

## National Allotment Society Launches 2025 Survey to Champion Allotment Wellbeing

Wednesday 5 March, 2025

As part of **National Allotments Week 2025**, themed '**Allotments and Wellbeing**', the **National Allotment Society (NAS)** is calling on all allotment holders, gardeners, and green space enthusiasts to share their experiences in a nationwide survey.

This survey aims to gather valuable insights into the joys and challenges of allotment gardening, highlighting its role in supporting mental and physical wellbeing. The feedback collected will help NAS continue its vital work to **protect, preserve, and promote allotments** for future generations.

"Allotments provide so much more than fresh produce – they are a source of community, physical activity, and peace of mind," says Charlotte Watts, Marketing Officer at NAS. "By taking part in this survey, you will be helping us advocate for better resources, policies, and protections to ensure allotments remain an accessible and cherished part of our lives."

NAS urges all allotment holders and gardening enthusiasts to participate in this important survey. It only takes a few minutes to complete, but the impact will be long-lasting. The results will shape future initiatives, support lobbying efforts, and ensure allotments continue to thrive as essential green spaces.

To take part, visit <https://forms.gle/hCvg5R1hn5XHnnmi8> have your say today!

For more information, please contact:

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