

# Telling stories and shaping solutions:

A toolkit for empowering people who have lived experience of food poverty



## Foreword



I got involved because I've lived it and I wanted to speak out for those who can't. The toolkit is there to make sure those working with people who might be experiencing poverty have the right support in place, things that organisations might not necessarily think about.

We've done the pitfalls and know what works and doesn't work, with the toolkit we can share this learning. I hope it achieves more clarity and makes organisations think before they start working with people at the grassroots.

For me I'd never done anything like this before, I've now something I've co-produced that has my name in it, it's a massive boost. It's made me think I can do more stuff that I never thought I could do, it's helped me build a large network of friends and support in the process.

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**Penny Walters, Food Nation**

## About Food Power

Food Power aims to strengthen the ability of local communities to reduce food poverty, through solutions developed in partnership and with the support of peers from across the UK. We support coordinated approaches to tackling food poverty in over 50 areas across the UK, tailored to the particular locality and unique policy contexts across the four nations. The four year programme is delivered by Sustain and Church Action on Poverty and funded by the National Lottery Community Fund.

## About food poverty

Food poverty is commonly understood as 'the inability to afford, or to have access to, food to make up a healthy diet' (Department of Health and Social Care). Food poverty, or household food insecurity, can be triggered by a crisis in finance or personal circumstances, but may also be a long-term experience of not being able to access a healthy diet or afford to eat well. Food poverty, or household food insecurity, has a myriad of faces. It can affect children who lack free school meals during the holidays; parents on low incomes going without food so that their children can eat; working people whose low wages leave them struggling to buy healthy food; or older people unable to prepare meals without support.

Toolkit written by **Ben Pearson**, *Church Action on Poverty*  
with **Maddie Guerlain** and **Simon Shaw**, *Sustain: the alliance for better food and farming*.

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# Why involve people with lived experience?

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There is currently a lack of voice for grassroots people, those who are experiencing food poverty and hunger, their peers and allies within their community, both within the sector and more widely within society. We believe individuals with direct experience at a grassroots level should play an active role

in identifying and advocating for long term solutions to the issues they face. By doing this, projects, policy, support and interventions are better designed for the people they are designed to help. Put simply, it's about giving those at a grassroots level the power they are too often denied, to make change happen.

“ *It's the deficit, between those who tend to lead the conversation and those who experience the issue, that not only impedes progress, but also leads to people in poverty feeling misrepresented or excluded by 'culture'.*

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Darren McGarvey, Poverty Safari

“ *Working with young people has been an eye opener – it has been a privilege to provide platforms for them to be heard, and for us sitting at the tables of policy makers to amplify their voices, to ensure that their concerns are heard and acted upon.*

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Gillian Beeley, Blackburn with Darwen Food Alliance and Together Lancashire



Corey McPartland from Blackburn with Darwen Food Alliance at BBC Radio Lancashire, Credit: Ben Pearson

# Why do people want to get involved?

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Individuals will have different motivations for wanting to get involved, and these should be recognised to ensure people can be properly supported and develop within their role. These include:

- Telling their story
- Tackling shame or stigma
- Gaining new skills and growing their confidence
- Social interaction and meeting new people
- Expressing their creativity and ideas
- Making changes and feeling like their actions have purpose
- To have fun

“ *Being involved in Food Power has given me the courage to speak out on food poverty and how it feels to ask for help, and more so on why it's stigmatised and what we can do to tackle this, speaking out for people who feel they can't.*

Penny Walters, Food Nation

“ *A year ago, I wouldn't have had the confidence to leave my house. Now I've gone to London, Manchester, Newcastle. We went and spoke to MPs at the House of Commons. I've talked to the national media. I've been on two panels, one on homelessness and one on food poverty. Recently, I found out I got a job working with homeless people. It's been a journey.*

Monica, Good Food Oxford

# Who are the people we want to empower?

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Our focus is on people at the grassroots level who previously haven't had the opportunity to amplify their voices and be heard. This includes those with lived experience of food poverty and hunger, who may or may not identify as 'experts by experience', as well as their peers and allies within their community. People may like to refer themselves as activists, advocates, ambassadors, campaigners or in another way, which shows the importance of self-identification, rather than labels being placed upon them.

Although people being empowered to tell their own stories to decision-makers is important, there may be additional knowledge and skills they want to share, or they may want to speak out on behalf of their community. They may aspire to become activists and campaigners in their own right to shape decisions. It's also important that we don't assume professionals haven't had lived experience themselves, and avoid creating unnecessary divides between people.

# What are the challenges?

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People with lived experience of food insecurity won't always identify as living in poverty, or may not want to do so. This may be due to the normality of their situation or through threat of stigma. It's important to have inclusive conversations that don't alienate individuals, understanding the complexity of how and why people choose to self-identify.

As people become more confident storytellers of their experiences, it's important not to exploit this opportunity. Although individuals may appear happy to relay their experiences, we want people to recognise their assets, to focus on changes that may help tackle the underlying causes, and equip them to be activists and campaigners in their own right.

It's also important to understand our role in safeguarding individuals. Telling stories about lived experience can be emotionally draining. So organisations may sometimes need to take on a gatekeeper role to avoid exploitation or negative impacts on people.

The telling of stories must have a clear purpose, whether this is to challenge stigma or influence change. This isn't about 'poverty porn' and it's not about people being victims or vulnerable, it's about how their assets and lived experience can shape their role as change-makers.

It's also important to remember that individuals with lived experience may be facing adversities in their lives that impacts their mental health and wellbeing or their ability to engage. It's important to be flexible – we aren't professionalising individuals and should be understanding of the life circumstances they face.

We must encourage diversity but also recognise that it isn't based solely on protected characteristics but also variety of experience. This can also relate to geography, for example people coming together from urban and rural areas.

“ *Some people give different amounts of time due to various reasons, so it's important to be relaxed about how much people can commit and how people want to be involved.*

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Good Food Oxford

“ *Don't judge success by how many meetings someone comes to, lots of small actions make a big difference.*

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Workshop participant

# What do we mean by empowerment?

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- **Choice:** People having the ability to choose how and if they are involved, and the role they will play
- **Voice:** People having a voice, speaking for themselves, not just being listened to, but heard, valued and respected, even when people disagree
- **Change:** People having the ability to change something, building capacity to act, and work together as communities to do so
- **Challenge:** People having the ability to challenge the status quo and exercise their rights
- **Confidence:** People gaining confidence, believing in themselves, having a sense of control and independence and knowing that their experience is valued

## Recruiting people to become involved

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Recruiting people to become involved takes time as it requires developing trust and meaningful relationships. Some individuals with lived experience may not necessarily recognise they are in poverty, due to normalisation, while others may not identify through threat of stigma. Building upon existing partnerships and working alongside grassroots organisations who already have positive relationships with potential recruits is important. Opportunities to become involved should be promoted to those already engaged in other community projects.

How involvement is framed is also important. For example, talking about food more generally (access, affordability and choice) may be a more accessible conversation than asking people whether they experience food poverty. It also ensures inclusivity, ensuring peers and allies within the community can become involved.

It can also be helpful to focus recruitment in a specific geographic area, such as an estate or school, since people will often already have other things in common and peers they feel supported by locally.

“ We found it helps to discuss issues from how we can help the community or others rather than focusing in on an individual's adversities.

Food Nation

“ Having a wider conversation about poverty initially, before focussing in more on food, is helpful as we found many of those experiencing food poverty wouldn't necessarily self-identify as such, it being very much the norm.

Food Nation



# Minding our language

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Debate around language and terminology in the sector is ongoing and rarely straightforward, whether talking about food poverty or those experiencing it. There is no simple answer to what's right or wrong but there are things to consider:

- Think about how language can be perceived by others and adapt according to the audience
- Avoid labelling people, instead allow them to self-identify
- Use plain language, avoid jargon, acronyms and abbreviations
- Ask people to ask if they don't understand, but try to pre-empt this by explaining yourself, organisation, specific terms, etc.
- Be open to developing new language as relationships develop, this may involve local dialect or slang to allow for authenticity



*I don't even know what expert by experience means, just call me by my name.*

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Robyn Farnworth, Blackburn with Darwen



Leapfrog Talking Food Card Deck, Credit: Imagination Lancaster



# Four core principles

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We recommend working to four core principles: co-production, building relationships, influencing and impact, and building a social movement.

## 1. Co-production

Co-production is at the heart of empowering people to tell their story and shaping solutions to tackle food poverty and hunger. This involves valuing everyone's contribution, taking the time, energy and commitment to work together, from devising meeting agendas, co-facilitating workshops, co-creating tools or shaping solutions. It's an ongoing process and isn't always straight forward or fast, but it forces people to work differently, sometimes out of their comfort zone.

Co-production is different to consultation or involvement alone, it's about relationships and recognising the value of each individual or community brings, alongside professionals, sharing power equally. It happens over time and all the time.

It recognises people's strengths and acknowledges everyone is needed to identify solutions. Knowledge exists in a variety of ways and lived experience is as valued as that of a professional or academic.

When things don't work these are opportunities for learning rather than failures, taking the time to understand what worked or didn't work is important.

### *Case study* **Right to Food Podcast**



Corey and Tia, members of the Blackburn with Darwen Food Alliance and Children's Future Food Inquiry Ambassadors, produced a podcast on the Right to Food, supported by the Children's Future Food Inquiry and the Food Foundation. Using this platform allowed them to take the lead, speaking to local decision-makers about the impact of food poverty on children and young people in the borough, whilst also equipping them with new skills.



Corey McPartland and Tia Clarke  
*Credit: Jillian Edelstein*

## Case study

### Edgelands short film, Blackburn with Darwen



Young people from Blackburn with Darwen Food Alliance who were involved in the #DarwengetsHangry campaign co-produced Edgelands, a short film themed around the issues of food poverty, homelessness and welfare. In a series of workshops working alongside director Brody Salmon, they used their own experiences to form a narrative for the film, amplifying their voices to tell their truth and stories in their language. The finished film powerfully presents the grim reality of the issues, whilst contextualising the topics, using them as a backdrop to put forward a message of resilience.

The film is available here:

[www.church-poverty.org.uk/edgelands/](http://www.church-poverty.org.uk/edgelands/)



*Working with Broden and making a film with other young people gave us another way to share our experiences to a wider audience, allowing them to realise the issues we face. I think those involved in the film learnt quite a lot from us.*

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Corey, Blackburn with Darwen Food Alliance



Behind the scenes of the *Edgelands* film shoot in Blackburn with Darwen

Credit: Shaun Peckham

## Case study

### Tools for Food Stories by Imagination Lancaster



Five people with lived experience of food poverty from Newcastle and young people involved in the #DarwengetsHangry campaign in Blackburn with Darwen co-designed Tools for Food Stories, a part of the Leapfrog at Scale project at Imagination Lancaster, Lancaster University. Following a series of workshops over a six-month period in which ideas were developed, adapted and tested, eight tools were designed to capture and tell stories about food and food poverty. The team of co-designers were clear that the tools had to be inclusive and could be used for both general conversations about food whilst also having the ability to delve deeper into experiences of food poverty as trust was gained. Individuals talked about how seeing the tools develop over time and having a physical output made them feel empowered and have a sense of ownership over the tools. These were launched as a toolkit and are freely available to download online.

Find the tools here: <https://imagination.lancaster.ac.uk/leapfrog-tools/>

“*Healthwatch Blackburn with Darwen have used the Leapfrog Food Cards and Dinner Plates with groups of young people in youth club settings and schools to spark conversations around the importance of food and then into greater depth around food poverty. They have been a great tool for giving young people ownership of the conversation and talking about issues such as food poverty in a non-judgemental and open manner. The Food Cards were really effective for letting young people lead on the issues on their terms. Looking forward to using the Food Safari tool with young people and their families!*

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Sarah Johns, Healthwatch Blackburn with Darwen

“*Leapfrog was privileged to work with Food Power and their amazing network of people and organisations across Lancashire and Tyne and Wear. The project was a truly successful collaboration. Together we co-designed ten reusable tools that reflect and amplify the expertise of all the people we worked with, and it is so fantastic to see these tools being owned, adapted and put to work by people within and beyond the project.*

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Roger Whitham, Imagination Lancaster

## 2. Building relationships

Good relationships are fundamental in empowerment. It can take considerable time to build trust and gain respect, but it is vital for success. It's important people feel safe and valued, whilst understanding some of the barriers those with lived experience may face. Remember that trust needs to be earned over time and respect people's decisions to not always share personal experiences.

“ *When we share the same passion we work together well.*

Workshop participant

Allow time for reflection, opportunities for mentoring and peer support, and be prepared for relationships to alter over time as people's life circumstances change.

Avoid conflict by having open conversations and ensure effective communication is ongoing to pre-determine any issues that may arise. If you are conducting research, make sure people's expectations are clear in terms of what further contact you will have.

“ *Don't be a d\*\*\*, interview and leave...*

Workshop participant

### Case study Closing the Hunger Gap



Heather and Penny from Food Nation were invited to attend the Closing the Hunger Gap conference in North Carolina. Moving from speaking out at a local and national level to an international platform demonstrates the journey they have been on, gaining confidence whilst also having the opportunity to build global solidarity with other activists and campaigners. Facilitating workshops and Heather sitting on plenary to talk about her experience involved months of co-production and relationship-building with international colleagues, which resulted in confident delivery and genuine ownership over what was learnt and shared.

Learn more about Heather and Penny's experiences at the conference via our webinar: [www.sustainweb.org/foodpower/webinars](http://www.sustainweb.org/foodpower/webinars)



Penny Walters, Heather Walters and Dee Woods at La Finca Del Sur Urban Farm, New York, Credit: Ben Pearson



### 3. Influencing and impact

It's important people understand the potential influence they can have, whether on a local or national level. Ongoing communication with individuals on what they've influenced and potential impact, however big or small, is vital to keep up momentum. Often policy change can take a long time so having 'small wins' can help ensure people stay engaged and recognise they're making a difference.

Measuring personal impact is also important and an outcome in itself, whether this be acquiring new skills, gaining confidence and self-esteem, or widening knowledge to support individuals to speak out about issues.

“ *Don't make promises you can't keep.*

Workshop participant

“ *The service manager for Active Inclusion (who chairs the food poverty network) invited Penny and Heather to talk at a financial inclusion group seminar which was food poverty focused. This group then created a draft action plan which seeks to address some of the issues raised and discussed at the seminar.*

Nicola Cowell, Food Nation



Cath Walsh, Cherri Bray-Bowden and Penny Walters talk to Niall Cooper during a Church Action on Poverty Roadshow, Credit: Gavin Aitchison



Robyn Farnworth and Levi Broad being interviewed by Channel 4 News

*Credit: Roger Whitam, Imagination Lancaster*

### *Case study*

## **School Meal Allowance, Blackburn with Darwen Food Alliance**



In Blackburn with Darwen a high school changed the name of 'Free School Meals' to 'School Meal Allowance' following successful campaigning from young people who helped to develop the Right to Food Charter. Although the allowance hasn't increased, changing the name has helped to remove stigma amongst young people and make them feel more included.

“ Food Power has given the Children's Future Food Inquiry crucial access to young people with lived experience of food insecurity. Their knowledge and experience was a central component in developing policy recommendations for tackling children's food insecurity in the UK, and has led directly to work undertaken in collaboration with the Department for Education which will mean long-term policy change in this area.

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Pandora Hayden, Food Foundation

## Case study

### Creative conversations, Food Plymouth



Food Plymouth have held a series of workshops using creative methods such as zining, collage, audio-recording, social history and photography to generate diverse conversations around food. Narratives and creative materials have been produced from the themes that have emerged, which can be used for campaigning activity. Giving people the opportunity to talk about food in wide ranging ways has resulted in open and honest conversations, ones that can lead to action and change.

See more case studies here:

[www.sustainweb.org/foodpower/case\\_studies/](http://www.sustainweb.org/foodpower/case_studies/)

“ The Plymouth Food Equality Project delivered seven creative workshops in Plymouth in 2019. These workshops were designed to generate conversations and explore what can be sensitive topics - such as access to affordable healthy food, reliance on food banks and experiences of free school meals and poverty in the school environment. The Leapfrog tools, the zine templates and the Talking Food cards were key for engaging participants or ‘experts by experience’ in conversation around food in a way which is comfortable. The zine template enabled creation of personal narratives around experiences of food and led to some very powerful images which can help to share these experiences with a wider audience.

Lisa Howard, Food Plymouth



Food Plymouth creative workshops  
Credit: Ryan Cheetham, Fotonow CIC







Kelly Donaldson, Credit: CFINE

### Case study

#### **A journey to employment, CFINE, Aberdeen**



Kelly first accessed CFINE services when her partner's zero-hour contract made it difficult to get by week to week, with three children and huge wage fluctuations. She found the service welcoming and non-judgemental, and was able to access both emotional and financial support, alongside advice and food. Wanting to give something back she started volunteering, this then led onto paid work and she now works as a Community Training Kitchen Assistant Development Worker.

### Case study

#### **Building an alliance with lived experience at its heart, Good Food Oxford**



In Oxford, individuals with lived experience were recruited into the alliance first, they then took on the role of recruiting professional experts. Meetings developed into 'nitty gritty' discussion, sharing and prioritisation sessions, rather than sticking to a set agenda. This addressed the power balance and although not without challenges, such as gaining the same level of commitment from professional experts, it has allowed those with lived experience to become embedded in both an empowering and meaningful way.

**“** *It has been a process of unlearning, realising that the energy people bring around a particular issue or solution is more important than my meeting agenda.*

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Hannah Fenton, Good Food Oxford

#### 4. Building a social movement

As relationships develop, trust is gained and confidence is built. It's important to support individuals beyond telling their story to becoming activists in their own right, if they want to do so. This helps to build capacity and spread the load, bringing like-minded people together to encourage independence and sustainability. Think ahead about how individuals might want to feel part of a bigger movement, whether this be from local to national activism, or from food poverty to other issues they are passionate about.

It's also important to recognise people's dreams and vision – where do they want to be and how will they get there? People will move out of poverty, become passionate about other issues or may want to work or study. It's important to appreciate that their role may be part of larger journey and something they might want to move on from.

“Through the impact of the campaigning of our young people in Darwen through the #darwengetshangry campaign we are now supporting this movement across the Pennine Lancashire local authorities via the Childhood Obesity Trailblazer programme. We will support those young people to mentor and support their peers from neighbouring towns to raise awareness of the issues faced by young people today and create a ground swell for change nationally.

Beth Wolfenden, Blackburn with Darwen Borough Council



#DarwengetsHangry Day of Action, Credit: Ben Pearson

# Advice for people with lived experience who get involved

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As much as this toolkit is for alliances and organisations to empower people to tell their story and shape solutions for tackling food poverty, we feel it's as important for individuals involved to feel supported in their role. Here are some useful tips:

- **Working with alliances and organisations**

It's important that alliances and organisations understand how you want to be involved. Speak to them about this and let them know how they can best support you to develop within the role. This might be a relatively new way of working for some, so help ensure they understand what you're comfortable in getting involved in. Decisions should be made together, whether this be about when or where you meet, to what food you share during a meeting.

- **Telling your story**

It might sometimes be tempting to reveal all about your story. Taking time to reflect on what experiences or views you are comfortable in sharing is important. It's likely that the majority of people you speak to want to tell your story in a positive light but this won't always be the case, particularly if different types of media want to portray a story in a way that's different to how you see it. Don't be afraid to do a little research on the person or organisation that wants to speak to you, and talk to others if you're unsure of agreeing to something. Have ownership over your story and tell it in the way you're most confident in doing so.

- **Having influence**

It's likely that you became involved because you want to bring about change and have influence. It's important those you're working alongside communicate on a regular basis what impact you've had, however big or small. It's important to recognise some decisions you have influence over may take considerable time to implement, this might sometimes cause frustration but understanding changes at a micro-level should help keep up enthusiasm. Speak to the alliance or organisation you're working with about how your influence will be communicated with you.

- **Looking after yourself**

More important than anything is looking after yourself. We all face adversities and sometimes chaos at different points within our lives, which may impact on our mental or physical health, or wellbeing. Don't be afraid to say no. As much as sharing your story can be empowering, sometimes it may cause distress. You may find it helpful to speak to peers who have similar experiences for mutual support, or taking time out alone for reflection.

# Practical considerations

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Food Power developed these guidelines specifically for alliances that received financial support from Food Power. Our aim is to ensure individuals' involvement is as dignified as possible and hope they can serve as a best practice guide for other working in the sector, although we understand that they may not be achievable for all those working with people to tell their story and shape solutions for tackling food poverty.

## The role of organisations

- A cash advance to cover out of pocket travel and subsistence costs should be given to individuals in advance of any activity or event to ensure that individuals do not have to cover any costs themselves, or worse, go without, and be reimbursed at a later date. This is in addition to any prepaid travel or accommodation costs. Individuals should be responsible for keeping a record of receipts and returning any amount unspent.
- The recommended allowances, depending on the length of time away from home, and whether meals are provided, are: £5 for breakfast, £10 for lunch, £20 for dinner and £5 for additional refreshments, plus any appropriate amount for local travel costs to/from home (buses, taxis etc.). This means that if an individual is in receipt of state welfare they can show their benefits adviser that any money they received was a reimbursement and not a payment if needed. If individuals receive financial rewards beyond out-of-pocket expenses, this can be classed as income and will be liable for tax, and can affect the benefits they receive. If individuals live with their parents or partner, their benefits could also be affected if they get money, or anything else on top of expenses that could be seen as payment. Under no circumstances should the cost of alcoholic drinks be reimbursed.
- Travel and accommodation should be booked and paid for in advance, and the method of travel and type of accommodation should always be the equivalent of any paid member of staff. Overnight travel is strongly discouraged.
- Childcare or carer costs should be offered for any individuals with children or family they care for when attending an activity or events, and should be paid in advance.
- Catering at events should be inclusive and dietary requirements met. For example those relating to personal or religious preferences, or allergies and dietary intolerances. Attendees should be informed in advance of what will be available. For smaller meetings we recommend attendees have the option of bringing their own lunch with an allowance of £10, which allows everyone to choose what they would like to eat and prevents anyone feeling excluded.
- Venues for activities and events should be chosen with everyone in mind. They should be accessible, comfortable and an inclusive environment for all attendees.
- Individuals should ideally do no more than two days of unpaid volunteering per week (alliance activity or attending events) unless under unusual circumstances, such as an international event. This is not inclusive of individuals partaking in their own activism and campaigning, but alliances should be mindful of the number of commitments an individual has in a given week or month.



### **The role of those with lived experience**

- Individuals should have a named contact within the alliance who they communicate with. This person is responsible for the coordination of activity and events, along with safeguarding during activity carried out on behalf of the organisation. In addition, a regular one-to-one meeting or other opportunity to feedback should take place so there is a dedicated time to discuss any issues that may arise.
- Individuals, when possible, are asked to inform their organisation contact of any external activity or events they are attending, for example national food poverty events, as this allows for their workload to be considered and can help prevent any potential clashes in activity or events.
- Individuals should wherever possible be recognised for their contribution to activity and events, this could be in the form of cash, vouchers or a token for a meal out. It will be important to make sure that individuals receiving social security are aware of whether any cash payment will affect their benefit entitlement.

### **Supporting people to attend formal meeting such as committees or evidence sessions for policy-makers**

People with lived experience are increasingly being asked to attend committee meetings, evidence sessions or other formal meetings. It's important to think about the different ways you can support someone before, during and after the session.

#### **Suggested questions for the meeting organiser**

- Can they provide a clear written summary of the meeting including the agenda, who will attend and what will happen as a result of the meeting?
- Will people be asked about their ideas for solutions, as well as telling their stories?
- Can they share the expected questions or topics for discussion in advance?
- How will the layout help attendees to feel comfortable?
- Are there different ways to input, for example in writing, via live or pre-recorded video or through a visit outside of the formal meeting?
- How will any travel, accommodation or other reasonable expenses be booked and paid for?

#### **Suggested questions for attendees**

- Would they like to rehearse how the session might go and what they want to communicate with the other attendees?
- Would they like another person to attend the meeting with them?
- Would they like to travel together to the meeting or meet at the venue a little before the meeting starts?
- Would they like an opportunity to debrief after the meeting?

## Further information

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For more information please visit the Food Power website for:

- [Case studies](#) from food poverty alliances working with people with lived experience
- [Webinars](#) on how different groups have been working with people who have lived experience of food poverty
- [Toolkits and briefings](#) on tackling food poverty in the UK
- [Hangry in Blackburn with Darwen](#), a short film by young people about their experiences

Further recommended resources and reading:

- [Leapfrog Tools](#), Imagination Lancaster, Lancaster University
- [Leapfrog Caterpillar Tool](#) (Leapfrog 2019)
- [Engaging People with Lived/Living Experience](#): A guide for including people in poverty reduction (Tamarack Institute, 2019)
- [Building Community Power for Food Justice](#): A toolkit (WhyHunger)
- [Dignity in practice](#): Learning, tools and guidance for community food providers (Nourish Scotland, 2018)
- [Talk. Act. Change](#). Use Your Rights to Make your Voice Heard: Conversation Toolkit (Just Fair, 2019)
- [How to prepare for media interviews about poverty](#) (Joseph Rowntree Foundation)
- [Children's Future Food Inquiry](#) #Right2Food Campaign Film (Food Foundation and Fixers, 2019)
- [Involving experts by experience](#) (MEAM, CLinks, Homeless Link, Mind, 2016)

## Examples of recent media coverage

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- [What's it like living on Universal Credit?](#) (Channel 4 News, 2018)
- [Children go to Westminster to talk food poverty](#) (Channel 4 News, 2019)
- [Meet the kids talking about food poverty](#) (ITV News, 2019)
- [Charity handed out 1.6m food bank parcels in one year – rise of 20 per cent](#) (Channel 4 News, 2019)

## Acknowledgments and contributors

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Penny, Heather and Cath speak to Jackie Long at Channel 4 News, *Credit: Gavin Aitchison*

# Telling stories and shaping solutions:

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**A Church Action on Poverty and Sustain publication**

February 2020

## About Church Action on Poverty

Church Action on Poverty aims to build a movement that can loosen the grip of poverty in the UK. Our projects are hugely diverse and cover a wide area but have one thing in common: they all tackle the root causes of poverty. We campaign for change, amplify the voices of people who have experience of poverty, and work directly alongside communities.

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## About Sustain

Sustain: The alliance for better food and farming, advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the living and working environment, enrich society and culture, and promote equity. It represents around 100 national public interest organisations working at international, national, regional and local level.

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