

Hello!

Welcome to the ninth 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 website www.lgpfc.co.uk



NEWSLETTER – DECEMBER 2016

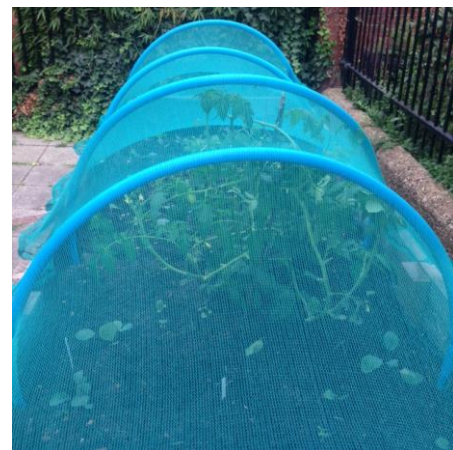
The last few months have continued to be busy for the Lambeth GP Food Co-op (LGPFC).

With financial support from Guys and St Thomas's Trust (GSTT) Charity we have begun to talk to GP practices in Southwark who may be interested in developing food growing gardens in their grounds. Discussions are progressing well and we hope to help and support any practices that may be interested in providing opportunities for patients to become food growers or are already planning to do so. We are interested in providing help and support to enable people to create their own approaches to food growing which is designed to meet their needs and are aligned to local conditions and circumstances. We will support autonomous gardening across Southwark, which is involving our new colleagues from NHS Southwark CCG with whom we are collaborating and sharing ideas.

The GSTT grant also allows us to step back and have a collective think about next steps following 3 years LGPFC activity. We are exploring the idea of an NHS Vertical Farm starting with a seminar to be held on Friday 2nd December at the Health Foundry. Mark Horler from the Association for Vertical Farming and Sian Moxon from the Cass School of Architecture and Design will present their research on urban and vertical farming which we hope will inform our future thinking.

If you would like a report from the NHS Vertical Farm seminar then please get in touch. It will be made available in the New Year.

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



Food growing at Grantham Practice, Stockwell with support from Hyde Housing colleagues

We are closing for the Christmas break from Friday 16th December and will return to work on Tuesday 10th January 2017 in a new location (details to be confirmed soon).

We wish all the participants and supporters of the Lambeth GP Food Co-op a Merry Christmas and a Happy New Year!



LGPF awarded a “Celebrating Excellence in Participation” community grant

Last month we were delighted to learn that NHS England had awarded Lambeth GP food Co-op one of 15 national community grants. The award is in recognition of our work across Lambeth to engage and support patients by providing opportunities to become involved in food growing in GP practices. The award also recognises our work to create a co-operative process in which patients are actively participating in decision making, and really is our unique contribution to widening participation at community level.

NHS England received over 100 grant applications from across the country, so we were delighted to have been successful with our bid for a community grant.

Since we learnt about our success we have been planning to make a short video which will provide a visual depiction of our work and will include patients and others sharing their experience of being involved in different aspects of the Co-operatives activity in GP locations. When completed the LGPF video will be made available to the whole NHS via the NHS Involvement website from mid-January onwards. This national diffusion of the LGPF story will provide an enhanced national profile of our work in Lambeth and will provide a great example of co-operation in action across the Borough. We will put the finished product on our website from the middle of January for all to see and share.



At Jennie Lee House, patients from the Corner Surgery harvested produce from the garden which was sold at King's College Hospital



A perspective from across the pond

I am a part time Global Public Health Nutrition postgraduate student at the University of Westminster and I am originally from New York. I completed my undergraduate degree in Family and Consumer Sciences specializing in foods in nutrition with a minor in French in Queens, New York City. After obtaining my Bachelor's degree I was a Nutrition Educator for children ages five to eighteen in a charter school, in an urban setting located in upper Manhattan. I taught nutrition education classes along with healthy cooking demonstrations. I then went on to become a School Dietician/Food Service Manager for three schools in Manhattan. I was in charge of overall kitchen operations, purchasing food, menu planning, managing staff, and increasing participation in the school food breakfast and lunch programs.

I am dedicated to improving the overall health and well-being of individuals and populations. The western population is currently experiencing a major health transition as the rate of diet-related chronic diseases increases. I think people's relationship with food is essential for sustainable health, therefore once an opportunity to volunteer with Lambeth Food Co-op was presented, I signed up immediately. The goals of Lambeth Food Co-op food sustainability cooperative with food growing gardens led by a network of patients, GPs, and nurses are extremely empowering for the community. As a volunteer I would to continue the efforts of the co-operative and help them reach their goals of creating an integrated food system.

Charmaine Browne
Postgraduate student, University of Westminster

Hilda on the move!

After some three years as a board member with the Lambeth GP Food Co-op (LGPFC), I have decided to have a break from working at board level. It has been an interesting, productive and wonderful journey and I have learnt so much.

I do hope that other group members would consider rising to the challenge. I have picked up some new skills like learning how to grow the business.

I will continue to offer my services doing the weekly gardening group at Lambeth Walk and support the volunteers who have been inspiring, dedicated and great joy to work with together. I am not leaving so I will keep my eyes and ears on the progress and future of LGPFC!

A sincere thank you to other board members including Raj and Maryam.

Best wishes

Earline Hilda Castillo-Binger

Team Leader at Lambeth Walk Garden Group



“The Three Birthdays Party”
at Lambeth Walk to celebrate
Hilda, Mary and Gregory’s
birthdays

Left: Hilda, in the hat, helps
cut the cake.

Right: A close-up of the
delicious birthday cake



Gaining experience with LGPFC

I am Lucy Dayus, a postgraduate student Dietitian at King’s College London and I spent 3 weeks with the Lambeth GP Food Co-op (LGPFC) in September for my public health placement. The main aim of my placement was to assist with the launch of LGPFC Community Shares, which are aimed at raising money that will be used to expand their work across Lambeth and beyond. I worked with Ed and Jenny to create a large database of contacts that the LGPFC want to communicate with about investing in community shares. Once the letter had been written, I printed copies for each person on the database and helped to get all of the letters into envelopes ready to be sent out. It was a privilege to have this responsibility as this contact list will play a major role in securing the funds that are needed to allow the project to grow and reach its full potential.

Additionally, during my time at LGPFC I had the opportunity to explore Lambeth, as well as talk to group leaders, patients and GPs. I visited four sites during my time, all of them very different and was able to be involved with the monthly stall LGPFC run at King’s College Hospital. This involved bagging and pricing the produce that was going to be sold and also helping with sales at the stall, which was an extremely enjoyable and successful experience. I also developed a short questionnaire to evaluate the monthly stall, as well as the importance of locally grown produce to those accessing the stall. It is vital the LGPFC know this information so that in the future they can grow appropriate produce and further improve the success of the stall. Thank you to everyone who shared their thoughts and opinions with me.

I have been lucky enough to see the full cycle of the LGPFC. I was able to see patients growing produce and then assist in selling the produce grown at the monthly stall. While behind the scenes, helping with continuing work that takes place to ensure funding is secured so that the good work of LGPFC can be continued. I was made to feel very welcome at every site and thoroughly enjoyed my time with LGPFC. It has changed the way I think about unused land and the potential for developing a sustainable food supply in community spaces, whilst providing mental and physical benefits for NHS patients. I sincerely hope the community share issue is a huge success and I wish everyone in the LGPFC the best of luck for the future.

Lucy Dayus, Student Dietitian, Kings College London