



## **GUARANTEE OUR ESSENTIALS**

# Stories of **Hardship**

Hardship is too often hidden from view. To change the things that are leaving people without enough for the essentials, it's vital we hear each other's stories and perspectives.

**Thank you for participating in this discussion with compassion.**

- Use the prompts below to open the conversation and deepen your understanding.
- Only share information you feel comfortable being public.
- Be empathetic and listen to people's stories with an open heart.
- Keep all messages clean and politically independent.

### **Prompts**

- What difficulties have you noticed people face affording the essentials in your community? Do you have experience of this yourself?
- The basic rate of Universal Credit for a single adult is only £91 a week. Could you cover your essential costs with this amount?
- Our social security system is the biggest driving factor in pushing people towards hunger. Does this surprise you? If so, why?
- Have you got experience of the Universal Credit system? If so, how has it affected you?



## **GUARANTEE OUR ESSENTIALS**

# Stories of **Hope**

We can build a future where no one needs emergency food to get by. Let's come together as a community to imagine what that looks like by sharing messages of hope, with a focus on the positive impact a social security system that protects people from going without can have.

- Use the prompts below to open the conversation and deepen your understanding.
- Only share information you feel comfortable being public.
- Be empathetic and listen to people's stories with an open heart.
- Keep any messages clean and politically independent.

### **Prompts**

- If our social security system protected people from hardship, what positive impact would that have on your community? What opportunities would arise for our friends and neighbours?
- Envision a community where there was no need for food banks. What does it feel like?
- What keeps you going and provides you with hope that things can change?
- How can we work together to create a more just future?