

# National Allotments Week 2025 to Focus on Allotments and Wellbeing

Thursday 6 February, 2025

## Press Release

### For Immediate Release

#### National Allotments Week 2025 to Focus on *Allotments and Wellbeing*

The National Allotment Society is delighted to announce that the theme for this year's National Allotments Week (11-17 August 2025) is Allotments and Wellbeing. This yearly celebration showcases the essential role of allotments in promoting mental, physical, nutritional, and social well-being by strengthening community ties and enhancing overall health.

As part of this initiative, we are launching a nationwide survey open to all allotmenters to explore the specific wellbeing benefits of allotments. The survey aims to uncover what allotmenters find most beneficial about their plots, as well as key demographic insights. The results will be revealed during National Allotments Week, offering an exclusive look into the experiences and perspectives of those who tend to these cherished green spaces.

We encourage all allotment holders to participate and share their views. The findings will provide valuable insights into the personal and social benefits of allotments, helping to highlight their importance to both individuals and communities.

Stay up to date with National Allotments Week by visiting our website regularly for further updates, event announcements, and ways to get involved. Enclosed with this release is a special media information pack for National Allotments Week (NAW Media).

General press information can also be found on our website [\[media\]](#).

For further details, media inquiries, or interview requests, please contact:

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Join us in celebrating the wellbeing benefits of allotments and be part of this nationwide movement!

**The National Allotment Society** is the leading national organisation upholding the interests and rights of the allotment community across the UK. We work with government at national and local levels, other organisations and landlords to provide, promote and preserve allotments for all. Find out more:

[www.thenas.org.uk](http://www.thenas.org.uk)

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