

## *Foodways and Futures 2013 – 2016*



*Rory A. Barclay  
(on behalf of the  
researchers)*

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*Dr Karen McArdle*

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???



*Well, I prefer eating three meals a day. But, ehmm, it's just the question of getting the money so I can afford the three meals a day. So.*

**So at the moment you can't afford it?**

*Nae. Three meals, no.*

*Yeah, it's like money, its like a problem, so.. I just spend it on a hell lotta rubbish, so that I can be full, right, fill myself up.*

*The way I see it, I think there is more bad diet than there is good diet. That's the way I see it. There is only a certain amount of good diet. There is more bad diet than there is good diet.*



**HEALTH INEQUALITY** *e.g. Richer people tend to be healthier and happier than poorer people in the same society (Wilkinson and Pickett (2010))*

**FOOD POVERTY** *e.g. 170% increase in demand in 2012-13 for foodbanks in Scotland since 2009 (The Trussell Trust, 2013)*

**HOMELESSNESS** *e.g. around 13,350 young people (aged 16 to 24) become homeless every year in Scotland (Dore, 2012, p. 5).*



# STUDY BACKGROUND *Young People*



health  
implications  
of  
malnutrition  
in young  
people

social justice

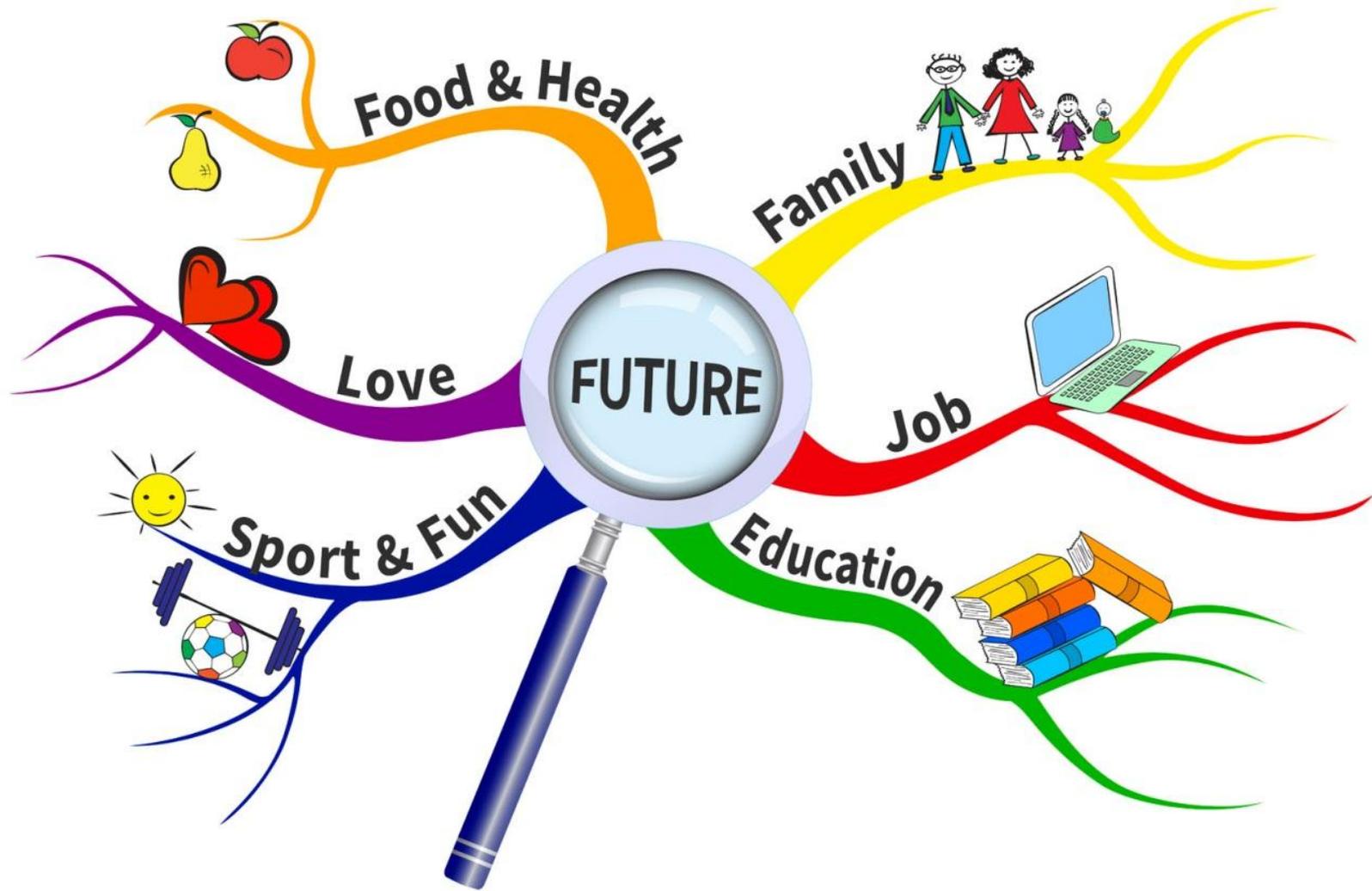


## MISSION STATEMENT

*“All young people need a home, support and a springboard into independent living, learning and work. Some don’t have it. Aberdeen Foyer helps fill the gap” (Aberdeen Foyer, 2011)*



# Overriding Research Question

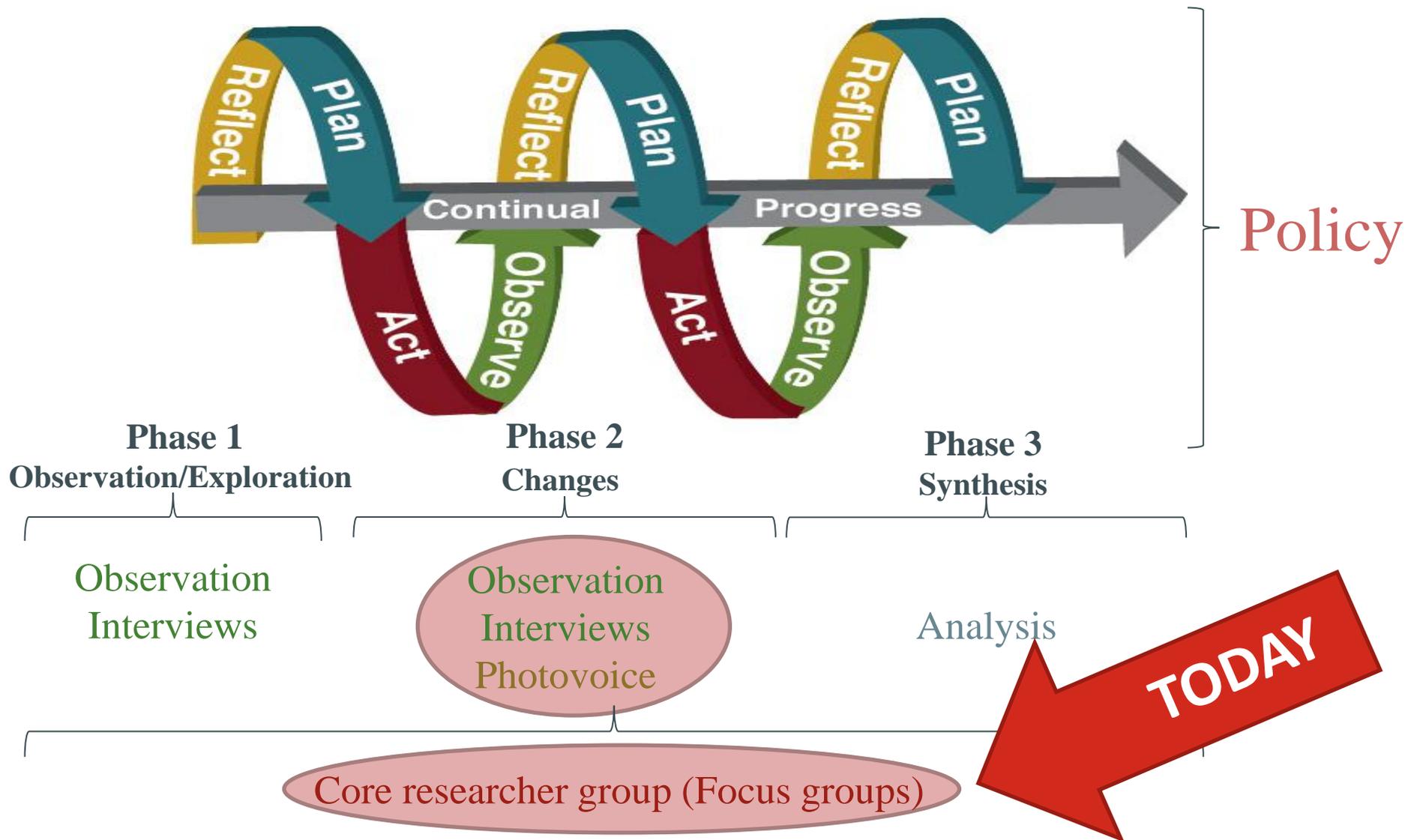


‘Participatory action research creates opportunities for people to speak’  
(McNiff, 2012)

*Non electoral activities of political engagement become more widespread among youth (Martin, 2012)*



# STUDY DESIGN *Action Research Cycle*



A stylized illustration of seven white human figures sitting around a white oval table. The figures are simplified, with circular heads and rectangular bodies. They are arranged in a circle, with their hands resting on the table. The background is a light gray gradient.

7 group members  
+ Karolína



# What we

- ❖ Group meeting on Friday 4, Trinity to follow
- ❖ name badge and address (if possible)
- ❖ Organise evening (if possible), Torry (Hill) if interested
- ❖ Update newsletter via sharepoint
- ❖ Saltire and other events
- ❖ Purpose: to bring people together

# SUPPER CLUB

Friday the 8th, come to Flat 4 @ 5pm, hosted by the Foyer researchers - Mince + Tatties  
 Enjoy a home cooked meal in a relaxed information session to find out more about how we are working to help make the Foyer better, and if you have any suggestions or views and opinions, we value what you have to say

Hope to see you there!

community flat for the group

, email

Tatties day) and young people

our work via page

ts'

# TESCO

FRASERBURGH 0345 6779281

FRESH MILK <i>tesco's</i>	£1.48
CEREAL <i>Koraze purple</i>	£2.79
SCOTTISH ROLLS <i>war burton's</i>	£1.00
PLAICE FILLETS <del>simply</del> <i>Simply Branded</i>	£2.50
MCCAIN CHIPS <i>hot E.V.</i>	£1.80
MCCAIN CHIPS	£1.80
BEEF BURGERS <i>tesco's E.V.</i>	£1.10
SUGAR <i>late milk</i>	£0.79
SAUCE <i>uncle ben's Swt+Sour</i>	£1.00
TOMATO SOUP <i>heinz X4</i>	£2.99
BKD BEANS <i>heinz X4</i>	£2.50
DVD 31990 <i>Captain America</i>	£10.00
SUB-TOTAL	£29.75
MULTIBUY SAVINGS	
CHIPS 2 FOR £3	-0.60
TOTAL SAVINGS	-0.60
TOTAL TO PAY	29.15
CASH	£30.00
CHANGE DUE	£0.85

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## Notes of a peer researcher with a tenant during fortnightly shop:

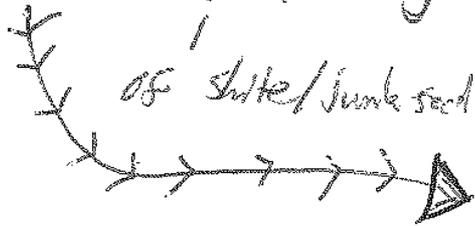
- Decided against Yorkshire Puddings, but grabbed plaice instead. The tenant's thought was the plaice shigh kiev things were chosen kiev, and picked them up purely because it caught his eye, in the Yorkshire puddings freezer. This shows a compliant, "meh nature", or method to shopping at lust. It was instant out of place there and he picked it up on a whim, as opposed to the Yorkies surrounding it, see photo.
- Smell of fresh bread – no impact. Surprisingly contrasting to the previous situation, tenant takes very little notice of the freshly baked bread smell and saunters by to carefully select Warburton's softies. The scesct never.. him to the fresh goods. Never did it remind him to buy bread loaf or butter. It simply served to enthuse me for a moment and help me question why he wasn't the same.
- Reduced rack – no impact
- The reduced rack, about 5 1/5 feet high made little of its attention grabbing and tenant walked .... Past a 2<sup>nd</sup> time with not so much as a glance to it. Assorted food and goods inside it made no real appeal to him, ... at a corner in an isle no. 8 – see photo.
- Straight to soup – heinz behind packaging. Sudden fancy – soup + bread + butter. After getting kraze ppk, basket full – remarks "should have gotten trolley" I asked tenant as we enter but he denies trolley and picks up basket by the door instead. This sets the tone for the shopping trip I believe, along with the first thing picked up was Captain America on DVD. A classic children's thing, choosing your favourite cereal – Kraze. The fact the first thing picked up was a film and the cereal (with hesitation) chosen suggests short term, immature thought process. Mannerisms around store similar, gazing .... And choosing familiar, simple items like the Heinz brand soup and pack. Sudden fancy for soup and bread he says, quite short term thinking demonstrated.
- Mild – last item sought in store, but right by the entrance. Despite the fact it's one of the every day essential items and right by the entrance to the store, the tenants forgets or just leaves it to last to get milk. A further evidence towards very short term thinking during the shopping trip. Depending on spur of moment thoughts coming to you as you go along through the shop is a pretty unsure way to plan a shop.
- No Tally of estimate price in head so far. Once again quite unstructured thought process, tenants has not estimate as to how much they are actually spending or how much he wants to spend. This leads to complications and overspending at times, especially with the mix of brand products and every day value items.



*Today is payday, but with 30pounds going on to electric of the lot, it might be a tough 2 weeks. Shopping to last that time will cost around 20pounds on the usual list, leaving 50 or less for everything else possibly needed for a fortnight. Unfortunately the usual shop is pretty low in nutritional value and Im getting a bit sickly nowadays. **Possible to get better nutritional value but something about the bit between motivation and self-loathing makes it hard to admit that an extra tenner a fortnight on food instead of drink would probably save me an extra 4 years at the end of my life... Or maybe Im just pessimistic with a glimmer of optimism.***



Anxiety ~~is~~ = Alcohol + comfort eating<sup>2</sup> = Vicious cycle



# FINDINGS *photovoice*



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- During the past 4 months, we visited all the housing sites in Aberdeen City and Aberdeenshire (Trinity Court, Fraserburgh, Peterhead, Banchory, Inverurie, Torry and Stonehaven), some of them several times.
- We talked to the young people across all the sites. Our method was to hand out forms asking questions which the group had come up with:
  1. About you
  2. How were you referred to Aberdeen Foyer?
  3. What is good about the Foyer? What do you like? What do you enjoy?
  4. What could be improved at the Foyer? Why? How does it make you feel?
  5. Any specific ideas on improving the Foyer? Any questions? What three things would you change?
- We also had group discussions with the young people who were present at our visits which lasted usually around two hours, at some sites also members of staff were present during the meetings. Also individual interviews took place.

# IMPACT/OUTCOME

## *1<sup>st</sup> phase*

- Report with all our findings has been written and will be handed to the organisation board
  - Presentation to the board with all the researchers in November
  - Our recommendations to be discussed with the boardmembers
- Changes

## *Next phase*

- Continue weekly meetings, but more “expanding”
- Getting involved in initiating a Community Café

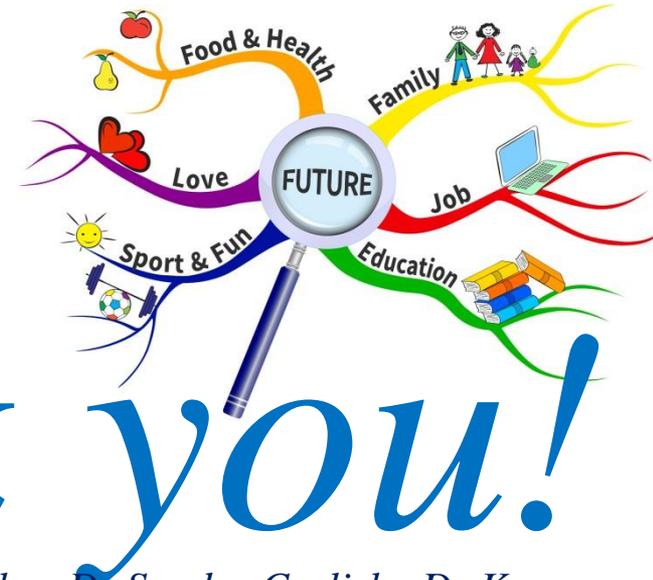
REALISTIC

OPPORTUNISTIC

ENCOURAGING



THE END *Thank you!*



*Thank you!*

*Special thanks for the project support to the supervisors Dr Flora Douglas, Dr Sandra Carlisle, Dr Karen McArdle and Prof Geraldine McNeill, and adviser Mrs Helen Martin; to all the members of staff from the Foyer especially Mary Annal, Kirsty Hodgson and formerly Lisa Duthie; to Pat Bain for her support with design; to Dr Janet Kyle for her efforts throughout the Foundations of Nutrition module; to Fiona McHardy for taking the time to give more insight into action research methods; to Miss Fiona Insch for her efforts in administrative issues; to Susie Finlayson from the Young Foundation for crucial support with starting up the Core Researcher Group, to fellow PhD students, especially from public health nutrition, for helping with the questions in between - and most importantly, all the young people who have contributed and in particular the core researcher group who always push things forward and have the best ideas!*

We are happy to hear from you! [foyerresearchers@gmail.com](mailto:foyerresearchers@gmail.com)

Time for your  
questions/criticism/feedback

