

Meet the team



An interview with Amy Simon, one of the most kind and generous volunteers we have at Communigrow.



If you had the chance to attend some of the Communigrow Talks we offered via Zoom this year, you probably have seen or met one of the most kind and generous volunteers we have, Amy Simon. She is behind the scenes, researching, contacting and finding great speakers who would like to share some of their knowledge on horticulture, sustainable food, soil management, environment, wellbeing and community projects with us and those who follow us online. She is also who does the proofreading of all our newsletters – that’s a very important job! She has also volunteered at the field helping us to sow Chicory seeds. She loves nature, people and plants – her house plants are beautiful! Hope you can join one of our future talks and meet Amy virtually!

What inspired you to join Communigrow?

During the Covid-19 lockdowns I felt I wanted to make use of my spare time for a good cause. When I came across Communigrow I was very excited by their mission. I studied human and environmental geography at university, and have always been interested in local initiatives seeking to address social and environmental issues. I became very passionate about Communigrow’s work at the intersection of organic food production and physical and mental wellbeing and wanted to get involved in any way that I could!

How do you support Communigrow? What does it involve?

For the past year I have been helping remotely as a volunteer in the digital team. I helped to organise the 2021 Communigrow Zoom Talks series – we hosted some fascinating external speakers who shared with us their knowledge on a range of topics from gardening and wellbeing to soil health, forest gardening, sustainable food supply chains and green social prescribing. In addition, I help with proofreading the volunteering and subscriber newsletters. I’m currently planning the 2022 speaker line-up, and next year I’m hoping to visit the field more in-person and help directly with the growing projects too.

What have you learnt while volunteering with Communigrow?

I very much enjoyed learning from the guest speakers who shared their research and knowledge on the topics mentioned above. In particular, I was interested in the role of scent, colour and water features in our experience of gardens and outdoor spaces, and how these can impact our mood and sense of wellbeing. I also very much enjoyed the discussion around forest gardening and the multiple layers of edible and non-edible plants that can be grown in harmony on the same plot of land.

Has volunteering made a difference to you? If so, how?

Volunteering with Communigrow has absolutely reinforced my interest in gardening and growing – I have an expanding collection of houseplants and would love to make the leap to outdoor gardening and growing my own vegetables in 2022.

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What advice would you give to anyone interested in volunteering?

I would encourage everyone to find a volunteering opportunity and to follow their interests outside of their ordinary work-life routine. At the same time it's important to be realistic about the time you have available to help. Most of all: enjoy the experience of meeting and working with new people, learning about new things, and contributing your time towards something meaningful!

