Food poverty in rural Lancashire
Feeding Lancashire Together, Interim report
December 2018

How to engage in difficult conversations about food poverty

One of the most difficult things we can do is talk to others about their experiences of food poverty. People do not necessarily realise that their 'normal' relationship with food is not ideal in terms of quality and quantity. How do we learn about what people are experiencing if they won't open up?

This project is trying to address this by working with Lancaster University's Leapfrog Project to co-design tools which help to structure conversations in a non-confrontational way.

Eight young people took part in the co-design workshop. The wall was covered in ideas and prototypes by the end of the day, which Leapfrog's Roger Whitham took back to develop further.

Challenges and learning

We have found just by doing the co-design workshops groups have opened up about food poverty. It has challenged their thinking, drew out their experiences, and given them a platform for further action. As facilitators, we have learned how to keep young people engaged and on topic, and absolutely how much we have to learn from them.
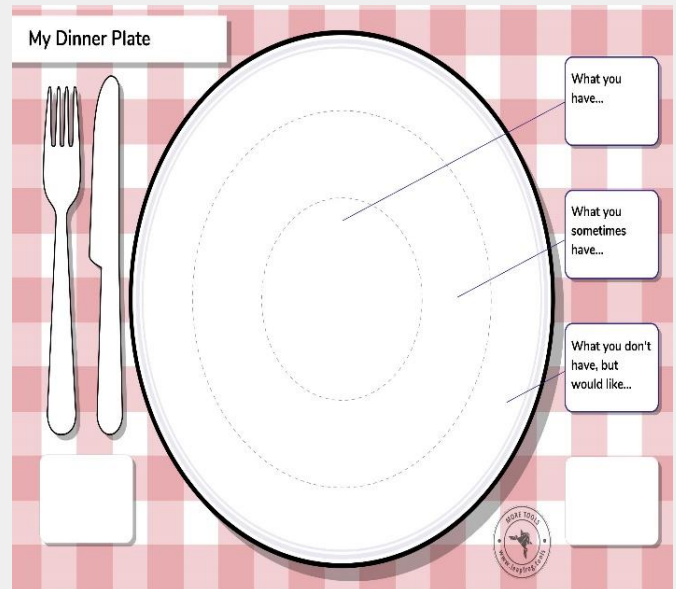
We have yet to try the new Leapfrog tools with our target groups, but we now have a range of options to try in the coming months.

Next steps

We will test drive the tools in the new year at a number of consultation meetings with younger people, older people and the rural food production community.

We will work with young people who we hope will facilitate conversations as well as be the project leaders.

'By developing the tools in the co-design workshop, we drew out from the KS4 young people their own experiences, highlighting the need for sensitivity when discussing food poverty.'

Gill Beeley, Project Lead, Together Lancashire

Outcomes

- We hope that there will be a better response to food poverty in rural areas because we have the means to talk about it.
- We hope that we can share the tools with other alliances – they are versatile and can be used in a number of settings.

NATIONAL LOTTERY FUNDED