

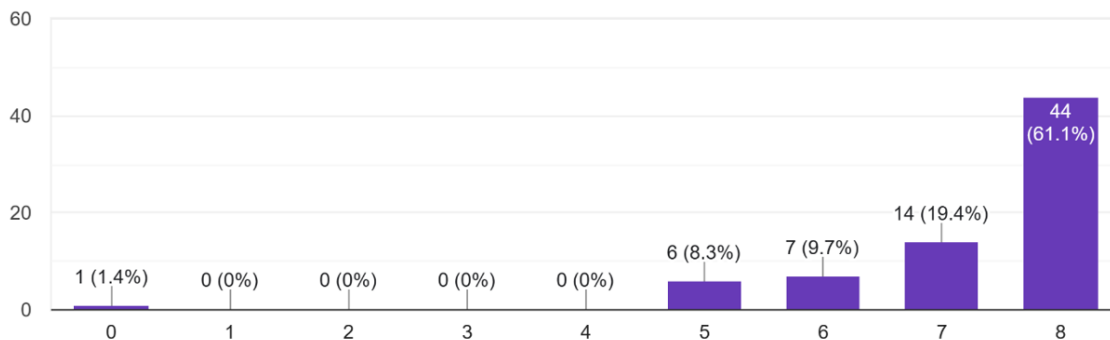


The Impact of the Rising Cost of Living on Wellbeing

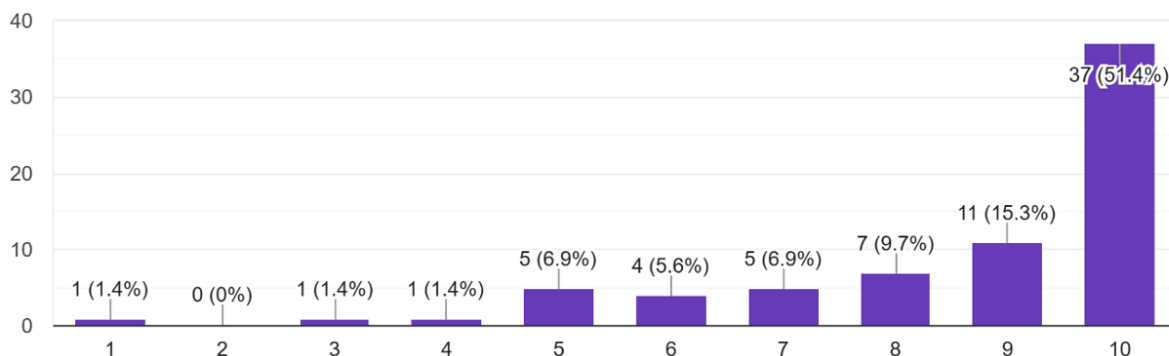
In November 2022, Bristol Somali Resource Centre conducted a survey to find out what impact the rising cost of living has had on mental health and wellbeing for people living in Bristol. 72 people over 18 years old participated.

We asked questions about their worries around the rising cost of living, how it has impacted them and possible solutions. The survey was completely anonymous and the following responses were provided. We shared the questionnaire with local residents through a variety of channels, including social media, emails and Google Forms.

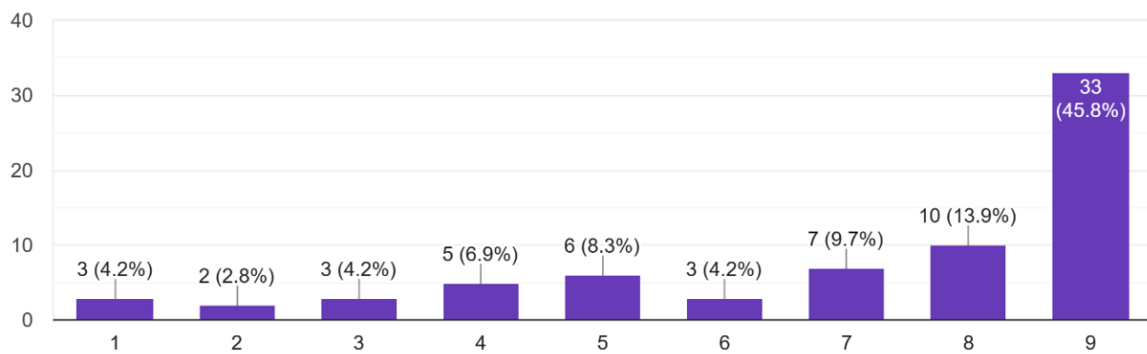
1. How worried are you about the rising cost of living, from 0 (not worried at all) to 8 (extremely worried)?



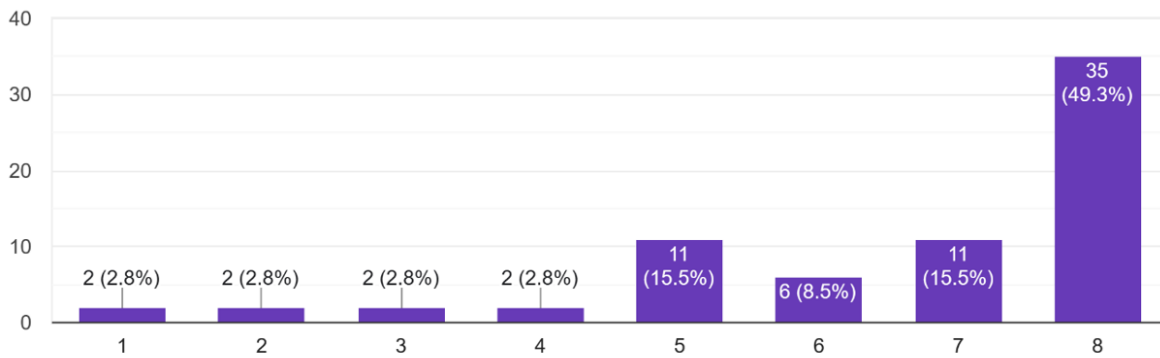
2. Are you worried about your ability to afford household bills? from 0 (not worried at all) to 10 (extremely worried)?



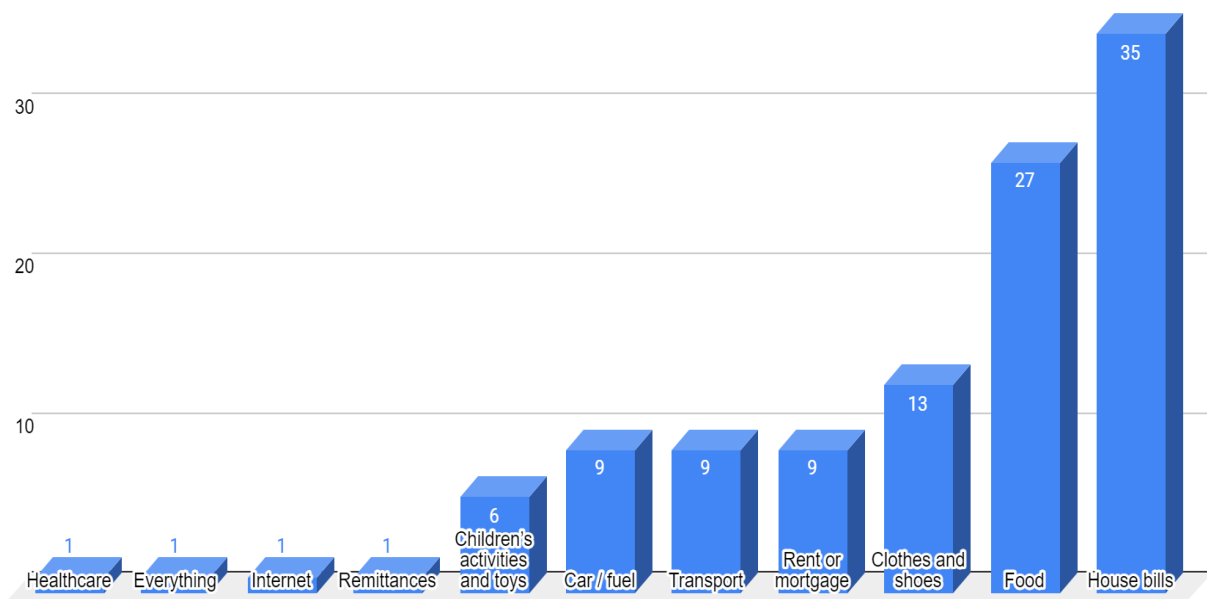
3- How worried are you about your ability to afford food?
From (1 not worried at all) (to 9 extremely worried)



4- How worried are you about your ability to afford other essential items?
From (1 not worried at all) to (8 extremely worried)



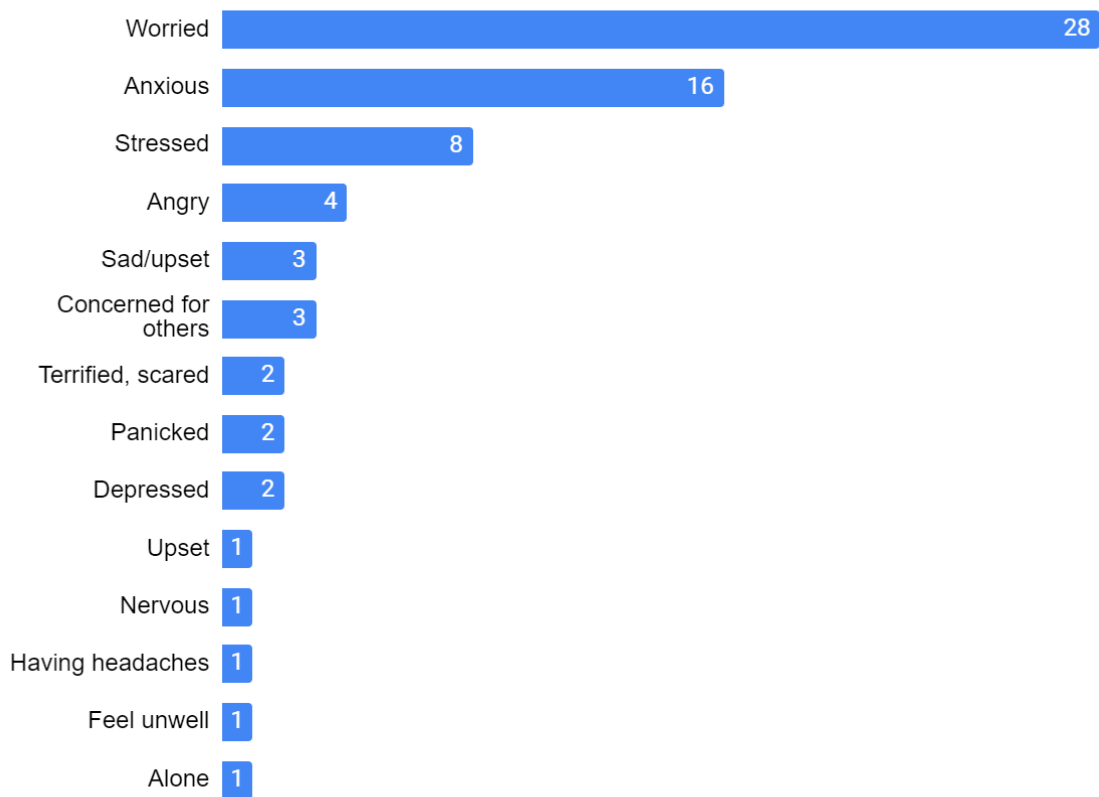
5. What other items are you worried you will not be able to afford?



Car / fuel	9
Transport and travel	9
Children's activities and toys	6
Rent or mortgage	9
Clothes and shoes	13
Healthcare when NHS services are too busy	1
Food (including school meals)	27
House bills (including energy)	35
Everything	1
Internet	1
Remittances	1

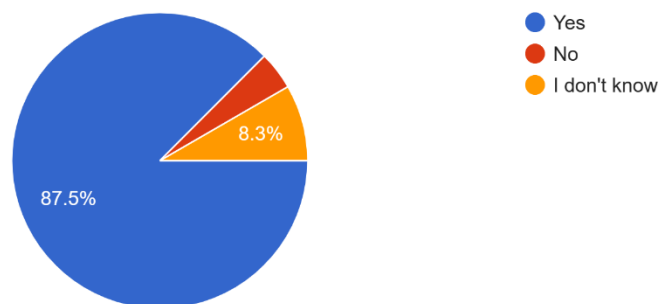
6. How is the rising cost of living making you feel?

Participants were invited to answer in their own words.

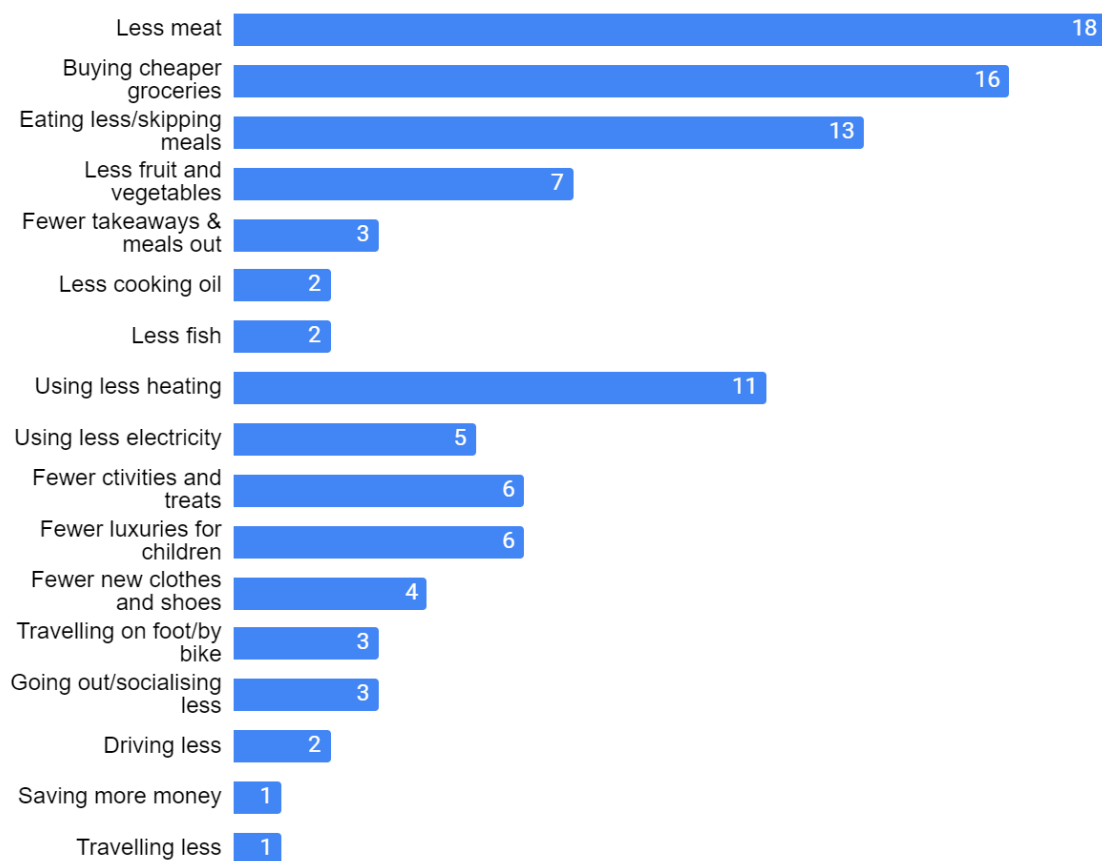


7. Have you already made any changes or cuts to what you normally buy? Tick the option that applies.

72 responses

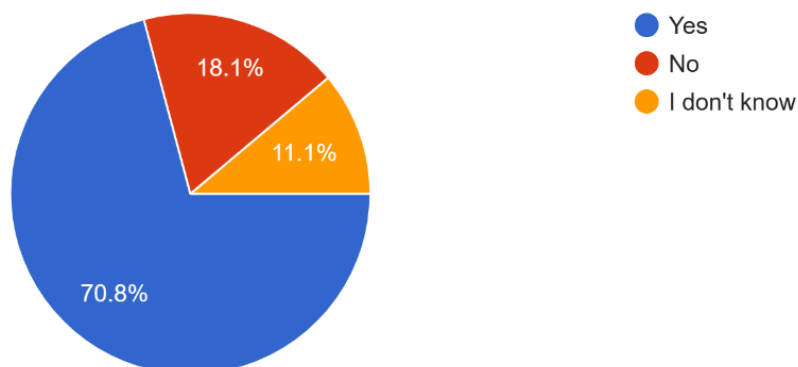


8. If yes, what changes or cuts have you made?
For example: "I have stopped buying meat and fruit"



9. Have you made any changes to the activities you and your family normally take part in to take care of your wellbeing? Tick the option that applies

72 responses



10. If yes, describe the activities and how the cost of living has affected your ability to participate.

For example: "I have stopped going to the local swimming pool, because I cannot afford the bus ticket"

- *My children used to going to swimming lessons but now i stopped because I can't afford it, the money I put in swimming i save for the food, or other bills.*
- *I used to go to London and Birmingham to visit my family, but now stopped and only speak with them over the phone.*
- *We used to go out for a meal out (restaurants or KFC for the kids) every Friday and Sunday, but not anymore.*
- *Stopped going to the cinema and going out friends for a meal to save some money to pay the electricity bills.*

11. Describe how else the rising cost of living affects you and your household.

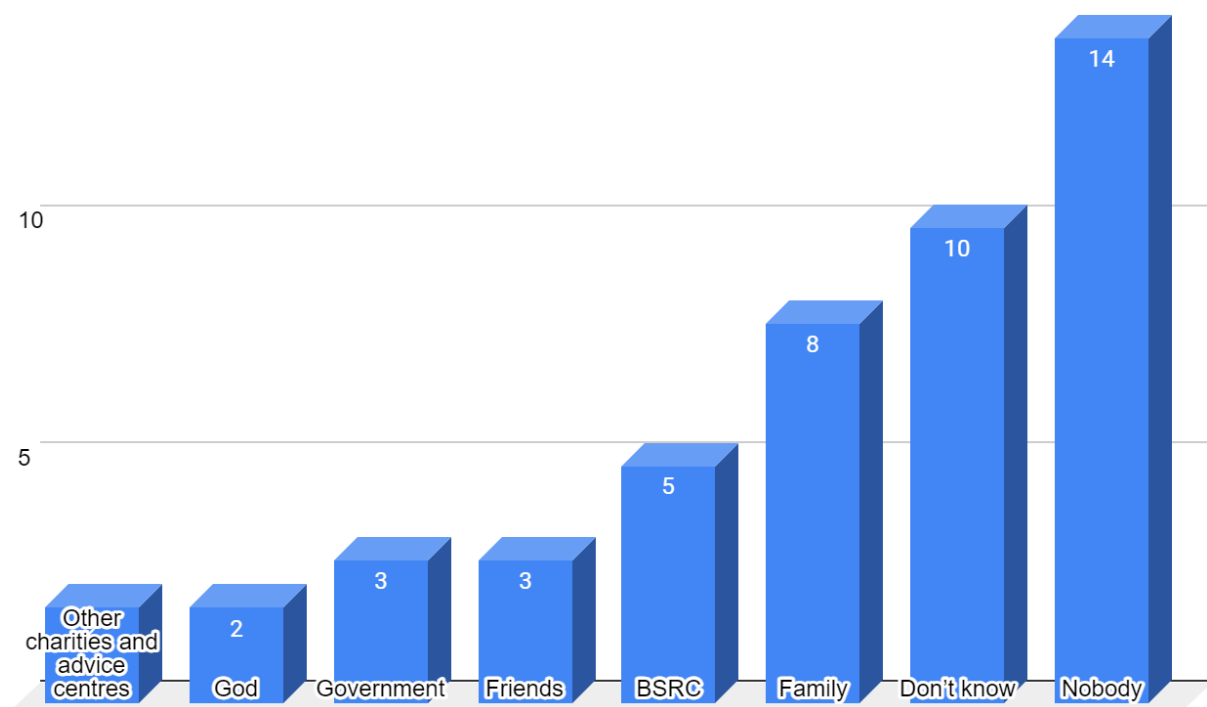
- *Overthinking what to buy and checking the bills if it [leaves] enough to use for food*
- *Buying less food when I'm shopping and sending less money home. Worrying more about future and constantly worried about our energy usage this winter*
- *I didn't turn on the heating and I cook only 1 meal for the family*
- *We are worried about keeping us all clothed and fed, including children*

12. What do you think could help you reduce your worries about the rising cost of living?

Answers overwhelmingly suggested better government support, in the form of:

- Subsidies or price freezes on food, fuel and energy bills
- Policies favouring ordinary people instead of the rich/large companies
- Policies to bring wages into line with rising costs
- Rent caps
- More generous benefits for people on low incomes

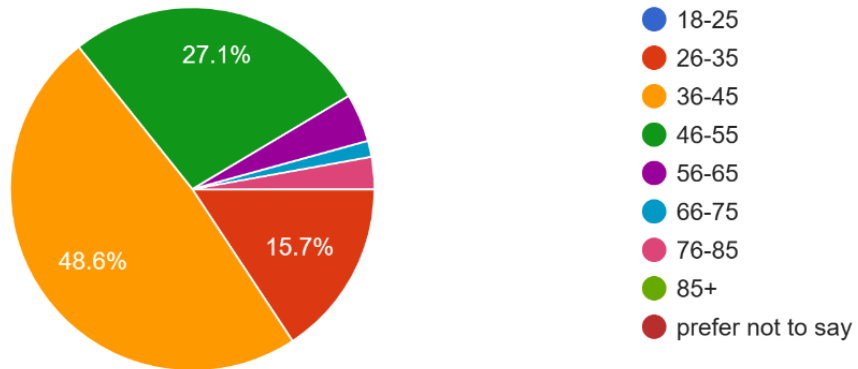
13. Who can you reach out for further support?



Government	3
Family	8
Friends	3
BSRC	5
Other charities and advice centres	2
Nobody	14
Don't know	10
God	2

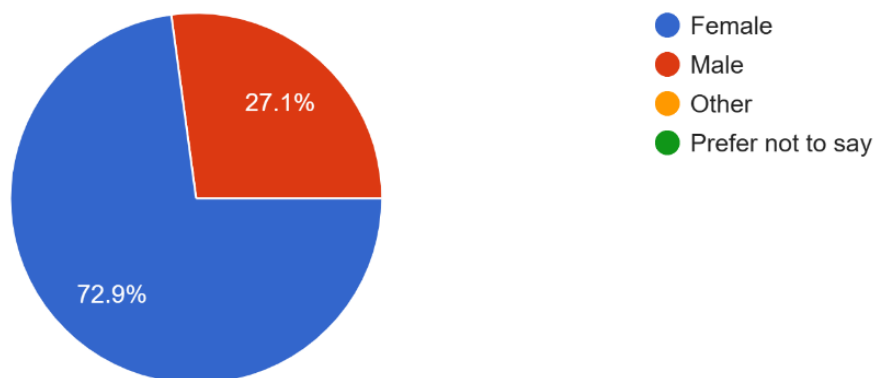
14. What is your age? Tick the option that applies.

70 responses

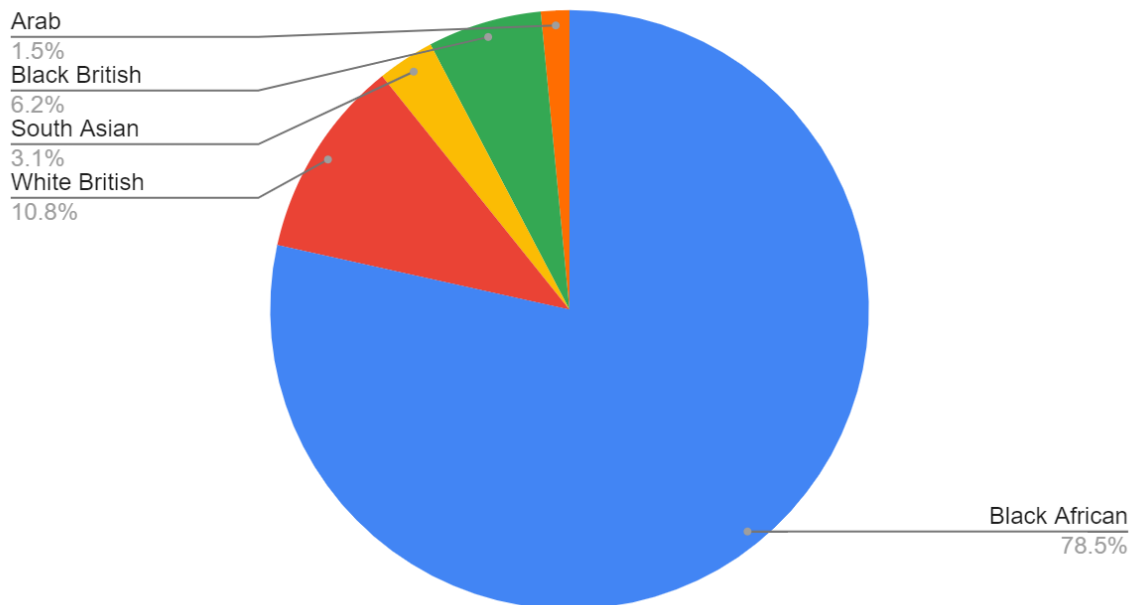


15. What is your gender? Tick the option that applies

70 responses



16. What is your ethnicity?



N.B. The category of Black African includes those who identified themselves as Somali (30 respondents, 41.7% of the total) and British Somali (1.3%, 1 respondent).

17. What is the first part of your postcode?

