



# Co-operative Councils

## Innovation Network

## HEALTH & SOCIAL CARE



Enterprise and social economy



New models of meeting priority needs



Walking the talk

## Lambeth GP Food Co-op

### Gardening for health programme supporting stroke patients

#### CONTEXT

Lambeth GP Food Co-op brings together patients, nurses, doctors and local people who work together to grow food. It is a co-operative that works in and for the NHS and since 2013 has built vegetable gardens in GP surgeries and hospitals often in the most deprived areas in the Borough. It has been recognised by the NHS for its contribution to improving health and wellbeing with its tested track record for highlighting food as medicine especially for patients with long term health needs including stroke and long Covid.

#### DEVELOPMENT

A monthly stall at King's College Hospital provides hospital staff to buy locally grown vegetables from patients who have grown them themselves. This is also a contribution to reducing food miles and is aligned to the hospitals Sustainability Plan.

#### IMPLEMENTATION

This is a Borough wide initiative which provides evidence of creating social value and practical support for its partners which include Lambeth Council, NHS partners, local surgeries and the local community. At the Pulross Centre in Brixton it provides a gardening for health programme for stroke patients which includes weekly gardening mini workshops and free seeds for patients to take home on discharge.

#### REVIEW

Lambeth GP Food Co-op is part funded by local GP's, with additional funding from NHS



People-centred councils  
driving social innovation  
putting people first

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partners.

With proposed funding from an external construction partner it is planning to develop 3 more GP based surgery vegetable gardens in 2023.

### KEY TAKEAWAYS

- \* Working partnerships between councils, GP's, hospitals to deliver benefits of food for health to patients and communities in areas of health inequalities
- \* Co-operation in action which demonstrates imaginative use of vacant estate in public spaces including council, NHS and surgery locations.
- \* Patients, residents join health organisations as equal members participating in the organisational life of the Co-op

### ACTION OPPORTUNITY

This is a future focussed model which potentially contributes to Council collaboration with local health partners to deliver social objectives including increased food production, support for patients managing long term health conditions, joint sustainability and biodiversity plans.



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