

“I can’t get a job – I am getting on a bit and there is not enough work for the youngsters. I have a history of drug use and have worked hard to stay clean, but who is gonna employ me.”

“That last week before you get your money is a killer, I have to hope my mam or someone can give us a borrow. If not, I have nowt then we all have to go without.”

“I help my kids out which leaves me short. I lend them money to get by because they can’t afford to live. I put £10 on my daughters electric the other day. I doubt I will get this back as she doesn’t have enough money.”

“I have not been paying my bills and going without food in order to do something for my kids and put a smile on their faces. Do you know there are only so many times you can go to the same beach or park.”

“I’m gutted every time I go shopping and can’t pick up much.”

“I can’t afford to think about myself and have any kind of life, I have to put my kids first. It would be great to do a spa or something, but people would say that you can’t do that, who do you think you are so you’ve got to go without and just do what you can. But do you know, if I feel better, I also feel better around my kids. They see I am a bit more chilled.”

“Free activities are great, but if you can’t afford the bus fare, you can’t go.”

“I am eating less, bathing less, buying second hand clothes and using heating less. I never believed my retirement would be a one of extreme struggle. It’s reminiscent of post war Britain but in 2022.”

“I don’t have much choice where I live, there are very few properties for single people in nice areas. I’ve been either stuck in a flat with people around me who sell drugs, have problems of their own or start bringing all sorts of people around I just close my curtains and try to keep my head down .. you shouldn’t have to live like that.”

“I want to be able to provide for my family and not be forced to have to get second hand clothes for my daughter who is now going to secondary school. Why don’t they just make uniforms cheaper and get rid of logos. Me and my friends do a bit of a swap and that works for us.”

“I am pretty good at managing my money and can cook all sorts with what little I have in the cupboard. The problem is you can only do so much with what you’ve got.”

“People know if you are coming to a community centre then you are poor. I think that we need to have more things that are available to the full community – so you don’t know who is struggling and who isn’t.”

