

## Hello!

Welcome to the fourteenth 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 – JUNE 2018**

## Update from Ed

Fingers crossed warmer weather has finally arrived. Our gardens are springing back into life with the final arrangements being made to our new, enhanced garden in Swann Mews, opposite Stockwell station. We formally launched the new garden on Wednesday June 6th at 12pm in partnership with Hyde Housing who have provided Lambeth GP Food Co-op with a grant to develop the garden for patients from Grantham and Beckett House surgeries. I would also like to thank Simon Gharthey from Progress for building the new site, Andy and his team for transporting the planters, and Julian Sanz from Keepmoat for the provision of a new trellis and notice board.

Our work in Stockwell is a fine example of a local housing association working in partnership with local GP surgeries to improve the health and wellbeing of patients who also live on Hyde estates in the community.

A recently awarded grant from the Battersea Power Station Foundation will enable Lambeth GP Food Co-op to engage with patients at other surgeries in Stockwell and Brixton over the coming year.

In this summer edition of our newsletter you will read about our emerging partnership with the Rare Diseases Centre at St Thomas' Hospital where Professor Jemima Mellerio and her team are planning a new roof garden especially designed for patients with rare skin conditions. We will help to bring this project into life over the coming months and will report on progress in our next newsletter.

NHS England are considering a national stakeholders' network of organisations leading work across the health sector to promote gardens and health. I was delighted to join colleagues from NHS trusts, Horatio's Gardens and the Royal Horticultural Society for a first discussion about future collaborative working which was held before the Easter holiday. I was especially pleased to be representing an initiative which is rooted in primary care as this sector offers real cost effective opportunities for bringing together gardening and health improvement. The article from Ben Jacobs highlights the forthcoming Sustainable Health and Care Campaign which Lambeth GP Food Co-op is contributing to next month.

Lastly, I would like to wish Bernadette Johnson a very happy birthday. Bernadette is a patient representative from Lambeth Walk surgery on our Board, and a regular gardener at the surgery as well as being one of the stars in our new video which will be on our website in June. You will have a chance to see her and a cast of others talking about their work to support our co-operative.

We hope it inspires others to build their own gardens and enjoy growing food together.

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

## **The legacy of the Pioneer Health Centre in South East London**

Thank you to everyone who came to our event at the South London Gallery on the 27<sup>th</sup> of March. The event was organised in collaboration with the Art Assassins the South London Gallery's youth forum who are currently working on a year long project "The Peckham Experiment: A Centre for Self-Organisation".

It was fascinating to see The Pool of Information side by side with the Lambeth GP Food Co-op film. For me, the resonances between the stories told by those who had used the Pioneer Health Centre, and those who are part of the Lambeth GP Food Co-op today were particularly poignant. Both the Centre and our gardens have become more than the brick, mortar, wood and soil that make them. The sense of community is fostered from a mix of co-operation and autonomy, and in doing so have changed the relationships between the healthcare environment and the people that use them.

In the discussion that followed it was great to have artist Jini Rawlings' experiences of working with the Pioneer Health Centre archives in the past, with the work of the Art Assassins now. And to hear from Ed, and Lambeth GP Food Co-op members from Lambeth Walk about what the project means to them. In the NHS's 70<sup>th</sup> year and in the face of increasing challenges, it is important to remember that there have been innovative ways of working in the past that are inspiring people today.

For those who are interested, The Pool of Information can be rented online from Concord Media (<https://www.concordmedia.org.uk/products/the-pool-of-information-1124/>), and our Lambeth GP Food Co-op film can be viewed for free from the front page of our website: <http://lambeth.gpfoodcoop.org.uk/>.

Shuo Zhang

## **Sustainable Health and Care week**

Organisations across the NHS, social care and public health are being encouraged to share their green and energy efficient projects as part of the inaugural Sustainable Health and Care week in June.

The awareness week will take place from 25<sup>th</sup>-29<sup>th</sup> June and is part of the Sustainable Health and Care campaign.

Each day of the week will focus on a different theme including; travel, community, waste and resources, green space and innovation and technology. Organisations are encouraged to use the week to promote and share projects within their organisation and beyond.

There is a communications toolkit and suite of ready-made resources to help you organise and promote local activities during the week. The customisable resources are available to download on the Sustainable Health and Care website.

The campaign is also hosting an awards ceremony and conference in the autumn. There are twelve different awards categories including two awards that will recognise inspirational individuals.

Entries to the awards can be submitted online -

<http://www.nhsemployers.org/campaigns/sustainablehealthandcarecampaign/sustainable-health-and-care-awards>

The campaign is a partnership between the Sustainable Development Unit (SDU) for NHS England, Public Health England and NHS Employers.

The SDU is seeking invitations to visit sustainability projects in action. If you would like a member of the SDU team to visit your organisation please contact the campaign at [sustainability@nhsemployers.org](mailto:sustainability@nhsemployers.org)

## **Strawberry Tea in Streatham**

Strawberry Tea at the Biggin Woods Allotments on Sunday 1st July from 3pm till 5pm.

All very welcome. Address is 160 Biggin Hill, SE19 3HP. Entrance is £5 for adults and children are free.

Buses 196 and 468 from Brixton to Biggin Hill stop on Beulah Hill. Or the 249 if coming from Streatham.

Contact Elizabeth by 26th June if you want to attend [Elizach@gmail.com](mailto:Elizach@gmail.com)

## **The Rare Diseases Centre Garden, St Thomas' Hospital**

The start of November 2017 saw the doors open to the Rare Diseases Centre (RDC) at St Thomas' Hospital, a venture funded by the Guy's and St Thomas' Charity, DEBRA and the Four Acres Trust.

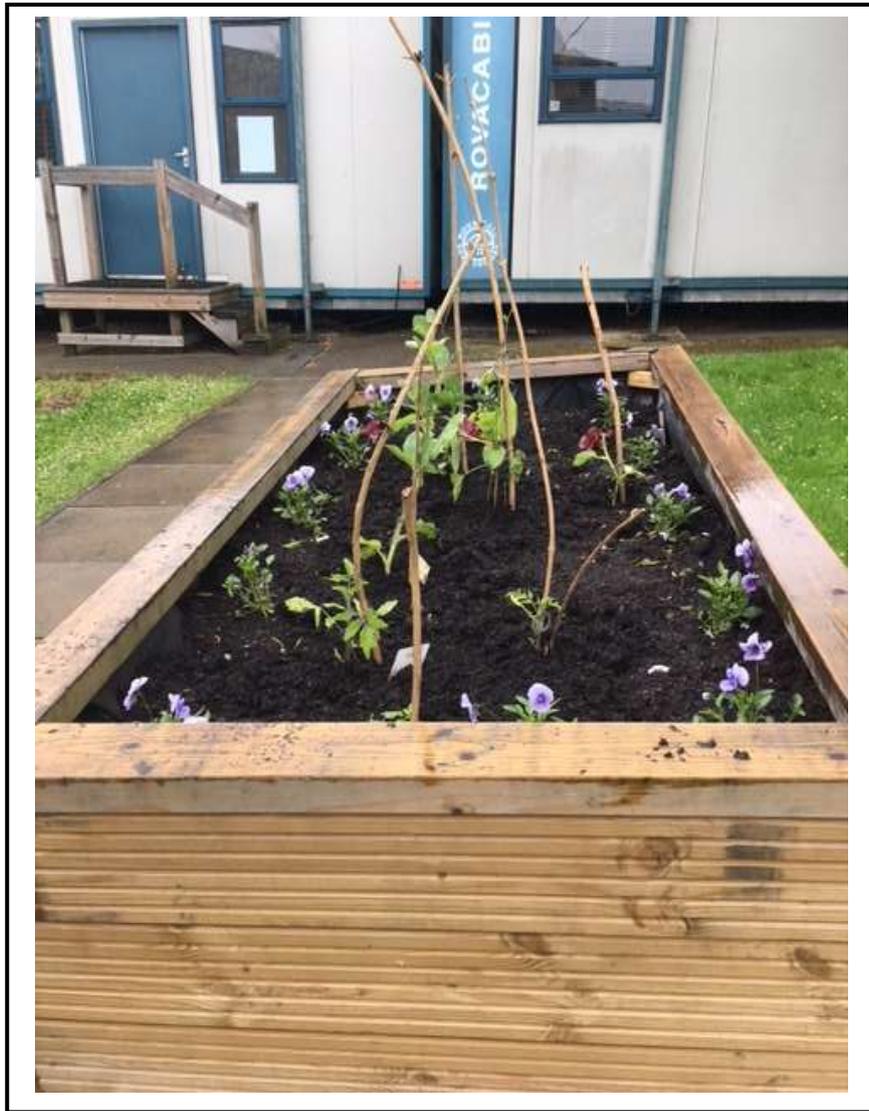
A newly refurbished clinical space, this is home to services for a number of rare, complex inherited conditions where the calm, welcoming layout and state of the art clinical facilities combine to provide a holistic healing environment for patients who often need to spend many hours on their appointment days seeing numerous healthcare professionals. Involvement of the different users of the RDC has been key from the outset, ensuring the design and facilities accommodate the specific needs of each of the conditions seen there.

For example, the RDC is home to clinics for xeroderma pigmentosum (XP), a disease which causes exquisite sensitivity to UV radiation and resultant problems with skin cancers and eye inflammation, so all windows are protected with UV blocking film and lighting in the centre does not emit UV. There are also clinics for individuals with epidermolysis bullosa (EB), where there is marked fragility of the skin so that even trivial trauma causes blistering and wounds. Curved edges to furniture and easy wheelchair access were important elements, therefore. The Bardet Biedl syndrome (BBS) service is also run from the RDC; affected individuals have visual impairment meaning that consideration of lighting and contrasts in wall and flooring materials was essential.

With clinical services now up and running, attention is turning to development of the garden space to the rear of the centre, a rectangular area of 1st floor roof terrace approximately 12m by 3m visible from two taller blocks of the original Victorian part of the hospital on either side. Aligned parallel to the nearby River Thames and the Houses of Parliament beyond, it has a sunny aspect for much of the day. The garden has been a key element of what the RDC is to deliver, a space for patients and families to rest and socialise in, a sensory environment in which to relax and escape the more perfunctory elements of having a hospital appointment, a detox from the clinical constraints of having a long term medical condition.

A serendipitous meeting with Ed Rosen and an introduction to the Lambeth GP Food Co-op will mean that we can start to work together collaboratively on the RDC garden project. An initial scoping exercise with people from the different patient groups and staff will ensure that the very specific needs of each condition can be taken into account in the garden design and the elements needed to realise a vision for this little oasis of calm in the centre of a very large and busy hospital. Working in partnership with the LGPFC, our patients, staff and Guy's and St Thomas' NHS Foundation Trust, we look forward with enormous excitement and anticipation at what we might achieve as a sustainable, therapeutic and stimulating space for years to come.

Jemma Mellerio



First planting at the  
LGPFCC garden at  
Crown Dale Medical  
Centre, Upper  
Norwood.

Thanks to Brenda  
Donnelly (who took the  
photo), Nico and all  
the gardeners.

