

Food, Health and Homelessness in Scotland – Mapping Practice, Progress and Impact

Community Food and Health (Scotland)

Appendix 5: Research Tools

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Contents

1	Case Study Project Staff Interview Schedule	1
2	Case Study Service Users Interview Schedule.....	4
3	Survey of Food, Health and Homelessness Initiative	6
4	Survey of Food, Health and Homelessness Initiative for Respondents to 2006 Survey.....	14

1 Case Study Project Staff Interview Schedule

Community Food and Health Scotland Case Study Interview Schedule with Managers and Frontline staff

(These are initial questions to lead into further discussion. The schedule will be used flexibly depending on the interviewee).

Introduction

Why did you decide to develop a project aimed at food, health and homelessness activities?

What is your project trying to achieve, i.e. what are the key aims and objectives of your project?

When did the project start?

Who are your intended target groups?

How do you recruit or engage with new service users?

Progress and Activities

Can you please describe the main types of activities relating to food, health and homelessness delivered by your project?

Where are the activities relating to food, health and homelessness delivered?

What progress has been made against the original aims and objectives for the project?

What resources do you use for these activities (e.g. training, kitchens, new staff)? How are these tailored to the needs of service users?

What has worked well about the project and has contributed to success?

Do you have any evidence of innovative approaches or good practices?

What has worked less well about the project and could have been improved? What lessons have been learned?

What have been the issues and barriers to progress? How have these been addressed?

Partnership Working

How have other local partner organisations been involved in your project (either in the development stage or in on-going delivery)?

How effective has partnership working been?

Has the project complemented activities being undertaken by other service providers? How has the project enhanced these activities?

How have members of the community and/or people participating in the project been involved in the development and delivery of the project? How successful has this been? What effect has this involvement had on the project?

Impact

What have been the main outputs from the project (e.g. numbers attending, resources developed etc.)?

What impact has the project had for service users?

What have been the different ways in which service users have progressed and why has this been the case?

What impact/effect has the project had on service users at specific transition points in their lives (for example, when they move from supported accommodation to independent living)?

What have been the other key outcomes delivered by the project (i.e. for your organisation, for partner organisations, for the community)?

What impact has the project had on the other activities delivered by your organisation?

What impact has the project had on other activities delivered by partner organisations?

What (if any) have been the additional benefits/outcomes of the project, i.e. has the project achieved anything that you did not expect it to?

How do you know that your project has had an impact?

How do you measure the performance and impact of the project?

Project Development

How has the project been funded?

What have been the main costs involved in developing and delivering the project?

How has the project changed/developed since it was initially conceived?

What kind of accreditation (if any) have you used?

How do you plan to sustain/develop the project?

What plans do you have for other activities relating to food, health and homelessness in the future?

2 Case Study Service Users Interview Schedule

Community Food and Health Scotland Discussion Group Topic Guide

What does food mean to you?

Daily fuel? – Something to keep you going? How does that work – how do you get your food – where from – and what kind of food is it? Do you enjoy it? What kind of food do you like?

What would you call junk food? Do you eat it? Why is that?

Important for keeping healthy? Do you think there is a connection between your general health and the food you eat? What foods would be good for keeping healthy? Can you get hold of them? Are they expensive? Are they tasty?

A social event? – Chance to get together with other people? How does that work? Is it good to cook with other people?

Are meal-times something to look forward to? Do they break the boredom? Do you have set meal-times? Is it a good idea to try to sit down to eat with other people – that you like – at set times?

Who cooks? – Who has cooked in the past? Who cooked in your household? Were people taught to cook when young? Or learned by themselves? If you don't cook now why is that? Do you think cooking is difficult? Do you teach children to cook?

Would you like to cook more? Why can't you?

Why do you come here/use the service/project?

How did you hear about it?

What happens when you come here?

How often do you come/use the service?

Has being involved here given you more chances to prepare or cook food or eat food you enjoy more?

How does being involved in cooking or preparing food make you feel?
(e.g. more confident, more independent, proud of yourself)

Have you learned anything that is useful since coming here/using the service?
(e.g. food safety and hygiene, how to store and cook food properly)

What could be done to improve access to good healthy food - including having cooking facilities – or helping to learn to cook - for people who are homeless?

Is there anything that needs done to help people when they get a tenancy after being homeless? Cooking lessons? Where and how to buy good food cheaply?

Should everyone have a cooker or is a microwave enough for most people?

3 Survey of Food, Health and Homelessness Initiative



Dear Colleague,

Community Food and Health (Scotland) (CFHS) is a government-funded organisation that supports initiatives in low income communities to deliver programmes on food and health. CFHS does this through raising awareness and providing a national information and networking resource for staff and volunteers based within projects.

CFHS has commissioned Blake Stevenson Ltd to undertake a study to identify food, health and homelessness organisations, projects, programmes and initiatives across Scotland and what activities they currently provide. These can range from providing food to homeless people to using food to promote independent living skills.

Blake Stevenson and CFHS would greatly appreciate you taking 10 minutes to complete the attached survey about your project by **12 September 2008**.

**Completed surveys will be entered into
a prize draw to win £150
for your food, health and homelessness project.**

The research will be used to:

- develop an up-to-date picture of organisations and projects delivering food, health and homelessness initiatives across Scotland;
- improve communication and learning between these organisations and projects; and
- encourage knowledge-sharing as well as promote good practice in the planning and delivery of food, health and homelessness programmes.

If you require further information about CFHS's work in relation to food, health and homelessness, please contact Bill Gray at bgray@scotconsumer.org.uk or on 0141 226 5261.

If you require information about Blake Stevenson's study, please contact William Macdonald at william@blakestevenson.co.uk or on 0131 335 3700.



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Food, Health and Homelessness Initiative: Mapping Current Services

Survey

Contact Details

1. Please tell us the name of your organisation?

2. Please tell us the name of your food, health and homelessness project if different from above.

3. Who is the lead contact for your food, health and homelessness project?

4. What is the address of your organisation?

5. What is the lead contact's phone number?

6. Please give us the email address of the lead contact person.

7. Please note your website here (if applicable):

8. Please specify the type of your organisation:

Charity/Voluntary sector	<input type="checkbox"/>	Local Government	<input type="checkbox"/>
NHS	<input type="checkbox"/>	Private Sector	<input type="checkbox"/>
Other, <i>please specify below</i>	<input type="checkbox"/>	Faith-based organisation	<input type="checkbox"/>



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The Project

9. Which activities does your organisation currently provide in relation to food, health and homelessness?

Advice and Information	π	Food Packs	π
Soup kitchens or drop-in centres	π	Cafes	π
Accommodation-based food provision	π	Independent living skills development	π
Strategic development and consultancy	π	Other, <i>please specify below</i>	π

10. Please provide a brief description of your food, health and homelessness project (including how and where food is sourced and distributed, the type of food used and the frequency of your food activity).

11. Please provide a brief description of any involvement your project has with *private food retailers* (including how and where food is sourced and distributed and the type of food used).



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12. Does your project use food as a means of promoting independent living skills ie does it support individuals to maintain or increase self-reliance? This can cover a variety of areas as listed below.

No	π		
Yes, <i>please specify which skills</i>	π		
Budgeting for food	π	Shopping	π
Meal planning	π	Food and cooking	π
Food hygiene and safety awareness	π	Social skills	π
Home management	π	Self-advocacy	π
Raising self esteem	π	Other, <i>please specify below</i>	π

13. Please list any other organisations or projects you work in collaboration with to deliver the project:

--

14. How long has your project been in operation?

Less than 6 months	π	6 months – 1 year	π
1 year – 2 years	π	2 years - 3 years	π
More than 3 years	π		

15. When do you expect your project to end?

It is ongoing	π	In the next 6 months	π	Unsure	π
In the next year	π	In the next two -three years	π		



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Client Groups

16. Which age groups do you target (please tick all that apply)?			
Children under 16	<input type="checkbox"/>	Young people 16 - 25 years	<input type="checkbox"/>
Adults (25 years +)	<input type="checkbox"/>	Older People (50+)	<input type="checkbox"/>
All ages	<input type="checkbox"/>		
17. Which gender group do you specifically deal with?			
Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
		Both males and females	<input type="checkbox"/>
18. Approximately, how many service users does your project benefit over the course of a year?			
Less than 20	<input type="checkbox"/>	20-49	<input type="checkbox"/>
100 - 149	<input type="checkbox"/>	150 - 500	<input type="checkbox"/>
		50-99	<input type="checkbox"/>
		500 - 1,000	<input type="checkbox"/>
		1,000+	<input type="checkbox"/>

Location

19. Which Local Authority areas is your project delivered in (please tick all that apply)?			
Scotland wide	<input type="checkbox"/>	Aberdeen City	<input type="checkbox"/>
Aberdeenshire	<input type="checkbox"/>	Angus	<input type="checkbox"/>
Argyll & Bute	<input type="checkbox"/>	Clackmannanshire	<input type="checkbox"/>
Dumfries & Galloway	<input type="checkbox"/>	Dundee City	<input type="checkbox"/>
East Ayrshire	<input type="checkbox"/>	East Dunbartonshire	<input type="checkbox"/>
East Lothian	<input type="checkbox"/>	East Renfrewshire	<input type="checkbox"/>
City of Edinburgh	<input type="checkbox"/>	Eilean Siar	<input type="checkbox"/>
Falkirk	<input type="checkbox"/>	Fife	<input type="checkbox"/>
Glasgow City	<input type="checkbox"/>	Highland	<input type="checkbox"/>
Inverclyde	<input type="checkbox"/>	Midlothian	<input type="checkbox"/>
Moray	<input type="checkbox"/>	North Ayrshire	<input type="checkbox"/>



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North Lanarkshire	π	Orkney Islands	π
Perth & Kinross	π	Renfrewshire	π
Scottish Borders	π	Shetland Islands	π
South Ayrshire	π	South Lanarkshire	π
Stirling	π	West Dunbartonshire	π
West Lothian	π		

Staffing

20. Please indicate which of the following groups are involved in delivering the project?

Paid staff π Volunteers π Homeless People π

21. Please provide details of the amount of funding you have received for this project in the current financial year. We realise that it may not be possible to provide an exact figure, however an estimate would be useful.

Funding:	Source		
	Activity funded		
	Funding amount		
	In kind contribution		
	Funding period		
Funding:	Source		
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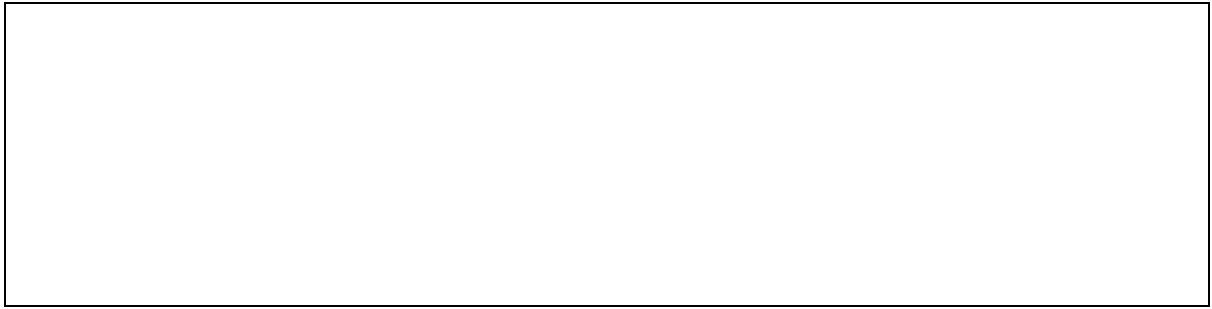
The Future

22. Please outline your future plans and aspirations for the project.



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23. Please use the space below to note any other information of relevance about your project.

24. Lastly, are you aware of any other organisations in your local area that deliver activities on food, health and homelessness?

Many thanks for taking the time to complete this survey.

Please return the completed survey to us by 12 September 2008 using the enclosed pre-paid envelope.

If you require any further information please contact William Macdonald at Blake Stevenson Ltd on 0131 335 3700.



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4 Survey of Food, Health and Homelessness Initiative for Respondents to 2006 Survey



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Food, Health and Homelessness Initiative: Mapping Current Services

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Mapping Practice, Progress and Impact**



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The Project

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11. Please provide a brief description of any involvement your project has with *private food retailers* (including how and where food is sourced and distributed and the type of food used).

12. Please provide a brief description of any progress that your project has made in the last two years in terms of activities relating to food, health and homelessness.



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13. Does your project use food as a means of promoting independent living skills ie does it support individuals to maintain or increase self-reliance? This can cover a variety of areas as listed below.

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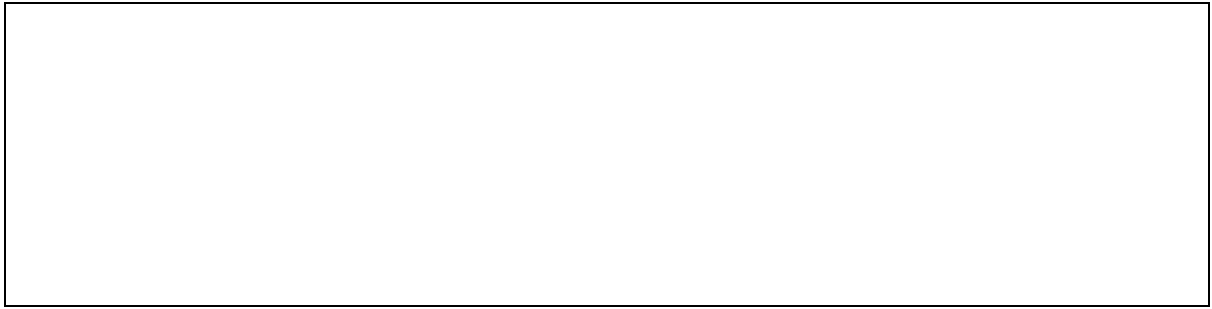
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23. Please outline your future plans and aspirations for the project.



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