

A close-up photograph of various fresh herbs, including basil, rosemary, and sage, tied with white string and resting on a dark wooden surface. The herbs are vibrant green and appear to be freshly washed, with some water droplets visible. The background is a blurred wooden texture.

LAMBETH GP FOOD CO-OP

Dr David Wickstead



The Corner Surgery 99 Coldharbour Lane SE5



@THE CORNER SURGERY

- 12 Raised beds at Jennie Lee Garden on the Maudsley site nearby
- Sessions on Wednesday mornings through the spring, summer and autumn
- Encourage patients who may benefit eg long term conditions, lonely, depressed, isolated
- Room for 10/session but often less though a supportive group
- Vegetables sold at Kings College Hospital at a monthly stall
- Named receptionist and admin staff act as main contact. They and our PPG raised £2000 in a crowdfunder to fund the gardener who leads the sessions for 2 years
- Local homeless hostel patients wanting to set up their own garden

WWW.LAMBETH.GPFOODCOOP.ORG.UK

- Cooperative of members with a board of directors and an AGM. Funded by grants, donations, surgery payments, sales. Gardens aim to be self funding.
- In practice loose network of practices. Part time administrator employed and Ed Rosen the Project Director. Website and newsletter.
- Good Gym, local builders, link with the caterers at KCH
- Student nutritionists from KCL do internships
- Pullross Intermediate Care Centre with stroke survivors
- Kata Kata restaurant partners with Brixton Hill Surgery
- Refugee Health Project got involved
- Lockdown Seeds for Life Project
- Buddy gardeners for housebound/shielding
- Recipe books and mugs



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Gardening for Health

We build gardens in GP surgeries and NHS hospitals so everyone who wishes to learn how to grow food can do so in a safe, secure and supported environment.

Our GP garden communities provide a space and a reason for people to socialise, learn and grow food together. People who participate are improving their own health and wellbeing.

This results in people feeling less isolated and better in themselves and, as GPs are now reporting, they don't require so many appointments.



Brixton Hill Surgery and Katakata Restaurant ▼

The Corner Surgery ▼

Clapham Park Group Practice ▼

Gracefield Gardens/Streatham High Practice ▼

Grantham Practice ▼

King's College Hospital ▼

Lambeth Walk Group Practice ▼

EVIDENCE

TheKingsFund> Ideas that change
health care

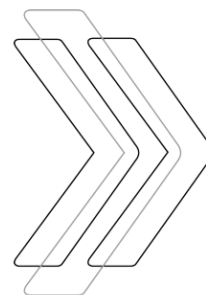
Gardens and health

Implications for
policy and practice

Author
David Buck

May 2016

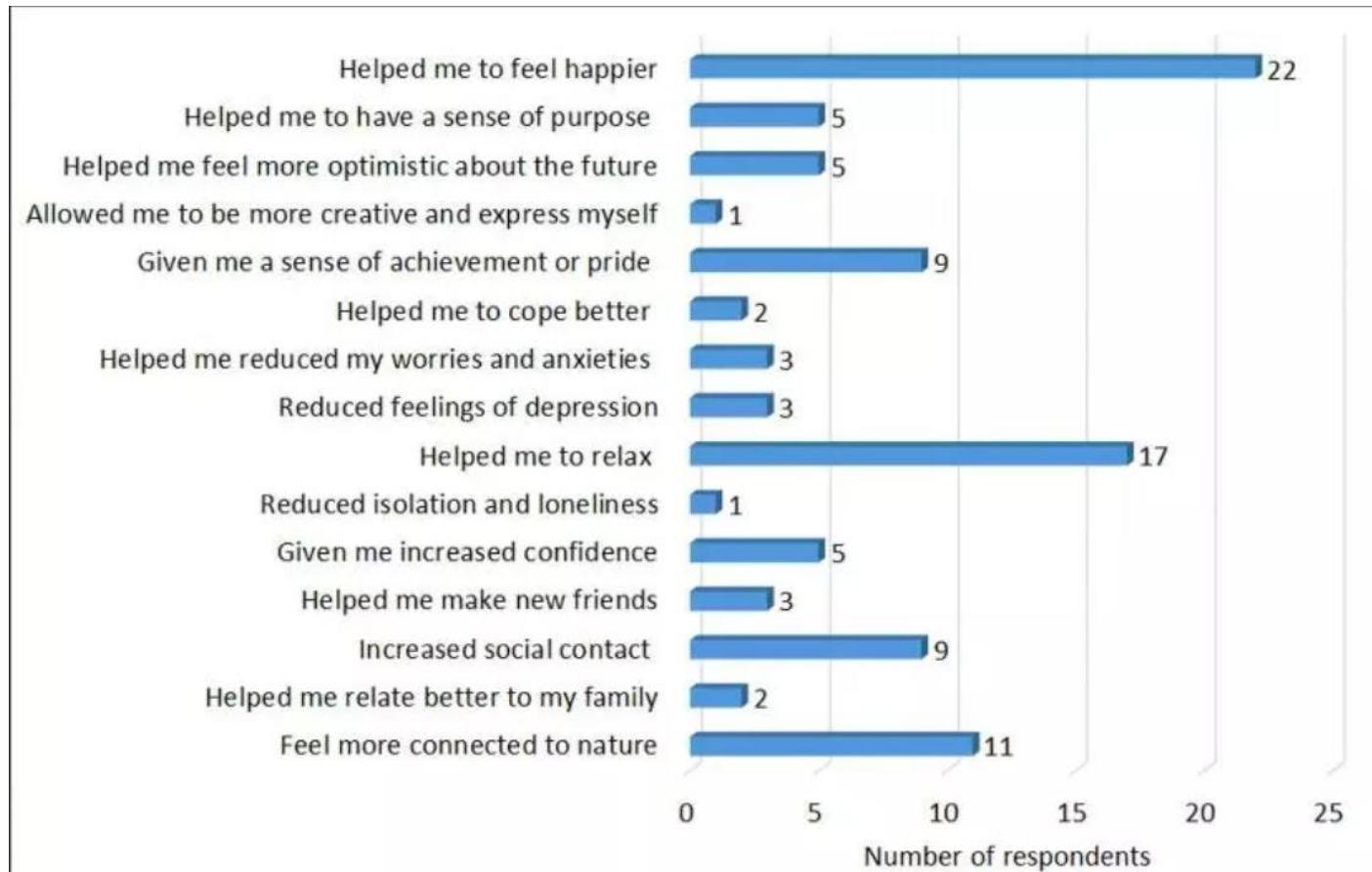
This report was commissioned by the National Gardens Scheme



EVIDENCE

- 10% increase in exposure to green spaces led to an improvement in health equivalent to being 5 years younger (de Vries et al 2003).
- 50% adults report gardening as a free time activity. Rates rising with age.
- 87% of UK households do have access to a garden. 79% in London. Black people 4x less likely than white.
- Garden Partners. Age Concern Wandsworth. Older gardeners with gardens linked with younger gardeners without.
- Long history of benefits of gardening on mental and physical health eg long term psychiatric institutions (Clatworthy et al 2013).

PLANTS REDUCE STRESS



NICE IDEA BUT.....

- Influencing - "please don't build over that park councillor, my patients use it"
- Brief intervention - "can you see flowers/green space from where you sit" - "How could you change that?"
- Encourage trainees/medical students to do this. Nature mirrors life.





THANK YOU

Any Questions?