Ecosystem and human health benefits of environmental volunteering on Kangaroo Island, SA

Final Report
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This project is a joint initiative of Natural Resources Kangaroo Island, Kangaroo Island Health Service, Eco-action Kangaroo Island, Finding Workable Solutions, Junction Australia and Regional Development Australia with funding from a State NRM Community grant, Building Skills in the Region grant and KI Health Service.

For bibliographic purposes this paper should be cited as:

FRONT COVER IMAGES. PARTICIPANTS AND FACILTATORS FROM ONE OF THE “GET DIRTY FEEL GOOD” PROGRAMS.
FOREWORD

This project is delivering the Kangaroo Island Natural Resources Management Plan *Here to Stay — for our children and grandchildren 2009–2019*. The following outcomes, strategies, actions and targets from the plan are relevant to the project.

Program

Ecosystem and human health benefits of environmental volunteering on Kangaroo Island, SA

Long-term outcome

- Cooperative relationships between community, industry and agencies. Community, industry and agencies committed to participating in NRM
- Community, industry and agencies with the knowledge, skills and resources to contribute to NRM outcomes

Short-term outcome

- Community, industry and agencies have awareness of NRM issues. Relevance of NRM revealed and increased for community, industry and agencies
- Community, industry and agencies have a greater commonality of vision and complementary strategies
- NRM networks and visions established and/or revitalised. Community, industry and agencies have opportunities to participate in NRM at various levels. Farm and vegetation management better integrated
- Community, industry and agencies have opportunities to participate in NRM at various levels. Personal time and resources less limiting

Strategy

- Promote the relevance of NRM to all our community
- Promote increased agreement of the community on the visions for NRM Protect and where necessary restore key habitats, communities and populations
- Build on- and off-Island networks to assist in NRM activities
- Provide increased opportunities and reward for involvement in NRM

Regional target

- RT2.1 By 2018 at least 80% of the community identifies natural resources management as being highly relevant to themselves
- RT2.2 By 2018 formal cooperative arrangements exist between all key Kangaroo Island organisations which have relevance to natural resources management
- RT2.3 By 2018 the proportion of Kangaroo Island residents who are members of NRM-relevant community organisations is greater than in 2009
- RT2.4 By 2018 a greater proportion of Kangaroo Island residents are participating in organised NRM events than in 2009.
Photos: Program activities including shorebird surveys, weeding, and dolphin surveys
EXECUTIVE SUMMARY

The importance of the natural environment for human health and wellbeing is currently undervalued. Benefits can be wide ranging and include social inclusion, physical and mental health, wellbeing and developing skills. There is also some evidence that environmental volunteering, in particular, can provide a unique way of improving the wellbeing of participants but that such benefits are not universally accessible, as such volunteering often excludes marginalised members of a community. As budgets reduce in the environment sector and the importance of community involvement in taking responsibility for the environment is increased, understanding the benefits of and barriers to environmental volunteering by a diverse group of people is important for organisations wanting to encourage volunteering and retain existing volunteers. Engaging people in natural resource management, especially those who previously had experienced barriers to participation, also provides an opportunity to foster environmental stewardship in the wider community.

This study investigates the ecosystem and human benefits of environmental volunteering in a rural community on Kangaroo Island in South Australia. Of the 32 people that participated in the program, 78% were considered marginalised and only 9% were currently engaged in environmental volunteering. Participants engaged in a structured program ("Get dirty feel good") of environmental volunteering activities to improve their awareness of the environment and the need to conserve it. As part of the program, their wellbeing, social connectedness and environmental awareness was assessed. Information/training was also provided for a range of other topics such as First Aid, healthy eating, exercise, career development, photography and wellbeing. Strategic partnerships were established between conservation, regional development, employment and health agencies/groups to create a sense of ownership and community cohesion in conserving the environment and improving wellbeing.

Ecosystem benefits in this study included 32 participants contributing 1015 volunteer hours of which 520 hours was spent specifically assisting with the on-ground delivery of natural resource management projects in the region. No significant difference in environmental awareness or stewardship was detected between the start and end of the program but when questioned directly as to whether the program had improved their understanding of the environment or the need to conserve it, most participants reported that it had to a large extent. More detailed measures of environmental awareness and stewardship are needed.

Human health benefits included improved mood states at the end of activities and a significant increase in general wellbeing of participants at the end of the program compared to the start. Mood state did not appear to be influenced by whether the activity was outside compared to inside. Group dynamics was more likely to be a key determinant of mood state. General wellbeing tended to decline three months after program completion if no employment, training or volunteer work was undertaken. Social connectedness and learning about the environment were considered by the participants to be the greatest benefits of the program.

Other benefits included 31% of those seeking employment obtained employment, 31% underwent further training and 50% joined a volunteer group at completion of the program. Service providers stated that the program improved their client’s self-esteem and confidence and provided a good first step for those that had been socially excluded to then go on to something else like further training.

Success factors and challenges for future volunteering programs are discussed. This study demonstrates that environmental volunteering can offer a wide range of benefits to participants and to the wider community. The direct benefits contribute to ecosystem health as well as improving wellbeing and social connectedness in a rural community. The study allowed people from diverse backgrounds to come together with facilitated support, over a common purpose, conserving the environment, to improve their own health while facilitating social inclusion. Future environmental volunteer programs can increase participant engagement by facilitating the involvement of those members of the community that are socially excluded.
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1. INTRODUCTION

The importance of the natural environment for human health is currently undervalued (Maller et al. 2008). While most people are aware of the health benefits from sport and recreation, few are aware of the range of other health and wellbeing benefits arising from contact with nature. There is, however, increasing empirical evidence that nature contact, particularly in western societies, provides positive effects in terms of physical health, psychological wellbeing, cognitive ability and social cohesion (see reviews in Maller et al. 2008, Keniger et al. 2013). There is also some evidence that environmental volunteering, in particular, can provide a unique way of optimising wellbeing of participants (O’Brien et al. 2010, O’Brien et al. 2011, Moore et al. 2007).

Understanding the mechanisms that promote health and well-being through nature contact is important for maintaining and improving human wellbeing in a rapidly urbanising world.

Environmental volunteering provides characteristics that address all five factors considered necessary for optimal wellbeing which include: 1) nature contact 2) satisfactory human relationships, 3) meaningful occupation, 4) opportunities for creative expression, and 5) making a positive contribution to human society (Furnass 1996). While environmental volunteer groups primarily seek to protect the biodiversity of specific areas, recent studies have demonstrated that involvement in these activities can produce additional health and wellbeing benefits for individuals and communities with a range of differing abilities and from different socio-economic backgrounds (Moore et al. 2007, Maller et al. 2008, O’Brien et al. 2010, Keniger et al. 2013). Benefits are wide ranging and include social capital, social inclusion, health and wellbeing, developing skills, physical health and cognitive performance (see reviews Maller et al. 2008, O’Brien et al. 2010, Keniger et al. 2013).

In South Australia, 60,000 people volunteer each year on natural resource management projects and, as budgets reduce in the environment sector the importance of community involvement in taking responsibility for the environment has increased (DEWNR Corporate Plan 2014-16). Nevertheless, despite the demonstrated benefits, barriers to volunteering still exist such as lack of time, information, money, transport, motivation, depression and social isolation (O’Brien et al 2010). People that volunteer in the environment sector are typically more likely to be male and from a higher socio-economic sector (Low et al. 2007 as cited by O’Brien et al. 2010). Marginalised people such as long term unemployed and people with mental or physical health problems or learning difficulties are also less likely to participate in environmental volunteering (O’Brien et al. 2011). Understanding the benefits of and barriers to environmental volunteering of a diverse group of people is important for organisations wanting to encourage volunteering and retain existing volunteers. Engaging people in natural resource management that previously had not engaged in environmental volunteering, such as those that are marginalised or socially excluded, also provides a way to foster environmental stewardship in the wider community.

This study investigates the ecosystem and human health benefits of environmental volunteering in a rural community on Kangaroo Island in South Australia. Strategic partnerships were established between conservation, regional development, employment and health agencies/groups to create a sense of ownership and community cohesion in conserving the environment and improving wellbeing. Participants engaged in a structured program of environmental volunteering activities to improve their awareness of the environment and the need to conserve it. Wellbeing and social connectedness were also measured. Understanding the importance of protecting and actively participating in conserving the environment is critical to future environmental and human health. Environmental stewardship links present and future mental health and wellbeing of human populations and is likely to improve the resilience of a community facing challenges such as climate change.
2. OBJECTIVE AND OUTCOMES

The objective of this project is to:

*Investigate the ecosystem and human health benefits of environmental volunteering*

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Target</th>
</tr>
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<tbody>
<tr>
<td>1. Ecosystem benefits</td>
<td>1.1 Improved environmental awareness and stewardship through participation in NRM projects</td>
</tr>
<tr>
<td></td>
<td>1.2 Recruitment into existing environmental volunteering groups to maintain ecosystem and health benefits</td>
</tr>
<tr>
<td>2. Human health benefits</td>
<td>2.1 Improved wellbeing</td>
</tr>
<tr>
<td></td>
<td>2.2 Improved social connectedness</td>
</tr>
</tbody>
</table>

3. METHODS

3.1 Program design and participants

Three 9-10 week “Get dirty feel good” programs (1 day per week 09:30-14:30, 8-13 participants per program) were conducted between October 2013 and July 2014. Each session provided training and information on a range of environment issues, environmental volunteering, wellbeing and skill development. A short TAFE course “Apply First Aid” was also provided. Over the three programs, participants assisted in the on-ground delivery of a range of environmental projects such as glossy black-cockatoo recovery, koala management, sea-grass monitoring, dolphin surveys, sea-lion conservation, marine debris collection and weed management. Topics related to health and wellbeing included healthy eating, exercise, internal audit, and wellbeing. Other training and information sessions included: taking better photos and basic computing. The activities are summarised in Table 1 and described in Figures 1-3. Not all activities were provided in each of the three programs.

Participants were accessed opportunistically through word of mouth and advertisements in the local newspaper and flyers (Figure 4). Some participants were referred by mental health practitioners, employment agencies and Regional Development Australia.

Table 1. Activities in the “Get dirty feel good” programs

<table>
<thead>
<tr>
<th>Session topic</th>
<th>Session content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Field activities/information</td>
<td>marine debris sort and collection, seagrass collection, sea-lion conservation, insect identification and collection, glossy black cockatoo recovery program, koala management, dolphin watch, shorebird identification, biosecurity, feral pests, weed identification, native plant nursery- seed collection and propagation, habitat restoration, tree planting, wetland conservation, sustainable living.</td>
</tr>
<tr>
<td>2 Wellbeing information</td>
<td>wellbeing, internal audit, healthy eating, exercise</td>
</tr>
<tr>
<td>3 Non-accredited training</td>
<td>first aid</td>
</tr>
<tr>
<td>4 Other training/information</td>
<td>environmental volunteer groups showcased, KIXFM radio station, taking better photos, basic computing, career development and resumes</td>
</tr>
</tbody>
</table>
A total of 32 individuals enrolled in the three “Get dirty feel good” programs from which four individuals withdrew before program completion due to: school expulsion (2), single parent difficult to get the time (1) and obtained employment (1). All were temporary or permanent residents on Kangaroo Island, SA.

Average age of participants was 42 (range 14-71) with the number of males (n = 17) similar to females (n = 16).

Of the 32 participants, 15 were unemployed at the start of the program and 10 of these had been unemployed for longer than 12 months. The remainder were still at school (n = 4), self-employed/part-time/casual (n = 5), other (work cover, sickness benefit) (n = 5) or retired (n = 3). One participant identified as Aboriginal.

Of the 32 participants, 25 (78%) were considered “marginalised” (by self, service provider or group facilitator). Marginalised people included those that were long term unemployed (> 12 months) (n = 10), or had mental health problems (i.e. anxiety and depression) (n = 5), emotional or behavioural difficulties (n = 4), physical health problems (n = 3), learning difficulties or mild intellectual disabilities (n = 2), or were offenders (n = 1). Some participants were both unemployed and experienced other marginalising factors but were recorded here as long term unemployed.

3.2 Data capture and analysis

Mixed methods (quantitative and qualitative) were used to collect information from participants on their perceptions of the benefits they gained from participating in the program, using interviews, questionnaires and scales/indices. Face to face exit interviews were conducted with each participant at the completion of each program. Interviews were also conducted with three service providers that had referred clients. All questionnaires are provided in the appendices and include:

Appendix 1: Emotional state scale- before (provided by M. Townsend)
Appendix 2: Emotional state scale- after (provided by M. Townsend)
Appendix 3: Predicted benefits of participant (adapted from that provided by M. Townsend)
Appendix 4: Actual benefits of participant (adapted from that provided by M. Townsend)
Appendix 5: General wellbeing scale (Fahey et al. 2005)
Appendix 6: Exit interview
Appendix 7: Three month follow-up
Appendix 8: Service provider interview questions

Environmental awareness and stewardship

Level of environmental stewardship and awareness was measured at the start and end of the program with the following two questions: On a scale of 1-5 “Do you think conserving the environment is important? (where 1 is very important and 5 is not important). “How would you rate your awareness of the environment? (where 1 is excellent and 5 is poor knowledge) and Responses were compared between the start and end of the program with a paired t-test. Only those that completed this question both at the start and the end of the program were included in the analysis.

Change in environmental stewardship and awareness was also measured during the exit interview with the following question: On a scale of 0-5 “Has the course improved your awareness of the environment or the need to conserve it?” (where 0 is not at all and 5 is a great deal). The mean response was calculated.

NRM on-ground delivery

The number of person hours spent on volunteering generally and also on-ground delivery of natural resource management (NRM) projects in the region, was calculated.
Environmental volunteering/ training and employment
Participants were questioned on whether they had participated in environmental or “other” volunteering at the start of the program, at the end and then three months later and percentages calculated.
Participants were questioned as to whether they had obtained employment or undertaken further training during the program or within three months of program completion and percentages calculated.

Mood state
Participants scored their mood state on an “Emotional State Scale (ESS) questionnaire adapted from the Osgood Semantic Differential Scale (Tyerman and Humphrey 1984 and used by Townsend and Ebden 2006) before and after each session (Appendix 1 and 2). The scale indicates changes in emotional state across twelve parameters: bored/interested, happy/unhappy, helpless/in control, worried/relaxed, satisfied/dissatisfied, worthy/worthless, irritated/calm, incapable/skilful, withdrawn/talkative, in pain/pain free, healthy/unhealthy and trusting/cautious. The scale is sensitive to changes in emotional state over short periods of time and can be completed quickly (approximately two minutes). The ESS does not incorporate natural mood changes, however, these impacts are reduced given the short time period of five hours over which mood state is measured thereby reducing the influence of external factors (O'Brien et al. 2010). External factors such as weather, lunch content, presence/absence of participants were also recorded. Changes in mood state were measured by comparing before and after scores for each parameter where +1 indicates a positive shift of <50%, +2 positive shift ≥50%, 0 no shift, -1 negative shift <50%, -2 negative shift. Scores were averaged across parameters and weeks and compared.

Wellbeing and social connectedness
A “General wellbeing scale” (Fahey et al. 2005) that comprised 18 questions was used to measure the wellbeing of participants (Appendix 5). Scores were compared between the start of each program, the end and then three months after program completion using a paired t-test.

Participants and service providers were questioned about the benefits of the program during the exit interviews and questionnaires.
Figure 1. Field activities for the “Get dirty feel good” program- weeding, and tree planting
Figure 2. Field activities for the “Get dirty feel good” program- marine debris collection for sea lion conservation and dolphin surveys
Figure 3. Field activities for the “Get dirty feel good” program- Seagrass monitoring and habitat restoration
Get dirty, feel good!

Free program to improve well-being through environmental volunteering

Tuesdays, 9:30am–2:30pm 29 April–24 June 2014, Kingscote

Being in the natural environment can improve well-being, help in job hunting and reduce stress.

Improve your well-being through environmental volunteering in an exciting program. Lunch and transport provided.

Learn, share, be active

For more information or to register please contact Robyn Molsher at Natural Resources KI on 8553 4444 by 22 April 2014.

Everyone over 18 years old is welcome.

The project is coordinated by Natural Resources Kangaroo Island, KI Health Services, Eco-Action, Finding Workable Solutions and Regional Development Australia and is funded by the Government of South Australia through a NRM Community Grant and Skills for All in the Region.

Hurry places are limited to 10!

Figure 4. Flyer for the Get dirty feel good program
4. RESULTS

4.1 Ecosystem benefits

4.1.1 NRM on-ground delivery

From October 2013 to July 2014, 32 participants undertook 1,015 hours of volunteering and training in three programs. Of this, 520 hours was spent in the field on environmental volunteering activities which assisted NRM projects in the region. Participant engagement is summarised in Table 2.

4.1.2 Environmental awareness and stewardship

When participants were asked to rate their level of environmental stewardship, no significant difference was detected between the start and end of the program ($P > 0.05$, df = 27). Most participants thought that conserving the environment was very important at the start of the program (75%, mean = 1.44) as well as at the end (81%, mean = 1.46) (where 1 is very important and 5 is not important).

When participants were asked to rate their level of environmental awareness, no significant change was found at the end (mean = 2.66) compared to the start of the program (mean = 2.39) ($P > 0.05$, df = 26) (where 1 is excellent and 5 is poor knowledge).

However, when asked directly if the program had improved their understanding of the environment or the need to conserve it, most felt that it had (mean = 4.22, where 0 is not at all and 5 is a great deal). Comments ranged from “Slightly as knew a lot before and have done a lot of volunteering in the past (score 1.5)” to “Yes. Listening to people who are passionate about what they are doing (score 4) to “100% improvement because I knew nothing before (score 5).

4.2 Human health and other benefits

4.2.1 Environmental volunteering/training and employment

Of the 32 individuals that participated in the three programs, 34% (n= 11) had done environmental volunteering before but only 12% (n= 4) had done it in the last 12 months and only three participants were currently members of an EV group or participated in EV regularly (Table 2). At the completion of the program, 32% (9/28) reported they had joined an EV group (Shorebird group, Eco-action KI, Friends of the Sea, Dolphin watch, and Friends of the Glossies) and 18% (5/28) had joined an "other volunteer" group (soccer coach, Cook centre- community health, Red Cross, LAP program at school, KI Ambulance service, Rotary, uniform shop at school, American Progress Association). Three months later, no additional individuals had joined a volunteer group but the same individuals had joined more groups (KIXFM, Island Care, Meals on wheels, Artist Collective).

In total, within three months of program completion, 50% (14/28) of participants that had completed the program had joined a volunteer group (EV or “other”) compared to the start of the program where 12% had done volunteering in the last 12 months (Table 2).

Of the participants that were looking for work, a total of 31% (5/16) obtained employment and 37% (6/16) underwent training within three months of program completion. A representative from an employment agency stated that the program improved their client’s self-esteem and confidence and provided a good first step for those that had been socially excluded to then go on to something else like further training. Further comments from service providers are provided in Table 6.

4.2.2 Mood state

Overall, participants experienced a positive emotional shift during the activities with > 60% of mood parameters improved on average (Table 3). When averaging participants’ emotional responses for each parameter and for each program, more positive improvements in mood were detected in program 1 compared to the other two programs (Table 3, Figure 5). No marked differences were detected between the various mood parameters, although improvement was generally lower for the pain and healthy parameters (Figure 5).
When the happy/unhappy parameter only was investigated, as a representative for all parameters, for each week and for each program, there was marked variation between weeks (Figure 6). Of particular note was week 7 where the mean change in mood of the group declined in program 3. Also of particular note was that in some weeks (program 1 weeks 5 and 6, program 3 week 9) there was no variation in the mean response as all participants were happier at the end of the activity with a positive shift in response (Figure 6). There was a tendency for the first, last and middle weeks to have more positive shifts in the happy/unhappy parameter (Figure 6). When activities were grouped according to predominance of outside/inside activities (Table 4) no differences were detected (Figure 7). Similarly, no marked differences in responses on the happy/unhappy parameter were detected among males and females (Figure 8).

### 4.2.3 Wellbeing, social connectedness and other benefits

General wellbeing of participants was significantly higher at the end (mean 68.4) of the program than at the start (mean= 56.8) (P< 0.001, df= 27). Most participants scored in the “distress” category at the start of the program and in the “positive wellbeing” category at the end and three months later (Figure 6). There was no significant difference in wellbeing between the end (mean= 66.6, n= 25) and three months later (mean= 66.5, n= 25) (P> 0.05, df= 24) as some participants improved (n= 10), some declined (n= 6) and some remained stable ie ≤ 5 (n= 9). Of those that improved, 70% had recruited into environmental or "other" volunteering within three months of the program ending. Of those that declined or remained stable only 33% had recruited into volunteering.

When questioned in the exit interview, 86% of participants (24/28) felt their wellbeing had improved at the end of the program while 14% (4/28) did not report an improvement either because they already felt good or for personal reasons that could not be attributed to the program their wellbeing had declined. Comments were:

- Yes - made new contacts, learnt a lot about the island and what is available
- It's given me an appreciation of what you can do in the group
- I've spent years caring for others its time I stepped back and cared for me and the country
- Yes definitely it's been fantastic - something to look forward to each week
- Glad it was small group
- Yes. Getting out and meeting new people and sharing experiences. New set of people and contacts
- Yes - got me out and active for an extra day a week and a bit more knowledge about the indigenous species of the flora and fauna on the island has been good.. I didn't know anything about rare and endangered plants or the carpenter bee
- Yes - because I've gained more knowledge and it's made me more aware of things most definitely
- It lifts your awareness of the environment…it's so delicate and pristine…and now I know what you do…you’s all passionate
- Yes. Good to do things in a communal situation "because we all know something different we learn from each other"

Not really but it was high at the outset. Some weeks yes, some weeks no

Participants reported the following benefits:

- Gave my feeling of self-worth quite a lift and opened my eyes and made me remember exactly how much I’ve done on the way
- It showed me that even though I haven’t got lots of skills I can contribute
Confidence and self-esteem, interacting with other people, learning about the different volunteer organisations and hearing all the different things people get out of volunteering

I feel more comfortable being out in public as I feel like I’ve contributed. I’m not an Islander but I feel like I’ve made a contribution to the island. Before it was there’s that drunk … but now I can hold my head up… It feels different now when people look at me

Connected social aspect, community involvement seeing what is available for volunteering. Was fed up with nothing to do and then realised so much on

More understanding of nature. How much one person can have a difference… Bit more confidence. Meet new people, learnt a lot about the environmental groups on the island

Better awareness of our environment and how delicate it is. Opens your eyes up a bit more. Broader awareness of the environment

Not as shy anymore

Knowledge and understanding

Appreciate what we’ve got outdoors in this country- the plants and insects

Social aspect and learning about the environment was a key part. Learning little bits was brilliant as you go home and think about it

Got to meet new people and interact with people I wouldn’t normally interact with and I learnt heaps about the environment and animal

When questioned in the exit interview as to what aspects of the program were of most benefit, most people (61%) reported that the social aspect of the group was of most benefit followed by learning about the environment (36%). The results are summarised in Table 5.
Table 2. Summary of participant engagement information

<table>
<thead>
<tr>
<th></th>
<th>Program 1</th>
<th>Program 2</th>
<th>Program 3</th>
<th>Overall</th>
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<tbody>
<tr>
<td>2</td>
<td>No. started</td>
<td>7</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>3</td>
<td>No. completed</td>
<td>7</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>4</td>
<td>No. looking for work</td>
<td>4</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>No. EV previously (no. currently in an EV group or regularly participate)</td>
<td>2 (0)</td>
<td>2 (0)</td>
<td>7 (3)</td>
</tr>
<tr>
<td>6</td>
<td>No. program weeks</td>
<td>9</td>
<td>11</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td>No. volunteer hours</td>
<td>222</td>
<td>414</td>
<td>379</td>
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<td>8</td>
<td>No. on ground volunteer hours</td>
<td>139</td>
<td>249</td>
<td>132</td>
</tr>
<tr>
<td>9</td>
<td>No. people joined EV at end</td>
<td>2</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>10</td>
<td>No. people joined other group at end</td>
<td>2</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>12</td>
<td>No. that had joined EV 3 mths later</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>13</td>
<td>No. joined other group 3 mths later</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>14</td>
<td>No. employed within 3 mths of completion</td>
<td>3</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

Table 3. Percentage of mood state parameters that improved at the end of each activity in each program

<table>
<thead>
<tr>
<th>program no.</th>
<th>mean % improved mood state parameters</th>
<th>standard error</th>
<th>number responses</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>77</td>
<td>3.02</td>
<td>49</td>
</tr>
<tr>
<td>2</td>
<td>64</td>
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<td>95</td>
</tr>
<tr>
<td>3</td>
<td>62</td>
<td>2.78</td>
<td>80</td>
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## Table 4. Activities for each week and in each program

<table>
<thead>
<tr>
<th></th>
<th>week 1</th>
<th>week 2</th>
<th>week 3</th>
<th>week 4</th>
<th>week 5</th>
<th>week 6</th>
<th>week 7</th>
<th>week 8</th>
<th>week 9</th>
<th>week 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program 1</strong></td>
<td>introduction &amp; shorebirds</td>
<td>wetland weeding</td>
<td>glossy recovery</td>
<td>first aid</td>
<td>Dolphin-watch</td>
<td>weeds/plant nursery</td>
<td>healthy eating/exercise</td>
<td>seagrass monitoring</td>
<td>wrap up</td>
<td>n/a</td>
</tr>
<tr>
<td><strong>Program 2</strong></td>
<td>introduction &amp; shorebirds</td>
<td>sustainable living/weeds</td>
<td>Dolphin-watch</td>
<td>koala management</td>
<td>rubbish sort/dietician</td>
<td>threatened plants/internal audit</td>
<td>first aid</td>
<td>insects</td>
<td>shorebirds/weeds</td>
<td>wrap up</td>
</tr>
<tr>
<td><strong>Program 3</strong></td>
<td>introduction &amp; shorebirds</td>
<td>Dolphin-watch</td>
<td>dietician/insects</td>
<td>first aid</td>
<td>marine rubbish sort/biosecurity</td>
<td>tree planting</td>
<td>photography/computing/gym/radio station</td>
<td>tree planting/plant nursery</td>
<td>wrap up</td>
<td>n/a</td>
</tr>
</tbody>
</table>

Predominantly outside activities
Figure 5. Mean change in mood state

Figure 6. Mean change in happy/unhappy parameter (self-rated) for each week and for each program
Figure 7. Mean change in happy/unhappy parameter (self-rated) for inside and outside activities

Figure 8. Mean change in happy/unhappy parameter (self-rated) for females and males
Figure 9. General wellbeing scores in each category at start, end and three months after program completion

Table 5. Aspects of most benefits to participants (n= 28)

<table>
<thead>
<tr>
<th>No.</th>
<th>Social connectedness- being in a group, networking, meeting new people</th>
<th>17</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Learning about the environment</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>Learning generally</td>
<td>7</td>
</tr>
<tr>
<td>4</td>
<td>Getting out and about and in nature</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Learning about EV opportunities</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>Presenters- professionalism and respect</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Getting in to a routine</td>
<td>2</td>
</tr>
</tbody>
</table>
Table 6. Feedback from service providers

<table>
<thead>
<tr>
<th></th>
<th>Service provider 1</th>
<th>Service provider 2</th>
<th>Service provider 3</th>
</tr>
</thead>
</table>
| 1. What is your position/role? | Mental Health Social Worker with the Kangaroo Island Mental Health Team. My role is to assist people with mental health issues to recovery/wellbeing. | Team leader and employment consultant-Finding Workable Solutions employment agency. | (1) Employment training manager, Regional Development Australia delivering the *Skills for all in the region* funding.  
(2) Support facilitator with Junction Australia delivering *Partners in recovery program* which supports the community around mental illness. |
| 2. How many of your clients did the program? | 10 | 8 | 3 |
| 3. Did you notice any changes in your clients after completing the program- if so please explain? | Yes. In some participants their sense of themselves improved. While they were participating they had more purpose and to some extent self-esteem. They had something to look forward to. They could speak about the activities they had participated in. They expressed their enjoyment in doing something outside their usual bounds of experience. After completing the program many of them tended to revert to their previous behaviours but reflected on what they gained from the participation. Unfortunately most of my clients did not make the commitment to continue with the environmental volunteering. | Yes- better able to express themselves and their feelings and express what is happening to them. They were more prepared to talk about their feelings. I think this is a result of the mood states they completed before and after each activity even though they complained about doing it. It gave them permission to talk about what they’re experiencing. Good step to doing other things. It’s a safe first step- they gained confidence to put themselves in other sorts of positions and do other training etc. | Yes. Confidence improved. People were out of their comfort zones and were more able to cope with new situations and meeting new people. There was an improvement in mood and outlook which they lost post program if hadn’t gone on to do other volunteering. |
| 4. Would you recommend this program to other clients? | Definitely yes | Absolutely- hope it continues. It fitted in with our programs on Ki- it’s hard to give people work experience as not much work available so was good to be able to provide volunteering opportunities. | Yes definitely. There’s a real need for it and this is the future with the work for the dole programs. It provides a good match and a good setting and seasonal opportunities for involvement. |
5. DISCUSSION

This project provides support for the ecosystem and human benefits of environmental volunteering (summarised in Table 7).

Ecosystem benefits

A total of 520hrs was spent specifically contributing to natural resource management projects in the region. Although no change in environmental awareness or stewardship was detected between the start and end of the program in the self-rated questions, participants reported that the program overall had improved their understanding of the environment and the need to conserve it. It is possible that participants may rate their awareness of the environment lower at the end as they are more aware of the information that they did not know previously. More comprehensive measures for changes in environmental awareness and stewardship would provide a better understanding of changes resulting from the program.

Human health and other benefits

Social connectedness and learning about the environment were considered the greatest benefits to participants. Improved mood states were recorded at the end of most activities and a significant increase in general wellbeing, which supports other studies in Victoria (Moore et al. 2007, Maller et al. 2008) and the United Kingdom (O'Brien et al. 2011) that found environmental volunteering improved the psychological wellbeing of participants. Unlike other studies (e.g. Mackerron and Mourato 2013) mood state did not appear to be influenced by nature contact and was more likely influenced by group dynamics. This may be due to the group in this study being facilitated each week with more time spent on group cohesion such that any problems in the group or behaviour of participants may influence the participants’ mood more than external factors such as the nature of the activity and weather etc.

General wellbeing tended to remain high three months after program completion if the person had been recruited into existing volunteering. Maintaining the gains in wellbeing after the program has ended remains a challenge.

Success factors

- working group comprised senior representatives from key groups/agencies and supported the project in terms of ideas and direction, funding, information sessions, support and referral of clients
- broad client base along with multiple strategies used to recruit participants maximised the client pool
- group rules discussed in the first week and refreshed in subsequent weeks
- structure provided safety - people knew what to expect
- diverse activities in program - people took what they needed and engaged at their own level
- regular sessions provided routine and structure
- facilitated sessions enhanced group dynamics and learnings
- “taster sessions” provided a great way to introduce people to environmental volunteering
- provided a good integrating step for people that were marginalised and seeking to reintegrate back into the community
- attempted to maintain improvements in wellbeing by facilitating recruitment into existing volunteering groups
Challenges

- Keeping people engaged in volunteering after program completion is an ongoing challenge

Future recommendations

- Continue the “Get dirty feel good” programs and re-engage previous participants with a single project e.g. establish and maintain a community garden
- Establish a part-time volunteer coordinator to coordinate all volunteering activities in the KI community and promote social inclusion

Conclusion

This study demonstrates that environmental volunteering can offer a wide range of benefits to participants and to the wider community. The direct benefits contribute to ecosystem health as well as improving wellbeing and social connectedness in a rural community. The study allowed people from diverse backgrounds to come together with facilitated support, over a common purpose, conserving the environment, to improve their own health while facilitating social inclusion. Future environmental volunteer programs can increase participant engagement by facilitating those members of the community that are socially excluded.
### Table 7. Summary of benefits from the “Get dirty feel good” environmental volunteering programs 2013-14

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Target</th>
<th>Achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Ecosystem benefits</strong> e.g. environmental stewardship, on-ground delivery of nrm projects</td>
<td>1.1 Improved environmental awareness and stewardship through participation in NRM projects.</td>
<td>1.1.1. A total of 32 volunteers contributed 1015 hrs of which 520hrs was spent on nrm projects. 1.1.2. No significant difference in self-rated scores of env. awareness and stewardship between start and end of program but when asked directly participants reported an improved awareness and stewardship.</td>
</tr>
<tr>
<td></td>
<td>1.2. Target group to be diverse and include those that had previously experienced barriers to participating in environmental volunteering.</td>
<td>1.2.1. 78% participants were marginalised. 1.2.2. 34% had done EV before but only 9% were current members of a EV group or participated regularly.</td>
</tr>
<tr>
<td></td>
<td>1.3 Recruitment into existing environmental volunteering groups to maintain ecosystem and health benefits.</td>
<td>1.3.1. 32% joined an EV group at end of program and a further 18% joined “other” volunteer group (i.e. 50% joined a volunteer group).</td>
</tr>
<tr>
<td><strong>2. Human health benefits</strong> e.g. wellbeing, social connectedness</td>
<td>2.1 Improved general wellbeing</td>
<td>2.1.1 Positive shift in mood state at end of activities- not related to outdoor/inside activities. 2.1.2 Significant improvement in wellbeing at end of program compared to start.</td>
</tr>
<tr>
<td></td>
<td>2.2 Improved social connectedness</td>
<td>2.2.1. Social connectedness was one of the main reported benefits for participants.</td>
</tr>
<tr>
<td></td>
<td>2.3 Improved social inclusion</td>
<td>2.2.2. 78% of participants were “marginalised”.</td>
</tr>
<tr>
<td><strong>3. Other benefits</strong> e.g. employment, further training, skill development</td>
<td>3.1 Some to obtain employment within 3 months of program completion.</td>
<td>3.1.1. 31% of those seeking working obtained work.</td>
</tr>
<tr>
<td></td>
<td>3.2 Some to undertake further training within 3 months of program completion</td>
<td>3.2.1 31% underwent further training.</td>
</tr>
<tr>
<td></td>
<td>3.3 New skills acquired or existing skills developed</td>
<td>3.3.1 88% obtained “Apply First Aid” qualification 3.3.2 Other skills- weed identification, taking better photos, career development.</td>
</tr>
</tbody>
</table>
REFERENCES


ACKNOWLEDGEMENTS

Thanks to members of the working group that assisted in all aspects of the program: Philippa Kneebone and Nigel Jefford (KI Health Service), Martine Kinloch (Natural Resources KI), Lynlee Heinrich (Finding Workable Solutions), Cathie Tydeman (Regional Development Australia, Junction Australia) and Mary-Alice Swan (Eco-action KI). A/Professor Mardie Townsend (Deakin University) provided expert advice on project development and delivery. David Gibb produced the videos of interviews with participants and service providers which were an important communication tool for the project. Thanks to all the presenters for the *Get dirty feel good* programs and the professionalism that was displayed. Bob Huxtable from Eco-action KI managed the finances for the State NRM community grant. This project was funded by a State NRM community grant, Building Skills in the Region grant (DFEEST) and KI Health Service with in-kind support from Natural Resources KI, KI Health Service, Regional Development Australia, Junction Australia, Eco-action KI and Finding Workable Solutions.
APPENDIX 1: EMOTIONAL STATE SCALE-BEFORE

Environmental volunteering: Understanding motivations and benefits

Emotional State Scale BEFORE

**INSTRUCTIONS:**
Mark on the line the position that best represents how you are currently feeling.

**EXAMPLE:**

```
<table>
<thead>
<tr>
<th>good</th>
<th>bad</th>
</tr>
</thead>
</table>

(facing very good)
```

```
<table>
<thead>
<tr>
<th>good</th>
<th>bad</th>
</tr>
</thead>
</table>

(facing a little bad)
```

```
<table>
<thead>
<tr>
<th>good</th>
<th>bad</th>
</tr>
</thead>
</table>

(facing very bad)
```

Bored ______________________________________________________________________ Interested
Happy ______________________________________________________________________ Unhappy
Helpless ____________________________________________________________________ In control
Worried ____________________________________________________________________ Relaxed
Satisfied __________________________________________________________________ Dissatisfied
Worthless __________________________________________________________________ Worthy
Irritated __________________________________________________________________ Calm
Incapable __________________________________________________________________ Skilful
Withdrawn __________________________________________________________________ Talkative
In pain ____________________________________________________________________ Pain-free
Healthy __________________________________________________________________ Unhealthy
Trusting __________________________________________________________________ Cautious
APPENDIX 2: EMOTIONAL STATE SCALE - AFTER

Environmental volunteering: Understanding motivations and benefits

Emotional State Scale AFTER

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organisation:</td>
<td>Code:</td>
</tr>
</tbody>
</table>

INSTRUCTIONS:
Mark on the line the position that best represents how you are currently feeling.

EXAMPLE:
- good __________________ bad (feeling very good)
- good __________________ bad (feeling a little bad)
- good __________________ bad (feeling very bad)

<table>
<thead>
<tr>
<th>Bored</th>
<th>Interested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>Unhappy</td>
</tr>
<tr>
<td>Helpless</td>
<td>In control</td>
</tr>
<tr>
<td>Worried</td>
<td>Relaxed</td>
</tr>
<tr>
<td>Satisfied</td>
<td>Dissatisfied</td>
</tr>
<tr>
<td>Worthless</td>
<td>Worthy</td>
</tr>
<tr>
<td>Irritated</td>
<td>Calm</td>
</tr>
<tr>
<td>Incapable</td>
<td>Skilful</td>
</tr>
<tr>
<td>Withdrawn</td>
<td>Talkative</td>
</tr>
<tr>
<td>In pain</td>
<td>Pain-free</td>
</tr>
<tr>
<td>Healthy</td>
<td>Unhealthy</td>
</tr>
<tr>
<td>Trusting</td>
<td>Cautious</td>
</tr>
</tbody>
</table>
APPENDIX 3: PREDICTED BENEFITS OF THE PARTICIPANT

Environmental Volunteering/Wellbeing Program Evaluation (anticipation)

Date:

1. Have you in the past participated in environmental volunteering? YES/NO

2. If yes then how often or to what extent?

3. How much environmental volunteering have you participated in during the last 12 months?

4. How would you rate your awareness of the environment on a scale of 1-5 where 1 is excellent and 5 is very poor knowledge?

5. Do you think conserving the environment is important? On a scale of 1-5 where 1 is very important and 5 is not important at all?

6. For each of the following potential benefits, please circle the box you feel best describes the level of benefit you anticipate gaining from participation in this program

<table>
<thead>
<tr>
<th>Benefit</th>
<th>High</th>
<th>Medium</th>
<th>Low</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td>6a. A new opportunity for physical activity</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
</tr>
<tr>
<td>6b. A new opportunity to learn about and/or value the local environment</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
</tr>
<tr>
<td>6c. A new opportunity to meet people and make friends</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
</tr>
<tr>
<td>6d. Improvement in mood/ feel happier after the activity</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
</tr>
<tr>
<td>6e. Improvement in overall feeling of wellness</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
</tr>
<tr>
<td>6f. Motivation to engage in outdoor activities more often</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
<td>☺️</td>
</tr>
</tbody>
</table>

1. What is your gender?  (Circle one of the symbols)

2. What is your age? _____
3. What best describes you? (Circle one)  Single  Couple  Family with children

4. In which country were you born? _______________________________________

5. What language do you mainly speak at home? ____________________________

6. What is your postcode? ____
APPENDIX 4: ACTUAL BENEFITS OF THE PARTICIPANT
Environmental Volunteering/Wellbeing Program Evaluation (realisation)

1. Prior to this program had you participated in environmental volunteering? YES/NO

2. If yes then how often or to what extent?

3. How would you now rate your awareness of the environment on a scale of 1-5 where 1 is excellent and 5 is very poor knowledge?

4. Do you think conserving the environment is important? On a scale of 1-5 where 1 is very important and 5 is not important at all?

5. For each of the following potential benefits, please circle the box you feel best describes the level of benefit you gained from participation in this program

<table>
<thead>
<tr>
<th>Benefit</th>
<th>High</th>
<th>Medium</th>
<th>Low</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td>5a. A new opportunity for physical activity</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
<tr>
<td>5b. A new opportunity to learn about and/or value the local environment</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
<tr>
<td>5c. A new opportunity to meet people and make friends</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
<tr>
<td>5d. Improvement in mood/ feel happier after the activity</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
<tr>
<td>5e. Improvement in overall feeling of wellness</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
<tr>
<td>5f. Motivation to engage in outdoor activities more often</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
</tbody>
</table>

6. To what extent has your participation made you:

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Very much</th>
<th>Somewhat</th>
<th>Slightly</th>
<th>Not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>6a. Want to participate in similar programs/activities in the future</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
<tr>
<td>6b. Likely to recommend environmental volunteering to your friends and/or family</td>
<td>☺☺☺ SAMPLE</td>
<td>☺☺</td>
<td>☾</td>
<td>☾</td>
</tr>
</tbody>
</table>

7. Have you joined a volunteer group on Kangaroo Island since participating in this program or are you intending to?
8. Would you like any further assistance or help to join a volunteer group on KI?

9. Any other comments re what you gained from the program?

10. Which session or aspect of the program did you like best?

11. Which session or aspect of the program did you like least?

12. Any suggestions on how to improve the program?

13. What is your gender? (Circle one of the symbols)

14. What is your age? _____

15. What best describes you? (Circle one) Single Couple Family with children

16. In which country were you born? _________________________________

17. What language do you mainly speak at home? _____________________________

18. What is your postcode? _____
APPENDIX 5: GENERAL WELLBEING SCALE

Lab A1-1  The General Well-Being Scale

For each question, choose the answer that best describes how you have felt and how things have been going for you during the past month.

1. How have you been feeling in general?
   5 ______ In excellent spirits
   4 ______ In very good spirits
   3 ______ In good spirits mostly
   2 ______ I’ve been up and down in spirits a lot
   1 ______ In low spirits mostly
   0 ______ In very low spirits

2. Have you been bothered by nervousness or your “nerves”?
   0 ______ Extremely so—to the point where I could not work or take care of things
   1 ______ Very much so
   2 ______ Quite a bit
   3 ______ Some—enough to bother me
   4 ______ A little
   5 ______ Not at all

3. Have you been in firm control of your behavior, thoughts, emotions, or feelings?
   5 ______ Yes, definitely so
   4 ______ Yes, for the most part
   3 ______ Generally so
   2 ______ Not too well
   1 ______ No, and I am somewhat disturbed
   0 ______ No, and I am very disturbed

4. Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile?
   0 ______ Extremely so—to the point I have just about given up
   1 ______ Very much so
   2 ______ Quite a bit
   3 ______ Some—enough to bother me
   4 ______ A little bit
   5 ______ Not at all


(over)
LAB A1-I (continued)

5. Have you been under or felt you were under any strain, stress, or pressure?
   0____ Not at all
   1____ A little
   2____ Some, and I am quite concerned
   3____ Some, but not enough to be concerned
   4____ Only a little
   5____ Not at all

6. How happy, satisfied, or pleased have you been with your personal life?
   5____ Extremely happy—couldn't have been more satisfied or pleased
   4____ Very happy
   3____ Fairly happy
   2____ Satisfied—pleased
   1____ Somewhat dissatisfied
   0____ Very dissatisfied

7. Have you had reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory?
   5____ Not at all
   4____ Only a little
   3____ Some, but not enough to be concerned
   2____ Some, and I've been a little concerned
   1____ Some, and I am quite concerned
   0____ Much, and I'm very concerned

8. Have you been anxious, worried, or upset?
   0____ Extremely so—to the point of being sick, or almost sick
   1____ Very much so
   2____ Quite a bit
   3____ Some—enough to bother me
   4____ A little bit
   5____ Not at all

9. Have you been waking up fresh and rested?
   5____ Every day
   4____ Most every day
   3____ Fairly often
   2____ Less than half the time
   1____ Rarely
   0____ None of the time

(over)
LAB A1-I (continued)

10. Have you been bothered by any illness, bodily disorder, pain, or fears about your health?
   0_____ All the time
   1_____ Most of the time
   2_____ A good bit of the time
   3_____ Some of the time
   4_____ A little of the time
   5_____ None of the time

11. Has your daily life been full of things that are interesting to you?
   5_____ All the time
   4_____ Most of the time
   3_____ A good bit of the time
   2_____ Some of the time
   1_____ A little of the time
   0_____ None of the time

12. Have you felt downhearted and blue?
   0_____ All of the time
   1_____ Most of the time
   2_____ A good bit of the time
   3_____ Some of the time
   4_____ A little of the time
   5_____ None of the time

13. Have you been feeling emotionally stable and sure of yourself?
   5_____ All of the time
   4_____ Most of the time
   3_____ A good bit of the time
   2_____ Some of the time
   1_____ A little of the time
   0_____ None of the time

14. Have you felt tired, worn out, used up, or exhausted?
   0_____ All of the time
   1_____ Most of the time
   2_____ A good bit of the time
   3_____ Some of the time
   4_____ A little of the time
   5_____ None of the time

(over)
LAB A1-1 (continued)

Circle the number that seems closest to how you have felt generally during the past month.

15. How concerned or worried about your health have you been?
   Not concerned at all
   10  8  6  4  2  0  Very concerned

16. How relaxed or tense have you been?
   Very relaxed
   10  8  6  4  2  0  Very tense

17. How much energy, pep, and vitality have you felt?
   No energy at all, listless
   0  2  4  6  8  10  Very energetic, dynamic

18. How depressed or cheerful have you been?
   Very depressed
   0  2  4  6  8  10  Very cheerful

Scoring
Add up all the points for the answers you have chosen, and find your score in the table below.

81–110  Positive well-being
76–80  Low positive
71–75  Marginal
56–70  Stress problem
41–55  Distress
26–40  Serious
0–25  Severe

Source: National Center for Health Statistics General Well-Being Scale (GWB5).
APPENDIX 6: EXIT INTERVIEW

Environmental Volunteering/Wellbeing Program - Exit Interview (face to face)

Version 9/12/13

Name:

NB Ensure Questionnaire (realisation) has also been completed.

Are you happy to provide direct quotes for articles etc?

1. Have you joined an environmental volunteer group on Kangaroo Island since participating in this program or are you intending to in the next three months? If so which one?

2. Do you feel that the program has improved your wellbeing?

3. If so what aspect was of most benefit e.g. Volunteering? Networking? Learning? Employment? Being outside? Being in nature? Social connectedness? Other?

4. What if anything did you gain from doing this program?

5. Do you think that the program has increased your understanding of the environment on KI and/or the need to conserve it? Scale 0 (not at all) to 5 (a great deal).
6. Which session or aspect of the program did you like best and why?

7. Which session or aspect of the program did you like least and why??

8. Would you recommend this program to others?

9. Any suggestions on how to improve the program?

10. Other comments

Thanks for participating in the program!
APPENDIX 7: THREE MONTH FOLLOW-UP

Environmental Volunteering/Wellbeing Program- Follow up 3 mth survey

Name: __________________________ Date wellbeing program completed: __________________________

1. How much have you been involved in environmental volunteering since the end of the wellbeing program?

2. Have you joined a volunteer group on Kangaroo Island since the end of the program or are you intending to?

3. Have you gained employment since the end of the program?

4. Have you undertaken any training since the end of the program? If so, please give details.

5. Has there been any change in your general wellbeing since completing the program?

6. Any other comments?

7. Can you please complete the “General wellbeing Scale” survey (attached) and return both surveys to:

Robyn Molsher  robyn.molsher@sa.gov.au
Natural Resources KI  P (08) 8553 4405 | M 0428 113 027 39 Dauncey St, Kingscote, SA, 5223
APPENDIX 8: SERVICE PROVIDER INTERVIEW QUESTIONS

1. What is your position/role?

2. How many clients did you refer to the “Get dirty feel good” program?

3. Did you notice any changes in your clients after completing the program - if so please explain?

4. Would you recommend this program to other clients?

5. Do you yourself do any environmental volunteering or other volunteering?

6. Other comments?