



Shaping Places for Healthier Lives

Food Insecurity Project

Focus: South-West Shropshire

Appendix 5

On-line lived experience survey

Engagement period:
February to April 2021

Publication date:
11 November 2021

Lived experience on-line survey questions and responses

This is a summary of the data from the on-line survey 11 respondents.

When survey numbers do not sum to 11, this is because one or more respondents made no answer to that question. When a different 'N' is stated, that is because the question is not relevant to all respondents.

Affordability of food

Is it difficult affording the food you would like to buy?

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Yes - 5; No - 1; Sometimes - 4

How long have you found it difficult? [N = 9]

A year - 1; More than a year - 8

Do you think your tight budget prevents you/your family from eating healthily? (N = 9)

Yes - 3; Sometimes - 6

Free text:

- I have taken food that has gone off by the time I get home. I would love to be able to get more local foods and meats.
- Cheaper to buy prepacked fatty food. Some fresh veg are expensive even from market.
- Due to ill health, lockdown and only 2 shops in [town], yes it's difficult. Especially when both these shops put their prices up at the beginning of lockdown last year.
- It's cheaper to buy less healthy food than it is to buy fresh fruit and veg.
- Cannot afford healthy goods

Does this mean that you/or family skip or miss meals? (N = 9)

Yes - 2; No - 4; Sometimes - 2; Rarely - 1

Free text:

- In this last year I was told I had [health condition]. My doctor recommends certain foods but they are very costly and hard to get. If you have less money, then a good diet of properly quality food goes out of the window.
- It [?] lowers the nutritional value of some meals to make fruit/veg/protein go further.

- Being [health condition] and needing food regular [is an issue for me].

Access

Do you ever get food delivered?

Yes - 6; No - 5

If no, why not? Please choose all the statements that apply to you

I prefer to visit the shop - 3; Don't know how to do it - 1; Can't afford a big shop to be delivered - 1; Another (not specified) - 1

How often do you do food shopping?

Two or three times a week - 1; Weekly - 3; Fortnightly - 4; Monthly - 2

Where do you do most of your food shopping?

Large supermarket/s - 5; Local shop or shops - 1; Home delivery from a supermarket/s - 4

Thinking of the shop where you do most of your shopping, please tick all of the statements below that apply to you.

The shop is the nearest to where I live - 1

The shop is the easiest for me to get to - 1

The shop is the cheapest for me to get to - 2

The shop is cheaper than others I could use - 5

The shop offers more choice than others I could use - 2

None of these statements apply - 3

Please explain why you do your shopping there:

- My blood pressure seriously rises when using a mask so I do a big shop and get in and out fast. I do not order online because the stories I hear talk of lack of choice and changes to orders. When you have a specific diet you need to take care with food.
- Do more on line since the pandemic using a large supermarket or who ever I can get to deliver. Depends on whether it a top up - milk, bread - or a bigger shop. Sometimes use very local shop which is well stocked but often more expensive.
- We are a long way from mainstream [presumably refers to shops?]
- Home delivery, we use the store that covers our area.

How do you get there?

Car - 8; Walk - 1

How far do you travel?

1-4 miles - 2; 5-10 miles - 4; 11-20 miles - 2; 21-30 miles - 1

Food preparation and consumption**Are your cooking skills:**

Basic - 2; Good - 8; I'm not the one cooking for the household - 1

What appliances do you have or share the use of:

Oven - 11; Hob - 10; Microwave - 10; Kettle - 11; Toaster - 10; Fridge - 11; Freezer - 11

How often do you have:

Home cooked meals: daily - 8; several times a week-2; rarely - 1

Ready-made meals: daily - 1; several times a week - 2; weekly - 2; rarely - 4; never - 2.

Takeaways: fortnightly - 2; monthly - 1; rarely - 3; never - 5.

Getting help**Have you ever used a foodbank?**

Yes - 4; No - 6

Free text

- A few years ago we were referred to food bank, not in Shropshire. It was coming up to Xmas and we had 3 children. Without those weekly food bank deliveries I don't know what would have happened to us. We have no family to turn to. Just even the small items like a bar of chocolate put a smile on my kids' faces. I will never ever forgot that year!
- For a brief period food was adequate but would not have been ideal for longer term due to lack of fresh items.
- The foodbank is good and understanding, but would like more fresh food, diet is very limited.
- Beautiful friendly lovely lady.

We understand that shopping on a budget may not be the only issue you are coping with. Please tick the box (es) below to tell us about the support you/your family have received if any.

Support from family/friends - 3; Money/debt advice - 2; Mental health support - 4; Family support - 2

Free text

- Under psychiatric care and on meds, autistic [child] and unmedicated [mental illness] partner! Left to paddle our own boat or sink by all services for over a decade now. In private rented accommodation never been able to have sustainable home security. Soul destroying
- I live on my own, no family to turn to if needed. I don't ask for anything, I just get on with things, it's how I was brought up.
- Waited 18 months so far for mental health support. Still waiting
- Just talking sometime when you're feeling down

Demographic

How old are you? /gender

20-29: 1M; 30-44: 3F; 45-59: 3F, 1M; 60-84: 3F

Ethnicity

Asian - 1; White British - 10

Housing

Please choose a description that best matches how you live most of the time:

I live with my partner - 3

I live with my partner and dependent children under 18 - 3

I parent on my own with dependent children under 18 - 1

I live on my own - 2

Other (for example, you live with friends, other family members, children over 18) - 2

Where do you live?

Hamlet - 4; Small village - 4; Town - 3

Postcodes:

SY7; SY8; TF11; SY7; SY7; SY7; SY6

Please tell us about your housing situation:

Owned - 4; Rented private - 4; Rented social landlord - 2

Do you consider yourself to have a disability?

Yes - 3; No - 7; Unsure - 1

How does this affect you when shopping and cooking?

- My partner and youngest child do everything for me and our autistic child.
- With great difficulty, as my health has deteriorated, but I cope.
- Motivation. Concentration. Going out is hard. Grip and physical ability to hold knife/opener etc.

Money

Are you:

Working full-time - 3

Retired - 2

Looking for work, unemployed at the moment - 1

Looking after the home or family - 1

Unable to work due to sickness or disability - 3

Working part-time AND unable to work due to sickness or disability - 1

It would be helpful if you gave us an indication of your household income

£10k or below - 3; £10k - £20k - 2; £20k - £30k - 3; Above £30k - 1; Prefer not to say - 2

My household income includes:

Money from employment/self-employment - 4

Money from benefits including in work benefits - 4

Money from disability benefits - 2

Money from retirement income including pension credit - 2

If you have children do they receive free school meals (N=4):

Yes - 1

If funding were available what would make the biggest difference to you?

Money for emergencies

Better food, more variety and choice