



Poverty Awareness and Food Insecurity Training

This training has been developed and delivered by people who have experienced food insecurity and poverty first-hand. Their lived and living experience is at the very heart of this project.


Introduction

-  This video will outline the whole E-learning course and go through the different modules that you will cover. The training is about poverty and food insecurity.



Module 1: Poverty Quiz

-  This short quiz will show you the shocking extent of how many people locally and nationally are unable to afford the essentials such as food, energy and rent. You will need a pen and paper for this quiz.



Module 2: Inflation

-  In this module you will be completing an inflation exercise which shows how the rising costs of food are having a devastating impact on people in the borough and highlights the fact that wages and benefits are not increasing in line with inflation. You will need a pen and paper for this module.

Module 3: The Importance of Dignity and Empathy



-  You are now going to watch two scenarios explaining a person's bad experience. You will then have five minutes in your groups or on your own to think about the situations and how they could have had a better outcome.
-  Here's how the people who shared their bad experiences would have liked to have been treated.

Module 4: Budgeting


-  You are going to hear about three separate real-life situations and then you have five minutes in your groups or on your own to work out what that person is left with for food after outgoings. You will need a pen and paper for this module.
-  Here are the results.

Module 5: The Journey of Accessing Help

This video will give you an insight into some of the things that might be going through a person's mind when picking up the phone.

-  Here is a phone conversation showing how a person asking for support does not get the outcome that she needs.
-  This video shows how the phone call should have gone.

Key Messages

-  You have now worked through the modules. You have seen the shocking extent of how many people are experiencing poverty, how inflation and the rising costs are having an impact on the community, the importance of empathy and dignity and the journey of asking for help.