

Impact of the cost-of-living crisis on health and opportunity on the communities of Manor Farm, Bristol Estate and Whitehawk in East Brighton

LUCY MITCHELL, KEITH TURNER, LIZA BOWEN

RESEARCH FOCUS

Equal access to good healthcare, housing and education and support which allows individuals to reach their full potential is the mark of a civilized society. This study aims to explore the effects of the cost of living crisis on people living in the Manor Farm, Bristol Estate and Whitehawk areas of East Brighton. These are areas of deprivation, already experiencing health inequalities. When basic needs are not being met, what are the implications for future opportunities in life?

Our research questions were:

- 1. What are the local experiences of the cost-of-living crisis?**
- 2. How has the cost-of-living crisis affected health in these communities?**
- 3. What are the concerns for the future in these communities?**
- 4. What support in the local community has helped?**

RESEARCH METHODS

This research used both quantitative and qualitative methods. We circulated a survey in person to local community groups and via text message through Wellsbourne Healthcare CIC GP practice. The survey included free text responses, adding rich qualitative data. A focus group was conducted with four community members and thematic analysis used to identify patterns from the qualitative data.

FINDINGS

We received 211 completed surveys. Since the cost-of-living crisis 89% said they had been forced to change shopping and eating habits, 84% reported feeling more worried, and 76% said that it had affected their hopes for the future. Themes emerging from the qualitative work included deterioration of health and mental wellbeing, feelings of shame, and inability to realise short- and long-term aspirations.

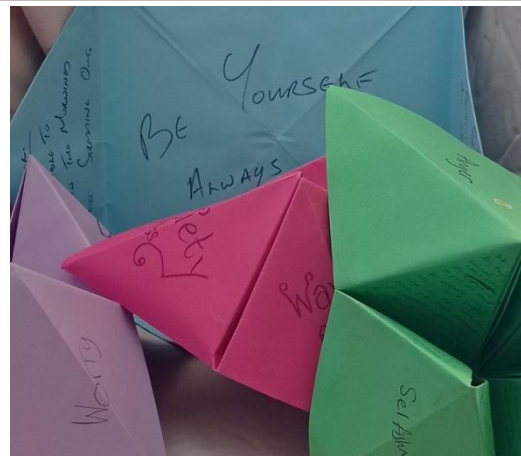
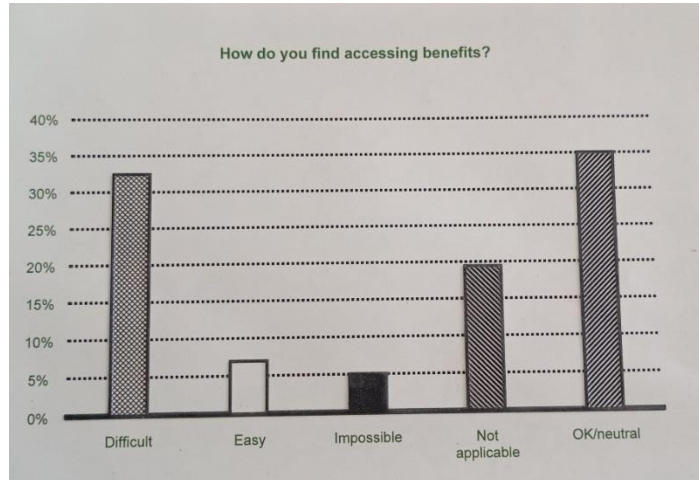
MULTISENSORY OUTPUTS

When presenting our results to stakeholders we have used multisensory ways of presenting the data. Some of these outputs used touch: tactile graphs, and weight (hessian bags were filled with an amount of rice proportional to the number of responses to a question option).

Another way in which we represented our findings was with sonification of results. This is where each response to a survey question is given a different tone, and responses are heard as a series of tones. We would love you to listen to some examples of this that are available here: [Wellsbourne Healthcare CIC - audio files | SCDC - We believe communities matter](#). We used sonification for 5 questions and from this created a composition that combines the different question outputs. The purpose of the composition is

not to be able to pinpoint specific individual data points, but as a piece to listen to in the context of the rest of our results and the more granular findings.

Photos (clockwise): Hessian bags using weight of rice to represent survey results; Tactile graph; Chatterboxes used by focus group participants; Keith and Lucy at research showcase event



RECOMMENDATIONS

- 1: Community activity needs to be properly funded, supported and invested in.
- 2: Systems of welfare services need to be designed around people.
- 3: We need a national conversation on Public Spending

CONCLUSION

We all want the best for our families, but those that have most resources receive the greatest opportunities to live a good and fulfilling life. Before the cost-of-living crisis, access to these basic needs were already limited for people of our and other underserved communities, and now due to the cost-of-living crisis people in these communities are not managing to maintain good mental and physical health, which means that the potential and aspirations of these individuals are being squandered. Where is the investment in the people of such communities which will assist them to prosper in life as those who prosper because of their superior availability to resources and support. This is an Injustice. The lack of fairness for all is an abomination and is not the mark of a Civilised Society.