



Developing a food poverty action plan centred on lived experience

Fairer Moray Forum: Interim report, October 2018

Hearing from people with lived experience

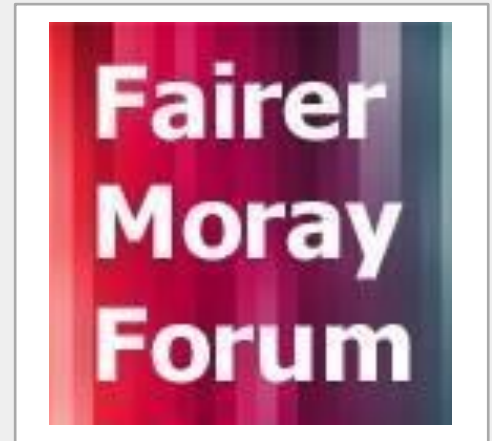
We were keen to hear from people who were experiencing food insecurity and in our first stage of consultation conducted four focus groups. We found that people were happy to speak to us and were keen for their voices to be heard. We also spoke to three individuals on a one-to-one basis. Many issues came up that we were expecting, for example, low income, holiday provision and issues caused by sanctions. What we were not expecting was the very strong feeling that professionals had no understanding or compassion regarding poverty and that people felt stigmatised. It was also clear that many people found the welfare system difficult to navigate and did not always know where to go for support.

Challenges and learning

We conducted six interviews with professionals and while useful for building background knowledge, they did not provide the level of information we were hoping for. As a result, we have decided to focus more on the lived experience for the second stage of our consultation and plan to deliver more focus groups and individual interviews. We are often speaking to vulnerable people and it takes time to build up a trusting relationship. The best focus group results have come from working with organisations with whom we already have a close working relationship and have spent time working and speaking with their clients.

Next steps

We feel it is important that we take the draft of our poverty action plan back to some of the groups we have spoken with to ensure it meets their needs and expectations. The uptake of school meals is an issue that has arisen during our consultation process and we plan to explore this further. Rather than make assumptions, we feel it is important that the young person's voice is heard and we intend to undertake a number of focus groups in local primary and secondary schools to gather views and opinions.



"Food is always a low priority, having to find enough to pay your rent and pay your bills and stuff before you even can think about food, especially if you have kids."

Focus group participant

Outcomes

- We now have further insight into the lived experience of people and their perceptions of professionals.
- We have identified a number of avenues for further research to ensure our plan is centred on lived experience.

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