Being Poor is Hard Work:
The Family 100 Research Project as an Advocacy Tool

Emily Garden

What stops people moving out of poverty?

Research team and City Mission
100 Client Participants
8 Practitioner Participants
Interviewed over 12 months

Key Themes

- Housing
- Service and agency engagement
- Finances (Debt)
- Health
- Food
- Justice
- Education
- (un)employment

Dealing with support services is complicated and confusing.
“The worse thing about having debt is when you really need something and you have bad credit you have to use the most expensive options such as the Mobile Trucks ... Debt causes Debt”.

(Helen)
"The project has given me a space to have my voice heard"