

Migration and Human Security Among Resettled African Refugees in Post-Brexit United Kingdom

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Abstract

The United Kingdom's decision to leave the European Union (Brexit) has introduced a new era of uncertainty and insecurity for African refugees resettled in the country. This exploratory study examines the impact of Brexit on the human security of resettled African refugees in the UK, focusing on their migration experiences, settlement challenges, and perceptions of security. Using a mixed-methods approach, combining surveys, interviews, and focus group discussions with refugees from various African countries, this paper reveals significant concerns about livelihoods, healthcare, education, and social protection. The findings highlight the intersectional vulnerabilities faced by African refugees, particularly women and children, who experience heightened insecurity due to Brexit-related policy changes, xenophobic rhetoric, and socio-economic exclusions. This study contributes to the existing literature by providing nuanced insights into the human security implications of Brexit for African refugees in the UK. The paper underscores the need for targeted policy interventions to address the human security concerns of resettled African refugees, ensuring their successful integration and well-being in post-Brexit UK.

Keywords African refugees, Brexit, human security, Intersectionality, Migration, Resettlement, United Kingdom.

Introduction

This study investigates the predicaments of many resettled African Refugees in post Brexit as the refugee crisis continues to escalate with an alarming 108.4 million forcibly displaced people, 35.3 million refugees, 5.4 million asylum seekers and 62.5 million internally displaced people worldwide by end of 2022 (Fransen, & De Haas, 2022). Among these, are African refugees who fled violence, persecution, and human rights violations in their home countries. They face human insecurity challenges among which are food, health and economic insecurity. The journey of these African Refugees to Europe are often perilous, spanning Sahara deserts and treacherous Mediterranean Sea. The journey is often made in unseaworthy and overcrowded boats leading to tragic shipwreck, referred to as the world's most dangerous migration route. (Chiara, & Romaioli, 2021). The African Resettled Refugees' ordeal continues with uncertainty as to their future and fate on arrival at the asylum host country. In this context, resettlement becomes a beacon of hope. This study bridges this void by evaluating the influence of community gardening on food security, health outcomes, and economic conditions among African resettled refugees. This study investigates whether the Community food gardening practice is a factor in reducing food,

health and economic insecurity among African Refugees in the post Brexit UK. To explore how nurturing plants can nurture lives and build community connection, integration and empowerment.

By understanding the role of community food gardening, targeted interventions to enhance the well-being of African settled refugees can be developed. These initiatives not only address immediate food, health and economic security needs but also fosters community integration, sense of belonging, self-resilience and empowerment. The particular goals of this research is to problematize the current issues confronted by this specific populace, inspecting the impact of community gardening on their access to fresh and culturally-aligned food, analyzing the possible health advantages of engaging in such endeavours, and investigating how community gardens can foster their economic empowerment and assimilation into UK society.

The study examines the link between community gardening and the welfare of this susceptible group, and aspires to guide policies and strategies that could more effectively underpin their assimilation and enduring success in the UK. This study seeks to investigate if community Food Gardening is a factor in reducing food, health and economic insecurity among African resettled refugees in Post Brexit UK. The critical matter involving food, health, and economic insecurity among African resettled refugees in post-Brexit United Kingdom demands extensive examination. An evident void exists in studies assessing the potential role of community gardening as a remedial measure. This investigation aims to tackle this void by delving into the manner community gardening might act as an instrument to ameliorate food access, health conditions, and economic security for African resettled refugees. The issue resides in the scarce alternatives accessible to refugees to procure culturally suitable, affordable and nourishing food, to uphold their health, and attain economic self-sufficiency.

While existing reviews have explored community food gardening, most have focused solely on isolated factors such as food, health, and economic outcomes. Given the problems associated with migration, particularly among resettled African refugees it is important to thoroughly interrogate the nature of insecurity issues that confront the migrants visa human security imperatives among resettled African refugees. The problem of how contemporary community food gardening practice interfaces with human security imperatives among resettled African refugees is also of interest to this study. This largely because their critical gap exists in our understanding of this practice within the context of African resettled refugees This study aims to address this gap by investigating the community food gardening as a factor in reducing food, health, and economic insecurity among African Resettled Refugees in post Brexit UK

This research revolves around scrutinizing the potential of community gardening to tackle the interconnected dilemmas of food, health, and economic insecurity experienced by African resettled refugees in the post-Brexit UK framework. The question guiding this investigation revolves on the manner community gardening initiatives efficiently interfaces with African resettled refugees with regards to the achievement of food security, enriching health outcomes, and bolstering economic prospects amidst the context of post-Brexit Britain. In particular, two research questions are posed. They are: (a)What is the nature of insecurity issues and human security imperatives among resettled African refugees? (b) How does community food gardening practice interface with human security imperatives among resettled African refugees?

Objectives of the Study and Justification for the Study The objectives of this study are, to: (a) Investigate the nature of insecurity issues and human security imperatives among resettled

African refugees. (b) Determine how community food gardening practice interfaces with human security imperatives among resettled African refugee

Unlike previous studies, this research uniquely targets African Resettled Refugees, shedding light on their experiences and benefits related to community gardening. The study considers the post-Brexit landscape, characterized by uncertainty, shifts in immigration policy, trade dynamics, and a 61% drop in food supply. These factors have adversely affected vulnerable populations, including funding for resettled refugees and their community integration and self-sufficiency processes. Additionally, this research aims to address a gap in the existing literature by analyzing the particular barriers and enablers that affect the successful realization of community gardening projects in this context. Through strict empirical investigation, this study plans to shape policy and practice to better aid the integration and well-being of African resettled refugees in the UK.

Significance of the Study Policy Implications: The study's findings are relevant to UNHCR, the UK home government, and the international community as it will highlight the shortcomings in the implementation of 1980 Refugees' Act resettlement process, including the "work first goal," community integration, and self-sufficiency. The study outcome will contribute to informed policy decisions. By investigating community food gardening practices, this study seeks to enhance the overall well-being of resettled refugees, empowering them through community integration, skill acquisition and self-reliance following their resettlement journey.

The importance and reasoning of this research is in the pressing need to tackle the overlapping problems of food insecurity, negative health outcomes, and scarce economic chances faced by African resettled refugees in post-Brexit UK. Community gardening appears as a potential intervention to improve food access, boost physical and mental health, and create economic empowerment in marginalized populations. By examining the potential of community gardening as an empowerment tool for African resettled refugees, this study tries to contribute essential insights to public health, refugee studies, and urban planning fields. In summary, the study is significant in the understanding of the crucial role of community gardens for developing targeted interventions. It is also significant in enhancing the wellbeing of African Resettled Refugees, promoting self-sufficiency, social interaction, and economic empowerment.

Review of Related Literature

This topic is essential as it addresses critical aspects of food security, health, and economic well-being. Gardening has emerged as a powerful practice, particularly among resettled refugees in the UK. These gardens serve as microcosms within broader social and environmental contexts, intersecting individual health, community dynamics, and ecological resilience. However, despite its potential benefits, there remain gaps in our understanding, controversies, and areas requiring further research. The Strengths and Controversies of community gardening involve multidisciplinary approach including diverse fields such as health, science, governance, and business. The aim here is to find out the underlying issues and their potential solutions when community gardening is examined through this lens.

It is crucial that the drivers of the Gap that hinder the integration of theory and practice are identified in order to address the gap effectively. The existing controversies regarding whether the gap can ever be fully closed, is still debatable, perhaps an integrative approach may be required. In summary, community food gardening holds immense promise, but understanding and addressing the theory-practice gap are pivotal

for maximizing its impact. Further exploration of this topic is crucial to uncover an actionable insight.

Nature of Insecurity Issues and Human Security Imperatives Among Resettled African Refugees Community food gardens serve as both cultural expressions and diagnostic artefacts. Here the gardener's cultural background and culinary preferences, intersecting nature, personal values, and public expectations is reflected (Kiesling & Manning, 2010). Three key functions of community food garden practice include socio-educational contributions, urban employment opportunities, and reduced social inequality among vulnerable populations (Jahrl, Moschitz & Cavin, 2021). For Malberg Dyg, Christensen & Peterson (2020), the emphasis is on the positive impact of community gardening on psychological well-being, social relations, healing, and fresh food availability.

Regarding the psychological and cultural Aspects of community gardening Ulrich (1981) found that exposure to natural scenes, such as plants, can reduce blood pressure, muscle tension, stress, fear, and anger. He added that viewing nature consistently and attentively induces higher alpha intensity compared to urban environments (Ulrich, 1981). Moreover, post-operative patients recovering near deciduous trees showed better progress evaluations and required fewer analgesics than those near brown brick walls and given that community gardening involves nurturing plants and connecting with nature, it has the potential to enhance refugees' recovery from anxiety, depression, and PTSD (Ulrich, 1984).

With reference to Health and Well-Being, Community gardens contribute to overall well-being by increasing social resilience and motivating neighbourhood improvements, especially in deprived areas (Armstrong, 2000). Although well-being may not be the primary goal of community gardens, participation positively influences it. Well-being encompasses optimal physical and mental functioning, resilience, positive emotions, and life satisfaction. Community gardens offer physical and mental health benefits through healthy food access, physical activity, skill-building, green spaces, and community connections (Egli, Oliver & Tautolo, 2016).

Some additional examples of related literature review on mental health include: Umbrella Review and Meta-Analysis, which is an extensive review covering 40 systematic reviews over two decades. It found that gardening can positively affect mental well-being, quality of life, and general health. Another is a Randomized Controlled Trial: on community gardening which revealed that participants who started gardening experienced increased fiber intake, physical activity, and reduced stress and anxiety. While Journal of Health Psychology Study reported that gardening significantly reduces symptoms of depression and anxiety (Soga, Gaston & Yamaura, 2017). Participants engaging in gardening activities showed improved mood and decreased negative emotions .

These studies collectively emphasize the therapeutic benefits of community gardening, making it a valuable practice for mental well-being. Remember that individual experiences may vary, but overall, gardening contributes positively to our mental health (Soga, Gaston & Yamaura, 2017). Community food gardening emerges as a powerful tool for promoting mental health among resettled refugees. By fostering connections with nature, enhancing well-being, and addressing human insecurities, these gardens contribute significantly to the overall resilience and recovery of vulnerable populations

Community Food Gardening, Food Insecurity and African Resettled Refugees Food insecurity remains a critical global challenge, affecting vulnerable populations, including

African resettled refugees in the UK. As these refugees navigate their new lives, addressing food insecurity becomes essential for their well-being. This literature review critically examines the impact of community food gardening on food insecurity, daily food intake, and nutritional well-being among African resettled refugees in the post-Brexit UK.

Food Insecurity as a persistent Issue refers to inadequate access to sufficient, safe, and nutritious food for a healthy life. Despite advancements in food production, undernourishment remains unacceptably high (Premanandh, 2011). Moreover, economic disparities which significantly influence the type and quantity of available food are another persistent issue. It additionally poses a serious public health risks (Drewnowski, A., 2022).

Community food gardening provides a solution in terms of its versatility and adaptability to not only food, but health and economic insecurity. To this effect Hallberg & Stephenson, (2009) stressed the significant contributions of community gardening to food security, health and economic wellbeing as well as the option on using food banks to address food insecurity and other schemes like the School Lunch Program, and the School Breakfast Programme. The Impacts of Community Food Gardening include Increased Consumption of Fresh Produce. In support of this Zhang et al., (2022) reported that neighbourhoods with community gardens have a higher consumption of fresh fruits and vegetables. Similarly, Litt et al., (2011) observed that community gardeners consume fruits and vegetables significantly more frequently than non-gardeners.

Cultural Connection and Food Security is another impact. Evidence showed that participation in culturally valued activities through gardening fosters a sense of community building. It also provides African Settled refugees with the needed culturally acceptable and affordable food. Community gardens reduce food insecurity by providing direct access to fresh, organic produce (Zhang et al., 2022). More-over, the existence and availability of community food gardening help to reduce the adverse effects of Urbanization Challenges, which leads to a reduction in the available and sustainable land due to rapid urbanization globally (Guitart, Pickering & Byrne, 2012). Urbanisation has caused scarcity of arable land in cities. So the emergence of Community gardening as sustainable strategies has positive impact reducing the rising food demand and in preventing food insecurity (Eneyew & Bekele, 2012).

Community food gardening positively impacts food security, mental health, and economic stability therefore it's a great way to reduce food insecurity which this study seeks to investigate. Policymakers and practitioners should integrate culturally appropriate health promotion efforts in refugee programs beyond the initial resettlement period. Interdisciplinary research is crucial for understanding the interrelated factors of mental health, food security, and economic well-being.

Theoretical Framework and Gap in Knowledge

The theoretical framework underpinning this study is drawn from many relative theories including social-ecological systems theory which emphasizes the interconnectedness of humans and nature. Community gardens serve as microcosms within broader social and environmental contexts, intersecting individual well-being, community dynamics, and ecological resilience. This framework informs our exploration of community gardening's impact on food security, health, and economic stability.

Social-Ecological Systems Theory Emphasizes the interconnectedness of humans and nature. It views humans as integral parts of, not separate from, the environment (Cumming & Allen, 2017). The theory's application to community food gardening is that

it operates within social-ecological systems. The shared space provides opportunities for intersections among individual well-being, community dynamics, and ecological resilience. With the good understanding, these interactions can be designed more effectively with community gardening programs that address food security, health, and economic stability. In support of these Diaz et al; (2017) highlighted that humans are integral parts of nature, not separate entities. Moreover, it operates within social-ecological systems, where interdisciplinary research integrates ecological and social sciences to understand resilience. They added that Community gardens offer a parsimonious path to individual and community health, bridging the gap between people and their environment (Diaz et al; 2017).

Ecological Systems Theory Examines community food gardening across various ecological systems, like individuals, families, communities and society. While Researchers are exploring how gardening influences mental health, food security, and economic well-being the key factor is the impact of gardening on social networks, cultural connections, and economic resilience (Okvat & Zautra, 2011).

Social Capital Theory Explores how social networks, trust, and reciprocity contribute to community well-being. In other words, Social capital theory investigates how community gardens foster trust, reciprocity, and networks and emphasizes the value of social connections (Yotti'Kingsley & Townsend, 2006). The theory's application to Community Gardening is in the fact that community gardens foster social capital by connecting gardeners, building trust, and creating shared spaces. Social ties formed through gardening contribute to reduced human insecurity and creates spaces for interaction, connecting gardeners with neighbours and facilitating cultural exchange. The relationships formed through gardening enhance community acceptance, social ties, and collective action and the sense of belonging gained from gardening enhances acceptance within new environments . This is very crucial for African Resettled Refugees' integration.

Health Promotion Models Essentially focus on improving health behaviours and outcomes. They consider factors like self-efficacy, empowerment and community engagement. Its application to Community Gardening lies in the fact that gardening positively influences mental health, physical activity, and self-esteem (Howarth et al; 2020). This means that community gardens empower participants, enhance well-being, and promote healthier lifestyles. Gardening reduces stress, promotes relaxation, and provides a sense of purpose. Physical activity releases endorphins, contributing to better mental health. Evidence showed that accomplishment from successful plant growth boosts self-esteem and confidence (Howarth et al; 2020).

Alignment with Sustainable Development Goals (SDGs) Directly in relation to food security, health, and economic well-being in community gardening, Gardeners acquire knowledge in soil health, cultivation, crop planting; food production and harvesting. These empower them with skills and self-sufficiency (Holland, 2004).The last related theory to be considered here is that of Relational Nature between People and Places. This perspective recognizes the dynamic relationship between individuals and their environments. It emphasizes how places shape people's identities and behaviours. The application of this perspective to Community Gardening is based on the fact that community gardens provide a sense of place, belonging, and identity. They also empower participants and encourage collective action for food system change (Hale et al; 2011).

The above theories provide better understanding of community food gardening. They guide program development, and highlight the importance of considering both social and

ecological aspects. They also help to bridge the theory-practice gap and enhance the impact of community gardening initiatives.

Gap in Knowledge Resettled African Refugees in Post-Brexit UK are refugees who have been granted resettlement in the UK. They face unique challenges relating to food security, health, and economic stability. This is because the post-Brexit context adds complexity and uncertainty to their changing policies such as immigration and Trade policies leading to potential shifts in social support systems especially for the vulnerable population such as African Settled Refugees. (Forde, McGovern & Moran, 2024). In Addressing Food Insecurity, community food gardening provides a practical solution to the challenges of food insecurity among African resettled refugees including their nutritional needs. For most resettled refugees who often struggle to access culturally appropriate and nutritious food the Gardening allows them to grow fresh produce, supplementing their diets (Harris, Rowe Minniss & Somerset, 2014).

The study is relevant in promoting Health and Well-Being because engaging in gardening promotes physical activity, exposure to sunlight, and fresh air. The Refugees mental health symptoms are addressed because gardening offers therapeutic benefits, reduces stress, and fosters a sense of purpose and accomplishment (Tellschow, 2012). Economic Empowerment and self- sufficiency is ensured because by growing their own food, reliance on external food assistance programs are reduced. Infact income is generated from the sales of surplus produce thereby contributing to economic stability.

Further relevance of the study is Social Connectedness, Integration and community Building. This is because gardening creates opportunities for refugees to interact, connect exchange view with each other in their localities. Most importantly is the sense this provides to the settled refugees as they participate in a shared activity which fosters a sense of belonging and integration (Carrasco, 2022).

In addition to the relevance of community food gardening, bridging the Gap in Knowledge in terms of its unique context, limited research and holistic approach is essential. Despite the importance of community food gardening, there is limited research focused on African resettled refugees in the UK. The Unique Context is with reference to Post-Brexit UK which presents novel challenges and opportunities for resettled refugees, necessitating targeted rigorous screenings and investigations. Finally, to bridge the gap, holistic approach is crucial for the examination of the multifaceted impact of community gardening on food security, health, and economic well-being.

In summary, this study contributes to the existing literature by emphasizing the practical benefits of community food gardening for African resettled refugees in the UK. By addressing food, health, and economic insecurity, it offers a holistic approach to enhance the well-being of this vulnerable population. (Harris, Rowe Minniss & Somerset, 2014).

Propositional and Methodological Considerations

The hypothesis presented in this investigation suggests that participation in community gardening initiatives can result in enhanced food security, health outcomes, and economic stability for African resettled refugees within the post-Brexit UK setting. This assumption is based on pre-existing academic work that underscores the advantages of community gardening for marginalized groups, such as refugees. Through involvement in gardening activities, participants may obtain fresh produce, acquire new competencies, establish social connections, and possibly earn supplementary income. This study intends to evaluate this hypothesis through empirical research analysis, thereby providing

meaningful contributions to public health, refugee studies, and urban agriculture domains. Findings from this research could guide policy-making and practice, aimed at bolstering refugee groups in the UK and elsewhere. (Department of Economic and Social Affairs, 2020-02-14) Therefore the working hypothesis is that active participation in community food gardening positively correlates with reduced human insecurity among African settled refugees. It is expected that engagement in gardening activities will lead to improved access to fresh produce, better health and economic well-being, and strengthened social bonds.

Hypothesis I Insecurity issues and human security imperatives among resettled African refugees has identifiable characteristics *Hypothesis II* Community food gardening practice impacts on the human security imperatives of resettled African refugees?

To sufficiently investigate the effects of community gardening on reducing insecurities among African refugees resettled in post-Brexit UK, this study will utilize a mixed-method framework, incorporating both quantitative and qualitative approaches at the point of data collection. (Onwuegbuzie, Frels, Leech, & Collins 2011). The aim of the quantitative data is to understand differences between gardeners and non-gardeners on indicators of mental health issues while the rationale behind the use of the two is to gain thorough understanding of the complexities inherent to the issue.

The research design adopted for this study is explanatory research design. Explanatory research design is essentially a qualitative design option that is geared towards explaining why things occur. It explains why some phenomena occur in social life. An outstanding objective of explanatory research design, particularly in this study is that it explains why the phenomena of migration and human insecurities with refers to resettled African refugees occur. Thus, explanatory research design is useful because it enabled one gain insight and ideas about our study problem

Methods of Data Collection: For the purpose of data collection, the study relied on instruments or techniques of data generate on. Given the nature of the study, major instruments used in the study are documentary sources, individual in-depth interview, key informant interview and focus group discussions. Documentary sources refer essentially to recorded or written materials. For our purpose, this included episodic and running records on migration, community food gardening and resettled African refugees. The study also relied on individual in-depth interview, IDI and key informant interview, KII. While both involved conducting personal interviews with knowledgeable persons within and outside the study area, IDI is more incisive and pivotal while KII involved professionals in the discipline such as professors and practitioners in migration and human security issues and processes. Thus, the difference between the two is, as pointed out in Biereenu-Nnabugwu (2024: 36) that "IDI is much more incisive than KII". Focus group discussions. is employed, predominantly to introduce the topic and brainstorm on the issues to gain notable insights into the lived experiences, view-points and outcomes of resettled African refugees in the UK and those engaging in these gardening activities. The Focus dialogue also helped to establish rapport within the group to assure the information's validity and reliability. The strategies for recruitment and engagement hold significant import in securing substantive participation. The recruitment process strategically involved cultural sensitives, selected contacts and formal invitations to ensure diverse representation among African gardeners and non-gardeners for a thorough health status comparison. These were helpful in the establishment of trust pivotal for involving refugees in the research endeavour. The inclusion of both African participants engaged in

gardening and those not engaged facilitates a comparative analysis of health outcomes and aids in gauging the influence of community gardening on overall wellness.

Methods of Data Analysis Presentation and analysis of data in this study is anchored in the qualitative paradigm. In particular, the study relies on textual analytic technique. As a tool of qualitative data analysis, textual analytic technique or textual analysis “describes, and interprets the characteristics of documents, written records and visual message” (Biereenu-Nnabugwu, 2024: 60) Textual analytic technique employs logical reasoning and argumentation to arrange, classify and organise collected data into a form that enables meaningful and relevant interpretation. Given the nature of textual analytic technique the study relied on the examination of the social content to explain logical patterns and trends in generated data content.

Data Presentation and Analysis

Data presentation and analysis in this study is guided by the two research hypotheses earlier identified. The two also align with the attendant research questions and the foregoing thematic review of related literature.

Hypothesis I: Insecurity issues and human security imperatives among resettled African refugees has identifiable characteristics. The study has identified the fact the Resettled African refugees are affected by a hand full of insecurity issues with identifiable characteristics. As a matter of, African refugees who fled violence, persecution, and human rights violations in their home countries face human insecurity challenges. Among the challenges they face are food, health and economic insecurities. The journey of these African Refugees to Europe are often perilous, spanning Sahara deserts and treacherous Mediterranean Sea. The journey is often made in unseaworthy and overcrowded boats leading to tragic shipwreck, referred to as the world’s most dangerous migration route. (Chiara, & Romaioli, 2021).

The African Resettled Refugees’ ordeal continues with uncertainty as to their future and fate on arrival at the asylum host country. In this context, resettlement becomes a beacon of hope. As for the Researcher the scenario was a trigger of interest in the area of Migration and Human security and specifically the topic of this study as a PhD student of Peace, Conflict and Resolution (PCR). Moreover, evidence showed that inadequate attention has been paid to the African resettled refugees approach regarding the efficacy of community gardening (Ziyachi, & Castellani, 2024). It is also observed, particularly in the case of many Somali refugees, who express cultural food practices as a source of security, that availability of ingredients impacts on their well-being. Conversely many Eritrean refugees identify the challenges of navigating local food systems due to language barriers as immense.

Hypothesis II Community food gardening practice impacts on the human security imperatives of resettled African refugees. In arguing Hypothesis II, as stated above, this study investigated the influence of community gardening on food security, health outcomes, and economic conditions among African resettled refugees; and identified the link between community gardening and the welfare of this susceptible group. In addition, the study underpinned the need for effective assimilation and enduring success in the UK. This study also showed the community Food Gardening is an indispensable factor in the quest for the reduction food, health and economic insecurity among African resettled refugees in Post-Brexit United Kingdom.

Summary, Conclusion and Recommendations

In drawing conclusions, community food gardens have indicated substantial potential in moderating food insecurity among resettled African refugees in post-Brexit UK. The outcomes of this investigation indicate these gardens not only furnish a reliable source of fresh produce but also cultivate a sense of community and cultural affiliation among refugees. Through the involvement in growing their own food, refugees are able to reclaim a degree of agency and self-reliance, which is critical for their assimilation and overall welfare in a new environment. Besides, community food gardens can enhance physical health outcomes by fostering a diet abundant in fruits and vegetables. Looking forward, it is imperative for policymakers and community organizations to acknowledge the merit of investing in community food garden initiatives as a strategy to address food insecurity among vulnerable groups, such as resettled refugees. By providing backing for these schemes, whether via funding, resources, or technical assistance, stakeholders can aid in ensuring the persistence and expansion of these initiatives. Furthermore, upcoming research should examine the enduring impacts of community food gardens on refugee communities, encompassing their economic, social, and health repercussions. By maintaining oversight and evaluation of these programs, our comprehension of their prospective benefits and obstacles can be refined.

In view of the escalating intricate challenges encountered by resettled African refugees in a post-Brexit UK, it is evident that innovative solutions, like community food gardens, are essential to counter food insecurity and advocate for holistic well-being. Although there remains significant work to be accomplished regarding the augmentation and improvement of these initiatives, the preliminary findings of this research suggest community food gardens hold the promise of a substantial positive influence on the lives of refugees. By harnessing the potential of community involvement, sustainable farming, and cultural empowerment, efforts towards establishing a more inclusive and resilient society for all individuals, irrespective of their background or circumstances, can be advanced. (Jonathan Crush et al., 2016-10-17)

Community food gardens propose a comprehensive approach to mitigating food insecurity among resettled African refugees in the UK. Through the promotion of food sovereignty, fostering of social unity, and encouragement of cultural exchange, such gardens may not only ensure the availability of nutritious food but also cultivate belongingness and empowerment for refugees. Therefore, investment in the initiation and development of community food gardens stands as a potentially effective strategy for boosting the well-being and integration of resettled African refugees, particularly in the context of a post-Brexit UK

To fully realize potential advantages of community food gardens in addressing food insecurity among resettled African refugees in post-Brexit UK, actions by stakeholders and policymakers become imperative. Primarily, stakeholders like local governments, NGOs, and community organizations must converge to provide necessary support and resources for establishment and maintenance of these gardens.

To address food insecurity experienced by resettled African refugees within the UK in a manner both effective and empowering, the examination of community food gardens as a sustainable solution is requisite. These gardens possess the capacity to supply fresh, nutritious produce to refugees while also fostering a sense of community, proprietorship, and self-sufficiency. Through the participation of refugees in the cultivation of their food resources, community gardens can augment their sense of agency and control over their circumstance, conducive to successful resettlement. In addition, community food

gardens can function as venues for cultural interchange and social integration, aiding refugees in connecting with their cultural heritage as well as with the wider community in which they now reside. This interaction can mitigate the senses of isolation and alienation commonly faced by refugees' post-resettlement. Facilitating opportunities for refugees to exchange knowledge and traditions through the medium of food, community gardens can advance cross-cultural comprehension and mutual respect among various community factions.

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