

Commissioning Food Growing Through Public Health in Lincolnshire



Sarah Glendinning

Context: Lincolnshire

- Population of 781,800
- Covering 2,286 square miles (seven district councils)
- Mainly agricultural landscape
- Life expectancy is similar to the national average
- Deprivation is lower than the nation average, though there are pockets of deprivation
- Obesity levels are slightly higher than the national average
- 5 a day consumption is in line with national average, though some districts are lower

How it Started

- Community cooking has been active in Lincolnshire for a number of years
- A two year funded pilot to expand community cooking and to set up a community growing programme
- The aim being to enable adults and families to build confidence, develop knowledge and skills around healthy eating and cooking and to grow their own produce
- Community growing sites, supported by volunteers being at the centre of activity

What we did

- Work was done in partnership with District Councils, who took ownership of the growing activity in their area
- Set up a range of community growing sites, supported by volunteers
- Introduce Garden Organics' Master Gardener programme (67 Master Gardeners over the first two years)
- Over two years 49 growing sites were set up, involving 717 volunteers

Impacts

- Master Gardener support has been key (400+ households supported)
- Links to community cooking – the ‘seed to plate’ concept
- Communities and groups taking ownership of the sites
- The variety of sites
- Personal and social impacts – knowledge, confidence and self-esteem

Lessons Learned

- Volunteer enthusiasm is vital
- You can't control the weather or the seasons!
- Linking in with community cooking wherever possible
- Negotiating access to land
- Continuing the success of community growing and in particular Master Gardeners beyond a 2-year pilot – ***embedding growing into Public Health commissioning***

Commissioning Growing Through Public Health

- Personal health gains
- Working with vulnerable groups
- Increasing social capital and engagement
- Promoting an integrated approach to cooking and growing
- Links with other health improvement activities
- Contribution to volunteering

Central Park Community Garden



Axiom, Boston



Mablethorpe Community Garden



Winthorpe Community Garden



Bakavor Community Garden



The Healthy Hub, Lincoln



Promotional Film

- <http://lincolnshiresports.com/physical-activity/getting-started-for-adults-18/food-and-health/>

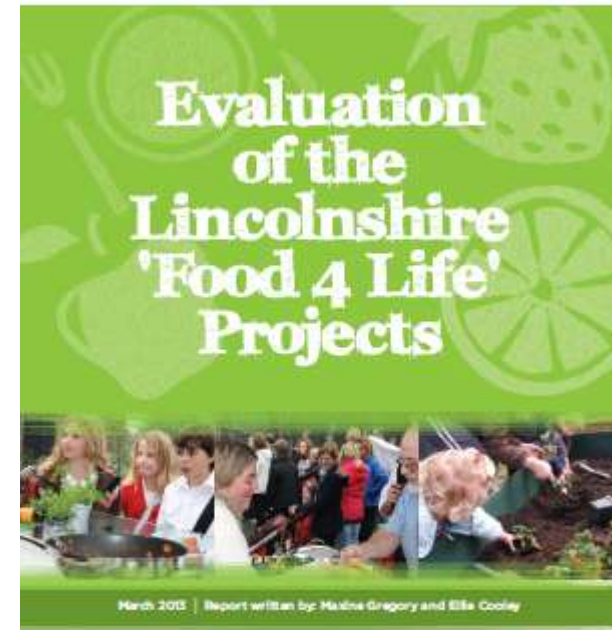
For Further Information

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