

Grow Your Own Leaders: Identifying, motivating and supporting local food activists



Lambeth
Food
Partnership



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To transform food culture and the local food system you need inspired and effective good food champions and activists. This session looks at the *Grow Your Own Leaders* programme pioneered by Lambeth Food Partnership as well as getting insights on what works from the Big Lunch.

What we are going to talk about

1. Burnout

2. Valuing ourselves

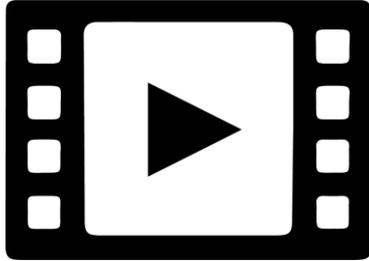
3. Networks/shared ideals

4. How to bring about real / meaningful change



TIRED... JUST TOO TIRED...

VIDEO: The Iceberg model ([click here](https://www.youtube.com/watch?v=iq5HWyqwo8I&feature=youtu.be), 3m29s)
<https://www.youtube.com/watch?v=iq5HWyqwo8I&feature=youtu.be>



From EGO to ECO

"The iceberg model as a whole suggests that **beneath the visible level** of events and crises, there are **underlying structures**, paradigms of thought, and sources that are responsible for creating them. If **ignored, they will keep us locked** into re-enacting the same old patterns time and again."

DOWNLOADING
PAST PATTERNS

SUSPENDING

SEEING
with FRESH EYES

REDIRECTING

SENSING
from the FIELD

LETTING GO

PRESENCING
CONNECTING to SOURCE

PERFORMING
by OPERATING from the WHOLE

EMBODYING

PROTOTYPING the NEW
by LINKING HEAD, HEART, HAND

ENACTING

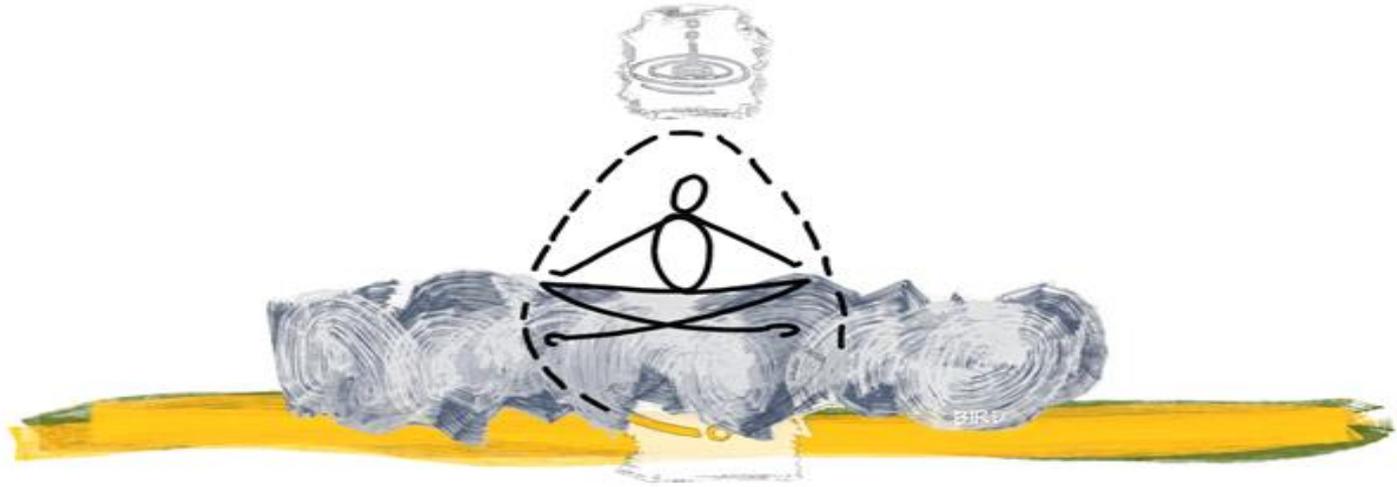
CRYSTALLIZING
VISION and INTENTION

LETTING COME

Issue 2: Valuing
oneself



PRESENCING



SLOW DOWN, FIND STILLNESS, CONNECT with SOURCE;
ENTER the FIELD of the EMERGING FUTURE

Journalling

How does this connect with your reason to be here?

- Your organisation
- Your community
- Your own personal goals

- My most important challenge right now is...
- I'm focused on creating change on a ... (personal, organizational, systemic, etc.) level...
- U.Lab / this conference will be a success for me when...



We're building community
food knowledge, skills,
resources and projects.



We're
working
together
towards:

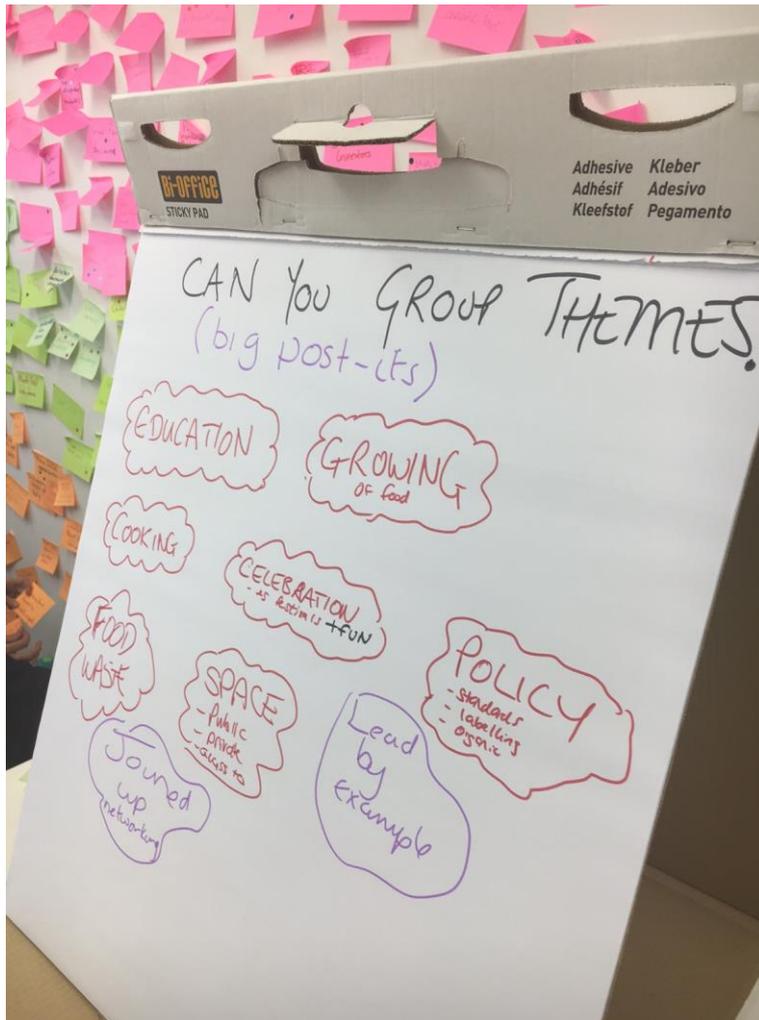
- ✓ A network for community food activists
- ✓ Buildings that could be used for community food projects
- ✓ Developers incorporating food growing into developments
- ✓ More allotments' and/or development of edible landscapes
- ✓ Primary and secondary school education programmes
- ✓ Training opportunities
- ✓ Better access to food enterprise resources
- ✓ Management of community assets for growing and food initiatives



CO-SENSING



STEP OUT OF THE BUBBLE into NEW WORLDS,
to CONNECT and EMPATHIZE with OTHERS

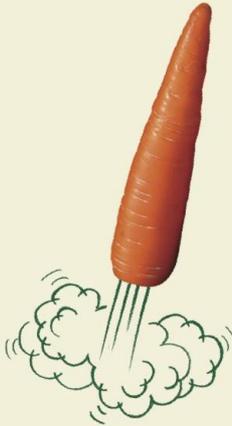


4. Lessons learnt



CREATE
start your own food business

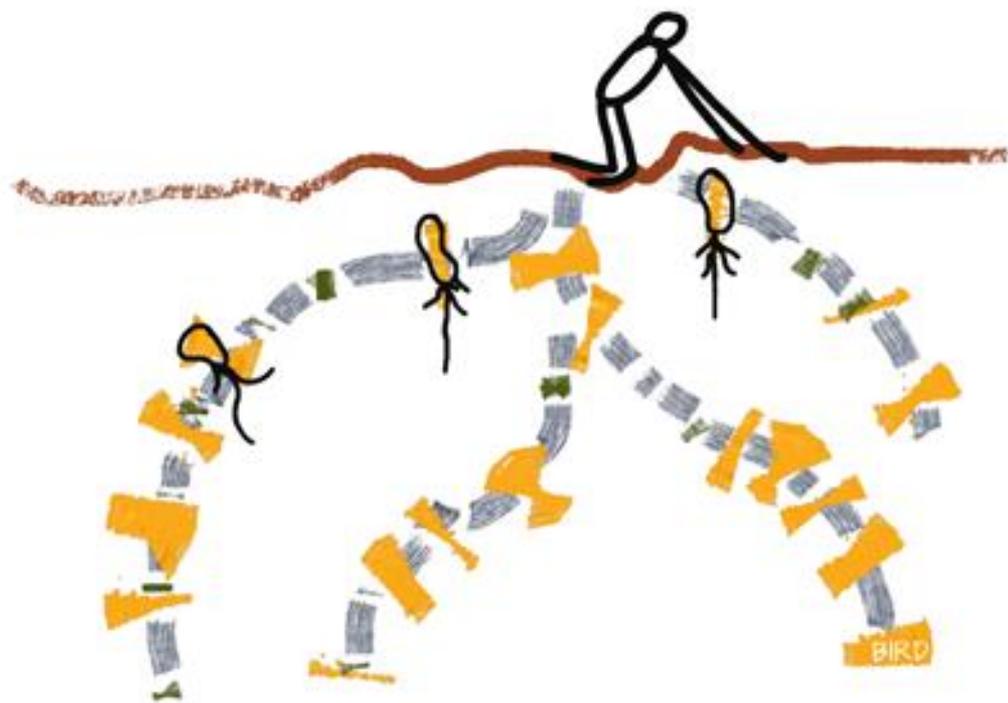
GOT AN IDEA
FOR A FOOD
BUSINESS?
WE CAN HELP



Are you interested in starting your own food enterprise? Join CREATE, a series of free workshops for Gipsy Hill and West Norwood residents, providing practical advice, support and networking for future food entrepreneurs.

Hear from existing local business-owners, take a tour of Crystal Palace Food Market or West Norwood Feast, meet Lambeth Council advisors, sit the Level 2 Food Safety exam and get feedback on your idea from local industry experts.



CREATE CONDITIONS in the SOIL
for SEEDS of the EMERGING FUTURE to FLOURISH

Levels of listening activity

