

Newsletter June 2010

Dear all,

Much has happened since last October's newsletter, including a shift of focus to our core activity – reskilling us all in food & herbs for health!

City of London Parks West Ham Project

We are delighted to be running **our first series of herb walks & food workshops in West Ham**, Lottery-funded and partnering City of London Parks and community groups. Please pass on the attached flyer to anyone in West Ham. We'll be running a further eight workshops before February 2011. Our thanks again to GK Partners for helping us win the funding. Our first two workshops have been over-full, with very positive feedback.

Stall at Grassroots Community Centre

To help publicise our upcoming workshop at this community centre, we held a herb tea-tasting stall at their summer fair on Saturday 12th June. It was a beautiful sunny day, and people from many cultures were enthusiastic about using herbs and food for their health.

Charity registration

We finally achieved charitable status in February, with many thanks to lawyer Robert Dyer of The Legal Director (www.thelegaldirector.co.uk) for, pro bono, steering us safely through this.

Community garden site

Our search for ½ acre of garden space, and the great World Garden site search, has been put on hold while we concentrate on delivering our workshops in West Ham. We want to hone our core community work, which will give us vital experience and help to demonstrate the value of food/herb/health education in our further bigger projects of community and national garden.

Stall at the Food Exchange at Borough Market

We will be running another herb tea and food tasting stall at Borough Market on Sunday 4th July as part of the London Festival of Architecture's Food Exchange. Come and see us, and our partners, River of Flowers (www.riverofflowers.org) who will be showing how to make herbal vinegars and oils.

Finally, thank you to our wonderful **Living Medicine West Ham team** of medical herbalists, along with Marstan Press, Helmut Berns at It's that Easy for our website, Jonny Chubb at Timeware for our project database, designer Ruth Soroko, and many others who are helping pioneer our innovative herb/food education project there.

Best wishes, Alex

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