



HOLIDAY HUNGER

An estimated 8.4million people in the UK are living in households with insufficient food.

Employment is no guarantee that someone will never struggle to provide enough food for their family. One in four low income households in the UK are in a state of food insecurity, which means they are not able to access enough affordable and nutritious food.



4.5% of people in the UK said that, at least once, they went a full day without anything to eat.

Half of mums under 25 have had to skip meals to feed their children and a quarter used foodbanks.

Up to 3 million children risk going hungry during the school holidays, leaving them vulnerable to malnutrition.

Those at risk of hunger over the summer include more than 1 million children who receive free school meals during term time, and 2 million more with working parents who are still in poverty



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The positive impact on poorer children who attended free meal and fun projects during the holidays was stark, the report said.

Take Action

How can you tackle holiday hunger and address the need for healthy eating and exercise?

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. How is holiday hunger linked to local crime levels during the holidays?
2. If the root cause of holiday hunger is low income – what can you do to address this for parents?
3. Is this related to the need for breakfast clubs during term time?
4. How to make nutritious food accessible and affordable and to ensure increase income is spent on addressing holiday hunger?
5. How can you make your intervention sustainable – environmentally and economically?

CYBER-BULLYING

More than 16,000 young people are absent from school due to bullying.

In the UK, over **1.26 million** young people are subjected to extreme cyberbullying on a daily basis. This can include receiving threatening or aggressive texts, emails or instant messages. Cyberbullying can lead to psychological effects in victims, including depression, anxiety, low self-esteem and physical illness.



LGBTQ young people are **three times** more likely to be bullied than heterosexual young people.

Researchers say that bullying usually ends within **10 seconds** of an intervention by peers.

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Ditchthelabel.org, an international anti-bullying charity, estimates that **around 5.43 million young people in the UK have been the victims of cyberbullying.**

Almost half of all girls in the UK have experienced some form of harassment or abuse on social media,



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Countries that provide all children with secondary education cut their risk of war in half.

Take Action

A team at a university developed an app that scans photos, videos and social media to recognize signs of bullying. If detected, the app alerts the victim, their parents, school administrators and even the perpetrator, in effect providing total visibility to stop bullying in its tracks.

DISCUSS and DEVELOP YOUR PROJECT IDEA

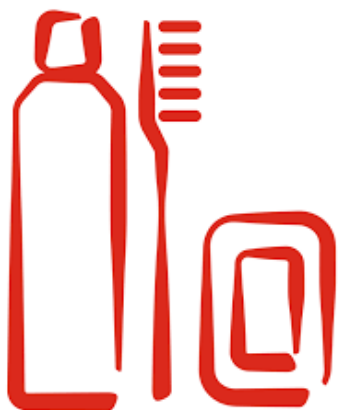
- 1.** How can you help raise awareness of the issue.
In the United Kingdom, Portsmouth-based student social enterprise [Rock Clothing](#) wants to change that. Headed by student Keiran O'Toole, Rock Clothing has organised an anti-bullying conference.
- 2.** How would your solution address the needs of parents and teachers?
- 3.** What can be done to ensure every child receives an education?
- 4.** What role can mentors and peer support provide to address the problems?

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HYGIENE POVERTY

One in four families surveyed have gone without toiletries because of financial difficulties.

Two-thirds of primary school teachers who responded (63%) said they see children turning up in dirty clothes; almost half (47%) have children who come to school without having cleaned their teeth, and eight in 10 said they have seen an increase in the numbers of pupils coming to school unwashed.



Surging demand for basics like shower gel, shampoo, and sanitary towels has been reported to HuffPost UK by organisations working to help those considered to be living in an emerging hygiene poverty.

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More than four in 10 parents (43%) said they have had to go without basic hygiene or cleaning products because they can't afford them.

Almost one in five (18%) admit their child wears the same underwear at least two days in a row.

The number one reason why under-10s visit A&E is dental hygiene-related.



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Child psychologists claim “Children’s self-esteem is greatly affected by the reaction of those around them – and if they are stigmatised, ridiculed or rejected by their peers because of poor basic hygiene, their sense of self-worth will quickly nose-dive.

Take Action

Schools are having to intervene to support struggling families who are having to choose between food or personal hygiene

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. How can what we know about Food Banks apply to Hygiene Banks?
2. How would you address the root-causes of this problem?
3. How would you collaborate with local schools?
4. How can you help people without creating more of a stigma and risk ridicule and bullying of beneficiaries?

NUMERACY & LITERACY

**Education is the first step to breaking the cycle of poverty.
Everyone has the right to an education.**

With access to education, children gain the skills and tools to empower themselves and their communities. Education provides the opportunity for children to learn, grow and become empowered to lead the life they want to live. When children are educated, they are armed with the courage and self-confidence to better themselves, and ultimately the next generation.



Twice as many boys aged 8 to 11 said they enjoy reading compared with boys aged 14 to 16.

1.7 million adults in England have literacy levels below those expected of an 11-year-old.

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If every child left primary school with the reading skills they need, the UK economy could see a **£32.1 billion boost by 2025.**

About 8 million working age adults have 'below-functional' numeracy skills and about 5 million have 'below-functional' literacy skills in England



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One in five 15-year-olds are not achieving baseline standards in reading, literacy and mathematics

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Countries that provide all children with secondary education cut their risk of war in half.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. Is this an issue for mature people as much as school children?
2. How much of the root-cause is related to other issues to be considered?
3. Do you feel a better society relies on literacy for all?
4. What role should employers play given many people with low levels of attainment are in employment?



SOCIAL ISOLATION

Lonely people are more likely to suffer from dementia, heart disease and depression.

For older adults — one in five of whom is affected by social isolation — the absence of a shoulder to lean on or a hand to hold, of someone to count on in times of stress and need, can be crushing. What's more, it can have alarming emotional and physical effects.



Along with its cousin, loneliness, isolation is associated with a higher risk of mortality in older adults. Higher blood pressure, increased susceptibility to the flu and other infectious diseases, greater risk of heart disease, earlier onset of dementia — all are linked to social isolation.

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Social isolation affects nearly 1 in 5 older adults.

It is claimed that the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.

Loneliness is worse for you than obesity.



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A study by The Co-op and the British Red Cross reveals over 9 million people in the UK across all adult ages – more than the population of London – are either always or often lonely.

Take Action

Research by Sense has shown that up to 50% of disabled people will be lonely on any given day.

DISCUSS and DEVELOP YOUR PROJECT IDEA

- 1.** What are the other issues related to social isolation and loneliness? Eg, reduced independent living.
- 2.** How would you reach lonely individuals??
- 3.** What can be done to help lonely people make meaningful connections with others?
- 4.** What role will technology play in providing a part of the solution?
- 5.** How could you involve older people to co-develop the solution or service?

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HOMELESSNESS

Every day 150 families in the UK become homeless. The number of rough-sleepers has increased by 132% since 2010.

Strict criteria must be met in order to gain homelessness assistance from a local authority. There is no single reason why people are homeless across the UK – many of fleeing abuse, have lost their job or have suffered a relationship breakdown.



77% of homeless people suffer from mental health.

1.7 million adults in England have literacy levels below those expected of an 11 -year-old.

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LGBTQ youth are at a greater risk of homelessness by a factor of 2.2

More than half of young people become homeless because of a relationship breakdown – usually with their parents.

It costs the taxpayer £26,000 a year for each homeless person.

1 NO POVERTY



3 GOOD HEALTH AND WELL-BEING



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Ending rough sleeping is an increasing policy priority across the UK.

Take Action

To end rough sleeping, solutions need to address both accommodation and support needs.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. How is the issue of homelessness related to health issues?
2. Are current services to support homeless people and rough-sleepers available on weekends?
3. How can you make your impact sustainable over time and not just a hand-out?
4. What role could employers play in being part of the solution?

HOUSEHOLD DEBT

Britain's household debt mountain has reached a new peak, with UK homes now owing an average of £15,385 to credit card firms, banks and other lenders, according to the TUC.

In 2017, British households spent on average £900 more than they earned and this money was predominantly borrowed. The amount of [debt in unsecured credit](#) – “such as credit cards and payday loans” – is at an all-time high of £205bn, said the Guardian. Figures show that almost 90% of consumer credit was held by those who had debt two years earlier. It now appears “renters” make up the largest proportion of credit debt balances.



We are living in a period in which saving is not an option for many; an ONS report says “back in the early 1990s, the average household had around £120 left over to save from every £1,000 of income (after taking out their spending and taxes). By contrast, in 2017 this had fallen by two-thirds to just £41, which is the lowest ever.”

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Over 1.1m households have savings under £1,000 and 4.3m households have no savings at all.

Over 2.9m renters are in rent arrears or struggling to pay their rents.

Over 6.2m UK households are financially vulnerable and 3.2m UK households are in financial difficulty now.



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Low-educated young adults are particularly likely to be struggling. They are both more likely to be in households that are in arrears and tend to have debts (e.g. hire purchase and mail order) that need to be repaid more quickly.

Take Action

To address this problem solutions need to do more than merely increase income.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. Is the provision of debt advice sufficient to those who need impartial advice?
2. What are the root causes of this problem that can be tackled practically with big Government interventions?
3. How can banks and financial organisations help more?
4. How much of the solution is behaviour change?

FUEL POVERTY

The [Hills Fuel Poverty Review](#) identifies that although connected to general poverty, fuel poverty should be considered a separate and important issue for a number of reasons including:

Britain has a high level of excess winter deaths compared to other countries with similar climates. If only a tenth of these are directly attributable to fuel poverty, this accounts for 2,700 deaths a year in England and Wales. Living in a cold home has detrimental effects on physical health and mental health, particularly respiratory and cardio vascular conditions. People living in cold homes are more likely to experience social isolation.



There is some association between cold homes and truancy, anti-social behaviour and negative effects on education attainment. People living in a property which is difficult to keep warm may have to face a hard choice between heating and eating. There is some evidence of reduced food spending during the coldest periods by pensioners on the lowest incomes.

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Households are now defined as fuel poor if they face high fuel costs (spending 10% or more of their income on fuel) and are on a low income.

Fuel poverty is now widely recognised in the UK as a distinct form of social inequality and injustice.

Estimates exceed 25,000 people who die from the cold in the UK every year. Most of widowers in social housing.



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Ending fuel poverty is an increasing policy priority across the UK.

Take Action

Currently more than 5 million households in the UK can't afford to keep adequately warm in winter, often as a result of poor insulation standards and inefficient heating in their homes.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. How is the issue of fuel poverty related to health issues?
2. Are current services to support the fuel poor accessible to all that need it?
3. How can you make your impact sustainable over time and not just a hand-out?
4. What role could family members /friends play in being part of the solution?

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DOMESTIC VIOLENCE

According to the Office of National Statistics (ONS) about 4.2% of men and 7.9 % of women suffer domestic abuse in the UK during 2018.

Domestic abuse is a largely hidden crime, occurring primarily at home. Women often don't report or disclose domestic abuse to the police and may under-report domestic abuse in surveys, particularly during any in person interviews. In addition, majority of the estimates around domestic violence ignore important knock-on effects such as how the violence creates fear and damages self esteem in other scenarios, or those who experience coercive controlling behaviour and the effects this has.

Metropolitan Police figures show a 95% increase in adolescent on parent violence between 2012-2016. National figures show similar rises. Whilst police argue this may be due to increased recording of incidents, it is becoming a recognised problem.



On average **100 calls per hour** are received by the police in England and Wales. Women who experience domestic violence are **twice** as likely to experience **depression**.

5.6% of women and **2.4%** of men experienced non-sexual partner abuse in the last year (2017/18).

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Domestic abuse costs society an estimated £66 billion a year in terms of costs to services, economic output, human and emotional costs.

The estimated cost for a single victim of domestic abuse is **£34,015 (1,946,000 estimated victims) (ONS 2017a)**

An estimated **2.0 million adults** aged 16 to 59 years experienced domestic abuse in the last year (**1.3 million women, 695,000 men**).



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Domestic violence undermines many aspects of life and is recognised as a priority policy area

Take Action

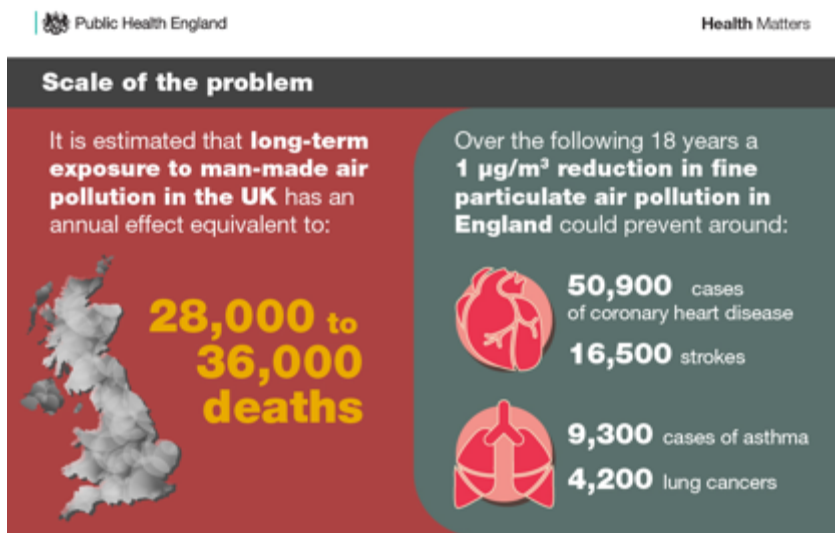
Solutions need to develop resilience and empower the notion whilst recognising the perpetrator also needs support.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. How would you address the root-cause(s) of this problem?
2. How can you help people without creating more of a risk for them in their current situation?
3. How can you help raise awareness of this issue?
4. How can you foster resilience in young people who witness violence between parents?

AIR POLLUTION

Air pollution is one of the major environmental determinants of health, and there is good evidence it has significant impact on, amongst other things, the incidence and severity of cardiovascular disease and lung health. It has both short and long-term health effects, and has a particular impact on children as they grow.



Evidence from the Government's Committee on the Medical Effects of Air Pollution (COMEAP) suggests that some **29,000 deaths** per year (4,000 in London alone) are brought forward by exposure to man-made particulate air pollution at current levels.

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Environment Audit Committee has estimated that total health costs as a result of air pollution range between **£8.5 - £20.2 billion** a year.

Department of Environment, Food & Rural Affairs (Defra) estimated that in 2012, poor air quality cost the economy **£2.7 billion** through productivity loss.



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Increase awareness and encourage people to reduce their personal carbon footprint

Take Action

Can companies be encouraged to be more environmentally friendly and pass this message onto their employees

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. How would you address the root-cause(s) of this problem?
2. What can be done to make people more aware of everyday causes?
3. How can you help reduce these everyday causes?
4. What role could employers play in being part of the solution?



ADOPTION and FOSTERING

On any one day in the UK: 83,000 children are in care away from the home of which nearly 80% (65,000 children) live with foster families.* Of those children seeking adoptive families, around one third (2,200 children) find them..**

Looked after children might be living with foster parents, living in a residential children's home or living in residential settings like schools or secure units. A child stops being looked after when they are adopted, return home, move in with another family member, become subject to a special guardianship or residence order, or when they turn 18. Local authorities in the UK are required to support children leaving care at 18 until they are at least 21. Children may enter care for all sorts of reasons. But many enter because they have been abused or neglected. These experiences can leave children with complex emotional and mental health needs, which can increase their vulnerability to abuse.*** This means that foster and adoptive parents need specialist skills to support these traumatised and troubled young people



Children in care tend to have poorer outcomes when compared to children in the general population:

Lower educational attainment, 41% of 19-year-old care leavers were not in education, employment or training (NEET) compared with 15% for all 19-year-olds. Children in care are also **more likely to experience mental and physical health issues**.

49% of young men under the age of 21 who have come into contact with the criminal justice system have been in care for a period of time

22% of female care leavers become teenage parents

Placing a child in a residential care home can cost up to £272,000 pa



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More effective support for young people in care is a priority, but is there too much focus on numbers and not on outcomes.

Take Action

Solutions need to be found to reduce the number of children taken into care, and to improve the outcomes of those in care and those leaving care.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. What are the root causes of children being taken into care?
2. How can outcomes for children in care be improved?
3. How can you help raise awareness of this issue?
4. What other stakeholders could be involved in a solution?

* <https://www.thefosteringnetwork.org.uk/advice-information/all-about-fostering/fostering-statistics>

** <https://corambaaf.org.uk/fostering-adoption/looked-after-children-adoption-fostering-statistics/statistics-england>

*** (Bazalgette, Rahilly, and Trevelyan, 2015; Luke et al, 2014).

Note that some statistics dates vary

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MEANINGFUL OCCUPATION

People with Profound Multiple Learning Difficulties (“PMLD”) struggle to enter the workforce. They need to be supported to understand what it is they might like to do that would suit their skill set. They also need help finding employers that would support them.

People with PMLD can only work limited hours otherwise their disability benefits are cut (these are fundamental to their health and wellbeing).

People with learning disabilities are less likely to be employed than people without. It is more difficult for people with learning disabilities to get a job, stay in work and make progress at work.



A number of barriers to work have been identified for those with learning difficulties:

- Negative attitudes or low expectations
- Skills and qualifications gap
- Lack of flexible, personalised employment programmes
- Unfair treatment
- Issues relating to access
- Many don't feel comfortable talking about their difficulties at work

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Approximately 1.5 million people in the UK have a learning disability

6% of adults with a learning disability are in paid work. Of this: 28% had a mild or moderate learning disability and 10% had a severe learning disability. 0% of people with PMLD were employed.*

5% of adults with a learning disability are in voluntary work



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Educating employers and building awareness as to the benefits of hiring and supporting people with PMLD in the workplace.

Take Action

There is very little guidance on how employers might better engage disabled employees through workplace learning provision.

DISCUSS and DEVELOP YOUR PROJECT IDEA

1. Are there any quick-win solutions that might help the situation? If so, what might they be?
2. How would you go about causing a systemic change in this area?
3. What does meaningful occupation look like for people with PMLD, what does 'good' look like?
4. Who is currently pushing this agenda and might be a useful partner?

* <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/employment>

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