

Director of Public Health

Annual Report 2022/2023: Poverty Matters

PLAIN ENGLISH SUMMARY

Hello, I'm Rachel Spencer Henshall, Director of Public Health. Welcome to my report for 2022 to 2023. This year, I want to talk about poverty, which is a big issue right now.

Poverty is when we don't have enough money to pay for important things like food, heating our homes, or giving our children what they need. It's a serious problem that affects our health, happiness, and how we feel about ourselves.

The COVID-19 pandemic showed that some people were hit harder by the virus because they were already struggling with poverty. And after the pandemic, things got even harder because the cost of living (shopping and bills etc.) went up a lot.

To understand poverty better, we talked to 12 people from Kirklees. We listened to their stories about how they are coping with money problems. Here are some things we learned:

- Some parents can't buy everything they want for their children because they don't have enough money.
- People who live alone can feel lonely and find it hard to do fun things with others because they don't have enough money.
- Many people are finding it hard to buy enough food and are skipping meals or looking for cheaper options.
- Some people are not feeling well enough to work, and it's making their money problems worse.
- Some people had to borrow money to get by, and they worry that their money problems will get even worse.

From what we heard, we have some ideas to help:

- We should support people to afford the things they need.
- We should listen to what people living in poverty have to say and learn from them.
- We must make sure everyone can get the help and services they need.
- People and communities should be at the centre of any support we give.



- We need to help people find work or move into better jobs.
- We should make places where people can be with others and feel less alone.
- We must make sure there are good homes available to rent or buy for people with less money.

This report is all about the stories of the people we spoke to. I want to thank them for sharing their experiences and ideas with us.

If you want to help, you can:

- Read the full report to understand more.
- Volunteer your time to support people in need.
- Listen to people who are in poverty and learn from them.

If you have money worries or are finding it difficult to manage you can visit the [Kirklees Cost of Living Website](#) to get help.

It's not easy to solve poverty, but by working together and listening to the experiences of others, we can make a difference. Thank you for reading this report.

You can [read our full Poverty Matters: Director of Public Health report by using this link.](#)