

# Building Food Resilience Case Study template



## What are case studies?

Case studies are a means of capturing and recording the stories of people engaged in projects and can be useful for exploring a situation in depth and detail. This template aims to help make this easier for project staff to do. Case stories can help provide a rounded picture of the person’s journey e.g. what were things like before they engaged with the project, why and how they made changes, what’s different as a result?

**PLEASE NOTE: It is not necessary for all questions to be completed before submitting a study.**

**The information provided must be used for anonymous case studies only. Any information which could identify individuals mentioned should not be included.**

<b>Project Name:</b> (Organisation submitting case study)	
<b>Case study from:</b> (e.g. Single mum with 2 children, aged 4 – 6 from LS13, working part time – provide as many details as the completer feels comfortable in sharing)	
<b>How did you become aware of this opportunity for support?</b>	
<b>What made you choose to access this support?</b>	
<b>What support have you received?</b>	
<b>What was life like for you before accessing support? How did you feel?</b>	

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<p>Thinking about the support you have received, what or who was particularly helpful?</p>	
<p>How has life changed as a result of this support?</p>	
<p>Have you received any additional support? Have you been referred or signposted to any other services?</p>	
<p>Do you have anything else to add?</p>	

### Consent

**I DO / DO NOT** give permission for Food Wise Leeds and Food Aid Network to use the information in this form (including quotes) in order to share evidence of the impact that this project has made on the lives of people involved. Information may be shared with funders, commissioners, other partners and / or local, regional or national media.

Signature:

Date:

Please return copies to [info@foodwiseleeds.org](mailto:info@foodwiseleeds.org) or [maryhalseyupa@gmail.com](mailto:maryhalseyupa@gmail.com)

Thank you for your time