



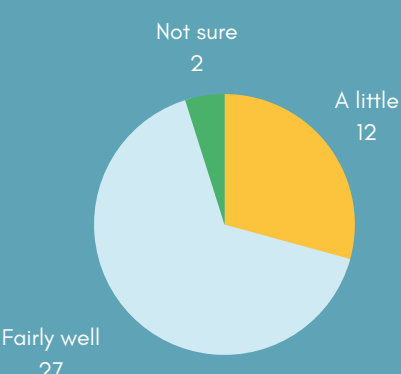
YOUTH VOICE COST OF LIVING IMPACT 2022 - 2023

South East Suffolk



3 Community Partnership Areas in the South of the district focused on the impact of the cost of living on young people in our area via a Youth Voice survey targeting secondary schools. The majority of Ease the Squeeze initiatives focused on the challenges facing adults during the cost-of-living crisis. Whilst some projects were inclusive of families the wider impact of the cost-of-living on our young people was not necessarily considered. The following report highlights the responses and areas for future consideration. Please note that survey responses have been quoted as the original wording and spelling.

What is your understanding of the current financial and cost of living crisis?



"It all makes sense as I watch the news and that gives me an understanding. But I don't understand why the pound has dropped in value?"

"Why is everything up in price? It can't possibly be due to the war in Ukraine."

What impact is the current financial crisis having on you and your family?

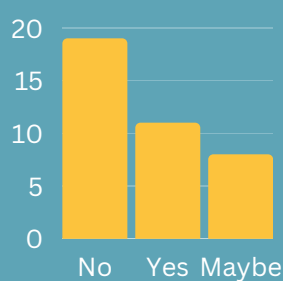
Among the top answers were;

Rising cost of food and shopping, gas and electricity bills/heating, family time and holidays.

"Mum has 3 jobs and stepdad has 1 but still struggling to make ends meet"

"Our family is affected by the gas, electricity, and hot water bills. We can rarely have heating on and when we do it is only for a couple of hours a night"

"We are finding it difficult to keep up with costs of food, travel to schools as well as energy bills, alongside clubs and groups that we will no longer be able to attend due to the cost."



Do the news reports regarding the financial crisis impact on your mental health?

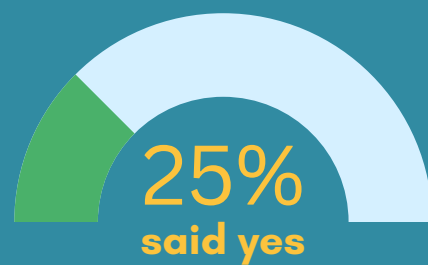
"I don't know if I'll ever be able to afford University and im scared of debt wich i know ill be in if the cost of living continues to go up..."

"Have therapy but doesn't help"

Are there clubs, groups or activities that you will no longer be able to attend due to the cost?

"I used to do ballet and gymnastics and judo (all different times in my life) but i had to stop all of those."

"I go to a games night on a Friday but now cannot afford to get the bus every Friday. I also attended airsoft once a month which I can't do now."



What would you like to learn more about regarding the cost-of-living?

The top theme centred around money management, opening bank accounts, costs to run a household, understanding tax and mortgages, budgeting for food and help with university bills. The next theme was wanting to understand why this is happening, how people are being affected including their parents and the role of the government.

"I would like/need to know more about bank accounts like how to set one up and manage it especially because of the increase in cost of living it would be useful as well when I get a job"

If you had a grant to help people through the cost-of-living crisis, what would you spend it on?

Food and drink (including healthy eating and cooking on a budget)

Paying bills in particular electricity and heating

Basic necessities

"I would spend it on lower heating bills because i understand that some people have to choose between food and heating which I think should never be a choice you have to make."

"Educate people in budgeting , meal plans, cooking and how to live on a budget."

Are you aware of anything your school is doing to help students or families through the cost-of-living crisis?



"They are issuing school supplies and grants to the most needing families."

"We have a breakfast club so all students can get breakfast."

A hot topic in all areas is mandatory branded uniforms which can cost up to £500. Uniform banks and some schools are trying to help with this cost, yet some students are too embarrassed and state they get bullied or put in isolation for not having the correct wear. Sometimes bunking off school as way to escape the humiliation.