

LAMBETH GP FOOD CO-OP - NEWSLETTER

APRIL 2014

<https://twitter.com/GPFoodCoop>

Welcome to our second newsletter!

We hope you enjoy learning about the Lambeth GP Food Co-op's recent activity. We'd like to thank all the staff at Lambeth Walk Group Practice for providing a temporary office home for us before we relocate to Impact Hub Brixton later this month, working with a new and wider network based at the Hub at Lambeth Town Hall. Here we will have opportunities for networking, creative thinking and growing our activity into 2015!

Best wishes and thanks to all who have supported the Lambeth GP Food Co-op to date.

Ed Rosen, Director Lambeth GP Food Co-op

DATES FOR DIARY:

TUESDAY 29TH APRIL

**Launch & 1st Gardening
Session**

2:00PM-4:00PM

At Mawbey Health Centre

(Please use the side entrance)

WEDNESDAY 16TH MAY

**2ND LGPFC Community
Planning Workshop**

10:00AM-12 NOON

At Brixton Accord

(Followed by lunch)

WEEKLY GARDENING SESSIONS:

Mawbey Health Centre - TUESDAYS

2:00pm-4:00pm

Starting from 15th April 2014

Lambeth Walk Surgery - TUESDAYS

2:00pm-4:00pm

Starting 29th April 2014

Clapham Family Practice - WEDNESDAYS

10:00am-12:00pm

Starting from 30th April 2014

Gracefield Gardens Health & Social Centre

WEDNESDAYS

10:00am-12:00pm

With NEW ADDITIONAL DATE being added soon!

Brockwell Park Surgery - FRIDAYS

10:00am-12:00pm / 2pm-4pm (TBC)

Photos of Mawbey Health Centre, March 2014:



In the alleyway, minutes before planters were located in the garden space.



Andy and Simon, LGPFC Transport Crew, fitting planters in the garden space at Mawbey Health Centre.



Hilda, talking to our new friend Mary who donated her tools to Mawbey Health Centre for use in the garden.

Engaging Hearts and Minds: Lets Keep Growing!

"In September 2012 I was asked to Chair the Steering Group for the Lambeth GP Food Co-operative, an idea inspired by Ed Rosen, Dr Raj Mitra and Master Gardener, Hilda Castillo-Binger. The idea began to blossom and gain traction when the team took their proposal to Lambeth Council and the Clinical Commissioning Group to discuss how they could work in partnership across Lambeth to engage more surgeries and patients to self manage their health and well-being.

The idea is simplicity itself. Engage patients in food growing on surgery land, establishing a sustainable community for health and well-being. So far so good. The reality of course is harder to make happen, requiring skillful communication, negotiation, trust and good will, not to mention the logistics involved in obtaining permission to use surgery premises, the size of land available, funds to provide the required resources to create gardens and most of all, the great British weather to ensure a full harvest. In just under 12 months, the core group, in partnership with Lambeth Council, NHS Lambeth CCG and local GPs, have created a sustainable, not for profit co-operative, of which I am proud to be a member."

Maria von Hildebrand was, until recently, Research Capability Manager, leading on patient and public involvement at the Department of Health. Maria is now a freelance consultant.

John Bennett works in Co-operative Business Development in Lambeth Council's Chief Executives Office. Here he describes his early involvement in the project:

"In December 2011 my Director asked me to attend a meeting to discuss the idea of growing food in GP surgeries, thinking that it linked to Lambeth's vision of a Cooperative Borough.

It seemed like an odd link, but the worst-case scenario would be that I'd spend an hour talking to someone who would then ask for the council to invest millions in their project and I would have to say "thanks but no thanks". Thankfully that didn't happen. Instead I heard from Ed about the concept of the Lambeth GP Food Cooperative. Little did I think back then that I would still be involved almost two and a half years later!

In January 2012, a group of us met at the town hall to discuss the 'how'. This group included council staff, patients and two GPs. Since then I've seen the GP Food Coop form and start to show real results.

I've been delighted to be able to support the project over this time, both from a personal and professional point of view.

As a council officer, this project is a prime example of what the council is trying to create in the Borough; an idea, led by the people with support from the relevant professionals, building better connections with the local community. This is what we mean when we talk about a cooperative borough. It's also a good opportunity for us to look at whether gardening is a way of helping people to live healthier lifestyles and benefit from exercise, as well as learning about food growing.

It's been interesting to be involved from a personal point of view.

Projects come and go, people move on, or it takes years to see the results of a project. It's great to be involved in something that's already making a tangible difference. You can see the gardens that have been created, and the energy and enthusiasm of group members. I'm looking forward to helping get the co-op website up and running so we can show off to the world all the wonderful work that everyone has been doing!"