

## Lambeth GP Food Co-op forms partnership with ICS Health and Wellbeing

Here Robbie Puddick, talks about our special affiliation with ICS Health and Wellbeing, providers of the NHS National Diabetes Prevention Programme.



ICS Health & Wellbeing are one of four national providers of the NHS National Diabetes Prevention Programme (NDPP), we are the largest of the four and are now the sole provider in the whole of London! The programme provides an opportunity for people that are at high risk of developing type-2 diabetes to learn about nutrition, physical activity, stress, sleep and how they all play a role in our health.

One of the most important lessons within the programme is empowering individuals to take control of their health, to be creative, to be intuitive and use initiative to discover their own path on their route to good health. That is why I wanted to develop a partnership with the Lambeth GP Food Co-op (LGPFC), the activities of our two programmes may differ, but our values and aims are very much aligned.

The LGPFC is a wonderful project that provides people with an opportunity to escape the confines of their home and access green open space and learn a key life skill, how to grow food. Gardening and food growing has been shown to improve various aspects of health and wellbeing, from reducing social isolation, feelings of self-worth and overall quality of life.

See: <https://www.kingsfund.org.uk/blog/2016/05/bring-gardens-in-from-cold>

We will be working closely with the LGPFC to ensure all participants on the NDPP have this opportunity, to explore their health and wellbeing and find alternative avenues to improve health outcomes.

I am excited to see this partnership flourish, perhaps as quickly as the co-ops gardens do in springtime.

August 2018