

SMP

Summer Support proposal:

a child-led attempt to nurture and grow communities in East London



Food for Thought

•

Food Hubs

•

Seeds of Change

•

Urban Gardening

•

Food Tracks

•

Feedback

“Sallywag Mosh Pit goes plants”

(10yo)

Aim of the SMP Summer Proposal:

We want to open urban green spaces made available for the community:

- safe spaces for children to learn about life cycles in an organic way: how plants grow, the role of the weather and the climate, pollinators and creepy crawlies
- opportunities for families affected by the cost of living crisis to learn ways to use and store food sustainably and resourceful.
- compost food waste
- shared meals to 'grow' a sense of togetherness between communities of all walks of life

We propose a community garden project to mutually explore and experience nature and the environment, and to playfully gain basic skills about growing food from sowing to harvesting. We want to actively encourage food consciousness and share knowledge on how waste free permaculture can become living practice.

After initiating a Food Save group at school and the very successful Swap Shop/ Support network at the Chandos Community Centre, we are now trying to establish a Food Hub as a link between food donors, food recipients and food banks.

Content:

- Food for Thought: the impact of food waste vs the effects of food poverty
- Food Hub: Sharing is caring part II - from Swap Shop to Food Hub
- Seeds of Change: it all starts with a tiny seed - the growth of an idea!
- Meanwhile Use/ Urban Gardening: yes, we can do it - we grow together!
- Food Tracks: foraging in the urban jungle - local herbs & fruit for Wellbeing
- Feedback on past endeavours



Contact SMP:

Selene: 07419 823242

email: scallywag_mosh_pit@yahoo.com

whatsApp: Scallywag Mosh Pit, Newham Sharing Initiative

facebook: <https://www.facebook.com/groups/1686181944997593>

twitter: <https://twitter.com/ScallywagMoshPi>

homepage: <https://scallywagmoshpit.wixsite.com/scallywag-mosh-pit>

"How come people throw away food when other people are hungry?"

(7yo)

Food for Thought: the impact of food waste and the effect of food poverty

Every year **ONE THIRD** of the food is wasted

worth **1.3 BILLION** £££s.

This food could feed **3 BILLION** people!

We waste 45% of fruit and vegetables

We waste 35% of fish and sea food

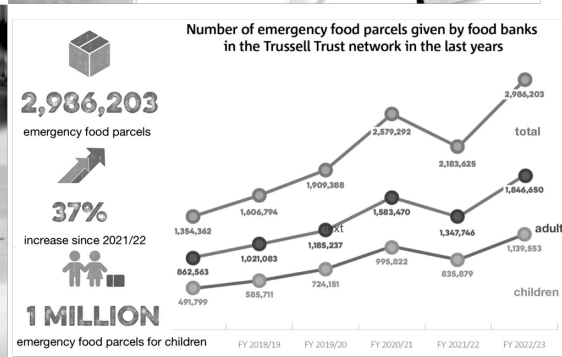
We waste 30% of all cereals

We waste 20% of all dairy products

We waste 20% of all meat and poultry

While 9% of the world's population are **STARVING**

- **690 MILLION** people!



"If you have some food left over put it into a box and give it to someone who is hungry!"

(7yo)

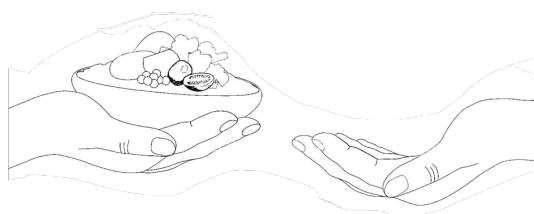
Food Hub: Sharing is caring part II - from Swap Shop to Food Hub

Every year **ONE THIRD OF FOOD** is wasted while **ONE IN THREE CHILDREN** is suffering from food poverty.

How does this add up? And how can we practically (and logistically) manage to redistribute food?

Especially perishable goods like food need to be dealt with immediately. This means a swift network to manage notifications, collections, deliveries to food hubs, food banks, (pop- up) kitchens and serving areas.

- receive food donations directly from the community
- source food from wholesale markets
- supply surplus food from Supermarket collections within BB date
- deliver food to food hubs and food banks within BB date
- prepare emergency food parcels with surplus food donations
- cook and serve meals
- reliably provide essential foods and goods to people in need
- open and inclusive distribution hubs without barriers
- connect and link food donors, food hubs and food banks

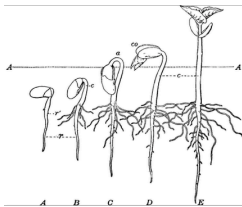


Seeds of Change: it all starts with a tiny seed - the growth of an idea

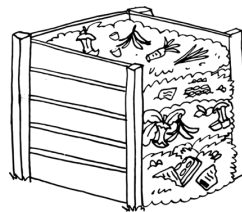
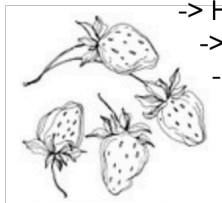
Seeds and Seedling Swaps are a fruitful occasion to obtain seeds and plants from your community, to exchange tips and tricks from green fingered pros, and learn about permaculture, crop rotation and hacks to resell pests.

Sowing seeds is one way of growing plants. We can also use cuttings (basil) or bulbs (potatoes), or grow from plant pieces we discard before cooking, like cabbage stalks, leek and celery roots.

We are working on a 'SMP goes plants'- zine with an illustrated guide!



- > How to grow vegetables from seed?
- > How to grow vegetables from food scraps?
- > How to attract pollinators?
- > How to fend off pests?
- > How to build a Hedgehog highway?
- > How to harvest crops and when?
- > How to build a compost heap?



"Gardening is fun and we learn how to grow our own food!"
(7yo)

Urban Gardening: yes, we can do it - we grow together!

We want to create a community garden in our neighbourhood:

Re-using planks, pallets and pre-use wood is a great start to build planters and raised beds. Filling them with rubble, compost and top soil.

Although quite late in the year, we can still sow beans/ peas, squash, courgettes/ cucumbers, potatoes, carrots, beets and radish. Sweetcorn, lettuce and Bok Choi is fine, too, as long as they are in the shade. Autumn and winter cabbages do better in a nursery bed.

'Wicked' planters or grey water pipes from old watering hoses help to keep the plants moist. Upside-down bottles are providing water for small planters and pots.

We can also use cuttings (basil) or bulbs (potatoes), or grow from plant scraps, like cabbage stalks, leek and celery roots.

- How to start a community garden?
- build planters and raised beds
 - get seeds, sow them and wait for them to germinate
 - plant seedlings
 - keep watering them
 - remove slugs, snails, caterpillars and lice"
- (10yo)

With hedges, colourful flowers and dried leaves we attract natural predators like ladybirds, hedgehogs and birds, feasting on slugs and lice.

To build a compost heap, we mix brown (carbon) and green (nitrogen) organic materials and keep them moist. Turn the pile regularly.

Some plants are friends: basil makes tomatoes grow, or they protect each other, like rosemary repels cabbage moths and carrot flies. Peas and beans supply nitrogen to improve the soil. Tomatoes and cucumbers don't get on with potatoes. Some plants shield each other.

We can help our plants with moving greedy slugs, snails, caterpillars and lice from our plants. Neither do they like water with a dash of soap and garlic.

Urban Gardening: yes, we can do it - we grow together!

While we are still waiting to hear back from Newham council (COLEGRAVE/ CM7-10-2022) regarding the community use of a derelict plot of land on 148 Colgrave Road. The patch of land has been cleared and secured by the council, but still no decision has been obtained.

a

Connects the neighbourhood and creates a sense of togetherness of the communities in all its diversity.

Produces healthy and nutritious food and supports healthy diets and food supply for the neighbourhood.

Create and preserve green urban spaces, promoting bio- diversity, Co2 reduction and neighbourhood renewal.

Advantages of a community garden project:

- it helps to grow your own food
- it stops people from getting bored
- it helps the environment
- plants remove co2 and other greenhouse gases
- flowers help bees to survive
- you meet your neighbours and friends"

(10yo)

Improves the quality of life - health and wellbeing of the community - through recreation, exercise, therapy and health.

Encourages the self reliance and psychological wellbeing of members of the community.

Create vibrant community spaces that make the neighbourhood greener and more beautiful for everyone.

Community gardeners and their children eat healthier, have more nutrient rich diets than do non-gardening families(...). Eating locally produced food reduces asthma rates, because children are able to consume manageable amounts of local pollen and develop immunities.

(Lackey and Associates)

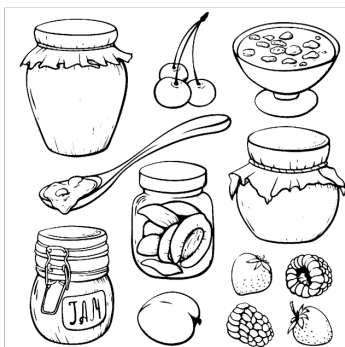
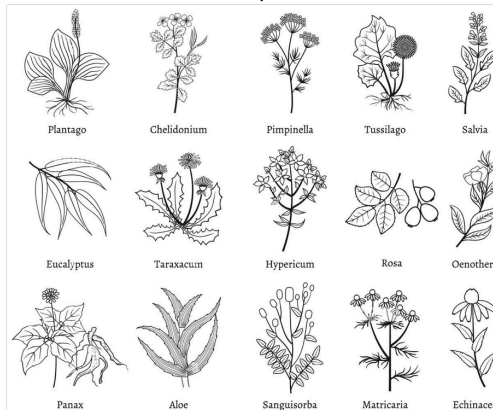
"Blackberries, tons of blackberries!"

(10yo)

Food Tracks: foraging in the urban jungle - local herbs & fruit for Wellbeing

Following in the footsteps of Rustic Roots/ Royal Routes and East End Jam, we explore our local green spaces to find herbs, fruits, nuts and greens and turn them into delicious jams, relishes, pestos, salad, ointments, infusions, soaps, drinks and many more!

- What grows locally?
- How can you identify plants?
- When is the best time to forage?
- What is this plant good for?
- How to make soaps and ointments?
- How to spot edible berries nuts, herbs?
- How to make yummy jam?
- How to bake cake, pie and bread?
- How to ferment and distill?
- Which methods to preserve foods?



"Generally speaking, foraging is permitted in the vast majority of public spaces, including parks, beaches, nature reserves, woodlands and hedgerows, with one important proviso: it's illegal to dig up or remove a plant (this includes algae, lichens and fungi) without permission from the landowner or occupier."
nationalgeographic.co.uk

"It was fun!"
(all the kids)

Feedback on past endeavours:



Our Neighbourhood Swap Shop started 2019/ 2020 and has since improved and expanded. People drop off books, DVDs/ CDs, toys, bric-a-brac, household items, clothes, shoes, hats, tools... The usual turnover is from less than an hour to a couple of days. We tidy the shelves every day and revise the furniture monthly to make it withstand the weathers. Recently it serves sandwiches, vegetables and bread as a mini food bank as part of a food hub.

- Keeping homeless people warm with warm coats and jumpers, cardigans and trousers
- Christmas stockings 'goodie bags' with homemade soap, tooth brush and toothpaste
- Upkeep of the Swap Shop, tidying and storing donations, redistributing surplus to charities
- Vast amount of donations lead to a Spring Swap Shop event at the Community Centre 22nd April23

"People loved it! We saw mums, dads, babies, toddlers and school kids, teens... we saw best friends, we saw community workers and volunteers, we saw members of the community centre, that have been celebrating at the Centre at its hayday, and came back after 20 years... and the feedback was unisono positive."



- Repeat of the Spring Swap Shop reaching out to communities, that need support, 29th April 2023



"Spring Swap Shop pt II was the ultimate sharing experience. The Chandos Centre was buzzing! Groups of people, every age, mums with buggies, dads, kids from babies to teens, best friends, young couples flocking in, finding new clothes, toys, books... A lot of the kids eyes had this Christmas glance in them! It went like a whirlwind, people chatting, trying things on, kids playing together together, getting new toys, making new friends. Thank you everyone who came! Thank you everyone how donated! Thank you everyone who helped out! This is how community feels!"

- SMP donates: toys to the Kids Club, toddy clothes to the Children's Clothes Exchange, new born baby clothes to the Cornerstone Church baby bank, baby clothes, bath, blankets and other baby items to The Lloyd Park Children's Charity, toddy clothes, toys and buggy to The Magpie Project, children's clothes, baby bath, high chairs, bummo chairs, toys and books to The Little Village HQ, four large bags of baby, teenager, adult clothes and coats to St Francis, 60 pairs of shoes to The Salvation Army, smart clothes to Suited and Boot Barn, eye lashes to Cancer Hair Care.



"We are so low in stock at the moment, the donation from Scallywag Moshpit is very, very welcome"
"Thank you very much for coming along with that great donation. Much appreciated"
"Thank you so much for your great offer!"

- SMP gifts: a million stamps donated to the Swap Shop inspired us to have Xmas in June and send out gifts to brighten up the days for sick, sad, lonely and desperate people in the UK.

Keep your eyes peeled!

We are all gearing up for a Summer Swap Shop Event in the beginning of the summer holidays! At the Chandos Centre car park (if weather permits, otherwise indoors)!
Everything for free: books, CDs, DVDs, bric-a-brac, toys, games, Clothes, shoes, bags, hats, school uniforms, baby items....
Take what you need! ~ Bring what you don't need!
Refreshments provided! Kids play den with sensory toys!

"This is so amazing! Please do it again!"

