Living Lab project brief - Lauristone Farm

Determining the health and wellbeing benefits of volunteering for the Lauriston Farm Project

Key SRS contact for this project (name, role, email)

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlotte Lee-Woolf</td>
<td>Business Development Manager for Social Responsibility &amp; Sustainability</td>
<td></td>
</tr>
</tbody>
</table>

Proposed supervisor, if different from the key contact (will need to be approved by proposed supervisor and line manager if relevant)

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Rob Davidson</td>
<td>Project Coordinator, Lauriston Farm Project</td>
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Description of the paper

This paper provides a brief overview of a potential project that could usefully inform the SRS Department’s work.

Draft research question

What is the psychosocial effect of volunteering on a large urban food growing project – Lauriston Farm?

Background

The study will lay the foundation for innovative research and evaluation methodology to fully assess the diverse human health, well-being and related impacts of a Lauristone-type project on its volunteers -- methodology which is not currently agreed upon by experts, nor in any wide and consistent use by Rewilding projects across the UK or farther afield. Because the LF project -- due to its siting in a major urban area -- will have impacts on potentially hundreds to thousands of such volunteers over the next few years, it is critical to robustly assess these impacts from the start. [www.Lauristonfarm.scot](http://www.Lauristonfarm.scot)

Objectives

- Assess the health and well being aspects of volunteering on a large urban farm.
- Identify and assess alternative solutions in relation to the methodology of researching health and wellbeing impact on volunteers of rewilding on a large urban farm.
- Assess the practical implications of a broader research program. Will there be any significant cost or operational implications?
- Identify how the project or recommendations could be replicable in other urban farms across Scotland and the UK.
Data set provision
Research data may be available from the publicly available Data Library found here:
https://www.ed.ac.uk/sustainability/what-we-do/research/initiatives/the-university-as-a-living-lab/data

<table>
<thead>
<tr>
<th>Data needed for this project (delete as appropriate)</th>
<th>Data sets available from and contact information (delete as appropriate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surveys</td>
<td>To be completed as part of the project</td>
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Outputs
The project write up or dissertation will be a researchers own piece of research. They will decide what they think the results show and draw their own conclusions. The project will need to be shared with colleagues within and out with SRS, so that we can try to make operations changes based on the researchers’ recommendations.

<table>
<thead>
<tr>
<th>Output format</th>
<th>Insert not applicable or Yes (with further detail)</th>
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<tbody>
<tr>
<td>Presentation to a number of stakeholders</td>
<td>Yes (to our funders)</td>
</tr>
<tr>
<td>Mixed media resource for reuse</td>
<td>Yes (to share with other similar projects)</td>
</tr>
<tr>
<td>Report with operational recommendations</td>
<td>Yes for staff at Lauriston Farm</td>
</tr>
<tr>
<td>Resources for staff/student behaviour change</td>
<td>n/a</td>
</tr>
<tr>
<td>Resources for staff/student training</td>
<td>n/a</td>
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Transformational change with the SDGs
The Sustainable Development Goals showcase 17 things humanity must do to ensure peace and prosperity for people and the planet, now and into the future.

The information in this table was obtained with permission from the UN sustainable goals website, www.un.org/sustainabledevelopment/sustainable-development-goals

The Sustainable Development Goals for 2030, with a brief description of it’s intention with an example action that can be taken to meet that goal.

<table>
<thead>
<tr>
<th>Briefly describe the project's link to the main SDG it works towards and up to three SDG sub themes.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donate what you don’t use. Economic growth must be inclusive to provide sustainable jobs and promote equality. More than 700 million people still live in extreme poverty.</td>
</tr>
<tr>
<td>Waste less food and support local farmers. A third of the world’s food is wasted, yet 821 million people are undernourished. The food and agriculture sector offers key solutions for development, and is central for hunger and poverty eradication.</td>
</tr>
</tbody>
</table>
### Vaccinate your family.
Vaccinations resulted in an 80% drop in measles deaths between 2000 and 2017. Ensuring healthy lives and promoting the well-being for all at all ages is essential to sustainable development.

### Help educate the children in your community.
617 million children and adolescents lack minimum proficiency in reading and mathematics. Obtaining a quality education is the foundation of improving people’s lives and sustainable development.

### Empower women and children and ensure their equal rights.
One in three women has experienced physical and/or sexual violence. Gender equality is not only a fundamental human right, but a necessary foundation for peaceful, prosperous and sustainable world.

### Avoid wasting water.
Water scarcity affects more than 40% of the world’s population. Clean, accessible water for all is an essential part of the world we want to live in.

### Use only energy-efficient appliances and light bulbs.
Three billion people still lack clean cooking fuels and technologies. Energy is central to nearly every major challenge and opportunity.

### Create job opportunities for youth.
One-fifth of young people are not in education, employment or training. Sustainable economic growth will require societies to create the conditions that allow people to have quality jobs.

### Fund projects that provide basic infrastructure.
Roads, water, sanitation and electricity remain scarce in many developing countries. Investments in infrastructure are crucial to achieving sustainable development.

### Support the marginalised and disadvantaged.
The poorest 40% of the population earn less than 25% of global income. To reduce inequalities, policies should be universal in principle paying attention to the needs of disadvantaged and marginalised populations.

### Bike, walk or use public transportation.
Nine out of ten urban residents breathe polluted air. There needs to be a future in which cities provide opportunities for all, with access to basic services, energy, housing, transportation and more.

### Recycle paper, plastic, glass and aluminium.
By 2050, the equivalent of almost three planets could be required to sustain current lifestyles. It’s about doing more and better with less and decoupling economic growth from environmental degradation.

### Act now to stop global warming.
Global emissions of carbon dioxide (CO₂) have increased by almost 50% since 1990. Climate change is a global challenge that affects everyone, everywhere.
Avoid plastic bags to keep oceans clean. Over three billion people depend on marine and coastal biodiversity for their livelihoods. Careful management of this essential global resource is a key feature of a sustainable future.

Plant a tree and help protect the environment. Forests are home to more than 80% of all terrestrial species of animals, plants and insects. Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss.

Stand up for human rights. Access to justice for all, and building effective, accountable institutions at all levels. In 2018, the number of people fleeing war, persecution and conflict exceeded 70 million.

Lobby your government to boost development financing. Revitalise the global partnership for sustainable development. Achieving the SDGs could open up US$12 trillion of market opportunities and create 380 million new jobs by 2030.

The University of Edinburgh Strategy 2030
Strategy 2030 can be found here: www.ed.ac.uk/about/strategy-2030

The Social and Civic Responsibility Delivery Plan
To deliver Social and Civic Responsibility at the University of Edinburgh, we have chosen three strategic objectives and one cross-cutting theme.

The Social and Civic Responsibility Delivery Plan can be found here and in a summary box below: www.ed.ac.uk/files/atoms/files/social_and_civic_responsibility_delivery_plan_2020.pdf
# Social and Civic Responsibility Delivery Plan

**Objectives and one cross cutting theme**

1. We will become a zero carbon and zero waste university.

2. We will widen participation in higher education and support inclusion.

3. We will work together with local communities.

**Cross cutting theme:** In our operations, research and teaching we will engage critically with, and contribute to the Sustainable Development Goals, including the promotion, protection and respect for human rights.

## Briefly describe the project’s link to the objectives, how it is relevant and how this project works towards those objectives.

<table>
<thead>
<tr>
<th>Social and Civic Responsibility Delivery Plan</th>
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<tr>
<td><strong>We will become a zero carbon and zero waste university</strong> Increasing opportunities and raising aspirations by making education and employment an achievable goal for more people in Scotland and globally.</td>
<td>The Lauriston Farm Project is supported by Edinburgh Innovations and creates opportunities for education and to develop skills for employment through volunteering in the local area. This project will make those opportunities more accessible and fairer.</td>
</tr>
<tr>
<td><strong>We will widen participation in higher education and support inclusion</strong> Increasing opportunities and raising aspirations by making education and employment an achievable goal for more people in Scotland and globally.</td>
<td>This project works with local communities involved in the farm project and this work will evaluate the impact of volunteering to ensure it is a positive experience that improves the lives of local people.</td>
</tr>
<tr>
<td><strong>We will work together with local communities to contribute to improve the lives of people across the Edinburgh City Region and beyond.</strong></td>
<td>This work may touch on workers’ rights and therefore human rights. As laid out above it will contribute to several SDG’s.</td>
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