



Cost of Living Survey Report

Nov 2023



Summary

In 2023, Healthwatch England launched a national survey looking at how the cost of living crisis had affected the general population.

We decided to share their survey locally to gather information on how local people's lives have been impacted by rising costs and low incomes.

93 people completed our comprehensive survey and shared their experiences.

66% of those who responded told us that in the past 6 months, their financial situation had got a little or a lot worse.

44% admitted reducing the amount of food they buy and eat and **16%** said they use a food bank.

A further 3% told us that they were anticipating having to use a food bank.

27% of people said they were having to buy less healthy foods than they would usually.

Feedback provided by people responding to the survey:

"I'm feeling depressed at times. I'm unable to travel to the mainland to see my family and they are not able to visit me as much due to the rising cost of travel. When they come to stay, I struggle to pay for food."

"I now use the ventnor community pantry every week. This helps a lot. I have cut down on having the heating on, frightened about the cost of keeping warm. I think twice now about the cost of things and can't remember the last new outfit I had. I just make do."

"I am a full time carer for 3 family members in their 80s. I have noticed a huge deterioration in my health and wellbeing recently - I have cut back everything I can and am now quite worried about the future. "

"I try not to listen to news. I am dipping into my savings hoping nothing breaks down. I will have to repair . Did work, but due to ill health I am no longer able to. Getting help us lots of forms and phone calls with delayed outcomes."

"I gave up work 5 years ago because of a long term illness, I have now had to return to work so we can pay our bills and mortgage this has had a very negative impact on my health condition."

"My health is deteriorating and I can't remember the last time I had a day when I felt 'just OK.' I have tried to boost my own health by taking a range of vitamins; but these can be expensive and I have been told by my GP that he is not allowed to prescribe vitamins."

For more information

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