Understanding Third Sector
Evidence and Need:
Lessons learned from the field & collaborations with researchers

Monday 7 October 2019
10:00 am – 1:00 pm
The Lighthouse, Glasgow
Agenda

9:30 – 10:00     Arrival and Tea/Coffee
10:00 – 10:10    Welcome and Introductions – John McKendrick
10:10 – 10:30    Marion Davis, One Parent Families Scotland
10:30– 10:50     Jayne Jones, Assist FM (Argyll and Bute Council)
10:50 – 11:10    Laura Reilly, Bellville Community Garden Trust
11:10 – 11:30    John McKendrick, Scottish Poverty & Inequality Research Unit
11:30 – 11:45    Break
11:45 – 12:30    Small group discussion at tables
12:30 – 12:45    Closing, Resources & Future Events – Sarah Weakley
12:45 – 13:00    Networking
Welcome and Introductions:
John McKendrick, Scottish Poverty and Inequality Research Unit (SPIRU)
One Parent Families Scotland

Challenge Poverty Week 2019

Understanding Third Sector Evidence and Need: OPFS Experience
OPFS – Some Background

Leading charity working with single parent families.

- Provide expert, tailored advice and practical support through our national advice & information service and community based family hubs.
- Campaign with parents to make their voices heard to change the systems, policies and attitudes that disadvantage single parent families.
Single parent families in Scotland

- 174,000 single parent families (29% of families)
- 281,000 dependent children
- 92% are female
- 40% of children in poverty live in a SPF (90,000)
- 54% of children in SPF’s live in poverty
- This is predicted to rise to over 62% by 2021
Why Work with Academics?

Quality evidence about single parents’ lived experience, and the systemic barriers they face, is a vital part of OPFS being a responsive, effective organisation.
OPFS & Caledonion Univ - An Example of Collaboration

- What type of research did OPFS want to do?
- What level and amount of research did we need?
- What kind of research relationship did we want?
- How do we finance additional costs that our organisation is expected to cover?
- Who would be our research partner?
Wellbeing, Isolation & Poverty

“I feel like a ‘shadow citizen’. I know there are lots of single parents out there but it’s as if we are invisible“

- Single parents face challenges as sole carers and breadwinners – but not only about income.
- Anecdotal evidence through casework & groupwork that SP’s in poverty are isolated and lonely.
- Results in low self-esteem, poor mental health and impact on achieving their potential.
Research Collaboration with Caledonian University (CU)

- Prof John McKendrick undertook research to find out more.
- On-line & paper survey of 800 SP’s & ten 1to1 interviews.
- Research Aims:
  1. Better understand isolation and loneliness among single parents and impact on health, wellbeing and poverty.
  2. Establish how & where SP’s access services.
  3. Use this knowledge to design and deliver practical service delivery options to tackle these problems.

www.opfs.org.uk/policy-briefing-papers/ CU Research
Research Findings

- 84% of SP’s report being lonely.
- SP’s who work are less likely to be lonely.
- SP’s with a disability in family are more lonely.
- Geog. matters and young SP’s esp. isolated.
- 56% of SP’s self-rated their general health as good / very good, compared to 73% of all people.
Research Findings /2

- Against UK averages well-being is lower among single parents in Scotland. On the 10-point scale:
  - 7.68 for life satisfaction compared to 5.23 for single parents.
  - 7.43 for happiness compared to 5.34 for single parents.
  - 2.85 for anxiety compared to 4.61 for single parents.
Health & Wellbeing – Research
How OPFS used evidence

- Developed new OPFS services.
  Evidence used for successful Tampon Tax bid for new single parent tailored mental health and wellbeing service, peer group support and digital innovation.

- Informed OPFS strategic planning.
  Research which is accessible ultimately helping to inform OPFS policy priorities and strategic service delivery focus.
Lessons Learned

- **Successes**
  - Enabled testing of new ideas.
  - Way to translate knowledge into practice.
  - Disseminating findings – influence policy.

- **Challenges**
  - SP’s ‘over’ researched – more about solutions.
  - Resources needed - staff, funding.
  - SP’S unique challenges require tailored response - not yet fully recognised.
Further Information

Marion Davis
Head of Policy & Strategy
One Parent Families Scotland

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www.opfs.org.uk
ARE PUPILS BEING SERVED?

Understanding Third Sector Evidence and Need in the Context of School Food
WHO ARE ASSIST FM -

And how do we work with the Third Sector?
HOW CAN SCHOOL FOOD BE ALL THINGS TO ALL PEOPLE?
WHAT ARE OUR OBJECTIVES FOR THIS RESEARCH?

• Local Authority Views
• Conflicting Priorities
QUANTITATIVE EVIDENCE

Understanding what evidence exists
QUALITATIVE EVIDENCE

How do we measure this?
WHERE ARE WE NOW?
Are pupils being served?
A secondary review of the sector’s evidence base on school meal provision at lunchtime in Scotland
August 2019

John H. McKendrick, David Bouse, Daniel Connell, Jennifer Ferguson, Kevin Graham, ketsey
Marshall, Samantha McRobert, Rachel McGee, Rachel Swan, Lauren Tomasi, and Valeri Vasiliev,
with Tracey Hughes and Jill Marchbank
Scottish Poverty and Inequality Research Unit, Glasgow Caledonian University
NEXT STEPS

Opportunities for Third Sector Input
Jayne Jones
Commercial Manager

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Great Big Community Food Cycle

CCF 2019-2021
Outcome one:
8 community fridges - 15,000 kg food
Carbon savings
Attitudinal changes (25%)
Case studies
Internal, external, media

Ad hoc surveys
LIDL FEED IT BACK NETWORK

Doing good with surplus food – discover how our network supports community organisations across Scotland while reducing food waste.

Established in partnership with Neighbourly, the Feed it Back network connects Lidl stores to local groups who could make good use of our surplus food. One of these groups is the Belville Community Garden in Greenock, sitting on the old site of the town’s famous ‘High Flats’, who have been collecting from their local Lidl for the last year. ‘I often see the charity mentioned in the papers,’ said Alistair, customer assistant from our Greenock store, who helps to set food aside for Belville to collect. The food donated might be anything from leftovers from the bakery to fruit and veg that’s a little past its best – perfect for their weekly ‘Soup and Bletch’ sessions.

These pay-as-you-feel lunches are open to anyone, from former residents of the high flats to local families, and round the room are people of all ages sitting and chatting together. Some come when they need a nutritious meal, others come more regularly. Eric, bring his mum every Friday: ‘It’s our weekly lunch date!’ she said. ‘Aye – I’m cheap!’ he joked.

The menu depends largely on what comes in. ‘One day you might get hunners of squashes and need to work out what to do with it,’ said Johnny, a trainee. ‘It keeps you on your toes!’ It’s great training for the volunteers, who often go on to work in catering, but the creativity in the kitchen is also part of the appeal for visitors. ‘It’s exciting coming in and seeing what’s up on the board,’ said one diner. ‘Try things I’d never normally eat, like vegetable soup, because you want to taste your pal’s food!’

Anything not used for cooking is free to take away. People tend to pick things up for friends or neighbours too who, for health or mobility reasons, might not be able to make it along – allowing Belville to reach even further into the community.

Visit lidl.co.uk/feeditback to find out more.
Let’s Grow It, Cook It, Eat It

Belville Community Garden Trust, Greenock

Gardening expert Nicola Singleton visits the Belville Community Garden Trust in Greenock, where a community growing space has flourished on the site of recently demolished high-rise flats. From weekly “Soup and Blether” lunches to educational outreach in the local school, we hear how growing, cooking and eating together is uniting the neighbourhood.

Nicola explores the allotment, where people of all ages and stages are learning new skills and growing new relationships. We meet the dedicated team of cooks who put the garden produce to good use at their pay-as-you-feel lunches. And Frankie Vaughan investigates how hydroponics is engaging local families in sustainable food production.
'If I didn't have Belville I wouldn't be around. - It has saved my life.'

By Susan Lochrie | @greenocktele
Challenges
Henry Smith
Trust
Stories and numbers
Edinburgh Warwick mental well-being scale
Personal barriers
Organisation Technology
You’re tea-rific!

INVITATION
THANK YOU AFTERNOON TEA
Thank you.

Any questions?
Reflections on securing funding for research/evaluation in support of the Third Sector

John McKendrick
Outline

How much is a lot of money?
What academics really really want
What is out there (for profiling poverty in Scotland)
Framing poverty
Thinking ahead to evaluation
How much is a lot of money?

- Third Sector under pressure
- Priority is action
- Cutting your cloth
- Academic research

$1.1M TO TACKLE CROHN’S DISEASE IN CHILDREN AND ADULTS WITH A NOVEL DIET

Issued: Tue, 30 Jul 2019 07:00:00 BST

The University of Glasgow has received $1.1 million from The Leona M. and Harry B. Helmsley Charitable Trust to evaluate the effectiveness of a novel, regular solid food-based diet to improve clinical outcomes in adults and children with active Crohn’s disease.

The grant was awarded to further build on recent research led by Dr. Konstantinos Gerasimidis and his team looking into a practical alternative to the commonly used liquid-only diet treatment for Crohn’s disease, also known as exclusive enteral nutrition (EEN).
What makes an academic tick?

- Academic paper potential
- Impact agenda
- Loss leaders
- Ego
- Full economic costing
What is out there?

- SIMD
- National data
- School-level data
- Lots that are not
- YOUR data
Framing poverty

• The dilemma

• Frameworks Institute

• Other advice

Communicators can do this by telling a new story that:

- Makes the moral case for tackling poverty.
- Uses unexpected messengers, as well as messengers who embody these values.
- Addresses poverty head-on.
- Explains how the economy restricts and restrains people in poverty, or channels them into poverty.
- Explains how poverty can be solved, by positioning:
  - the economy as a designed system – one we can redesign;
  - benefits as a way to ease and loosen the constraints of poverty.
- Uses examples to show that poverty exists and to demonstrate its characteristics and impacts.
- Shows how we all rely on public systems and paints a clear picture of what they look like.
- Counters fatalism with clear solutions that make a tangible difference.
Conclusion: towards evaluation

• Payback!

• Research consultant v. academic

• Lots of advice
Thank you for coming along.

Scottish Poverty and Inequality Research Unit (SPIRU)
Glasgow School for Business and Society @ GCU
j.mckendrick@gcu.ac.uk

Brighter futures begin with GCU
Break

11:30 – 11:45
Small group discussion (11:45 – 12:30)

Some questions to help guide the discussion (if needed!)

For third sector delegates:
• What has been your experience working with your own evidence and data for funding proposals and programme planning? Successes and challenges?
• What has been your experience collaborating with academic partners on projects?
• Or if you haven’t yet, how might you envision a researcher working in your organisation?

For academic delegates:
• What type of projects are you interested in participating in with third sector organisations?
• What sorts of skills would you like to share/develop in collaboration with these partners?
Resources available from **Evaluation Support Scotland**, who work with third sector organisations and funders so that they can measure and report on their impact:

- **Resources home page**: [http://www.evaluationsupportscotland.org.uk/resources/](http://www.evaluationsupportscotland.org.uk/resources/)

The University of Glasgow also runs a programme of collaborative dissertations for MSc and third sector organisations --
A collaborative dissertation is based on an awareness that many organisations are in need of good quality research and that students are often keen to conduct research which has immediate relevance in the world beyond academia.

It offers an opportunity for organisations to access academically rigorous supervised research.

Essentially, it a dissertation conducted in partnership between a student and an organisation.
What are the requirements?

What an organisation gets:

• The opportunity to work with a world class academic institution
• Research conducted at Masters level on a topic or area of interest and relevance to your organisation.
• The conversion of the research into a product that you can use (an executive summary or “Lay Report”)
• No financial implications

As a partner you need to provide:

• Agreement to work with the student to develop the topic
• A mentor to work with the student and act as the main point of contact in your organisation
• Access to resources – existing information/research and/or facilitate introductions to people the student can interview
What’s next?

For more information on the process and to see examples of Lay reports please visit https://www.gla.ac.uk/colleges/socialsciences/students/employability/wrl/examplesofwork-relatedlearning/collaborativeldissertations/#/  

Or contact Emma Smith at Emma.Smith.2@glasgow.ac.uk  

☎️ 0141 330 7510
Feedback forms: what types of future events would be of interest? What worked, what didn’t?

Future research and event collaborations:

John McKendrick, GCU: john.mckendrick@gcu.ac.uk

Sarah Weakley, University of Glasgow: sarah.weakley@glasgow.ac.uk

Other events for Challenge Poverty Week (searchable for your locality): http://www.challengepoverty.net/events/