

Newsletter April 2014

Hot news for 2014! Living Medicine has **won an Award of Merit from Gardening Against The Odds** for our new **Introduction to Self Care with Foods & Herbs course at University of East London's medicinal garden** in Newham.

Our collaboration with UEL opens up their beautiful herb garden to local people as a rare teaching resource. Hosted by the Conservation Foundation and the Sunday Telegraph, the presentation took place at Syon House in April and the recognition has given us a great boost.



Below: The Medicinal Garden, University of East London



From left: Alex Laird (Living Medicine), Barbara Pendry (UEL), Francine Raymond (Sunday Telegraph) with the beautifully engraved steel spade she presented to us, Katie Stock (UEL), Gail Farrow (Living Medicine) in the Great Conservatory, Syon House

We developed the Introduction course in 2011/12 with a pilot. Last September, Gail ran the course at UEL, and to our delight it was oversubscribed and had excellent feedback. The course covers the basics of body functions, therapeutic actions of plants, herb identification, food and remedy making for digestion, skin and first aid, mood, sleep and more.

Introduction to Self Care with Foods & Herbs course – with gardening sessions

We have just started this course again at UEL, but this time it is free to local people thanks to funding from Well London, along with volunteer gardening sessions run by UEL's Katie Stock. She has done a good job renewing and restocking the herb garden and with the help of volunteers, will be able to maintain the garden.

Chelsea Fringe and other events in 2012/13

Our workshops for The Chelsea Fringe on Chiswick's Edible High Road and Herbal High Road, at Rosendale Allotments and Dock Kitchen, sparked interest and enthusiasm. We also gave with talks to design students at Royal College of Art.

Next moves...

Living Medicine's Introduction to Self Care course will soon be offered to community gardens and other venues. We will also package the course for teaching around the country by other medical herbalists. Then, we'll seek funding to write **a mentoring course** so that people themselves can become health mentors – **Living Medicine mentors** - to teach each other about food as medicine and family remedies. Once the course is accredited, we plan to offer it to GPs, the NHS and other health agencies as **peer-to-peer health education**. And thus revive our self care skills around the UK.

Help raise Living Medicine's profile with Twitter and Facebook!

Debs Cook, of www.herbal-haven.co.uk, herb columnist for Garden News magazine and Herb Society advisor, has just joined us, generously volunteering her social media know-how to manage our new Twitter page and Facebook content. Do share with us any herbal information or events you have, and email Debs at debs.cook@herbal-haven.co.uk as she may post these on our pages: https://twitter.com/Living_Medicine and <https://www.facebook.com/livingmedicine>.

Finally, thank you to our wonderful **Living Medicine team** – Gail Farrow, whose tutoring on the course has been so appreciated by the participants. Particular thanks also to Francesca Cook, our graphic designer, who has created our stylish course handouts and flyers, to Jonny Chubb at **Timeware** for mailing out and managing our website often at short notice, to Debs as above and to the equally generous Vera Martins, who is updating our website to reflect our current activities and make it easier to navigate.

Alex Laird, Project Director, Living Medicine info@livingmedicine.org www.livingmedicine.org 0207 736 8975