



Serving Canterbury, Whitstable,
Herne Bay and villages

Canterbury Food Bank CIO

Focus Group Project on the impediments to food bank use.

1. What are we trying to do and why?

We would like the centre staff to help us set up a small project designed to examine why individuals who have experienced food insecurity and would benefit from the services of Canterbury Food Bank, do not use these services. Previous researchers have found that less than 20% of those experiencing food insecurity use a food bank and we would like to improve the way in which we provide our services to reach more people.

2. Who do we want to talk to?

We want to talk to individuals who have experienced food insecurity but did not use a food bank to find out what prevented them using the food bank and how we can overcome these barriers.

3. How can you help us?

- a) You can help us in a number of ways. We have produced a poster inviting individuals to participate in focus group interviews. If you could place one (or even better two posters) in prominent places this would be very helpful.
- b) If you feel a client might be suitable for the project it would be great if you could draw the poster to their attention.
- c) If clients indicate they are interested but are unable to contact Angela Gardiner then it would be much appreciated if you could take contact details for the client and pass them on to Angela.
- d) If we can recruit sufficient numbers from your centre it would be helpful if the centre could provide a room for the focus groups. We envisage these usually being around midday for an hour and a half with a light lunch. Canterbury Food Bank would pay the usual rate for the room and food provision.

4. What will the focus groups involve?

- a) at the start of each focus group the facilitator will explain the purpose and mechanics of the group, check everyone has agreed to take part and reassure them that we will protect their identities in any report or publication.
- b) the facilitator will then guide the group by inviting the participants to comment on specific issues relating to the food bank and its operations.
- c) the conversation will be recorded and later read through to identify the key issues and these will be used as a basis of a report to the food bank.

5. What will the participants get out of it?

- a) an opportunity to talk about their needs and to discuss the different impediments to using the food bank.
- b) refreshments.

- c) reimbursement of their travel expenses.
- d) a gift (this will be a £10 voucher exchangeable in one of the local supermarkets).
- e) the opportunity if they want to receive a copy of the report based on their contributions.

6. Who is doing the project?

- a) the project is funded by a small grant from the Co-op Community Fund
- b) Canterbury Food Bank is responsible for the management and funding of the project
- c) the project itself is managed by a steering group chaired by Angela Gardiner.
- d) the focus groups will be run by three experienced researchers; Prof Peter Taylor Gooby, Prof Andy Alaszewski and Helen Alaszewski

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