



L A M B E T H

FRUIT AND VEGETABLES

ON PRESCRIPTION PROGRAMME (LFVP)



Our Partners



Impact
on Urban
Health



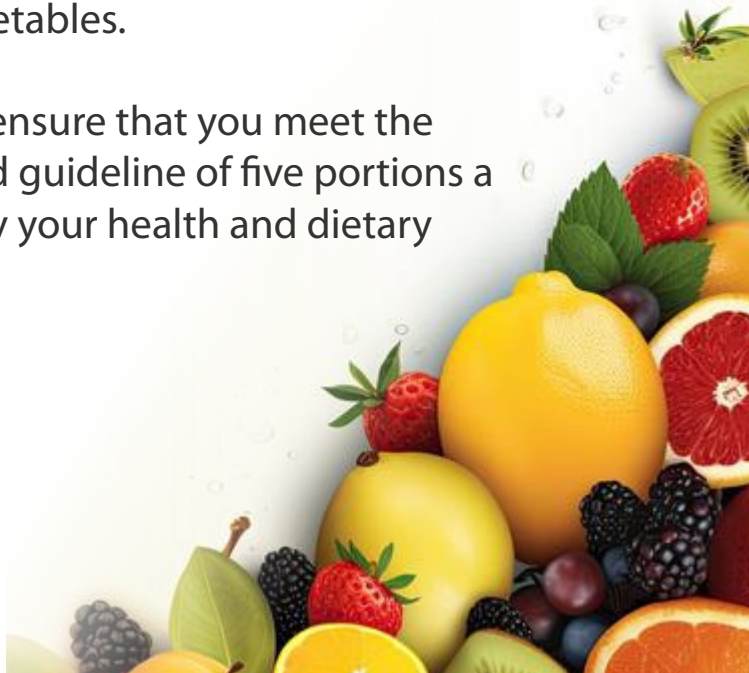
ARE YOU A **LAMBETH RESIDENT**

over the age of 25 with an elevated blood pressure of 140/90 or higher?

We are here to support you on your journey toward healthy eating, maintaining a healthy weight, and improving your overall health and well-being.

We aim to assist you in accessing healthy and nutritious food, with a specific focus on fruits and vegetables.

This will help ensure that you meet the recommended guideline of five portions a day and satisfy your health and dietary needs.





If you are interested in learning more

Please contact **Oddy** at
O.ihemedu@ascensiontrust.org.uk
Or call **0745-9489-197**
(Monday - Friday; 11 AM - 4 PM).

Visit www.atbeaconproject.org
for more information about the
Fruit and Veg on Prescription Programme.



VISIT US AT

West Norwood

Community Shop (Hub)
Vale Street West Norwood
London
SE27 9PA

**DROP-IN EVERY WEEK ON
THURSDAYS: 9:30AM-12PM**

Stockwell

(Community outreach)

SW9 housing Association / Learning
Centre
153 Stockwell Road
London
SW9 9FX

**DROP-IN EVERY WEEK ON
THURSDAYS: 2PM-5PM &
FRIDAYS: 9:30AM-12PM**

For Our Community Outreach
Sessions And Workshops.

Streatham

Levels Hair and Beauty Shop (Hub)
Unit 11, De Montford Parade
Streatham High Road
London
SW16 1BU

**DROP-IN EVERY WEEK ON
FRIDAYS: 1PM-5PM**

FOR MORE INFORMATION

SCAN THE QR CODE

or visit

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

contactinfo@beaconproject@ascensiontrust.org.uk

or +44-208-3299645 to get in.



SCAN ME