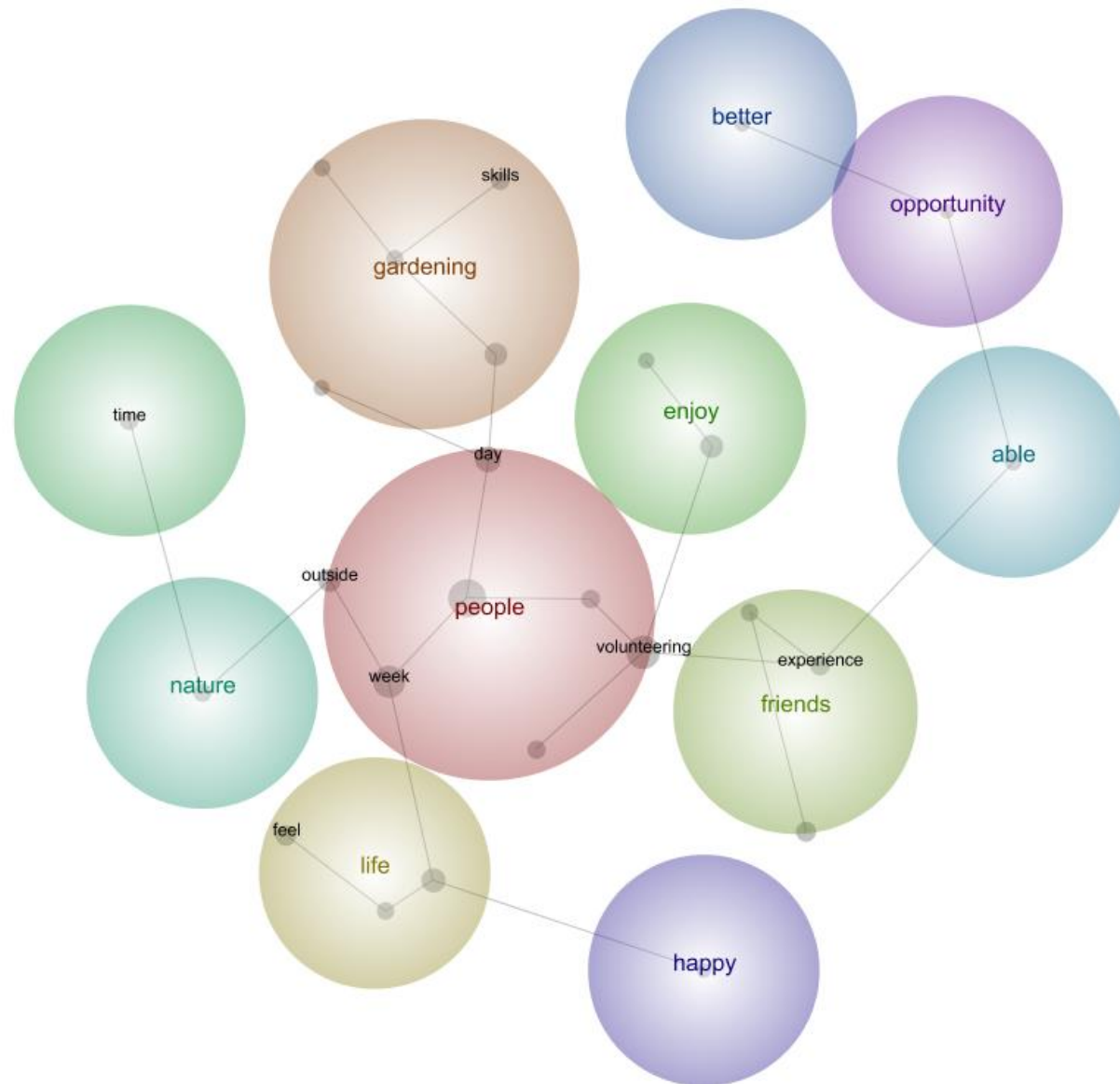
- Create & sustain collective wellbeing & positive social impact.
- Create experiences that deliver “uplifting changes”.
- Develop solutions that improve the wellbeing of individuals, families, communities & the broader society.
- Understand & improve relationships between various stakeholders participating in service.

"a coordinated, area-based, multi-stakeholder approach to improve locations, harnessing the skills, experiences and resources of those in the private, public and voluntary sectors". (Institute of Place Management, 2020)

Content analyses

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“I felt that there was a purpose to life and many people there were feeling the same way.”

“[...] my self confidence and mental health has improved a huge amount as has my physical health.”

“Aside from the obvious benefits of getting out in the fresh air it has given me back some structure.”

“Anti depressants quickly became a thing of the past within three months of starting as a volunteer.”

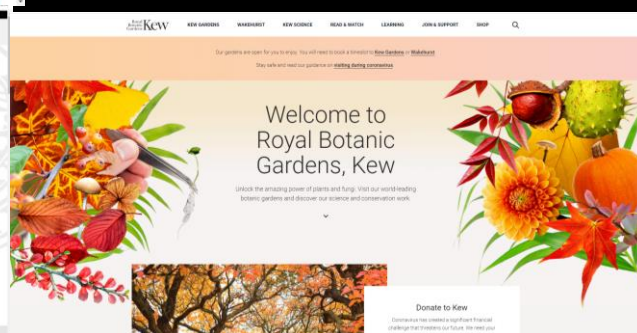
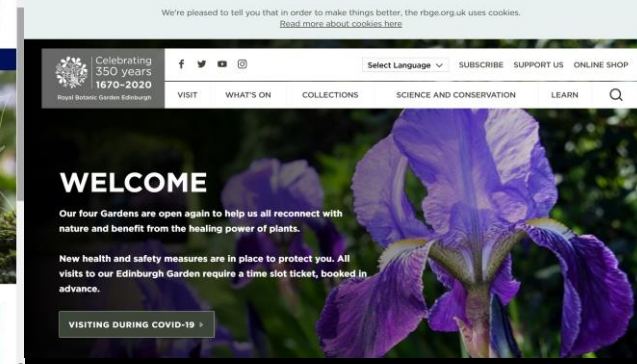
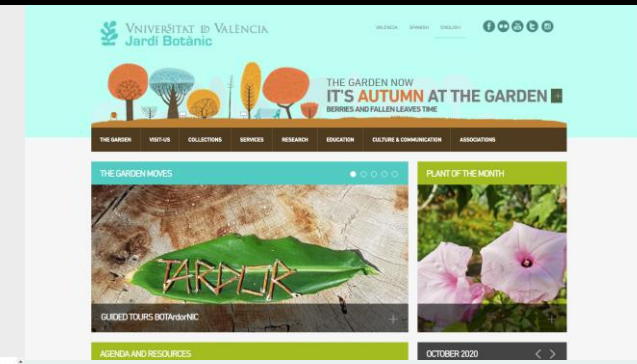
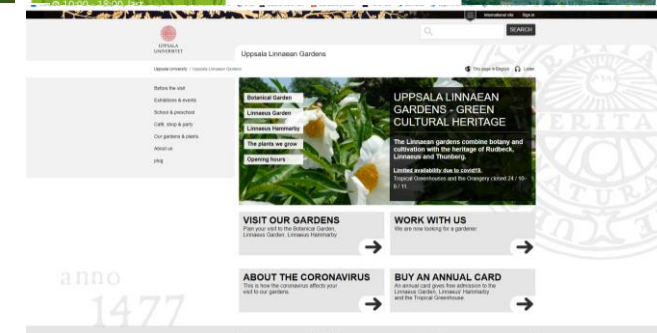
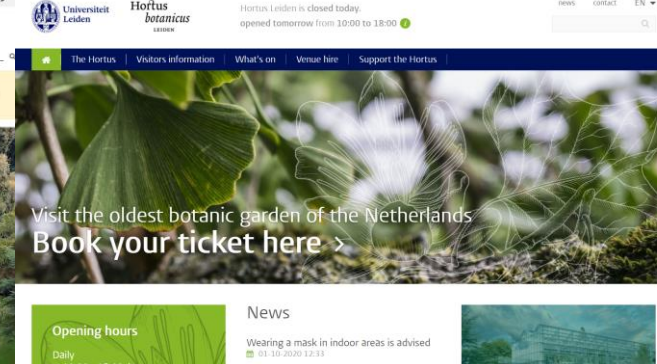
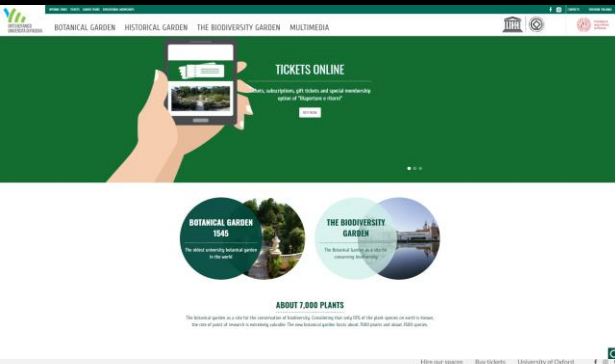
“Volunteering is giving the structure to my week that I was hoping for.”

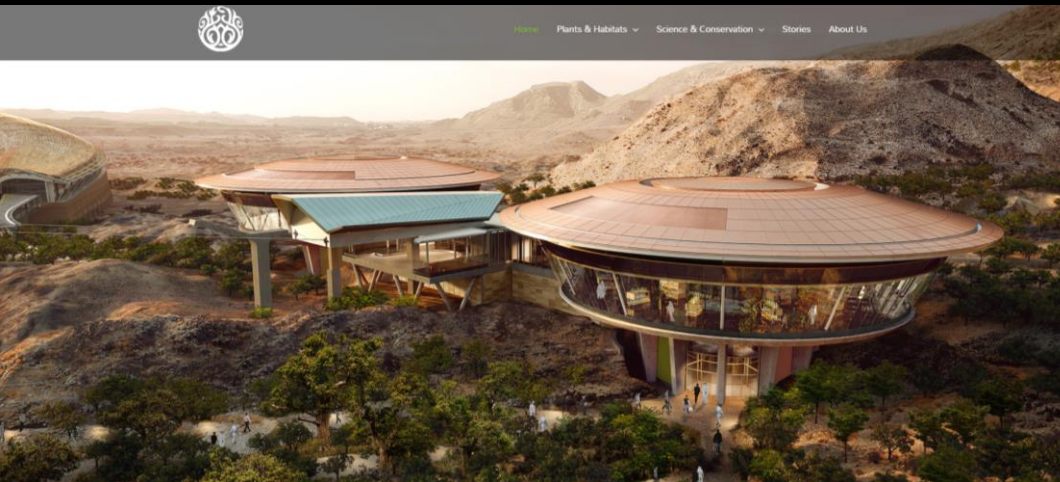
“Positive experience for my mental and physical wellbeing.
Good to meet fellow volunteers on a regular basis hence
positive social aspect. Find gardening, even mundane duties,
therapeutic. Feel positive about doing volunteering work.”

“A lot healthier to be in the outdoors as opposed to staying
inactive indoors. [...] I am 67 but planning a longer life -
volunteering helps this goal.”

“Immediately prior to volunteering, I was in intensive outpatient treatment for anorexia nervosa and signed off work following multiple suicide attempts. Very lost, very isolated, very lonely, very scared, very tired, very anxious, very ashamed (and trying to hide all of this); life was free-falling into a great big black hole. [...] But I'm still here and have volunteered nearly every week doing this whole time. Anorexia - still in recovery but getting more recovered on balance, won't miss out on the opportunity for my coffee and biscuits when I'm volunteering. Physical health - so much stronger, more robust, less tired, sleeping bit better. Mental health - handling the crisis points much better [...], the anxiety is still hideous off and on but goes mostly when I'm volunteering [...].”

I love my life now!
Volunteering is just
THE best thing
ever!







eden project





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A time to say thanks!

Volunteer Stories in Gardens as SDG Metrics

SUSTAINABLE DEVELOPMENT GOALS



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