

Newsletter October 2009

Dear all,

There's been much progress this year! We have shifted focus to creating first a **pilot community medicinal garden** as proof of concept, prior to developing the national Centre. With the help of GK Partners and other generous advisors, we now have an excellent business plan for the Community Garden pilot.

Search for a ½ acre Community Garden site – can you help?

As you'll see from **the flyer attached**, we're looking for a minimum half-acre site, preferably in Lambeth/Wandsworth. We are presenting our business plan to councils and other organisations, including schools, in order to find the right site – and one that is accessible to local people. Wandsworth Council has already given political backing for the right site. We'll be working with Groundwork and others to involve many local groups once the site is found, and we want to find this space as soon as possible!

So, do you know of a site? Please do send on this and the attached flyer to anyone you think might. Thank you!

Community Garden and City of London Parks project fundraising

We are now fundraising for two key projects: our pilot Community Garden and our **City of London Parks Project**. In this we are planning to hold a series of herb walks with remedy-making workshops in Queen's Park and West Ham Park.

Living Medicine Herb Tea stall at Thames Festival's Feast on the Bridge

As part of the wonderful Feast on the Bridge on 12 Sept, we served 450 herb teas to a very interested public! This was Living Medicine's first Herb Tea stall and foray into a big public arena. Southwark Bridge became host to a banquet, cows, butter churning, flower garden hats, reclaimed supermarket trolleys growing vegetables, and a host of other activities. Three medical herbalists plus volunteers served fresh mint and ginger tea, immune boosting teas and other delicious concoctions to taste, and we were almost overwhelmed with the interest!

SustainCare's NHS Self-Care project

Co-founder Simon Mills via our partner **SustainCare** <http://www.sustaincare.net/> is leading a two-year NHS project at Culm Valley Integrated Centre for Health, in Devon. Integrated Self Care in Family Practice aims to develop better ways to support patients in looking after themselves using simple home remedies and other accessible approaches. They are working also with two universities and a leading NHS practice in London. The surgery's SustainCare Café and Physic Garden are inspiring patients how to eat more healthily and how to use herbs. The still-developing Plant Medicine database will form part of the self-care resource for patients and public (<http://www.plant-medicine.com/index.asp>). It is just this kind of health promotion work that Living Medicine gardens will be offering, through their resident medical herbalist.

Schumacher College 'Exploring Ethnobotany: Plants as Healers' 19-23 October 09

Anyone who wants to know more about how to collect herbs from the wild and process them into natural medicines may be interested in this. Simon is teaching, along with James Wong from BBC's Grow Your Own Drugs, Dr Nancy J Turner, ethnobotanist, and Erin Smith, medical herbalist. See <http://www.schumachercollege.org.uk/courses/exploring-ethnobotany-plants-as-healers> for more information.

Thank you, especially to Katharine Ford from GK Partners for her tremendous input into our business plan, along with designers Ruth Soroko and Anne-Laure Carruth, and all of those other volunteers who are keeping us on the straight and narrow development road!

Best wishes, Alex

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