

Poverty Impact Awareness social media cards

from Cornwall Equality and Diversity Campaign, December 2022, January 2023

#TacklingTheCostOfLiving #Cornwall

Headline, main text secondary text	Image	Text alongside & organisations linked
30% of all children in Cornwall are living in poverty. This can cause issues with mental health, and affects all areas of their development, and their life chances. See www.inclusioncornwall.co.uk/library for resources to support families in poverty: emergency funding, transport, free resources, food banks and much more.	30% of all children in Cornwall are living in poverty  This can cause issues with mental health, and affects all areas of their development, and their life chances.  See www.inclusioncornwall.co.uk/library for resources to support families in poverty: emergency funding, transport, free resources, food banks and much more. #TacklingTheCostOfLiving #Cornwall	Many people feel ashamed about poverty, but seeking help before it 'gets desperate' means that issues can be managed, and support put in place, to encourage parents to make healthy choices for their whole family. See the Inclusion Cornwall Resource Sheets for information on crisis support, and help for families. Inclusion Cornwall
Being disabled is expensive Where there is a disabled person in the household, costs are higher, and the ability to work may be restricted, therefore the income lower. There is support available from many sources. disAbility Cornwall, Citizens Advice Cornwall and Cornwall Carers Service can advise on claiming benefits and other support available.	Being disabled is expensive  Where there is a disabled person in the household, costs are higher, and the ability to work may be restricted, therefore the income lower. There is support available from many sources.  disAbility Cornwall, Citizens Advice Cornwall and Cornwall Carers Service can advise on claiming benefits and other support available. #TacklingTheCostOfLiving #Cornwall	1 in 5 unpaid carers worry they may not cope financially next year, and they spend on average £1,370 per year on services or equipment for the person they care for. disAbility Cornwall, Citizens Advice Cornwall and Cornwall Carers Service can advise on claiming benefits and other support. Disability Cornwall Citizens Advice Cornwall Cornwall Carers Service
Foodbank use is going up Foodbank charity Trussell Trust reports a 40% increase in foodbank use in 2022, with 1 in 5 referrals being working households. For information about food banks (opening times, how to get help) see www.transformation-cornwall.org.uk, and for other community food resources see https://letstalk.cornwall.gov.uk/help-with-food	Foodbank use is going up  Foodbank charity Trussell Trust reports a 40% increase in foodbank use in 2022, with 1 in 5 referrals being working households.  For information about food banks (opening times, how to get help) see www.transformation-cornwall.org.uk, and for other community food resources see letstalk.cornwall.gov.uk/help-with-food #TacklingTheCostOfLiving #Cornwall	Many Foodbanks are run or hosted by churches and other faith groups, and a growing number of villages have community larders or fridges for those in need to use. Special Christmas activities happen across Cornwall too. Support is available for families and individuals in need. Transformation Cornwall Churches Together in Cornwall Treverbyn Hall
Find out about local schemes offering warm places. For older people, or those living alone, isolation and rising fuel costs can be a real issue. Various schemes offer solution to both problems, with a warm welcome & refreshments for those in need. See Volunteer Cornwall for links to Community hubs and Warm banks, and Christmas events, www.volunteercornwall.org.uk/christmas and Warm Welcome at www.warmwelcome.uk/	Find out about local schemes offering warm places  For older people, or those living alone, isolation and rising fuel costs can be a real issue. Various schemes offer solution to both problems, with a warm welcome & refreshments for those in need.  See Volunteer Cornwall for links to Community hubs and Warm banks, and Christmas events, www.volunteercornwall.org.uk/christmas and Warm Welcome at www.warmwelcome.uk/ #TacklingTheCostOfLiving #Cornwall	Older people, and those with disabilities, can be particularly vulnerable to cold. Encourage people to see help, and companionship, if they are struggling. Many local churches and faith groups have activities, or warm spaces that people are welcome to come to. Age UK Cornwall and Isles of Scilly Disability Cornwall Volunteer Cornwall

Beware of loan sharks Low income families often don't have savings, to pay for unexpected needs. Borrowing money from loan sharks leads to more debt. Help is available to escape. Visit www.stoploansharks.co.uk/ or call their helpline 0300 555 2222 to report a loan shark, or get help to escape	Beware of loan sharks Low income families often don't have savings, to pay for unexpected needs. Borrowing money from loan sharks leads to more debt. Help is available to escape.  Visit www.stoploansharks.co.uk/ or call their helpline 0300 555 2222 to report a loan shark, or get help to escape  CEBN Cornwall Equality & Diversity Network #TacklingTheCostOfLiving #Cornwall	An estimated 1.08 million people could be in dept to an illegal money lender (loan shark), with 1 in 10 of those borrowing to cover the cost of Christmas. Talk to the Illegal Money Lending Team about loan sharks, and get help to get out. 0300 555 2222 Stop Loan Sharks England Citizens Advice Cornwall
People from ethnic minorities are more likely to live in poverty. This is likely due to lower wages, higher unemployment rates, higher rates of part-time working, slightly larger household size, and the relatively low levels of benefits paid, particularly following the application of the 'benefit cap'. For these communities, mental ill health connected with poverty can be an issue too. For support around beating the cost of living, and mental health, see www.inclusioncornwall.co.uk/library	People from ethnic minorities are more likely to live in poverty This is likely due to lower wages, higher unemployment rates, higher rates of part-time working, slightly larger household size, and the relatively low levels of benefits paid, particularly following the application of the 'benefit cap'.  For these communities, mental ill health connected with poverty can be an issue too. For support around beating the cost of living, and mental health, see www.inclusioncornwall.co.uk/library.  CEBN Cornwall Equality & Diversity Network #TacklingTheCostOfLiving #Cornwall	Systemic inequality is an issue to be dealt with throughout the system. Supporting individuals affected is something that we can all do, via signposting to organisations that can help. Inclusion Cornwall Rice and Peas Cornwall
Homes in Cornwall are 20% more expensive to heat than homes in the rest of England, on average. This means that Cornwall is one of the regions most severely affected by rising fuel costs. 29,123 homes or 11.5% of all households are living in fuel poverty. Look at www.CEP.org.uk for information about energy bills, and reducing energy use. And see the multi-agency Winter Wellbeing information about keeping well this winter. https://www.cornwall.gov.uk/winterwellbeing	Homes in Cornwall are 20% more expensive to heat than homes in the rest of England, on average This means that Cornwall is one of the regions most severely affected by rising fuel costs. 29,123 homes or 11.5% of all households are living in fuel poverty.  Look at www.CEP.org.uk for information about energy bills, and reducing energy use. And see the multi-agency Winter Wellbeing information about keeping well this winter. https://www.cornwall.gov.uk/winterwellbeing  CEBN Cornwall Equality & Diversity Network #TacklingTheCostOfLiving #Cornwall	Longer-term solutions are on offer via CEP. Talk to them about insulation, more efficient boilers, and other things to reduce the problems caused by cold, damp homes. Community Energy Plus Cornwall Council
Due to discrimination, people from the LGBTQ+ community are more likely to live in poverty. Recent research suggests there is a 16% LGBTQ+ pay gap, with people in this group also afraid of (further) harassment if they seek promotions or job opportunities. Look on at and www.cornwallpride.org/support for support, whatever your orientation or status.	Due to discrimination, people from the LGBTQ+ community are more likely to live in poverty Recent research suggests there is a 16% LGBTQ+ pay gap, with people in this group also afraid of (further) harassment if they seek promotions or job opportunities.  Look on at www.inclusioncornwall.co.uk/library and www.cornwallpride.org/support for support, whatever your orientation or status.  CEBN Cornwall Equality & Diversity Network #TacklingTheCostOfLiving #Cornwall	LGBTQ+ people are at higher risk of homelessness, and experience a 16% pay gap, compared to heterosexual people. Support is available, whatever your orientation, at Cornwall Pride, Inclusion Cornwall, and other organisations in Cornwall. Cornwall Pride Inclusion Cornwall
People across Cornwall are limiting their cooking due to the cost of fuel. People are choosing cold food or something cooked in the microwave, not the oven. For support around beating the cost of living see www.inclusioncornwall.co.uk/library. And visit www.CEP.org.uk for information about energy bills, and reducing energy use.	People across Cornwall are limiting their cooking due to the cost of fuel People are choosing cold food, or something cooked in the microwave not the oven.  For support around beating the cost of living see www.inclusioncornwall.co.uk/library. And visit www.CEP.org.uk for information about energy bills, and reducing energy use.  CEBN Cornwall Equality & Diversity Network #TacklingTheCostOfLiving #Cornwall	There are many sources of information around reducing fuel costs, including cooking meals on a budget, and efficiently for fuel. Check out lists of Warm Hubs, and local cafes and other places that might have coffee mornings, or pay-it-forward schemes, to help those who are really struggling. Inclusion Cornwall Community Energy Plus Volunteer Cornwall