

## 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](mailto: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 – MARCH 2018**

### Update from Ed

Snow was falling and the temperature dropped to freezing. Sounds familiar? Well that was the weather when we launched the Lambeth GP Food Co-op 5 years ago, and today as I write the snow is beginning to fall over all 8 gardens that make up our co-operative. We will be launching at Crown Dale Medical Centre next month and I am delighted that Brenda Connolly, a founder member of the LGPFC will be starting off the gardening in Upper Norwood with several patients already signed up to start. Dr Nico Scaravilli has been an enthusiastic supporter of our work and we are delighted to have an opportunity to work with her and her colleagues and patients. Her article in this newsletter describes her ideas for working together in the future.

Working with Hyde Housing and Progress we are putting the finishing touches to a new garden in Stockwell which will be our temporary home whilst building work is completed at Beckett House. We look forward to welcoming back the 14 Grantham surgery patients who joined the project last summer.

As our contribution to this year's NHS Sustainability Day are pleased to announce that we will be screening a short film about the 'Peckham Experiment'. More details are in the article by Dr Shuo Zhang, who we thank for arranging the screening.

We send our sincere condolences to Hilda Castillo-Binger whose beloved husband Earl died recently. Hilda is a founder member of the Lambeth GP Food Co-op and has led the Lambeth Walk gardening group since we began growing food together all those years ago in 2013.

Hilda and I, along with our friend Bruno from Urban Growth, planted a tree in memory of our dear friend Ivor Picardo. Ivor has now taken up residence in the new Brixton Orchard where his spirit lives on.

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

### Dates for your diary:

Launch of food growing at Crown Dale Medical Centre – 22<sup>nd</sup> March

Film screening: Health, Community and Sustainability from Past to Present – 27<sup>th</sup> March, 6pm, South London Gallery

Open Parks and Gardens: Lambeth GP Food Co-op will be at the British Medical Association Council Garden – 9<sup>th</sup> June, 10am-5pm, BMA House, Upper Woburn Place, Bloomsbury

## **New food growing site at Crown Dale Medical Centre**

Lambeth GP Food Co-op will launch a new food growing site at Crown Dale Medical Centre as our part of our contribution to NHS Sustainability Day on 22nd March.

Dr Nico Scaravilli, GP Partner at Crown Dale Medical Centre gives her thoughts on the latest partnership with Lambeth GP Food Co-op:

"I was keen to get involved in this project to address the imbalance between illness and wellbeing that creeps in when there are so many pressures on the health system.

I am hoping the garden will become a focus for patients who are perhaps living with a long term health condition or who are isolated. Patients can come along for a few hours a week outdoors and learn to grow vegetables whilst enjoying a cup of tea with neighbours and staff from the practice. No gardening skills required.

The benefits of spending time in the garden and connecting with others in the community are well established and I hope other doctors in the practice are as enthusiastic as me at directing patients to the project rather than reaching out for the prescription pad.

At a time when mental illness is on the increase and people hardly know their neighbours; it is even more pressing than ever to try and re- establish some connections and support in the local community and I hope Crown Dale Medical Centre's gardening project will go some way in doing this. The garden will be a place for patients to come and learn about staying healthy rather than coming to the surgery only when they are ill.

As a GP these days, it is typical not to leave your consulting room for 10 -11 hours as we plough through paperwork and try and deal with the increasing demands on our time. The planters will create an opportunity for staff to pop out, do some weeding, have a chat to our patients and will be a welcome break from our hectic days.

We have just had 3 planters delivered into our garden at the back of the surgery. The Good Gym Team, a group of runners who combine running with helping the community, came to transfer soil into the planters.

Now all we need are some seeds, patients and practice staff to help grow vegetables!"

## **A community food growing garden on Brixton Hill**

Katakata is an award winning vegan and vegetarian restaurant in the heart of Brixton Hill. In February a discussion took place between Katakata and Lambeth GP Food Co-op to explore the possibility of a partnership arrangement which would include the use of the large restaurant garden for growing vegetables.

At the moment the garden is unused and with the help of Lambeth GP Food Co-op and its partners it could be transformed into a community food growing garden by April. Katakata's aim 'is to promote healthy living and lifestyle choices through food', and will offer patients from Brixton Hill surgery opportunities to learn how to grow vegetables and in time to learn how to prepare nutritious and delicious vegetarian meals at low cost.

Our vision is to bring into productive use local gardens and public land for food growing. We look forward to developing a unique partnership between a local restaurant and a GP surgery which will benefit local people by improving their diet and personal wellbeing.

Katakata is located at 132a Brixton Hill, SW2 1RS.

## Film Screening: Health, Community and Sustainability from Past to Present

**South London Gallery, 27th March, 6pm**

The Lambeth GP Food COOP invite you to an evening to explore they legacy of the Peckham Experiment, and what it means for the health and wellbeing of local residents in South London today. We will screen 'A Pool of Information', a documentary that traces the stories of those who were part of the Pioneer Health Centre, followed by a short film about the work of the Lambeth GP Food Co-op.



There will be opportunity for a Q&A with the Director, Jini Rawlings, and a wider discussion among those present about how to strengthen relationships between health and the community of Lambeth and Southwark, so that together we can make our healthcare services more sustainable for the future.

We hope that this event will be of interest to local residents, clinicians, members of local community gardens and arts groups, public health professionals, and our local councillors.

### ***A Pool of Information: The Peckham Experiment 1935-50***

Director: Jini Rawlings

1993, Run time 35mins

*"One of the earliest examples of public health interventions in a disadvantaged community. The Pioneer Health Centre, better known as the Peckham Experiment, was opened in Peckham, South East London, in 1935. Run as a family centre, it was an experiment to discover and promote the growth of positive health.*

*75 years later it still provides an important model for a healthy society, where the quality of health and vitality is important."* Concord Media

This event is part of the programme of events to mark NHS Sustainability Day.

<https://www.nhsustainabilityday.co.uk/>





### **Can you help?**

Simone lives alone.

She has lived in Lambeth all her life, bringing up 3 kids whilst holding down a job at the local hospital. Her kids have moved out of London, and most days they phone her but sometimes they forget.

Simone gets by, but the diabetes is a bother and it's getting her down. Some days she doesn't leave the house.

Her neighbour Rita brought Simone to the Lambeth GP Food Co-op garden at her local GP surgery. Simone wasn't that keen to go but Rita thought a few hours away from her flat would do her good. Simone loved it. Everyone was friendly and welcoming. Simone made new friends and is looking forward to going back again. She enjoys being in a garden with people who are friendly and who she can trust.

Lambeth GP Food Co-op has helped hundreds of Simone's to meet new friends and learn how to grow food together. We know there are more Simone's out there. They are not hard to reach. Our job is to make it happen.

AND.... this is where you come in. We need your help to continue our work.

Our website [lambeth.gpfoodcoop.org.uk](http://lambeth.gpfoodcoop.org.uk) has a link where you can make a donation through PayPal or you can send a cheque to: Lambeth GP Food Co-op, c/o Lambeth Walk Group Practice, 5 Lambeth Walk, SE11 6SP.

Thank you from Lambeth GP Food Co-op