

Hello!

Welcome to the twelfth 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 – AUGUST 2017

Office closed for the holidays

Our office will be closed from Wednesday 23 August and will reopen on Tuesday 12 September. The gardening groups will continue to operate during this period.

Update from Ed

Summer is for opening our gardens and showing off our vegetables plants and flowers. At Gracefied Gardens, Elizabeth welcomed over 30 visitors to the garden when we held a lunch time event on Tuesday 27 June. This was followed by Hilda's '4th of July' Barbecue at Lambeth Walk Surgery attended by new and old friends. Thank you Elizabeth, Hilda and volunteers for two lovely events.

We were delighted to be invited to attend the British Medical Association's open garden at BMA House, on Saturday 17 June. Our stall attracted many new people who were interested in learning more about our work, with our video being played to packed audiences in the BMA cafe. (They were a captive audience really as the temperature was in the high 20's and most people were in the cafe to cool down rather than making a beeline for our video! But it all helps).

NHS Lambeth CCG invited us to join the Health and Wellbeing trail at this year's Lambeth Country Show, and I must say a big thank you to Dr David Wickstead, Millicent and Carine from Corner Surgery who volunteered to be on the stall during the day. Thanks also to Graznya, Pauline, Rosemary and our Jenny for helping out during the day too.

Speaking of the Corner Surgery, we attended a Patient Participation event organised by Corner Surgery staff at a local community centre on Thursday 13 July which was a fantastic success with over 100 patients attending. We recruited several new patients into the gardening group at King's College Hospital, some of whom have begun growing vegetables with Flora, our resident gardener.

Following an all-out recruitment drive at the Grantham Clinic in Stockwell, 61 patients expressed an interest in joining the gardening group. We were thrilled to welcome the first 11 patients from Grantham who will be gardening alongside patients from Beckett House. We were delighted to meet new patients from Crown Dale Medical Centre when we held a stall at the surgery in July. We are looking forward to supporting food growing at Crown Dale soon.

In the next newsletter we will describe in more detail our continuing work with Feeding Britain and Lambeth Food Partnership with whom we are partnering on the Feeding Lambeth project.

Next month we will be presenting the Lambeth GP Food Co-op as part of the College of Medicine's conference on "Food: The Future Medicine" at the Royal Society of Medicine. We are delighted to be given an opportunity to share our vision with over 300 doctors and other colleagues with whom we have shared interests in food and health. A full programme can be found on the College of Medicine's website.

On Wednesday 20 September at Kings' College Hospital we will be facilitating an event focussing on developing an NHS community farm to include the proposed critical care garden, Ruskin Park and other food growing activities both within the hospital and wider community. The event is being coordinated by Dr Shou Zhang, who works in A&E at Kings and is a member of the Lambeth GP Food Co-op. An article from Dr Zhang with more information is overleaf.

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

Linking green space, sustainability, health promotion and healthcare

I am a junior doctor at King's College Hospital, and an enthusiastic member of the Lambeth GP Food Co-op. My interest in sustainability and healthcare started in medical school, as did my awareness that new models of care are needed for the NHS to face the demographic, environmental and economic challenges of the future.

I hope to eventually train as a psychiatrist, but my interest in how mental and physical healthcare can be better integrated has led me to take some time out after my Foundation training to work in A&E at King's. From September, I'll drop down to one clinical day a week, whilst I pursue a masters in Global Mental Health.

When I learned of the Lambeth GP Food Co-op, I was immediately inspired to join as it was a project that was both simple and achievable – to get patients to grow fruit and vegetables on GP practice land – and had complex and wide ranging benefits in promoting physical activity, healthy eating, more resilient communities, and in decreasing social isolation, food miles and more. Since becoming a member I have had the opportunity to visit many of the GP gardens, meet other members of the Co-op including GPs and patients, man the stall at King's, as well as visit other community gardens in the local area.

King's College Hospital, which is also next to Ruskin Park, is uniquely situated at the boundary between Lambeth and Southwark, both boroughs with a history of community healthcare innovation, from the Peckham Experiment in the 1920's to the current Lambeth Food Partnership.

During one of the stalls at King's we were approached by Dr Tom Best, an ITU consultant, about whether we would be interested in being involved with the rooftop garden that will be on top of the new Critical Care Centre. Although there is already a site at King's at Jennie Lee House, we realised that the offer of a space at the heart of the hospital was very different. It gave us an opportunity to bring everyone from clinicians, patients, designers and local community projects and local government together to think about new ways in which productive green space can be used for holistic patient care, and therefore also act as a bridge between primary and secondary care.

We developed the idea of hosting a workshop to facilitate these discussions and enable us to build and strengthen networks and relationships within the local community.

The workshop will be take place on Wednesday 20 September in the Bill Whimster Room at the Weston Education Centre at Denmark Hill, and will run from 10.30am to 2.00pm. It will review the landscape of current evidence and practice on green space and healthcare, showcase the work of the Lambeth Food Co-op and other local projects, and most importantly begin conversations around incorporating the use of green space within the healthcare community at King's College Hospital. We hope that you will be able to join us, and we will be sending out more information soon.

Dr Shou Zhang

Upcoming Events

Monthly Produce Stall at King's College Hospital

In partnership with Medirest, the Lambeth GP Food Co-op run a stall on the last Thursday of each month at King's College Hospital to sell the produce grown by patients at our food growing sites.

The next stall will be on Thursday 31st August from 12 – 2pm at the Wellspring Restaurant, Hambleton Wing, King's College Hospital.

Future Dates: Thursday 28th September, Thursday 26th October

College of Medicine: Food. The future Medicine conference - 14 September 2017

The Lambeth GP Food Co-op has been invited to share our experience and participate in the panel discussion at Food. The future Medicine conference held by the College of Medicine builds on last year's conference: Food. The Forgotten Medicine.

Practice and educational, the conference will look at topics such as the 'perfect diet,' changing our nutritional ways and the "Food Forum" that will bring together farmers, food suppliers and retailers to discuss how we can change things to make better food available to those who need it most.

Further details including the programme are on the College of Medicine's website:

<https://www.collegeofmedicine.org.uk/events/#!event/2017/9/14/food-the-future-medicine-2017>

Remembering Ivor Picardo

We first met in the Ritzy cinema cafe a week or two before Christmas 2012. I was really excited to meet Ivor Picardo, who has passed away in June, as he was being seconded by Lambeth Council to become Lambeth GP Food Co-op's first Project Manager. I arrived late, and first encountered a look that I came to love. Ivor made it very clear that I needed to improve my time management skills and that as his black coffee was cold I could order a fresh cup. We did not hit it off. And I was his boss!

So began a friendship which lasted over 5 years and included climbing the roof onto Edith Cavell surgery to assess its suitability for a food growing roof garden (no, it wasn't); negotiating with the church elders next door to the Hetherington surgery to use their waste land at the back of the church for a food growing garden (they eventually sold the whole plot to a property developer); to walking with Ivor last year in West Norwood to plan the Lambeth GP Food Co-op in that part of the borough which Ivor called home (we are launching at Crown Dale Medical Centre this month).

Ivor and I did a lot of walking together over the years and on our local journeys we explored the possibilities for engaging patients and Lambeth residents in food growing as social activity, on estates and in GP surgeries. Walking with Ivor was almost always a learning experience in which he shared his deep knowledge of gardening and food growing and how both activities were important. Either as expressions of community empowerment and also as expressions of local creativity, which in his last role as Resident Engagement Officer for Lambeth's Housing Services he did much to make a success.

As a founder member of the Lambeth GP Food Co-op Ivor help build the organisation during its first year as a member of the Steering Committee and after that as our link with the Lambeth Food Partnership, through which he maintained an ongoing conversation with a Borough wide network of people who value growing food together for the common good. His work with Edible Lambeth will be continued by colleagues from Lambeth Council who are planning an event in the autumn to honour Ivor's work in the borough.

In the last newsletter I wrote about our friend Grants death, although I don't think Grant and Ivor ever met, they are joined together in their involvement with helping to shape the Lambeth GP Food Co-op from very different perspectives and life histories. For both of them, their work with us meant they were each helping to build community and a sense of human belonging in a difficult time and in very challenging situations. Ivor believed we can literally grow ourselves out of the present social context and his quiet commitment to public service, which often went unrecognised and unrewarded provides the soil in which we continue to grow together and nurture a better future.

Ivor died in June from complications following treatment for cancer. I will miss our walks together

Ed Rosen



Ivor, alongside LGPFC founding members Hilda and Diana, taken at our 3rd Birthday Party on 22 July 2016 at Lambeth Walk Surgery

Know Your Own Health

The Lambeth GP Food Co-op inspires me because there is no substitute for the warm social interactions it provides people with. The physical and mental health benefits of engaging with projects like this can be enormously valuable for people who experience the daily challenges of self-managing their health conditions.

At Know Your Own Health our business is all about supporting people to self-manage their health and wellbeing, particularly those with long-term health conditions. We know that if we support people to become resourceful and resilient through working with them, supporting them to really engage with what they can do for themselves and be actively involved in their own health and wellbeing, this can have real benefits in the long-term.



We recognise that not all peoples' health and wellbeing needs are immediately medical. Of course, sometimes people need medical help, but sometimes they benefit from other support to help them manage their own health and wellbeing.

Actually, people with health conditions spend very little time with clinicians and the rest of the time managing on their own, so anything the GP practice can do to help them with that is a bonus.

We know that whilst it's important to have access to high quality medical care when people need it, sometimes the things they choose to do for themselves will have a greater impact on their health and wellbeing than things that doctors and health professionals can do for you.

So our work at Know Your Own Health is to work in partnership with GP practices to provide all the key components for the successful implementation of self-management support, including face-to-face health coaching, a comprehensive online coaching platform and all the training and supervision needed to establish a high quality supported self-management service. We do this alongside the GP practice as a part of the service people receive from their surgery.

The work we are doing is new and exciting and it's highly rewarding for us to be working with visionary GPs who, with us, recognise the significant benefits of helping people think and act differently in relation to their health and wellbeing needs.

The Lambeth GP Food Co-op is a shining example of how we can all think differently about our health and wellbeing, and there are many exciting opportunities that can develop from it. I believe it benefits not only patients who participate in growing the food, but also helps health professionals, health commissioners and other members of the community to recognise that medical care is not the only way to help people lead healthy, resourceful and meaningful lives.

I hope that, in my lifetime, we are able to revolutionise the way the health and wellbeing needs of our communities are viewed; a universal recognition that health and wellbeing for all is a very real possibility and that medical interventions (when they are needed) are a smaller but significant part of the process of maintaining our health, even when we become unwell and live with the challenges of a long-term health condition.

John Worth

Managing Director, Know Your Own Health

Personalised Supported Self-Management: <http://kyoh.org>

Board Member, Lambeth GP Food Co-op

A busy summer

My name is Kiu Sum, a Registered Associated Nutritionist and recently graduated from University of Westminster with a First Class Honours in BSc (Hons) in Human Nutrition. With an aspiration to pursue a research career in public health nutrition, my primary research interest lies in understanding physical activity interventions and impacts on cardiovascular diseases and obesity. However, my undergraduate studies provided insights into food and health behaviour which I hope to explore in further study. I have been involved with other research projects within various professional organisations, and have been heavily involved in student engagement projects, including running the Westminster Nutrition Society whilst at university.

I am currently interning with Lambeth GP Food Co-op, supporting various projects. These include Feeding Lambeth's Health and Hunger project; working with Virginia Nimarkoh supporting the Lambeth Larder; liaising with the 3 GP surgeries (Crown Dale, Lambeth Walk Group Practice, and the Grantham Practice); working with Dr Shuo Zhang organising a community farm conference; and recently started supporting in social prescribing for a fruit and vegetables project. Despite only spending a short period of time so far, the internship has been an insight into working with healthcare professionals, visiting gardens and supporting the Lambeth GP Food Co-op at the British Medical Association and has been a very good experience! I would like to take this opportunity to thank Ed and Jenny for their continuous support and exposing me to many opportunities. I look forward to meeting many more of you (whether through emails or in person), and hope my time with Lambeth GP Food Co-op continues to flourish!

Kiu Sum, Intern with Lambeth GP Food Co-op



From left: Kiu, Flora (Jennie Lee House group leader), Gordon (participant at Jennie Lee House), Pauline

Reflective gardening – mirroring a view

I moved to London from Taiwan to undertake a postgraduate degree in marketing management at the University of Westminster after completing a degree in business administration in Boston, Massachusetts. It was through my involvement in the Westminster Nutrition Society that I became an intern at the Lambeth GP Food Co-op in November 2016.

I am working on various projects including raising the profile of the Co-op through refreshing the website and Facebook, and creating leaflets for patient engagement sessions. I am working with the patients at the latest food growing site at Grantham Practice/Beckett House Surgery and drafting an English language leaflet to be used at both surgeries and which will form the template for leaflets in Portuguese, Somali, Spanish and Chinese to be used to raise awareness of our shared work.

During this time, I met the most amazing people. Despite the limitations of available space and weather conditions; our patients continue to come up with creative ideas to plant and grow fruit and vegetables. For instance, I spotted our patients at the Lambeth Walk Group Practice site trying to build up green wall with vertical gardening ideas – all of which inspire high hopes for the season ahead. No words can describe the happiness I feel when I see the plant-life in our city continue to grow. I must admit this job has been a major change to my life, fortunes, and ambitions, but all for the best. Allergic reactions, and the fact that shelves in front of my apartment windows are now full of edible plant pots, have given me some ideas of my priorities in life. Change was challenging at first, but it excites my soul as I change something I do daily. I have found myself happier and more confident.

Pauline Lee, Intern with Lambeth GP Food Co-op