

# Good Food Lewisham Business Network Meeting Notes

21 March 2023 PLACE/Ladywell



Thank you all for attending. Please find the information gathered and collated from the meeting. We hope this helps with linking with the people and subjects.

Welcome from **Laura Tilbury, Community Development Worker-Local Business** welcomed everyone to the first business Good Food Lewisham network meeting.

**Simone Riddle, Giving Manager** gave an intro to [Lewisham Local](#), our projects and the [Lewisham Local Card](#) and encouraged businesses to join.

**Helen Jackson, Food Partnership Coordinator** introduced [Good Food Lewisham](#): we are a network of passionate people working to change the food system in Lewisham, part of [Sustainable Food Places](#), all the food partnerships look different in various places of the UK. For the first year that Good Food Lewisham has been hosted by Lewisham Local, we've focused on food justice and food growing.

We are always developing and updating our resources: a local [food growing spaces list](#) and [free/cheap food and community meals list](#) – if businesses have surplus food or want to support local projects, these are impressive and comprehensive lists to use. Please let us know if you notice any updates that need doing.

## **Please Join the Good Food Lewisham network**

Sign up via the Good Food Lewisham Website [www.goodfoodlewisham.org](http://www.goodfoodlewisham.org) to our monthly newsletter, networking events and new business charter.

Please Follow us via socials; Facebook, Insta and Twitter under Good Food Lewisham or join via the new Good Food Business network WhatsApp group

<https://chat.whatsapp.com/LUM4osfrNHacUNYD8Y4xpt>. Some people have already joined – let us know if you'd like to be added.

**NB:** Please let us know if you would be ok for your email and/or phone numbers to be shared with the others who attended the meeting.

## **Introductions and Updates**

**Joyce Jacca, health inequalities link worker, north Lewisham primary care network, Waldron Health Centre New Cross** - looking at gaps in services in area, community development, support on weight management, sleep clinic, nutrition, quarterly forum, and a gardening project:

<https://www.amershamvale.co.uk/waldron-health-centre-services>

**Maddie, new manager at Ninth Life in Catford** - Craft fairs, community events, music, re-building the pub as a community hub, can provide a community space: <https://www.ninthlife.pub/>

**Carolyn Ehman, Head of Business development from the Albany** – Arts centre, café and gardening programme, partner with local businesses to make products e.g., teas, chutneys, and coffees.

<https://www.thealbany.org.uk/>

**Lolly, Jewellery designer** - wants to get more into networking.

**Mattias Larsson, Hospitality hub coordinator at Lewisham college** - runs the hub, our aim is to get Londoners into work through recruitment and training, inspire people to get into hospitality, getting refugees in Lewisham trained, refugee café, work placement in Albany café to get into work, good at working with big employers, get work experience programme = wants to work more with smaller employers and local people. <https://www.lewisham.ac.uk/hospitalityacademy>

**Jordan Knight, Social Value Officer at Lewisham Council** – we can offer routes for businesses to provide social value, work with contractors to deliver on social value, such as volunteering, apprenticeships, and donating materials:

<https://lewisham.gov.uk/myserVICES/employment-support-and-careers-advice/apprentices>

**George Zammit, Emergency Food Bank in Grove Park**, people coming for food, but people coming to be with others, be listened to and spend time with them – helping people with all sorts of things – not just a food bank:

<https://www.lewishamlocal.com/places/grove-park-emergency-food-bank-project/>

**Ed the Baker, Artisan Baker** - Bakery in Lewisham. Genuine ingredients, real processes, heritage foods, ambassador for [Real Bread Campaign](#). We had a tour to his bakery after the meeting which was great: <https://iamedbaker.com/>

**Andrea Zick, Chef and Lewisham citizen** - started career as a chef, inclusive hospitality, studying UK food systems as a PhD, ambassador for the [Sustainable Restaurant Association](#). Please see links of Andrea's projects below:

<https://www.foodmadegood.org/>

<https://guardiansofgrub.com/>

**Lakhvinder, Public Health Lewisham** – how we can have a supportive role to tackle obesity, whole systems approach, commission GFL, developing a food justice action plan - facilitating this process, launch event TBC, lots of ways businesses can support the action plan:

<https://lewisham.gov.uk/myserVICES/socialcare/health/improving-public-health>

**Chris, Lee Greens Organic Veg box** - set up 8 years ago to help change the food system, businesses support by being collection points like Ninth Life, Goldsmiths, been involved with GFL to deliver food/healthy eating programmes: <https://www.leegreens.org/our-veg-bags>

**Majid, Inspire Project Goldsmiths University** – Presented (see notes below)

<https://sites.gold.ac.uk/inspire-lewisham/>

**Esther, accountant and runs a hospitality business** - major in hospitality, use easy accounting packages for businesses, offer training to owners on how to use the package – looking at accounting jargon, book-keeping etc. Many businesses are going paperless.

**Josiah, Lewisham Local, Building People Changing Minds project** – work placements for neuro diverse adults to provide supported work placements to train and get ready for work – train businesses to adjust and build an inclusive work environment, then support individuals to find the right placement <https://www.lewishamlocal.com/bpcm/> Email [Josiah@lewishamlocal.com](mailto:Josiah@lewishamlocal.com) if you'd like to find out more and potentially offer a work placement.

**Theresa Webb, lead nutritionist at Kitchen Buddy** – worked with Public Health and hospital, forager, based in Hither green, involved with [The Village London](#), [Enable walk leader](#), permaculture designer, community gardener e.g. [Coco Collective](#), [Verdant Lane garden](#) plus lots more:  
<http://littlemisstree.co.uk/>

**Anne, St Peter's Church Brockley** - Monthly Pop-up café pay as you can with volunteers and paid chef, food bank. Also runs a health and wellbeing project in the borough:  
<https://www.stpetersbrockley.org.uk/>

**Mel, Lewisham Local, Food Cycle Lewisham** – project of Lewisham Local, community dining project, three course veggie meal ran by volunteers and using surplus food, prevent food waste, it is about community – social value and food, for hungry and lonely people. Seeing an increase in need – they cooked for 80 people at the last meal. Looking to connect with businesses who are willing to support with food donations or in other ways: <https://foodcycle.org.uk/location/foodcycle-lewisham/>

**Maya, 158 coffee** - local coffee roaster in Catford, strong sustainability ethos, fairtrade/traceable to farmers, deliver by bike, employ local people, recycled packaging, keen to collaborate with local businesses. They sponsor schools and give to The Albany, [Abbotshall](#) etc. <https://mont58coffee.com>

**Chris Flemming, Meal Team** – Business providing healthy meals, provide food at gyms to avoid takeaways, started meal prep and then expanded to sell, gap in the market, introduced workshops to schools/mentoring children, connected to HAF (Healthy Activities and Food), message 'it's cool to cook', working with urban artists in music industry, working with football teams – want to inspire young people: <https://themealteam.com/>

**Karen, Lewisham Local, Community Fundraiser (Equalities)** – helps community groups get funding, with a focus on black/BAME and disability groups, runs FFC (Friday Fundraising Club) - a good place to start – <https://www.lewishamlocal.com/event/friday-fundraising-club-with-lewisham-local/>

Email: [karen@lewishamlocal.com](mailto:karen@lewishamlocal.com)

**Good Food Lewisham Food Charter:** <https://www.goodfoodlewisham.org/charters>

The Charter is a great way for people and businesses to make a difference to the food environment by signing up and showing what they are doing to support a healthy, sustainable food system. We want to encourage all businesses to sign up to show how they are a Good Food Business. They will be added to a Good Food Lewisham Business Map on GFL and Lewisham Local's website.

Lewisham Local has signed up – we are a Refill Station (could you sign up to become a Refill station?) Can your business sign up the Good Food Charter? Contact Laura on [laura@lewishamlocal.com](mailto:laura@lewishamlocal.com) if you have any questions.

**Raymond Kinsella – Lewisham Council Business Support Officer**

**Support for Businesses Lewisham Council**

<https://lewisham.gov.uk/myservices/business/london-living-wage>

<https://lewisham.gov.uk/businesssupportprogrammes>

Supporting people into employment

Supporting local businesses and facilitating networks

London Living Wage – 90 employers in Lewisham pay this, the mayor wants to double the number of LLW employers in Lewisham. We are a borough of micro businesses – 99% of local businesses are micro (less than 10 people). There are 11,500 businesses in Lewisham.

The current LLW is £11.95. Staff more likely to stay if you are a London Living Wage employer. How to encourage more businesses to sign up? Celebrate the ones who have signed up. There are businesses that pay the LLW but are not accredited.

Those most impacted by low wages are women and those from an ethnically minoritized background. Benefits for businesses: influences customers, sustainability. Some businesses use a mix of LLW staff and volunteers.

If you are employing less than 10 people, the process is quite quick. It takes 10 days to get accredited.

Coffee 158 – it is good business; they can identify with your brand – happy to buy the product and pay a premium.

There was a discussion on how the LLW can be promoted more widely.

What support is available through Lewisham Council:

During Pandemic, 14,000 grants given to businesses.

1:1 diagnostic support

Affordable workplace development

Onward referrals to partners who offer free support.

Lewisham Library card holders can access support through [Business and Intellectual Property Centre](#).

[Lewisham Works](#) – great resource to get people into work, also support on apprenticeships.

There's a regular local business newsletter. Please click and sign.

<https://r1.dotmailer-surveys.com/d7402e3-073lq8c2?business=true>

Contact Raymond for more information and support.

## **Majid – Goldsmiths University, Inspire Project**

Inspire Project - designed to help Lewisham residents develop skills and find employment in the creative industries. We will support creative businesses and businesses seeking creative talent to make a suitable hire. If you are business who is looking for creative support – get in touch:

<https://lewisham.gov.uk/businesssupportprogrammes>

## **Helen Jackson - Good Food Lewisham – Cooperatives**

Helen is a trained Coop Developer and does this work self-employed a few hours a week now, as well as working at Lewisham Local. There are lots of different models for organisations – not just 'for profit' or charities. There are not for profit businesses, community benefit societies, CICs, CIOs, workers coops and other coops and social enterprises. Few people are aware of all of these, and which one may be best for them if they are setting up an organisation or changing an organisation. Examples include: [Suma Wholefoods](#), [Cooperation Town](#), [Leeds Bread Coop](#), [Unicorn Grocery](#), bring your own shops etc. If you want to talk more about coops and not for profit businesses' – contact Helen: [helen@lewishamlocal.com](mailto:helen@lewishamlocal.com).

### **Events Happening Soon**

**Food Justice Action Plan Launch** – Wednesday 26<sup>th</sup> April, 11am – 1pm, at Lewisham Irish Centre. Please [register on Eventbrite here](#).

**Next quarterly GFL Network Meeting** - This will be In June on schools/children/young people and food growing etc. – watch this space!

Please follow us on Socials and join the Good Food Network

<https://www.instagram.com/gflewisham/>

<https://twitter.com/gflewisham>

<https://www.facebook.com/GFLewisham/>