

Hello!

Welcome to the thirteenth newsletter from the Lambeth GP Food Co-operative. There's plenty of exciting news and updates from our latest activities, as well as some personal reflections and a chance to get to know our team.

We hope you enjoy reading this newsletter. If you have any ideas for future stories or want any more information please get in touch with us by email gpfoodcoop@gmail.com, and don't forget to keep up-to-date with our activities through Twitter [@gpfoodcoop](https://twitter.com/gpfoodcoop) and our website <http://lambeth.gpfoodcoop.org.uk/>



NEWSLETTER – DECEMBER 2017

Update from Ed

As we prepare for our 4th Annual General Meeting which this year is being held at King's College Hospital on Tuesday 5th December it is a good time to thank everyone who has supported the Lambeth GP Food Co-op over the past 4 years. I would especially wish to thank Hilda Castillo-Binger, who is a founder member of LGPFC as well as being the group leader at Lambeth Walk Group Practice since 2013. I would also wish to thank Dr Raj Mitra, also a founder member of LGPFC, for his enthusiastic support for our work both at Lambeth Walk and across the Borough. Elizabeth Harrington is a local hero, keeping the garden at Gracefield Gardens as a place of beauty and tranquillity. Working behind the scenes and very much keeping the show on the road, our administrator Jenny Jean-Paul has worked miracles over the 3 years she has worked with us.

I could fill the rest of my slot with the names of everyone who I wish to thank, and to avoid doing so I thank you all and especially John Bennett who has without fail produced our newsletters.

Since the summer we have presented our work at the NHS Expo in Manchester, the Lambeth Patient Participation Group network both taking place in September. We recently presented our work at the Transformative Innovations in Health Conference held at the University of Westminster.

On October NHS England put our video on the NHS Facebook and it has now been viewed by over 4000 people, some of whom have contacted us to learn how to develop a similar project in their own health community. We were approached by NHS England to appear in a BBC2 film, the Great British menu which is to be transmitted in the summer 2018 and will feature the Jennie Lee group as they prepare the garden for food growing.

We were delighted to be awarded a grant from the Hyde Foundation/Ultid which will enable us to completely rebuild the garden at Grantham/ Beckett House both Stockwell surgeries, with work beginning in early 2018. We are also delighted to be supported by Keepmoat at this site, who are making a generous donation to our work in Stockwell.

Since the beginning of the year we have partnered with Feeding Britain and Lambeth Food to develop an approach to raising awareness of hunger in Lambeth. The Feeding Lambeth project includes the Hunger and Health workstream which Lambeth GP Food Co-op leads. Hunger is often linked to the huge increase in people accessing food banks in order to eat and live. What is sometimes overlooked is the impact of hunger on our NHS services especially in primary care. Next year we will be working with 3 GP practices, Grantham, Crown Dale and Lambeth Walk to link these surgeries with the wider food poverty movement across the borough. This work will aim to develop an innovative approach to using social prescribing, vegetables on prescription to help alleviate hunger in our community. This initiative is informed by successful approaches in the US and more details will appear shortly about the proposed next steps. We are delighted to have secured the support of the Alexandra Rose Charity to enable us to develop this project which is planned to start in spring 2018.

Ed Rosen, Project Director, Lambeth GP Food Co-op

In conversation with Flora, Millicent and Gordon at Jenny Lee Garden

How long have you been coming here?

- > M: About three years.
- > G: I saw a leaflet advertising the GPFC gardening sessions.
- > M: Yes I think I received a letter from the GP surgery. Then we met at the corner surgery on Coldharbour Lane and walked over to the garden.

> Why do you come here?

> M: It's very enjoyable and therapeutic coming to this beautiful garden, full of trees and bird song. It's very enjoyable working outside in the fresh air. Putting things in the soil and watching them grow, you feel proud of yourself, nurturing these plants to maturity.

> What are the benefits of coming here?

- > M: Not having a garden of our own, it's good to have the opportunity to see things grow.
- > G: Organic vegetables, this is key.
- > M: Yes organic vegetables free from pesticides. You know you are eating healthy nutritious food.

> What have you grown this year?

> ALL: Potatoes, tomatoes, Swiss chard, leeks, Russian and curly kale, peppers, courgettes, runner beans, cucumbers, yacon (a South American plant whose tubers are described as tasting like an underground pear: sweet, crunchy and juicy!) albino beetroot, khol rabi, chicory, lettuces, amaranth, cabbages, mustard leaves & winter salads, strawberries and herbs such as mint, basil, coriander and parsley.

> What vegetables did you most enjoy eating?

> G: The potatoes & tomatoes were particularly good, very flavoursome.

> What are you most proud of or happy about?

> G: Finally getting our wormery established!

> What are your plans for next year?

> M: We need to improve our bed infrastructure - replace frames & netting to keep out foxes and birds who otherwise trample and eat the produce.

> G: Yes and experiment more with edible flowers, perhaps dedicate a whole bed to growing these.

> F: Yes let's do that! And it'd be great to have some sort of greenhouse/ propagator to better raise plants from seed.

> G: Another idea we've had is to grow enough to be able to offer extra produce to local sheltered housing schemes, especially for their summer events.

> M: Maybe they'd like to come along to our sessions and help grow them!

> G: Yes, we'd love more people to join us.



Getting to know Sofia

A patient representative on the Board of the Lambeth GP Food Co-op; Sofia tells us about herself and her involvement in the Co-operative.

I am a founder of The Listening Movement – running pop-up style Listening Cafes in the wake of the Brexit vote in 2016, enabling people to reduce the fear of “Other”, to learn to disagree respectfully and to have a good experience of conversation. I train groups in the art of hosting meaningful conversations. My aim is to support people to initiate their own conversations and I have guided people to trial listening processes in their own domains.



Since 2016, I am an associate of St Ethelburgas, where I brought my listening circles to the Trump-Brexit dialogues to help people make sense of the huge political shifts of 2016. I have worked with inter-faith groups to enable them to address challenging conversations as part of the “Real People, Honest Talk” series run by DCLG. (Department of Communities and Local Government).

I am trained mediator with three years field experience of Neighbourhood Conflict Mediation in Hounslow and over 20 years of helping people to learn the skills of courageous conversation. I am also trained in the Myna Lews Deep Democracy method. In my freelance work I offer bespoke facilitation processes that include various conflict resolution processes including NVC (Non-Violent Communication), with clients from Amnesty International to Future Considerations and from The Transition Network to UNFAO.

I was given London Leader Status by the Mayor’s office in 2010 for my participative community design work, for which I also won the Ogunte Women’s Social Leadership Award People’s vote in 2013. My social innovations seek to bridge divides, enable individuals and communities to better work together, increase their sense of agency and unleash their inner and collective creativity. My winning project was inspired by the work of Nobel prize winner, Muhammad Yunus’s Grameen Bank, in particular by the holistic design and the fact that there has been no mission drift in 40 years of operation.

I also found time to gain a Black Belt in the Aikido and to help individuals and organisations apply Aikido principles to relationships in their work.

It was during this time that I came across Ed Rosen’s work with Lambeth GP Food Co-op. I’ve always had an interest in co-operatives, as a way to channel the passion and interest of people and in an equitable way. I am excited to see, three years later, that the vision had now been manifested! I saw it as a form of system entrepreneurship as it is shifting things at the systems level. I am very happy to join the Board as a local member, to contribute to its success.

Sofia Bustamante

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Lambeth GP Food Co-op and Grantham surgery win grant to develop food growing site

Lambeth GP Food Co-op in collaboration with Grantham Practice have been awarded £5,000 by Hyde Foundation to rebuild and improve the garden in Stockwell.

Grantham surgery and Beckett House surgery deliver health and care services to over 15,000 patients in the local community. We are delighted to be working with staff from both surgeries and being able to support patients in learning how to grow food.

Simon and Ruben from Progress have been leading a group of patients from both surgeries who have been learning together to grow food.

Sophie McKechnie, the Successful Places Projects and Partnerships Manager said:

“Hyde Foundation are delighted to be supporting Lambeth GP Food Co-op and Grantham/Beckett House Surgery to develop their Food Growing initiative. Through our Solutions For An Ageing Society fund, we’ve been able to award funding of £5000 to the project, and our contractors, Keepmoat are also generously supporting the rebuilding work onsite. We’re excited to see the project grow over the next year and empower more patients in the heart of our estate to become green fingered gardeners!”

Major building work begins in January 2018 and will last for about three weeks just in time for spring planting. We are planning to continue the Wednesday gardening sessions from early February 2018 and look forward to welcoming new patients to a brand new garden in Stockwell.

For further information contact Dr Mohah Sharaf at Grantham Practice.

Merry Christmas and Happy New Year!

We are closing for the Christmas break from Friday 15th December and will return to work on Monday 15th January 2017. We wish all the participants and supporters of the Lambeth GP Food Co-op a Merry Christmas and a Happy New Year!



The Lambeth GP Food Co-operative has recently featured in an article on the Lambeth Council website.

To have a read, head to <http://love.lambeth.gov.uk/lambeth-gp-food-co-op/>

For all the latest news and updates about the Lambeth GP Food Co-operative, do have a look at our website – <http://lambeth.gpfoodcoop.org.uk>

On the website, you can also make a donation to keep the good work going in 2018! Anything you can spare is greatly appreciated.