



What we talk about at our
last meeting

Welcome



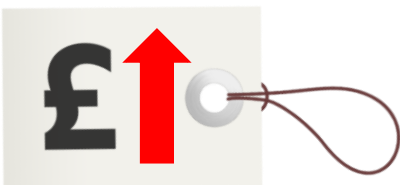
Hello and welcome



Katie Kennedy from the Digital Connections project joined us at Norton park to help those who wished to join the meeting on Zoom.



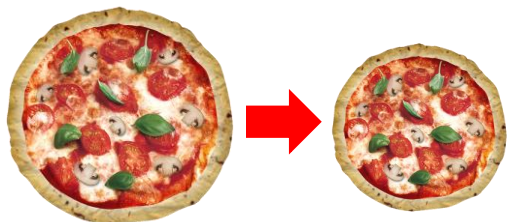
Pajh Hamilton from the Digital Connections project joined the Duke Street hub so they could join the meeting on Zoom.



At the meeting we talked about how everything is costing more and how this is affecting our lives.



One of the first places people have felt the price increases is when buying food.



Sometimes the amount of food you get in a pack has gone down. This means you have to pay more to get less.



Some people rely on convenience foods as it can be easier. Costs on these items keep going up.



It can be harder to afford a healthy and balanced diet. People felt their health could be affected.

Wellbeing



Wellbeing is as important as heating and electricity.



People's wellbeing has already been affected by Covid and the staffing crisis.



Winter can also affect wellbeing as bad weather and darker nights can make getting out and about harder.



People may also be worried about how they will afford Christmas and New Year



Thinking about all of these things can be overwhelming.



It can be hard to talk about money or ask for help.



People can react in different ways for example some may ignore bills or debts as they feel it is too stressful.



Parents and carers maybe worried about how they will pay for everything.



For some it can be hard to understand how money works and why you can't not do all the things you used to.



There are often long waiting lists for mental health services.

Staffing Crisis



Living the life you want can be hard when there are no staff to support you.



The rise in the cost of living may mean the government can't afford to do everything.



This could make getting better wages for social care staff even harder.



This is needed to help attract people to work in social care.

Your money



Budgeting your money can be hard. Having the right support is important.



For many it has not be possible to put money aside as there is no money left at the end of the month after paying bills etc

This means there is no extra money to pay for things over winter.



Finding the best prices for services like gas and electricity can be hard. Having the right support is important.



Getting support to check your benefits can be important for example

- to make sure you are getting the benefits you are due
- to get care charges reviewed as your costs have gone up.



The costs people were most worried about were

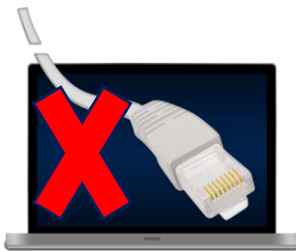
Food



Electricity



Heating



For some having internet access is a luxury they can not afford.



The Scottish Government need to

- offer more support and financial help
- look at the profits big energy company's are making



TAG can help by making sure that easy read information is available and easy to find.



Information can change quickly so getting updates is important.



Face to face advice sessions would be good for example pop up sessions in a variety of areas for example Duke Street or the AGM.



Citizen's advice are very busy and getting an appointment is not always easy.



Helpful information to have would include

If you can't afford your bills who can help and what are your legal rights for example can they cut off your gas and electricity?



How to make food go further and stay healthy.



When is the cheapest time to use electricity for example putting the washing machine on



Setting good routines that will help keep costs down for example only using the washing machine once you have a full load.



Knowing how to apply for grants for going on holiday.



Learning how digital devices can help and offer social connections. .



Looking and asking for all the different ways you can get help is really important.

Transport



Taxi prices have gone up due to fuel increases.

This can be hard for people who have to use taxi's for example



- due to a visual impairment
- parent or carer who's child can not use public transport

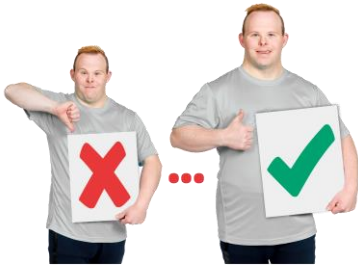


This can mean less trips out and more time at home. This can affect wellbeing.



Bus links are not great in everyone's area and there have been a lot of changes to routes.

Other business



The sound on Zoom was not so easy to hear at Norton Park.



The large screen at Norton Park worked well for seeing those who attended on Zoom.



Using the meeting owl at Duke Street meant that everyone could be seen easily on Zoom.



Duke Street does not have a large screen to see everyone on Zoom. It would be good to look into what can be done about this.



Thank you for coming to the meeting.