

Independent Food Aid Network

‘Worrying About Money?’ resources in England, Wales and Northern Ireland



May 2025

INDEPENDENT
FOOD AID
NETWORK

Introduction

The Independent Food Aid Network (IFAN) has continued to co-produce, disseminate and update the ‘Worrying About Money?’ resources across the whole of the UK in 2024.[1] In England, Wales and Northern Ireland this work has allowed IFAN to promote and advocate for a cash first approach to food insecurity and poverty in a range of individual local authorities.

Since June 2020, IFAN has collaborated with multiple local partners to co-produce the ‘Worrying About Money?’ resources that are based on the learning for Scotland’s [A Menu for Change project](#). In 2024, this work was continued and IFAN co-produced and published 17 ‘Worrying About Money?’ leaflets across 17 new local authority areas in England, Wales and Northern Ireland.

There are now a total of **95 ‘Worrying About Money?’ leaflets circulating in 98 local authority areas in England** with four leaflets in four local authority areas in Wales. A ‘Worrying About Money?’ leaflet for Blaenau Gwent in Wales was published in 2024 and a leaflet for Lisburn and Castlereagh has also been co-produced, the first of its kind in Northern Ireland.



To develop these resources, IFAN has worked locally with:

- local authority teams
- Citizens Advice England and Wales
- Advice NI
- food aid providers
- third sector interfaces
- addiction services
- fuel poverty organisations
- development trusts
- mental health organisations

If you have any questions or would be interested in getting involved with this work in your community please get in touch: admin@foodaidnetwork.org.uk



A cash first approach

A cash first or income focused approach looks to address the root causes of food insecurity and poverty by prioritising 'cash first' or income-focused responses over charitable food aid provision.

The below diagram explains the hierarchy of cash first responses and how 'Worrying About Money?' resources fit into this approach by connecting people to local advice and support and crisis support via cash payments.

The cash first response hierarchy



Ultimately a cash first approach would mean everyone is able to access adequate incomes, whether through social security payments or wages; in other words everyone would be able to access a 'Living Income'.

In terms of crisis support at a local level, a cash first approach ensures people facing financial hardship can access cash payments rather than be supported in kind with vouchers, white goods, or food parcels via food banks. The payments need to be easily accessible, well-promoted, and adequate.

A cash first approach prioritises the dignity, independence, choice, and agency of people struggling to afford food and other essentials and has proved itself to be the simplest, most effective and cost-effective way for local authorities to administer crisis support.

More information about a cash first approach can be found on our [Why Cash First?](#) page. Adequate advice and support is fundamental to a [cash first approach](#). Properly funded advice services and referral pathways will ensure everyone can access their full entitlements.



‘Worrying About Money?’ resources co-development process

The co-development process for each leaflet and accompanying resources differs depending on local circumstances - but collaboration is integral to the process.



Establish local stakeholder working group

IFAN reaches out to local stakeholders interested in the co-development of a ‘Worrying About Money?’ leaflet in partnership. Alternatively a local group, local authority or partnership can reach out to IFAN to initiate collaborative work. Different organisations, including local authorities, advice services and food aid organisations might have different levels of involvement and engagement. The co-development of a leaflet can involve a great deal of partnership working. As a result of these local projects, continued collaboration can emerge leading to wider conversations about the benefits of a cash first approach to food insecurity.



Co-develop leaflet draft

Using local expertise, the local stakeholder working group provides content and feedback for the initial draft of the ‘Worrying About Money?’ leaflet co-produced by IFAN. IFAN works with local partners to change and co-develop the leaflet’s content while keeping the basic design/wording in place.



Confirm accuracy and consent from organisations listed in Step 3 and Other Support sections of the leaflet

IFAN, and partner organisations, work together to check the accuracy of information on the leaflet. This includes gaining permission from services listed on the leaflet as well as clarification on what their service offers to make sure information is clear, accurate, and up-to-date.



Disseminate finalised 'Worrying About Money?' resources into the community

Finally, IFAN and the wider stakeholder group work together to disseminate the leaflet. This involves distribution of paper leaflets as well as an interactive version, translated, Easy Read, and poster versions.

In some areas, IFAN has worked with local stakeholders to run Money Counts training linked to the step-by-step guides.

This training, originally developed by the Highland Money Counts Partnership, helps people working on the frontline to gain confidence in using the 'Worrying About Money?' resources.



Keeping 'Worrying About Money?' leaflets up-to-date

At least every six months, IFAN undertakes work with local stakeholders to update each individual 'Worrying About Money?' leaflet, verifying that all details are correct and checking in with stakeholder groups for any changes in local context and need for alternative formats. IFAN is always on hand to update leaflets with any detail changes if a stakeholder requests this. Each of the 'Worrying About Money?' leaflets in England, Wales and Northern Ireland have been updated at least once during 2024.

**If you are aware of any details
that need updating on a
'Worrying About Money?'
resource, please get in touch at
admin@foodaidnetwork.org.uk**

Updated leaflet design

In 2024 the IFAN team rolled out a new colour palette while completing six-monthly updates on all the English 'Worrying About Money?' leaflets.


The new colour palette for the leaflets was chosen to complement IFAN's brand colours while also considering accessibility requirements of blind and partially sighted people. It's clear that there's value in changing the colour palette to ensure that it's widely understood that the information included in the leaflets is up-to-date.

Smaller 3-fold leaflet: with new design


Worrying About Money?

Financial advice and support is available if you're struggling to make ends meet

Follow these steps to find out where to get help in Crawley



Supported by



Step 1: What's the problem?

I suddenly have no money

- Lost job/increased hours
- Unexpected/unexpected expense
- Disaster (e.g., flood or fire)
- Medical emergency
- Money stopped (e.g., failed a medical)
- Sanctioned - see option 5

See options **1 2 3 4**

I am paying on a benefit payment/decision

- Make new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options **1 4**

My money doesn't stretch far enough

- Deciding between food/fuel/mobility credit
- Low income or no cash for rent
- Statutory Sick Pay too low to cover costs
- Cost of electricity
- Not sure if eligible for support
- Cost of child/benefits (e.g., new baby)/benefits/wellness/fuel/partner)

See options **1 2**

I have debt

- Rent or Council Tax arrears
- Costs or electricity
- Credit or store cards
- Personal loans and overdrafts
- Cost of friends and family
- Benefit repayments

See option **3**

[illegible]

Step 3: Where can I get help?

Each of these services offer help with:

- Crawley Borough Council**
Information on local services, Council Tax, Social Housing, Housing Benefit and Discretionary Housing Allowance
01293 451111 | www.crawley.gov.uk
- Access Crawley**
Local authority (Council Services, debt advice, housing and help with accessing housing payments)
01293 451111 | access.crawley.gov.uk
- Worthing Citizens' Advice Bureau**
Local authority (Council Services, debt advice, housing and help with accessing housing payments)
01293 451111 | www.worthingcitizensadvice.org.uk
- Worthing with Options**
Local authority (Council Services, debt advice, housing and help with accessing housing payments)
01293 451111 | www.worthingwithoptions.org.uk
- Christians Against Poverty**
Local authority (Council Services, debt advice, housing and help with accessing housing payments)
01293 451111 | www.worthingcap.org.uk
- Age UK West Sussex**
Independent charity (debt advice, housing and help with accessing housing payments)
01293 451111 | www.ageuk.org.uk
- Worthing Social Enterprise**
Independent charity (debt advice, housing and help with accessing housing payments)
01293 451111 | www.worthingse.org.uk

Other Support

Information on other services, including housing and advice
www.crawley.gov.uk/council-services

Feedback? Share your experience of using the guide in the comments below

Other Support

Crashley Brown Council Housing Options Team
Help if at risk of homelessness
01293 805 211 | crashleybrown@crashley.org.uk
www.crashley.org.uk/housing

Crashley Open House
Support for people suffering from homelessness,
domestic violence, mental health issues
01293 847 702 (24 hours) | openhouse@crashley.org.uk

Crashley Support West Sussex
Benefits advice for people aged 16+ registered with
Crashley Support West Sussex
01293 805 211 | westsussex@crashley.org.uk

Crashley Wellbeing Service
Provides online, telephone and face-to-face support for
mental health and substance misuse issues
01293 805 211 | wellbeing@crashley.org.uk

West Sussex County Council
Community Support & High
Take 22 access support services including hardship
01293 822 222 | www.westsussex.gov.uk

West Sussex Energy Advice Service
Energy advice for West Sussex residents
01293 805 211 | energyadvice@crashley.org.uk
www.westsussexenergyadvice.org.uk

West Sussex Domestic Abuse Support Service
Provides assistance and support for people who
are impacted by domestic abuse
01293 822 222 or 01293 868 538
domesticabuseadvice@westsussex.gov.uk

West Sussex Police
Domestic Violence Officer: 01293 805 211
Financial Inclusion advice for Crashey Homes tenants
01293 839 431 | financialinclusion@crashley.org.uk

Shelter
Free housing advice
0800 330 133 | www.shelter.org.uk

Debt charity (affiliated to Citizens Advice)
0800 138 1111 | www.debtcharity.org.uk

Digital support

Larger 2-fold leaflet: with numerical navigation

Worrying about money?

Support is available in Lancaster District



Step 1: What's the problem?

I suddenly have no money

- I've lost my job
- I've lost my regular hours
- I'm over-indebted
- I have a large bill to pay
- I've lost my savings
- I have a large bill to pay
- I have a large bill to pay

See us on: 01524 34000

My money can't stretch for enough

- I don't have enough for food, fuel, or my mortgage
- I can't afford my rent
- I have bills to pay
- I have bills to pay
- I have bills to pay
- I have bills to pay
- I have bills to pay

I have debt

- I'm on Credit Hire
- I'm on Credit Hire
- I'm on Credit Hire
- I'm on Credit Hire
- I'm on Credit Hire
- I'm on Credit Hire
- I'm on Credit Hire

I am waiting on a benefit payment or advance

- I'm waiting on a benefit payment or advance
- I'm waiting on a benefit payment or advance
- I'm waiting on a benefit payment or advance
- I'm waiting on a benefit payment or advance
- I'm waiting on a benefit payment or advance
- I'm waiting on a benefit payment or advance
- I'm waiting on a benefit payment or advance

Three steps to find options and places to get help

[illegible]

Other Support

The Adult Learning Program
 Offering support for those studying with a learning disability or mental health problem.
 Tel: 01753 578100
 Email: adultlearning@nhs.uk

Healthy Start
 Healthy Start is a national programme to help pregnant women and children under the age of five to improve their diet and health.
 For more information, visit **Healthy Start Agency** online: www.healthystart.nhs.uk
 Tel: 01753 578100

MoneyHelper
 MoneyHelper is a free online service your finances.
 Tel: 0752 24 2424 (WhatsApp)
 Email: moneyhelper@moneyhelper.org.uk

Money Saving Expert
 Money Saving Expert is a free website and app that can help you save money.
 Tel: 0800 800 444
 Email: enquiries@moneyexpert.co.uk

For Migrants with No Recourse to Public Funds (NRPF)

Global Link
 Global Link provides professional assistance to refugees and asylum seekers in the UK.
 Tel: 01753 578100

Refugees Adversity and Inequality Research Programme
 The Refugees Adversity and Inequality Research Programme is a national programme to help refugees and asylum seekers build a life in the UK.
 Tel: 01753 552 200
 Email: www.reaib.org.uk

The Unity Project
 The Unity Project is a national organisation committed to providing support and information to migrants with no recourse to public funds and other support.
 Tel: 01753 578100

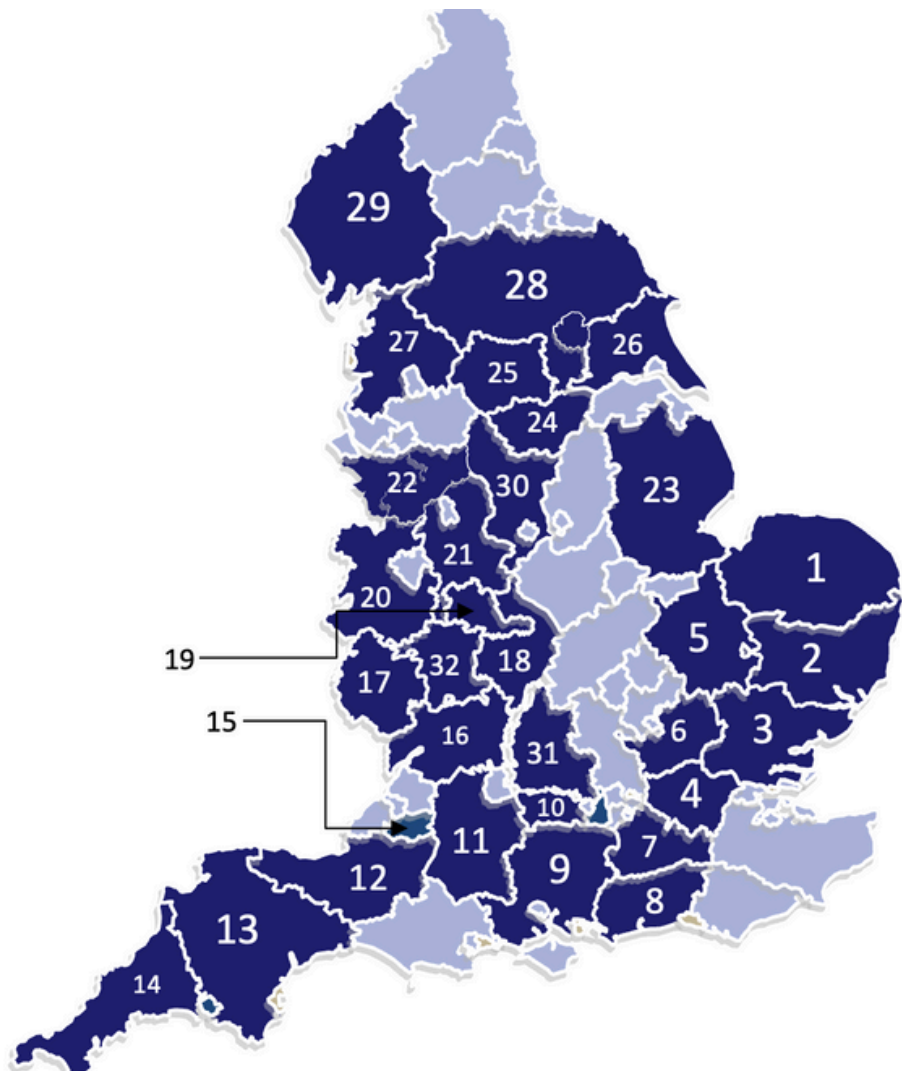
Project 17
 Project 17 is a national organisation committed to providing support and information to migrants with no recourse to public funds and other support.
 Tel: 01753 578100
 Email: project17.org.uk

POOD
 POOD is a national organisation committed to providing support and information to migrants with no recourse to public funds and other support.
 Tel: 01753 578100

REACT
 REACT is a national organisation committed to providing support and information to migrants with no recourse to public funds and other support.
 Tel: 01753 578100

Digital version
 The digital version of the guide is available online at www.reaib.org.uk
 Visit www.reaib.org.uk to view the guide by visiting www.reaib.org.uk

Areas with a 'Worrying About Money?' resources in England



1) **Norfolk**

- Breckland
- **North Norfolk**

2) **Suffolk**

- Babergh
- Mid Suffolk
- West Suffolk
- **Ipswich**
- **East Suffolk**

3) **Essex**

- Uttlesford
- Epping Forest

4) **Greater London (see page 10)**

5) **Cambridgeshire**

- Huntingdonshire

6) **Hertfordshire**

- East Herts
- Hertsmere
- St Albans

7) **Surrey**

- Mole Valley
- Epsom and Ewell
- Reigate and Banstead

8) **West Sussex**

- Arun and Chichester
- Crawley

9) **Hampshire**

- Bournemouth,
- Christchurch and Poole

10) **Berkshire**

- Reading

11) **Wiltshire**

- Swindon
- Wiltshire

12) **Somerset**

- North Somerset
- Bath and North East Somerset
- Taunton and Wellington
- Sedgemoor
- Mendip

13) **Devon**

- Exeter
- Teignbridge
- South Hams

14) **Cornwall**

15) **Bristol**

16) **Gloucestershire**

- Tewkesbury
- Forest of Dean
- Gloucester
- Cheltenham
- Stroud and Cotswold

17) **Herefordshire**

18) **Warwickshire**

- North Warwickshire

19) **West Midlands**

- Dudley
- Birmingham
- **Wolverhampton**

20) **Shropshire**

21) **Staffordshire**

- Stoke-on-Trent
- **Newcastle-under-Lyme**
- **Staffordshire Moorlands**

22) **Cheshire**

- Cheshire West and Chester
- Cheshire East
- Halton

23) **Lincolnshire**

- Lincoln
- North Kesteven
- West Lindsey
- Boston
- East Lindsey
- South Holland
- South Kesteven

24) **South Yorkshire**

- Sheffield

25) **West Yorkshire**

- Leeds
- Wakefield
- Kirklees
- Calderdale
- Bradford

26) **East Riding of Yorkshire**

- East Riding
- Hull

27) **Lancashire**

- Lancaster
- Fylde
- Rossendale

28) **North Yorkshire**

- York

29) **Cumbria**

- **Cumberland**
- **Westmoreland and Furness**

30) **Derbyshire**

- **Amber Valley**
- **Derbyshire Dales**
- **High Peak**
- **South Derbyshire**

31) **Oxfordshire**

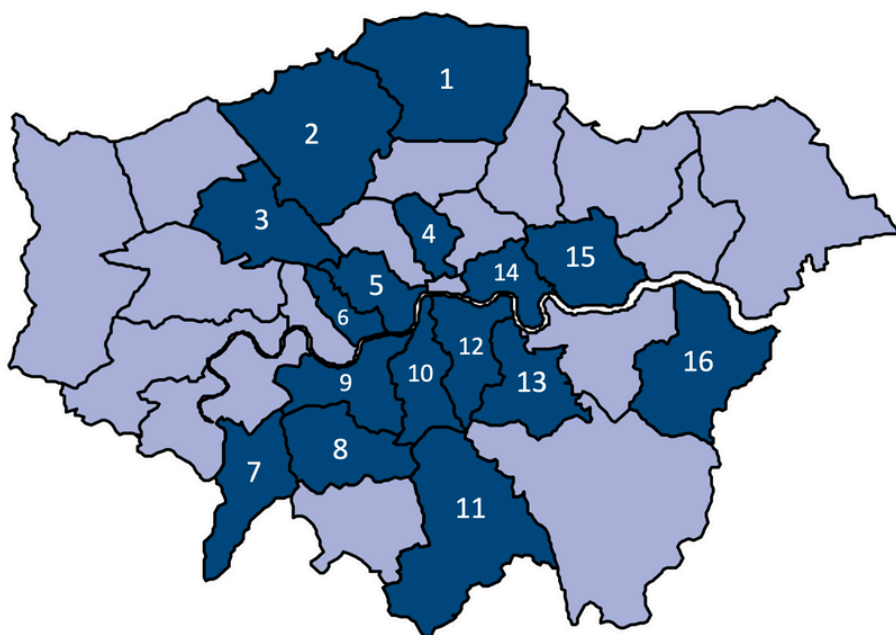
- **Oxfordshire**

32) **Worcestershire**

- **Evesham**

New leaflets in 2024

Local authorities with a 'Worrying About Money?' resources in London



1. **Enfield**
2. **Barnet**
3. **Brent**
4. **Islington**
5. **Westminster**
6. **Kensington and Chelsea**
7. **Kingston Upon Thames**
8. **Merton**

9. **Wandsworth**
10. **Lambeth**
11. **Croydon**
12. **Southwark**
13. **Lewisham**
14. **Tower Hamlets**
15. **Newham**
16. **Bexley**

Adapting leaflet design to fit local requirements

IFAN has continued to adapt the leaflet design to meet local partners' needs in 2024 so they can tie into other work. This can include local authorities, who may want the leaflet style to reflect their existing colour palette. For the Oxford leaflet, we incorporated the branding of the local food network who co-produced the leaflet with IFAN. See examples from York and Watford below.

Worrying about money?

Support is available in York



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option ③)

See options ①①①

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See options ①①

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option ②

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options ①①

Worrying about money?

Support is available in Watford



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option ③)

See options ①①①

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See options ①①

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option ②

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options ①①

Worrying about money?

Support is available in Oxford



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option ③)

See options ①①①

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See options ①①

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- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option ②

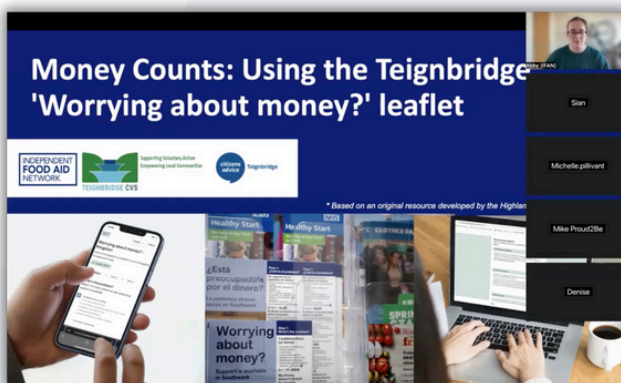
I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options ①①

Money Counts training linked to the ‘Worrying About Money?’ resources

IFAN offers Money Counts training to frontline support workers and volunteers working in multiple sectors across Scotland[1] as well as in the rest of the UK. The training was originally developed by the Highland Money Counts Partnership (HMCP) following the development and publication of their local [‘Worrying About Money?’ leaflet](#). The success of the initial session in Highland led to IFAN working with HMCP and IFAN’s partner in Cornwall, Transformation Cornwall, to find a way to replicate Money Counts training in other areas including Cornwall, Teignbridge, Lewisham, Plymouth, Wakefield and Bradford as well as in many local authorities in Scotland.



Money Counts training for Teignbridge online session

Money Counts training aims to provide participants with the confidence to start conversations about money worries and to use the leaflet as a tool to provide cash first or income-focused support. The online sessions are usually co-delivered with local advice agencies and topics covered include poverty, [a cash first approach](#) to food insecurity, using the '[Worrying About Money?](#)' [leaflet](#), locally available advice options, and how to approach conversations about money worries. Participants get a chance to network, share their experiences, and learn from each other over 45 minutes to 1 hour. The sessions can also be delivered in-person.



Image: Money Counts training in person session in Kensington and Chelsea

Case study: Derbyshire

IFAN co-developed the [High Peak 'Worrying About Money?' leaflet](#) and the [Staffordshire Moorlands 'Worrying about money?' leaflet](#) with the High Peak Public Health Team and Staffordshire Moorlands Communities team. Each leaflet was an example of close collaboration between IFAN, the council, and community organisations through the Financial Inclusion Groups in the respective areas.

IFAN worked closely with each local authority to emphasise the importance of a cash first rather than food first approach, something they took on board enthusiastically. The leaflets were sent out with the 2024 end of year council tax bills in each once the resources were finalised. The link to the interactive version was also added to the online council tax portals.

IFAN was invited to the Derbyshire-wide Financial Inclusion Group meeting to discuss the leaflets and were subsequently approached by council teams in [Amber Valley](#), [Erewash](#), [Derbyshire Dales](#) and [South Derbyshire](#). All areas successfully developed a leaflet and Amber Valley and South Derbyshire sent them out with their end of year council tax bills. There are currently leaflets being developed in Chesterfield, Bolsover, and North East Derbyshire meaning there will be nine leaflets in circulation in Derbyshire by the end of 2025.

Quantity of leaflets distributed with council tax bills in Derbyshire

Amber Valley - 62,000 leaflets
High Peak - 42,000 leaflets
Staffordshire Moorlands - 42,000 leaflets
South Derbyshire - 44,000 leaflets

Total = 190,000 leaflets across Derbyshire distributed with council tax bills

Case study: Cumbria

The Carlisle 'Worrying About Money?' Leaflet was published in January 2022 together with local partners, including a Community Development Officer and Public Health from Cumbria County Council.

Following the publication of the Carlisle leaflet, IFAN had begun to connect with local partners in Allerdale and Copeland in anticipation that there would be interest for leaflets in both of the areas. In 2023, Cumbria County Council was abolished and two new unitary local authorities were formed, Cumberland as well as Westmorland and Furness. With the changes in the local authority structures IFAN reached out to the partners in Carlisle, Allerdale and Copeland to see if there was need to adapt the Carlisle 'Worrying About Money?' leaflet and have it cover all of Cumberland or whether each of the areas would still be interested in a leaflet of their own.

IFAN connected with new colleagues from Cumberland Council in July 2023 and so began the process of adapting the Carlisle resource to cover all three areas covered by Cumberland Council – Allerdale, Cumbria and Copeland. The council was looking to provide a unified resource that could serve as the main signposting tool across the new unitary local authority. The leaflet was officially re-published in December 2023.

Having updated and re-published the [Cumberland 'Worrying About Money?' leaflet](#), in January 2024 IFAN made contact with Westmorland and Furness Council which now covered Barrow-in-Furness, Eden and South Lakeland. The Thriving Communities Strategy Specialist had seen the resources previously and was keen to develop one for [Westmorland and Furness](#) as well. The council was really proactive in putting together the content and the leaflet was finally published in August 2024.

Both local authority areas continue to work with IFAN, funding the printing of the leaflets and distributing them from a central location.



Cumberland 'Worrying About Money?' leaflet



Westmoreland and Furness 'Worrying About Money?' leaflet

Case study: East Suffolk

The '[Worrying About Money?](#)' leaflet for [East Suffolk](#) was developed alongside Citizens Advice East Suffolk (CAES) and East Suffolk Council. This followed CAES seeing an IFAN presentation about cash first and the '[Worrying About Money?](#)' leaflets at a Quaker Social Action event earlier in the year.

East Suffolk Council's Public Health team enthusiastically joined the project after IFAN and CAES showed them a draft of the leaflet. A lot of the organisations on the East Suffolk leaflet are also shared by the other '[Worrying About Money?](#)' leaflets across the county of Suffolk.

This means that IFAN is able to work with the councils in [Babergh](#), [Mid Suffolk](#), [Ipswich](#) and [West Suffolk](#) to co-produce '[Worrying About Money?](#)' resources in each of their respective areas. Suffolk is now the second county after Gloucestershire to be entirely served with the resources, meaning anyone people seeking help has confidence that they will find support to maximise their income.

Case study: Cornwall

IFAN has continued to collaborate with [Transformation Cornwall](#), [Cornwall Council](#), and [Trussell](#) to promote a cash first approach to food insecurity in the county.

Together with other local agencies including Citizens Advice Cornwall, the group first co-published the [Cornwall 'Worrying About Money?' leaflet](#) in July 2021. An interactive version of the leaflet has since been developed, alongside a poster and, more recently, an easy read version. The resources have made their way into GP surgeries, schools, libraries, advice services, food banks, churches, community hubs, and town halls. Cornwall Council has embedded the interactive version on its website and supported the printing of over 50,000 leaflets distributed across Cornwall since the summer of 2021.

Alongside the dissemination of the Cornwall 'Worrying About Money?' resources, our partnership has co-delivered [Money Counts training sessions](#) linked to the Cornwall 'Worrying About Money?' leaflet alongside [Citizens Advice Cornwall](#) and other frontline agencies. So far, we've run numerous training sessions for hundreds of frontline workers and volunteers.

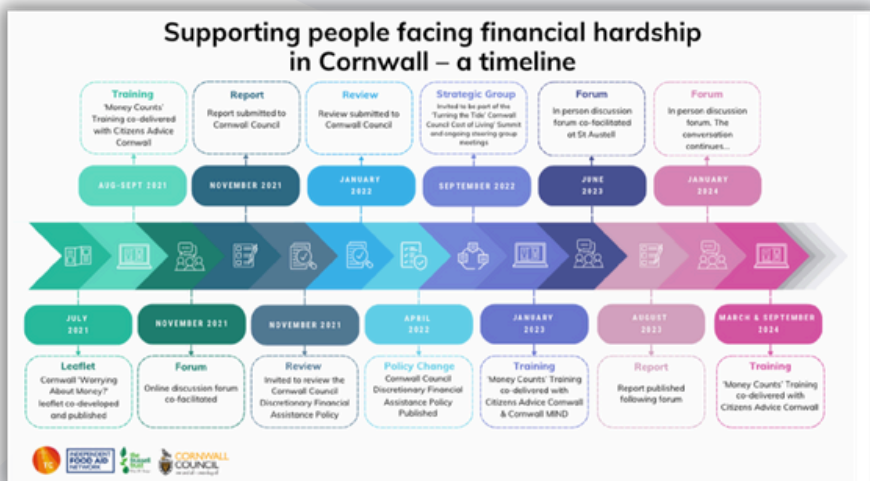


Image: Title page of the Money Counts training for Cornwall held in September 2024

In January 2024, we ran an in-person event in Truro focused on improving people's access to support in Cornwall when faced with financial difficulties. This followed a similar event, again in Truro, in the summer of 2023 after which we jointly published this report: Finding ways to improve availability and access to financial support in Cornwall.

The group is determined to ensure local advice services are accessible and working with Citizens Advice Cornwall and others to call for increased investment in this vital support. Transformation Cornwall is starting targeted work to promote the 'Worrying About Money?' resources in areas of highest deprivation through month-by-month events. Alongside this grassroots work, we're hoping to commission an evaluation of these tools along the lines of ScotCen's recent evaluation of the 'Worrying About Money?' guide in Scotland ([more details about this on page 21](#)).

You can read more about this work in the recently published [blog](#) about the collaboration work in Cornwall.



Measuring impact: New evaluation of the ‘Worrying About Money?’ leaflet guide

At the end of November, IFAN published [a new ScotCen report](#) on the use of ‘Worrying About Money?’ guide in Scotland. The research team conducted semi-structured interviews with members of the public facing financial insecurity across Scotland who had used this tool. [‘Worrying About Money?’ resources](#) are now available in over 133 local authorities across Scotland, England, Wales, and Northern Ireland.



- 1 **having information presented in one resource, rather than spread across multiple sources, helped to minimise the physical, mental, and emotional energy needed to seek support**
- 2 **the inclusion of local support organisations in the guide was welcomed by participants who had experienced local services as often more approachable and less bureaucratic than larger national services**
- 3 **the inclusion of information on when the guide was last updated increased participants' confidence that the sources of support would be available if they made contact**

You can read [the full report](#) and ScotCen's Jo Wildman wrote [this blog](#) on the report for the NatCen website. ScotCen was commissioned by IFAN to conduct the research thanks to funding from the Scottish Government. IFAN is hoping to conduct a similar study in England.

Cash First Communities South West Conference for Challenge Poverty Week



Image: Infographic Postcard for the Cash First Communities South West Conference for Challenge Poverty Week

In October, IFAN and Trussell co-ran an online event focused on a cash first approach to food insecurity. This followed our joint in-person [Cash First Communities conference](#) in Glasgow in March. The event included multiple presentations highlighting cash first or income-focused practices to poverty and food insecurity in both the south west of England and Scotland. You can watch [the recording](#) of the two-hour session.

Spreading the word

The IFAN team has delivered presentations on the 'Worrying About Money?' resources at various conferences and meetings in England in 2024. Abby Preston contributed to a panel session at Resolve Poverty's 'The Power of Place in Tackling Poverty' conference in March referencing the project in terms of how best to respond to poverty locally.

Several local authority Financial Inclusion Groups across England have requested an introduction to the 'Worrying About Money?' leaflets from one of the IFAN team this year and often, these sessions have led to the publication of new leaflets. Abby attended the Labour Party conference in September 2024.



Image: Abby at Resolve Poverty's (then Greater Manchester Poverty Action) The Power of Place in Tackling Poverty



Image: Emma at the Inequalities and Health Summit in Liverpool



Image: Dan Tomlinson MP opening the Feeding Barnet Food Security Summit

In October 2024, Emma delivered presentations in Newcastle at the Nourishing Future Network conference on Poverty, Inequality, and Food Security in Preconception, and the first 2001 Days, and at the Inequalities and Health Summit in Liverpool. In London, the IFAN team spoke about the ‘Worrying About Money?’ resources at the Hounslow Food Summit, Feeding Barnet – A Food Security Summit, and the Islington Food Summit. IFAN’s Member Support and Policy Officer, Charlotte White, wrote this blog on the impact of the leaflets published in December 2024.



Image: Feeding Barnet: A Food Security Summit banner

Printing

IFAN works locally with partners in each area to coordinate printing efforts. Some local authorities have been able to fund the printing and distribution of leaflets and posters for their area. In 2024, IFAN has funded the printing costs of over 110,000 leaflets in England, Wales and Northern Ireland.

With thanks to the William Kessler Family Charitable Fund for their support of this project.



Endnotes

[1] The Independent Food Aid Network (IFAN) represents hundreds of independent food aid providers operating across the UK, including over 550 independent food banks. IFAN campaigns and advocates on behalf of its member organisations and IFAN's vision is of a country without the need for charitable food aid where adequate and nutritious food is affordable to all. You can find more about IFAN at www.foodaidnetwork.org.uk.

[2] The 'Worrying About Money?' resources project has been ongoing since 2020 thanks to funding from the Scottish Government

Find out more

Further reading from IFAN's website:

IFAN website: www.foodaidnetwork.org.uk

IFAN briefings: www.foodaidnetwork.org.uk/briefings-reports

IFAN data: www.foodaidnetwork.org.uk/data

References to IFAN's work:

www.foodaidnetwork.org.uk/references-to-ifan-s-work

IFAN infographics: www.foodaidnetwork.org.uk/infographics

IFAN 'Worrying About Money?' resources:

www.foodaidnetwork.org.uk/cash-first-leaflets

IFAN 'Why Cash First?': www.foodaidnetwork.org.uk/why-cash-first

IFAN in the news: www.foodaidnetwork.org.uk/ifan-in-the-news

IFAN blog page: www.foodaidnetwork.org.uk/blog