Commissioning Food Growing Through Public Health in Lincolnshire

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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

For Further Information

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