

## COST OF LIVING SURVEY RESULTS

In the summer issue of our email newsletter we asked tenants how the cost of living was affecting them so far. We had 24 responses to the survey.

### Are you worse off financially than you were three months ago?

Yes	83%
No	4%
Exactly the same	9%
Don't know	4%

### How worried are you about being able to pay your bills due to the increase in energy costs?

Very worried	48%
Slightly worried	44%
Not worried	8%

### What, if anything, have you reduced spending on? Answer all that apply.

Entertainment and leisure	21 votes
Food and drink	16 votes
Petrol or diesel	9 votes
Other	7 votes
Nothing	1 votes

### Have you used a foodbank this year?

Yes	4%
No	83%
Prefer not to say	13%

### Have you felt pressure to take on extra work or another job to help cope with rising costs?

Yes	35%
No	65%

### What is your biggest concern about the cost of living crisis?

Energy	57%
Buying food	30%
Fuel	13%

## Which, if any, rises in costs are you experiencing? Please tick all that apply.

Household heating / energy	22 votes
Groceries and food	20 votes
Petrol or diesel	14 votes
Rent	4 votes
Public transport	4 votes
Healthcare	3 votes
Childcare	1 vote

## Has your mental health been negatively impacted by rises in the cost of living?

Yes	64%
No	18%
Don't know	18%

## Would you like someone from our income team to contact you for help or advice on money, benefits or support to maintain your tenancy?

Yes	9%
No	91%

## How old are you?

18 – 30	18%
31 – 40	9%
41 – 50	9%
51 – 60	18%
61 – 70	41%
71+	5%

## Is there anything else you want to tell us about how the cost of living increase is impacting you?

My food bill has nearly doubled from this time last year and very worried about electric and gas especially in the winter because I am house bound

Basically you just have to get on with it as I have always done. The way people react you would think this is a new situation I think if the records are checked we have done all this before (in my case numerous times in my life.) David A. Reid

Living pay check to pay check now, no extra cash for anything

Cannot afford to do anything anymore, single person in a household with a full-time job and struggling cannot reduce my bills by any more yet not entitled to any help.

I use my car on a daily basis to take care of my invalid brother and handicapped daughter. The latest increases in fuel prices will add extra stress regarding their visits. The fuel costs have jumped up by over 50 pence per litre since the UK government have allowed the increases. Food prices, energy

costs, travel costs have gone out of control. Thank you for being able to talk about these issues.  
Mr Dennis.

If this had been sent 2 months ago my answers would have been completely different. I struggled to the brink of seeing no way out of the situation

Lone parent and working. It's not one thing, several things have increased in price. It is a worry for everyone.

## Summary

Thank you to everyone who took the time to respond to this survey and how the cost of living is impacting you and your family. From the information we received, tenants throughout the region are concerned and struggling. We understand the pressures that are on household budgets and the challenges that everyone is facing. Some tenants have requested we get in touch, which we will do.

If you have any concerns about being able to pay for your rent or service charge, or if you are struggling with your money in any other way, please get in touch. Our dedicated team will do our best to help you and there are specialist agencies we can refer you to if we are unable to. It is always better to talk to us early on, but it is never too late to get in touch.