Health Creation & Food Commons
The journey of food from land to fork – breaking the silos

Food as a commons rather than a commodity
Initiating a healthy food approach in healthcare

What can we practically start doing in our own communities?

Food like soil, air, water and our atmosphere is a shared resource on which life on this planet depends. Food is more than nutrition and includes the web of relationships.

In a more healthy, sustainable and prosperous future we need to produce, access, secure and consume good and healthy food. We need people and their communities to become active in health creation.

How can we provide a better match of local needs with local resources?

- Link, listen to and collaborate with communities and individuals interested and active in health creation and the commons.
- Find out what practices are worth replicating and co-create an interactive mapping tool.

Questions we explored:

- What models are already working? How can we amplify them, connect them and create more?
- How do we move forward?
- What principles do we need to move forward?
- Where does education need to start and how can we influence that?
- How do we create a health service that works for the community?
- What would such a service look like? Who would be involved?
- What do individuals and communities want and need? How would such a service operate?

Important elements:

- Relationship
- Food access
- Access to land
- Sense of ownership
- Ability to affect change
- Secure relationships
- Safe relationships
- Safe neighbourhoods, etc. …..

If these elements were addressed what would change in organisational culture, in society, in schools, in the GP waiting room?
Quantitative outcomes that we could generate by addressing the above questions:

- Less repeat GP visits when people have meaningful relationships and understand more about self care
- Less prescribed drugs as they would be considered as a secondary option
- Less emergency visits to hospitals when people understand more about their own health and feel less isolated

Shifting from the industrialised food production system to thinking and acting as an interconnected community and a shared resource or a commons, would also bring employment, investment and improved healthy food access to local communities. The quality of life would improve for everyone which would need to be captured with qualitative outcome measures.

At the moment the food industry is very powerful and almost impossible to compete with. In reality 12 transnational actors control the whole food system which makes it seem almost impossible to create sustainable food systems. Clearly the role of justice is being ignored when 12 big corporations are extracting wealth while polluting our shared commons without having to pay for that. To prevent big corporations from chewing up small growers we need to build one whole vertically integrated system. To create sustainable food systems with enough economic capacity to become viable, we do need to create an alternative. This must of course include treating labour well and paying fair wages. Example: The Mondragon model could be a viable model.

Collaborating with intention to build collective intelligence

To build a sustainable and enlivening future, we need local food growers, community projects and all those interested in caring for our health in a holistic and integrated way to collaborate more intentionally around a collective purpose. This does not in any way diminish the value of each individual project. Quite the opposite, it will make it easier for each project to operate more impactfully as an integral part of a whole ecosystem.

Collaborating more intentionally could translate into doing something together like creating events, celebrating together (like organising a ‘Big Lunch’), inviting each other to visit our projects, sharing resources including knowledge, building shared online platforms that make us visible to each other and to the field as whole. Creating structures for engagement for others, learning about ways of organizing and governance systems that are participatory and liberating rather than imposed, restrictive and top down.

Collectively we could identify and develop suitable community ownership models. We could advocate for land being held in trust by the community in perpetuity ie, public ownership to prevent corporations buying up land at a later date which would prevent small companies from competing.

PRESENTATIONS:

Participants were encouraged to note down questions that were triggered by listening to the presentations on post-it notes. Those questions were clustered into themes during the lunch break. They became the resource and focus of seven table conversations worldcafe style which followed in the afternoon.

UBUNTU

Tim Flitcroft welcomed us to the Claremont Centre which is engaged in Psychotherapy and works with over 55s. It does a wonderful job in keeping local people active. It started by asking the simple question why is it with so many day centres for the over 55s do so many older people stay at home. The answer they found was in creating an active creative learning space built around a model of everyone mattering in the project whether a member, one of the staff or tutor - all are equally appreciated and there is no need for hierachies, bossing people about and ignoring people's needs. Recent research in neurobiology shows how specific neurons (the F5 neurons) fire only when the person/animal is either doing some specific task or when they are observing someone else doing that same task. The argument is put forward that mirror neurons are essential to imitation, empathy, socialisation and the acquisition of meaning and language. This neurobiological research echoes the idea that we are inherently both individual and co-constituted with others. The word “ubuntu” means that a person is a person through the recognition of the other, in fact we create each other. We are because you are, because you and I are interdependent. This an essential feature of the commons. Without it however good the type of governance a self-organizing group chooses to adopt it will remain hollow. With Ubuntu almost anything can be achieved regardless of the form of commoning chosen. The Claremont Project is already a health commons by being dedicated to the creation of well-being, and social community.
COMMONS & COMONS RISING

**Andy Paice** explained the meaning of the commons. That it not just a resource that's out there and free to everyone. It is the idea and practice that a commons is a resource as well as a community. The community manages its resources in a self-organised way which is fundamental to a functioning commons.

This is the exact opposite of how under capitalism resources are managed where what we need is commodified, monetised and advertised for sale through a market.

The idea of the commons historically was land managed by the community which was emphasised by ceremonies such as beating the bounds. Nowadays we have open source software, wikipedia, also open hardware which enables people to build cars through open source designs.

Commons Rising is a group which began in 2015. As many groups are not really aware of the existence and activities of others in the same field, Commons Rising aims to connect them up, to enable them to share knowledge and have meaningful conversations, to share food and music. The purpose of Commons Rising is not producing stuff for people to consume, but to encourage co-creation of what we need for a good life.

HEALTH AS COMMONS

**Anna Betz:** She explained how since facilitating a similar event called Health Commons in 2011, the only thing that has really changed was that everything has become much more urgent and more obvious. So the timing for Health Creation & Food Commons seems perfect. The time is now to act on what we know. Health is both individual and collective and always relational. It is about the relationship to yourself, to others, to the wider world and to nature, we are not separate from nature, we are actually nature.

The closer the food we eat is to nature, the more nourishing it is for ourselves. So we need to take more responsibility for food growing. Since health is not our private property but a commons - our responsibility is to steward and take care of that gift, so it can affect other people in a positive way, so we can support each other through knowledge, and ideas - food is the ultimate commons.

To describe the relational nature of health, she used the Integral Framework which helps us to become aware of, visualise and influence the interrelationships from both a systemic and action related perspective.

Our inner beliefs, values and assumptions (UL quadrant) naturally show up in our outward actions and behaviours. (UR). What could happen if these relationships became more transparent through the use of modern technology like apps? For example if an app linked you to an image or video of the community growing the food and see how people are treated, what sort of lifestyle they have, how would this influence your food choices?

(LL) How do I inform myself of what’s going on in the community and how do I communicate what matters to me to others? How we talk to each other, how we listen to each other, how your GP relates to you as a human being? These are all part of the lower left quadrant which is about the way individuals and groups communicate and relate to each other. She drew our attention to the need for good listening skills which had been highlighted by speakers at every NHS and Social Care event she has attended recently. Someone with good listening skills will not just hear the words someone is saying but will listen to the body language, the tone in the voice and the inner attitude of the person they are in conversation with.

Before we can move beyond old ways of working together and transform collectively we need to notice and acknowledge how we interact with each other now, how we interact with spaces and how old habits still operate through us. Our listening skills are closely linked to health and the future we can perceive as possible. She encouraged us to notice what happens when we hear views opposed to our own? What happens when we no longer contract with fear or anger? As our container becomes wider, we can hold space for more than this or that opinion. The Health and Food systems need structures for engagement to work with diverse ideas, to translate them into reality and to make them available to the wider community. Having a different experience can open up our hearts, our minds, and our will to something new, engage with it and co-create new systems like new infrastructures that can inspire and engage others.
BROMLEY BY BOW CENTRE – Learning and living by doing

Dan Hopewell: Director of Knowledge and Innovation, Bromley by Bow Centre

BBBC works with over 2,000 people each month, supports people to overcome chronic illness and unhealthy lifestyles and enables people to learn new skills and to find work.

BBBC began with a failing church, consisting of 12 old people with £400 in the bank. It is now transformed, works with 150 staff, and hundreds of volunteers supporting the community. BBBC incorporated a GP practice 20 years ago as an integral part of the model they were building, and rented it back to the NHS. BBBC embodies many of the principles behind the idea of the commons. They took ownership of the 3 acre park, which had been neglected. They persuaded the local authority to give it to them on a 30-year lease. The same happened with the GP practice. They thought they could do a better job than the NHS were doing at the time.

Michael Marmot - Fair Society Healthy Lives 2010, categorically established that 70-90% of health issues are to do with relationships, food, how you feel about the neighbourhood, and only 10% are to do with the quality of healthcare we receive, so the idea was to embody those principles. 70% of BBBC's programmes are social programmes, 30% are clinical health care.

Dan emphasised how ‘It is not just what we do, but how we do it.’ This has all arisen from the passions of the local community, creativity and self-expression, co-production and an “asset-based” approach that has been at the heart of the project since the beginning. BBBC weaves a lot of this by tapping into the cultures of its community. Thinking of the challenges they face as a community and a nation, how we weave the changes we are trying to make into the lives of our community, one of the models is doing things “by stealth”, because you’ll never change the way people eat by telling them to eat healthy or exercise. Those approaches only widen the gap. Today you can see from statistical research that the incidence of smoking is no longer widely distributed - it’s weighted towards the less privileged. So you have to think in a more sophisticated way; it’s about learning and living by doing.

The layout of the centre includes welfare, legal, social enterprise, growing spaces, park and playground, connection zone, children’s centre, health and social care etc, using their 3-acre park as a community resource. If you have ownership of the land you can make a lunch club look like a festival. The gardening group receives referrals via “social prescriptions” for those patients who are socially isolated. BBBC uses their 3 acre park as a platform for many of the programmes.

Healthy living is part of everything and the programmes are conventionally funded. Models about healthy living are brought into everything. There is a Time Bank which runs a gardening group, which means there’s a lot of growing of food and vegetables. Then also go out and tidy up other people’s gardens, and run time bank coffee afternoons. “Get caught eating fruit” was a photography programme about eating fruit organised for the youth group. There is a “Well Programme” to transform primary care, by turning it into an asset-based programme, working with people in a different way which includes social prescribing and the ‘intelligent waiting room’. The idea is using the waiting room as an engagement space. For diabetics they offer group consultations. Why have single consultations, when you can get patients together to learn together and support each other? Then there is a grandmother’s group. 40% of the population are grand parents. They run DIY Health, teaching parents healthy eating for babies.

BBBC is a “knowledge share” programme. 1500 people have come from all over the world to participate in it. The usual way of looking at deprived people is looking at their deficits, i.e. what's wrong with them and things that need fixing, whereas “asset-based” working looks at the positives, and is using a catalyst to bring people together. Of course resources are needed to manage these assets and BBBC is keen to create structures for that and support others in doing so. BBBC also has an apprenticeship programme with 900 adult learners. People can start by learning English and finish with a degree.
Food Commons – How communities can take back control

Jamie Harvie: Institute for a Sustainable Future, The Food Commons, Commons Health Network - Jamie employs a systems approach to build relationships and facilitate improved human, community and ecological resilience, and will share from his lived experience, what works and what doesn't - he also coordinated the national phase out of mercury medical devices in the US. http://www.letslink.org/forum/wp-content/uploads/2017/08/HealthCreationFoodCommons_JamieHarvie.pdf

From a systemic approach to cleaning up mercury, Jamie Harvie developed the idea of the Food Commons. Industry has commodified food, and left people out of the conversations. Only 12 companies control the whole of the food system, and only by engaging communities with the development of their food systems can we make a difference. It’s not just a nutritional perspective, it’s multi-faceted, and holistically how to transform food from a nutritional to a whole-system perspective.

How do we take back community control, how do we fund it? Funders don’t usually fund whole systems, they only look at parts of systems, so the question is how do we scale it? This brings up issues of ownership. How does one own a system that supports the collective health commons? Not only corporations are doing land grabs, countries are doing it as well.
In figuring out how we might create a model in the US, we came up with the conceptual notion, and put it into a practical model, of how to work within the legal framework of the country we live in. We came up with the idea of a trust which owns a for-benefit corporation, and operates a hub which is an aggregator of food and the operational centre. The trust has a majority share of the corporation and we are 5 years into working this model in Preslow California, which is the heart of the US industrial food system. 60% of global food is grown in this area, but 90% of productivity flows out of the community. This county is the second-most food insecure county in the whole of the USA. Such disparities provide an incubating ground for ideas and engagement. The original prototype is in Fresno California. People can have shares that the community owns, which can never be more than 50%. 50% has to be held in trust. They have purchased an organic farm which sells produce to hospitals, provides food boxes to the Fresno community, sells to restaurants, universities, and schools - the company they have created is called “Farm to Fork”. Jamie emphasised that we can only do this work if we isolate ourselves from the economic pressures of the broad industrial model. The system has been created to minimise cost where it’s all about transactions. Ours is a relational model. It has to have enough academic scale and it has to be viable - consumers and producers can opt to be part of it, creating an exciting transformational model that will show how we think about food. At the core of it is the ownership model. [123x610]http://www.isfusa.org/keyinitiatives.html

Food Sovereignty

Helena Paul is co-director of Econexus which addresses food sovereignty, access to land, seed and crop variety issues. When soils are being degraded and lost, what are our alternatives? Food sovereignty is a worldwide movement, e.g. Slow Food, Via Campesina, Landworkers Alliance.

At Hebden Bridge, between 2012 and 2015 meetings were held and participants developed six principles of a People’s Food Policy:
1. It’s for the people, 2. It’s not a commodity, 3. Producers are valued & protected, 4. It’s localised with democratic control, 5. We build and protect knowledge, and 6. We work with nature not against it.

In Brazil people swap seeds and develop new varieties. There are many lessons to learn from work around the world. The 2015 Food Sovereignty Gathering - another food system is possible!

Kitchen on Prescription

Helen Cooke: Nutrition Lead for the Portland Centre for Integrative Medicine "Kitchen on Prescription" project, in Bristol: What is a good diet?

Helen developed a motivational cooking course in Bristol to which patients can get referred by their GPs. She developed a best practice standard as a recognisable model. When healthcare practitioners want to refer she can offer a standardised programme. Pilot courses were run in areas of high deprivation in Bristol. Joining the cooking course helps participants to steer away from prepared foods which contain artificial additives. By demonstrating how you can have a good low cost diet the course dispels the myths about healthy food preparation being too expensive.

Helen is keen to develop interventions that authorities will buy into, especially where complications of secondary health conditions could be avoided e.g. how to manage hypos with diabetes or finding opportunities to socialise by joining groups at the health centre.

The project is teaching patients to work out very simple ideas about cooking food from scratch. It also links projects in Bristol and demonstrates that coming together makes people feel stronger. Service users are linking with other initiatives in Bristol, e.g. community growing initiatives, exercise classes... Big intervention trials based on the Mediterranean diet are showing positive results by using a mediterranean, plant-based diet with use of healthy oils, fibre and plenty of vegetables and fruit. She claims that ‘Nobody can argue with broad principles proclaimed by food journalist is Michael Pollan’: ‘Eat real food, not too much, help people make right choices from the Eat Well plate’. The idea of creating the Portland Pyramid emerged from this work.
**People and Plants for Health**

**Alex Laird:** Living Medicine Alex trained as Medical Herbalist and believes in sharing knowledge with patients. The vision of Living Medicine is to use food and herbs to transform our health as part of mainstream healthcare. Living Medicine has a national network of tutors, to “resell” the ideas to people about the use of food and herbs in everyday self-care.

The idea is to spread self care knowledge by training community champions, to teach in community centres, in corporate businesses, in health centres, to student nurses and to medical students who can then cascade the teaching by teaching others.

An example of their work was teaching in West Ham Park in the east end of London where they used the bandstand as a Healing space.

The long term vision is to create a International World Garden Centre of Excellence, to sow, harvest and celebrate. Tutors teach people to understand how their bodies work and function and why and how different plants work to support those functions. Living Medicine is also involved in NHS Social Prescribing by working with White City Community Centre where GP referrals can catalyse communities to care for themselves. Another project is working with the allotments at Rosen Hill.

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**How access to the land affects what goes into your mouth**

**Tim Flitcroft** shared some inspiring work by various other related projects

Resonant with the title ‘Health Creation and the Food Commons’ and the subtitle ‘From Land to Fork’ we intent to address the fact that land access and ownership issues are not dry irrelevant arguments. Making the links helps us to understand how land is managed has a direct impact on what we eat and hence to our own health creation.

**OrganicLea** is a workers' cooperative that grows organic food on London's edge in the Lea Valley. They have 12 acres of land the Hawkwood Plant Nursery that was formerly a council owned market garden that fell into disuse. They sell their produce through a veg box scheme, market stalls and to local restaurants including the Hornbeam cafe also a community learning centre. They run training schemes on food growing and help manage other plots of land attached to schools and housing estates etc. They initiated links with Social Services and Mental Health Services to help people experience the land and have a buddy scheme to help them work alongside other volunteers. They also joined the social prescribing initiative recently piloted by Waltham Forest out of which they developed a gardening scheme for elderly incapacitated people.

They operate as a workers collective, practising consensus decision making with about 20 workers and 250 volunteers. They are not simply about growing food but also changing the food system in the UK and globally as their booklet _Transforming our food system, pathways from local food to global justice_ explains. A golden opportunity has arisen due the combination to cutbacks in the budgets of councils and other institutions who own land who therefore want to divest their properties and communities who are interested in managing their localities in their interests to grow food and other projects - for once socio-economic factors are working to help us.

**Shared Assets** started in 2012. The group is working within the existing system and helps creates formal agreements between community groups and land owners, who are also committed to the commons and interested in land system change. They are developing the idea of “community right to manage” which is beginning to have an effect on boroughs that are becoming more consultative and open to the idea of local communities managing their public spaces. The ‘community management of land’ is a growing movement which puts the emphasis on access rather than ownership and using land for the common good rather than private gain. Ownership arrangements will need to be worked out of course. Before we can do that we need to learn who owns what and Shared Assets has started to work on such a map, [https://landexplorer.uk](https://landexplorer.uk). When nationally 0.6% of the population own 70% of the land, land access and ownership issues are fundamental for any reform in food and health systems.

The **National Community Land Trust** network develops another approach to land access by ensuring that land cannot be sold on and thereby effectively taking it out of the speculative land market in the UK. This is a young and rapidly growing movement in England as more and more communities are taking the future of their village or neighbourhood into their own hands. There are now 225 CLTs, half of which formed in the last two years.
This is Rubbish highlights the failures in the distribution network. Stop the Rot was a campaign highlighting the 7 million tonnes of food waste in the UK food supply chain before the consumer. Targeting the big four supermarkets they pushed for ambitious industry food waste reduction targets and for transparent reporting of supply chain food waste. Today Stop the Rot is working in an European food waste coalition to lobby over European Parliament over the EC Circular Economy bill – asking for 50% reduction in food waste across Europe by 2030.

Lambeth GP Food Co-op is a health centre where patients grow food. This video conveys the message better than any description.

Plenary: Questions & Answers

Q. What does “asset-based” mean?
A: Dan answered “loitering with intent” - his approach was to walk the streets and to build relationships talking to people about what they might do with abandoned churches, looking at the community not as people with needs, but people with ideas, one idea leads to another, all based on the ideas, capacities and skills of this community.

Q. Talking about getting people together having adopted Mario Molinari’s idea that “everything starts with food”, education starts with food, can we interface with people wanting to stop wars and control the banking system?
A: We can design the food system to make it economically viable. It has to have scale, many of us have seen projects dependent on philanthropy going down. We are looking to change consciousness, how we develop a new operating system, relational rather than transactional.

Q: There’s a massive disconnect in terms of Water. Are we going far enough, pulses, grains, how do you integrate local foods e.g. hemp and flax specifically to focus on issues of water?
A: It needs to be a sustainable diet. Brazil has a food pyramid which includes water. The story needs to be told through shared commons and resources, Eg in Wisconsin, Almond production was hugely water-intensive. Helena says there is now more interest between themes of Water and Wildlife, could be an interesting place to start and help people to understand the connection. The crisis over water, is based on fact that we have allowed water to be taken over.

Q. Why does the system deliver so much sugar and carbohydrate and why have fats and oils been so vilified?
A: Oils were stripped out of our diet and sugar added when it was thought that fat was bad for you. Our body needs oils. The sugar industry paid scientists in the 1960s to play down the link between sugar and heart disease and promote saturated fat as the culprit. John Yudkin exposed how the sugar industry hijacked the debate for the last 30 years and promoted sugar as good and fats as bad.

Q. How we can replicate the process in our own local community?
A: For this we need a few people in local streets, some who have physical assets and some who have ideas. Whatever we do needs to be locally adapted to local resources. Philanthropy can play a role in bringing people together initially. It has to start with the people who are there locally. There are many assets in allotments for example. If you find a place where people can meet, e.g. someone inviting people to cook good food in their allotment. You have to experiment and be tenacious.
Examples: Well North translates some of the ideas. Oldham is the Eden of the North.

There a rich history of approaches which have been tried and are being applied right now:

- The Land Justice Project
- This year is also the 800th anniversary of the Charter of the Forest, Politically-related activities are happening at St Paul’s Cathedral. The Charter of the Forest is a history we can build on.
- Guerrilla gardening projects
- Peoples Supermarket
- Foraging
- Global Generation
- Capital Growth garden map
- The Field/local brewery making fermented drinks
Music & Entertainment - a natural part of every event

The Claremont Centre’s **UKULELE Band** entertained us with some food songs

**World Café Conversations & Harvest**

*Table Conversations* were around burning questions from the morning session. Seven themes were ranked as most useful, one for each table:

- Minorities
- Education Land Issues
- Education
- Nutrition
- Linking Projects
- Timebanks/LETS
- Governance models & Funding
Useful and actionable outputs from the feedback of table conversations:

---  Minorities  ---

Use of inclusive language that has meaning for people from minority groups to attract them to events. BAME needs framing of the term.

Hold some events in white minority area: Brixton, Harrow.

- **Action:** Volunteer from minority group to help design future events invitations and circulate them.

Contact: Sagar Sumaria: info@soethicalmedia.com

---  Land Issues  ---

Experiencing being on the land, in touch with the earth, the soil and its fruits. Acquiring of land and living in community to reskill us to work together, listen to each other and govern ourselves. Could Land Value Tax make land cheaper and more accessible?

- **Action:** working group around land access and linking with groups like the [The Land Justice Project](https://thelandjustice.org/), the [Charter of the Forest](https://charterofforest.org/), or Guerilla Gardening projects.
- To write a new doomsday book in the follow on from the Charter of the Forest, to improve the Land Registry, if you want a change in legislation contact David Dewhurst who has contacts with politicians. We need to think hard about what specific changes we need.

Contact:  Graham Wright  ghjwright@gmail.com  
David Dewhurst:  david.dewhurst@gmail.com

---  Education  ---

There isn’t one way of doing education. People need to start asking themselves how they have learnt what is useful for them. How much is based on experiential, factual and other ways of learning?

Suggestions were to remember times in one’s childhood when learning happened. Did learning happen while making a connection with the environment in a specific way? People talked about having a seminal moment where teaching suddenly happened or situations which connected their individual challenge with the wider complexity, and how they were going to act within that complexity.

Types of learning could be peer to peer, copying people, plagiarising people, learning in groups and mixing with other classes of people, getting ideas normalised. Also marketing as a form of education and “loitering with intent”

**Action:** Exploring how useful learning happens in our lives. Sharing moments of learning, shifts in attitudes, beliefs, ideas and behaviours as individuals and collectives. Maybe start a facebook group or face to face meetings.

Contact Avi: AbrahamHeinemann@gmail.com
Get clarity on the following points:

- Making organisational interconnectedness visible
- Externalised Costs and Accountabilities
- Funding and monetisation

Organisations need a holistic model rather than seeing people as simply individuals working together.

Suitable legal models for the UK: Cooperatives, CICs (6 staff regulate 500 CICs),

In the US: BCorps

UK examples: • Housing Trust
- SUMA: pays staff £ 30.000/year plus bonus & rotates jobs throughout organisation

**Other models** encouraging a collaborative rather than competitive mentality:

- Mondragon cooperatives in Basque region
- Apple & Google funding innovation
- Fresno Food Council in the US

Any trust should always have 51% ownership to avoid being bought by large corporations

It is important to clarify: Who is holding who to account?

How can we redistribute land?

- Reverse land inflation
- Nationalised rights to land
- Restore inheritance tax from 1950s

Who has a stake in the organisation?

- Shareholders
- Employees
- Employee Stock Ownership programme (ESOP)
- Capital Gains tax? Should the profit be captured by the community?

Management structures/governance models:

- Consensus • Holacracy • Sociocracy • Corbrocacy – corporates directing government
- TEAL organisations - organisations as living organisms
- Practise 3 breakthroughs: Evolutionary Purpose, self-management & wholeness
- Buurtzorg model– use face time and other social technologies

Funding:

- Philanthropic funding may be good to start with but not long term as funders can get fickle.
- According to Jamie, below 1 Mill dollars would not be viable as a for profit enterprise.
- How to create scale?
- Funders are typically reluctant to pay for staff
- Public offering could be a structured crowd funding campaign
- Becoming fully vertically integrated makes most sense:

Addressing these aspects could help:

- What affects you and why?
- Positive psychology & economics
- Social prescribing, nipping problems in the bud
- Cultural education
- Biology of Wonder
- 20% of GP consultations are about social benefit problems
- Intelligent waiting room as a community asset – welcoming in
- Setting up relationships with schools
- Role of universal basic income: frees people’s availability for community
- Crowd-source purchasing of farms
- Rotating jobs roles to balance experience with time for reflection
Highlights:
Participants liked the SUMA model and were also attracted to the idea of the intelligent waiting room, how to welcome people in as opposed to excluding them. Need to think in collaborative ways including about the economy of projects.
Contact: Russell Gundry - russell@3rdo.org or Dan Hopewell - dan.hopewell@bbbc.org.uk

Linking Projects
Linking urban projects with rural projects, connect up different organisations across various interest groups. This can be done to enable individual projects to become more visible to each other. From different perspectives we can also ask: How can organisations find each other and become more resourceful? How can they become more than the some of the parts?
Different suggestions that came up:

- Directories and maps, with project details & upcoming events
- Bring people together for events.
- Organise a collective event or festival that connects everyone to the field we are co-creating
- Use the internet to connect up health and food hubs.

Contact George & Anna: George.por@gmail.com or anna@unleashourhealth.com

Nutrition - making good food accessible

Actionable ideas that can make a difference

- Stalls in schools for parents
- Connect with local allotments
- Grow food locally in schools as part of education & multilevel learning
- Abundance London – collecting wild food
- Food assemblies – operate locally
- Learn how to cook nutritious food like beans and lentils in interesting ways
- Make self-care courses of Living medicine more visible
- City Planning: Limit number of unhealthy fast food outlets & encourage healthy fat food outlets
- Sugar tax
- Communal kitchens
- Make lunch clubs more educational – intelligent lunch clubs
- Big Lunch in neighbourhoods
- Health professionals to model healthy eating (BBBC abolished sugar)
- Popularise unusual ways of eating through sponsoring creative projects.
- Link food prices to energy expenditure (via policy, challenging supermarkets)
- Speak to supermarket managers to make stock healthy food and make it more accessible (gluten free products as example)
- Sharing good practices and skills with allotment owners
- Everyone do 1 thing differently
- Inviting friends for meals and talk about healthy food, modelling what is doable. For example making fermented foods together and sharing them.
- Use the ‘come and dine with me’ brand idea
- Healing happens when we sit together, talk together and connect to food
- Tell and share the stories of how we come together and what happens
- Stop shopping in supermarkets
- Post nutrition based articles and links on FB
- Festival of wellness in Health centres
- Have conversations with potential allies in the health service
- Contact Director of Waitrose - John Lewis Partnership re offering customers nutritional advice in the store.

Contact Anna: anna@unleashourhealth.com

--- Timebanks and LETS ---

Timebanks are top-down organisations to encourage vulnerable people to interact with each other in a useful way. People are awarded “hours” which avoids the need for a currency. Timebanks are usually funded, controlled by professionals, e.g. community workers, and the participants are clients.

LETS stands for ‘Local Exchange Trading Schemes' by self-help organisations, for individuals and organisations to share resources. Following the development of the Canadian Green Dollar in the 1980s, Michael Linton came up with the acronym LETS and publicised the idea worldwide – he incorporated the LETSystems Trust in the UK. The first LETS, Norwich LETS was set in in 1985, and LETSlink UK was founded in 1991 with the aim of developing LETS as a grassroots model.

Each group has its own named currency so rates per hour can vary. They are usually set up as an unincorporated association with a constitution so that people can be appointed by the members to the committee or “core group” on an annual basis - they also organise events to bring people together.

Before the internet came into being, LETS groups used computer databases and printed newsletters with lists of members, and directories of offers and wants; now many have online systems, which enable members to develop their own profiles and send group messages. One problem with LETS is that when members establish relationships they begin to just give and take “off the record” in a more informal way, so the organisers need to focus on bringing new people in to keep the flow - this was illustrated using a map of permaculture (currency) zones where the movement is inwards from the “wild woods” and the “orchard”, into the “vegetable patch”, then the “garden” and the house.

Whilst continuing to support existing local groups LETSlink is looking at better ways of linking up groups regionally and at the same time make connections with organisations sharing a similar ethos. We have a not-yet-much used forum at http://www.letslink.org/forum. Meanwhile to contact a local group, go to: http://www.letslinkuk.net/regions/uk-map.htm and follow the links.

Contact Mary Fee: mary@letslink.org

--- More Offers & Action Points ---

If you care for the collective intelligence and impact of our field, please write up your three-minute summary of the event and what you offer to do. E-mail it to: anna@unleashourhealth.com

Dan from Bromley by Bow offers support to people in developing the idea of social subscribing. Bromley by Bow is a scalable mechanism, social prescribing within a healthy living centre. Invites everyone to get in touch to learn about their whole knowledge programme.

If you want to help create an online directory or map, contact anna@unleashourhealth.com

Contact: http://everydaylivingness.com/food-and-true-nourishment-why-is-it-not-taught - to be added to the mailing list for courses about basic food and medicine.

If you are interested in the first European Day of Sustainable Communities, the TransEuropa event or commons related events this autumn, please get in touch with Tim Flitcroft. tim@commonsrising.uk

Don't forget to check our events calendar. See: http://www.commonsrising.uk