

Project Contact	
1.	Your Name
	Thomas Weekes
2.	Your Employer / Organisation
	Trussell Trust
3.	Your Position
	Senior Research Manager
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5.	Your Address at Work
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6.	Your Telephone Number at Work
	N/A
7.	Your Role in the Project
	-
An Introduction to the Project	
8.	Which partner organisations are involved in delivering the project (local authorities, organisations, community groups, etc.)?
	Katy Rubin – Legislative Theatre Practitioner, Dan Boyden - Forum Theatre Practitioner. Four Trussell Trust food banks and three lived experience partners were also involved in delivering the project.
9.	Does the project have specific aims and/or objectives? <i>If so, please add to the box below.</i>
	To strengthen the policy recommendations that would come out of the Hunger in the UK report. To test the organisations' understanding of existing qualitative and quantitative data against that of insights from lived experience partners and participants engaged through food banks.
10.	Does the project have a title? <i>If so, please add to the box below.</i>
	Changing the Rules
11.	When did it start?
	March 2022 - conceptualisation and planning, Oct 2022 – Jan 2023 - workshops
12.	Has it finished? Is it on-going? Does it have an end date? <i>Please add dates to the box below.</i>
	The first wave was completed in January 2023. The second wave is in planning. Changing the Rules could run for up to 4 years with sufficient funding.
13.	Which groups of people, if any, are targeted by the service provided?
	This is not a service as such but those involved as participants are people with lived experience of poverty and inequality.

14.	How many people have been served by the project?	
	Hard to say how many will benefit in the longer-term but Changing the Rules involved 42 people with lived experience in the workshops alone.	
15.	Where is it delivered?	
	Changing the Rules was delivered in food banks in Derry, Newport, Kirkintilloch (East Dunbartonshire) and London.	
The Initial Idea		
16.	Who had the initial idea?	
	Trussell Trust's Policy Research Team	
17.	How did the idea for the project come about?	
	The Policy Research team recognised the need for a participation strand that was more co-productive. Grace Wyld (Trussell Trust Policy Research Manager at the time) had a long-standing professional relationship with Dan Boyden, an expert in Forum Theatre, so when the opportunity arose to co-produce with people with lived experience, he was contacted. Dan then suggested involving Katy Rubin with whom he had previously worked.	
18.	Did you draw on any published reports / papers / research evidence or practice you had seen elsewhere to inform your plans? <i>If so, please add details to the box below.</i>	
	Case studies from Theatre of the Oppressed and from Dan Boyden and Katy Rubin's previous work informed plans were considered. Also considered was the participation Framework of Trussell Trust: Participation - The Trussell Trust	
19.	Who was involved in developing the initial idea of the project?	
	The Policy Research Team, Trussell Trust	
20.	Were those with lived experience of poverty involved in developing the initial idea of the project?	
	Interestingly, Grace (Wyld) explains that ideally the project would have been fully co-produced from start to finish but initially the relationships with people with lived experience had not been built enough to involve them at the planning stage. This is something that can be amended moving into subsequent waves, so that lived experience partners will be involved from the earliest stages.	
21.	What funding was used, if any, to support the development of the initial idea of the project?	
	Internal Trussell Trust funding – £20k for pilot	
22.	What in-kind resources were needed when developing the initial idea of the project?	
	Facilities	Space in Food banks (though space was hired for the workshop in Manchester).
	Equipment	Flip charts and pens.
	Local Knowledge	Critical to recruit participants – food bank managers were helpful gatekeepers.

	Food and Drink	Food was provided by TT and anything left over was offered to participants to take home.
23.	What, if any, barriers did you have to overcome when developing the initial idea of the project?	
	Barriers included the infrastructure around decision making.	
24.	What, if anything, was helpful when developing the initial idea of the project?	
	Persistence and dedication to convince there was a need for co-production. Overcoming traditional barriers and language around how organisations do research.	
25.	Did you conduct a feasibility study? (if yes, please describe what you did and what you concluded)	
	Not really but the first wave of the project was in effect a pilot.	
26.	What was the timeline between the initial idea and the start of the project?	
	8-9 months.	
27.	Who made the decision to introduce the project?	
	Policy Research Team, Trussell Trust.	
Pilot Project		
28.	Did you run a pilot project? (if no, please skip to the next section, Q. 37)	
	In a way the first wave of the project was a pilot. It was intended to feed into Hunger in the UK, however, when it was realised that Changing the Rules had been popular and the methods used worked well for involving people with lived experience, the decision was taken to use it more widely within Trussell Trust. This is helping to embed participatory approaches including this high level of co-production through legislative theatre.	
29.	What did you do? Please describe the pilot project	
	Changing the Rules is described extensively in Hunger in the UK report: Changing the Rules Report . Please see specifically page 3 and 4 for a description of the process.	
30.	Who was involved in the work of the pilot project?	
	Policy Research Team at Trussell Trust, Katy Rubin, Dan Boyden, four food banks across UK and three lived experience partners.	
31.	How, if at all, were those with lived experience of poverty involved in the pilot of the project?	
	People with lived experience co-designed and co-delivered the legislative theatre workshops.	
32.	What funding was used, if any, for the pilot project?	
	£20k of internal funding.	
33.	What in-kind resources were used for the pilot project?	
	Facilities	Food bank spaces.
	Equipment	-
	Local Knowledge	This proved to be an invaluable resource for finding participants.

	Food and Drink	
34.	Was the pilot project evaluated? <i>If yes, please provide details</i>	
	No.	
35.	What evidence, if any, from the pilot project was used to confirm that it was working?	
	Feedback from participants and co-facilitators.	
36.	Who made the decision to continue with the project beyond the pilot project?	
	Trussell Trust.	
37.	How did the pilot project inform the final design of the project?	
	The pilot will inform the next waves of Changing the Rules.	
The On-going Development of the Project		
38.	Has Changing the Rules changed through time? <i>(if no, please skip to the next section, Q. 37)</i>	
	Yes	
39.	In what ways has it changed?	
	Scale	It could now be expanded slowly into the next wave to include more food banks.
	Location	It will now venture into other parts of the UK.
	Population	The hope is to reach a larger population.
	The Offer	-
40.	What were the reason for these changes?	
	More funding and the decision to continue using this participatory approach is encouraging for potential for growth.	
Accessing the Service and Engaging with Service Users		
41.	Is there a referral process? If yes, how does the referral process work (self-referral, referred by other agencies, identified from an existing database)	
	The participants for the workshop were referred by the food bank management and staff who knew them through food bank use.	
42.	How are potential clients made aware of the project?	
	Gatekeepers within food banks explained what the project was about and a little of the workshop content. Co-facilitators with lived experience were recruited from the Together for Change panel who had already been working to shape Trussell Trust work for approximately 15 months.	
43.	How do you keep in touch with service users? Do your service users have a preferred method of contact?	
	Lived experience participants usually preferred contact by text or WhatsApp. Those with access to email could also be contacted in this way.	
Working With People with Lived Experience of Poverty		

44.	<p>Are those with lived experience of poverty involved in <u>delivering</u> the project? <i>If so, please describe below.</i></p> <p>Yes. Initially a day of training in Manchester was facilitated by Katy Rubin and Dan Boyden to train lived experience partners in the facilitation of legislative theatre. The lived experience partners were given time to practice their new skills and also, played the part of the actors in a play to experience what it was like to be in this role.</p>
45.	<p>Are people with lived experience of poverty involved in <u>managing</u> the project, <u>supervision</u> within the project, or project <u>governance</u>? <i>If so, please describe below.</i></p> <p>Although people with lived experience did not manage or supervise this project, those with lived experience who co-facilitated went on to become members of a Strategic Advisory Group which reflects a commitment to the wider aim of embedding lived experience across the organisation.</p>
46.	<p>Are people with lived experience of poverty involved <u>in any other aspect</u> of the project? <i>If so, please describe below.</i></p> <p>As mentioned before, people with lived experience co-designed, co-delivered and participated in workshops. They were also given opportunities to share their experiences of these stages of their participation with the rest of the organisation by being asked to speak at Trussell Trust roadshows and podcasts.</p>
Leadership, Governance and Partnership Working	
47.	<p>Who has overall responsibility for Changing the Rules</p> <p>The Trussell Trust</p>
48.	<p>Is this the only responsibility of the person managing the project? <i>If not please describe the manager's wider roles and responsibilities.</i></p> <p>The Policy Research team have other responsibilities other than this project. Grace Wyld (Policy Research Manager at the time) was the lead on this project.</p>
49.	<p>Is there a Project Steering or Advisory Group or Organising Committee? <i>If yes, who is involved in this and how does it work.</i></p> <p>There was an advisory group for the Hunger in the UK project of which Changing the Rules was a part. The group comprised academics and other civil organisations and civil servants. The gap was lived experience and operational delivery such as a food bank manager; this is being explored.</p>
50.	<p>If there is no Steering Group, what governance arrangements are in place to review strategy and performance?</p> <p>N/A</p>
Staffing	
51.	<p>Are there any paid staff? <i>Please describe their role and their contribution.</i></p> <p>Trussell Staff paid as part of their usual roles.</p>
52.	<p>Are volunteers involved in delivering the project? <i>Please describe their role and their contribution.</i></p> <p>Volunteers in food banks assisted.</p>
Links to Wider Policies, Strategies and Statutory Requirements	
53.	<p>Is the project part of a wider anti-poverty strategy? <i>If so, please give details.</i></p>

	The Trussell Trust 2020-2025 strategy and also Trussell Trust Hunger in the UK report 2023.	
54.	Is the project part of any other strategy? <i>If so, please give details.</i>	
	Anti-poverty strategies, shared with partner organisations in a move to influence local, national and Central Government policy.	
55.	Is the project delivering a service that is a statutory commitment? <i>If so, please give details.</i>	
	No.	
Funding		
56.	Who funds the project? <i>Please give details.</i>	
	Trussell Trust.	
57.	How is the project funded?	
	Internal funding.	
58.	What is the budget for the project / how much does it cost to deliver?	
	£20k initial budget.	
59.	Is future funding based on pre-agreed outcomes or outputs being delivered? <i>If so, please give details</i>	
	No.	
Resources		
60.	What in-kind resources do you need to deliver your project? N/A	
	Facilities	-
	Equipment	-
	Local Knowledge	-
	Food and Drink	-
61.	For each of the in-kind resources listed above, who provides it? N/A	
	Facilities	-
	Equipment	-
	Local Knowledge	-
	Food and Drink	-
62.	Did you have to buy or develop new IT systems, software (databases, apps) or technology to deliver your project? <i>Please describe below.</i>	
	No.	
63.	Was additional staff training required to deliver your project? <i>If so, please describe.</i>	
	None.	
Formal Monitoring and Evaluation		
64.	What information, if any, do you collect about your project?	

	Number of users	42 people with lived experience participated.
	Profile of users	Participants had lived experience of living on a low income and using food banks.
	Experience of users	Participants completed a survey on how they had experienced the workshops, co-facilitators with lived experience also fed back verbally.
	Anything else	-
65.	How often is data collected? Who collects the data?	
	N/A.	
66.	Do you have baseline data on what things were like before the start of the project or before users started the project? <i>Please describe the type of baseline data that you have.</i>	
	N/A for now.	
67.	Do you produce an annual report? <i>Please provide details of what this includes.</i>	
	Featured in Trussell Trust annual report.	
68.	In what ways, if at all, do you use the data that you collect to adapt the service that you provide?	
	Having worked reflexively and now on reflection the Policy Research Team along with the co-facilitators with adapt the process in subsequent waves of 'Changing in the Rules'.	
69.	Have you employed an external organisation to formally evaluate your project? <i>If yes, please provide details.</i>	
	No.	
70.	If yes, in what ways, if at all, have you used the External Project evaluation to adapt the service that you provide.	
	No.	
71.	Do you intend to employ an external organisation to evaluate the service that you provide in the future? <i>If yes, please provide details.</i>	
	No.	
Impact		
72.	What difference has the project made?	
	Surveys and interviews were not capturing the richness of data accrued through employing legislative theatre and thus involving people with lived experience. The user experience of the social security system for instance was more clearly and effectively expressed through the use of this creative process. The confidence of some of the co-facilitators with lived experience was improved as well as the participants from food banks feeling part of the solution (and not just a user of a service, in a more traditional sense). The success of the project has shifted internal organisational culture so that it is now agreed research needs a strong participatory component. Overall the success of the project has positively impacted planning, especially where and how it is worthwhile spending money and time.	
73.	How do you know this? What evidence demonstrates impact (metrics, interviews, feedback)?	
	Feedback from food banks and from co-facilitators with lived experience.	

74.	To what extent have the aims of the project been achieved?
	They were achieved.
75.	How, if at all, has the demand for Changing the Rules changed since it started?
	Other teams within Trussell Trust have shown great interest in working with the same facilitators and people with lived experience who co-facilitated. Food banks in the Network would also like to work with the facilitators and co-facilitators.
76.	If yes, has the project had the capacity to meet these changing conditions and demand? <i>Please describe and explain below.</i>
	As long as the funding is assured, the project can continue to be replicated throughout the organisation.
77.	Has the project had any unexpected or unintended outcomes? <i>If so, whether positive or negative, please describe.</i>
	All positive, in that organisational attitudes to co-producing research has changed. More generally the power balance has influenced participation strategy to include more effective and co-productive ways of working with people with lived experience.
78.	In your opinion, is the project having an impact on tackling poverty? If so, please describe in what ways.
	Yes, especially as Trussell Trust can use Changing the Rules and Hunger in the UK to influence policy makers.
Learning from Experience	
79.	What is working well?
	Lived experience partners felt they were involved in meaningful and longer-term ways (rather than being tokenistic). The relationship with the food banks has been strengthened. The food banks found the time and capacity and had the capability of recruiting the participants.
80.	What, if anything, is working less well?
	The process for refining the policies would have benefitted from more time and budget but as a pilot this was not expected. Moving forward this can be rectified.
81.	What are the key learning points that you'd like to share with other practitioners? For example, is there anything that you would do differently?
	A key learning point is to not see lived and learned experience as being binary. The recognition that people with lived experience have so much more to give – people's experience of poverty is more than telling their story or being interviewed. Changing the Rules use of Legislative Theatre shines a light on an entry point to working meaningfully with people with lived experience in a more equitable way.
82.	What plans do you have to develop or expand the project in the future?
	Plans are to repeat the process in wave two. Changing the Rules will not be expanded rapidly. Allowing it to develop more organically hopes to ensure the high standard of delivery and experience.
83.	How easily do you think your project could be replicated in another setting?
	There are many scenarios in which legislative theatre can be used and it is not limited to exploring only certain types of policy. Skills that people with lived experience learn from co-facilitating or taking part in legislative theatre can be used in more informal settings in

	which they may change minds and attitudes of others within their communities and potentially beyond.	
Social Media		
84.	Please enter social media contact details and weblinks to supporting documents or resources below:	
	Web Pages	https://www.trusselltrust.org/
	Facebook	https://m.facebook.com/trusselltrust/events/
	Instagram	https://www.instagram.com/trusselltrust/?hl=en
	Twitter	https://x.com/TrussellTrust
	Tik-Tok	No
GDPR Consent (Add yes or no in the box)		
I give my permission to be named in the tackling poverty locally directory and associated public outputs.		Y
I give permission for our organisation to be named in the tackling poverty locally directory and associated public outputs.		Y
I give permission for me to be contacted by directory users.		Y
I am willing to be contacted if more details are required		Y
Request to review (Add yes or no in the box)		
Did the interviewee request to review a draft before it I sent to referees for review		Y