

E-portfolio

Contemporary challenges: making a difference (ECGE\$))^P/C)

Assessment_1

Ceri Donald

Blog 1; Heat or eat? Why is it a choice?

Blog 2: Heat or eat? What can be done?

Blog 3: Heat or eat? will it work?

Blog references.

Heat Or Eat? Why is this a choice?



Why do we have to choose between eating or keeping ourselves warm? In the 21st century this shouldn't even be a question that enters our head and yet it's a question on a lot of people's minds, those who are living in POVERTY.

I am not just talking about those unfortunate people who find themselves homeless with no fixed abode, poverty in this country is much worse than that. Whether you have a family or you're single either still living at home or going it alone times are Tough. Cost of living crisis, these 4 words have a heavy impact

I don't know about you guys but I was always led to believe that if you "work hard and save hard and good things will come your way"! HA where did that little nugget of wisdom come from because I certainly work hard, SAVING what's that? And as for good things coming my way there is only one of these and it's bedtime where I can try and switch the world off for at least 5 hours where I can forget about how I'm going to make enough meals to feed 3 people for a week and where the money is going to come from for gas, and do I have enough petrol to get to work until the alarm of doom wakes me up at 5a.m. mocking me by reminding me that it's 'Groundhog day' challenging me to do better.

Are my expectations too high? Should I expect to be supported by my country to help feed my family? Should my wage be enough to cover the cost of living? If so it doesn't! The truth is without help I would drown. According to Vaughan Gething Wales' economy minister it's going to get worse. We are already at a higher number than the rest of the country with 1 in 4 of us living in poverty.

I live on the help I receive because my wages don't cover essentials like food and petrol, my wage covers my rent and household bills and not much else. I am a single parent with 2 children. My daughter is 16 and severely socially anxious and can't leave the 'safe space' of the house. She is currently on the waiting list to see the neuro team about her suspected autism, but the list is still a 3 year wait. For her my 'help' has stopped, because of her age she is considered old enough to get a job despite the fact she can't leave the house. My son who is 12 and hates school. The transition to high school opened a whole new experience of peer pressure, having to wear certain trainers and jackets to not be picked on I can't afford those things. This isn't just me, so

many families are struggling. We are living in poverty, unable to provide the basic needs for ourselves and families. Eat or Heat is now becoming the norm.

Blog 2

Heat or Eat? What can be done?

Hey guys welcome back to my blog! Whilst you have been away I have been looking into some facts surrounding poverty in Wales, in this quote from Dave Innes at JRF (Joseph Rowntree Foundation) we can see just how poverty has risen in such a short space of time:

- “This rises to 54% for single adult households, and around a quarter for single parents and couples without children. Dave Innes, Head of Economics at JRF, said: "Wales has a higher number of people in poverty than the rest of the country. Nearly a quarter of people in Wales are in poverty.”
-



I don't know about you guys but that scares me. Bearing that in mind what can be done to change this for Wales? There are lot's that the Government can do with the brains they have between them and I believe education is the Key.





We have all seen those eager little ones willing to please (not so much as they get older though!) so make a change in how we educate our children, they are our future after all. By changing how children see the world and what can happen we can make them more resilient to poverty.



How can we do this I hear you ask? Well when we are young we retain more information so plant the seeds of life success with the encouragement of things that they can take control of and change. Persuade them they need to make things happen to make living in their future fun and successful.

We need to encourage them to think critically and challenging those assumptions:

Poverty means not having a home to live in.

Poverty means you're lazy and you don't want to work.

It's your own fault you haven't got a nice car you didn't work hard at school.

We know that's not true so by re-educating the facts in a way children can understand will go a long way to instilling pride to give themselves the power to change things for their future.

Encourage care with possessions: looking after the things you have and caring about their worth lessens the need for spending on more.

Money management, instill the value of money and how to look for better/cheaper options. With less emphasis on the myth the 'more expensive an item is, the better it is' and more about is it worth the money.

Upscaling: creating new items from old. Create hype on social media making your upscale clothes trendier than the 'latest' new brand.

Uniform exchange: Parents bring in outgrown or not worn uniform into school and they can exchange for next size up etc.

Raise money for sustainable gardens, teaching them to not only grow their own produce but have a hand in buying the equipment and then selling the produce.

Obviously, these are just small snippets of what can be done through educating our young.

Next blog we'll discuss the pro's and cons! BFN :)

Heat or eat? Will it work?

Hey, welcome back! We hit some topics in the last blog which I'm sure left you asking yourselves will that work? I think it will but obviously that's just my opinion! So, let's investigate this thought of mine!!



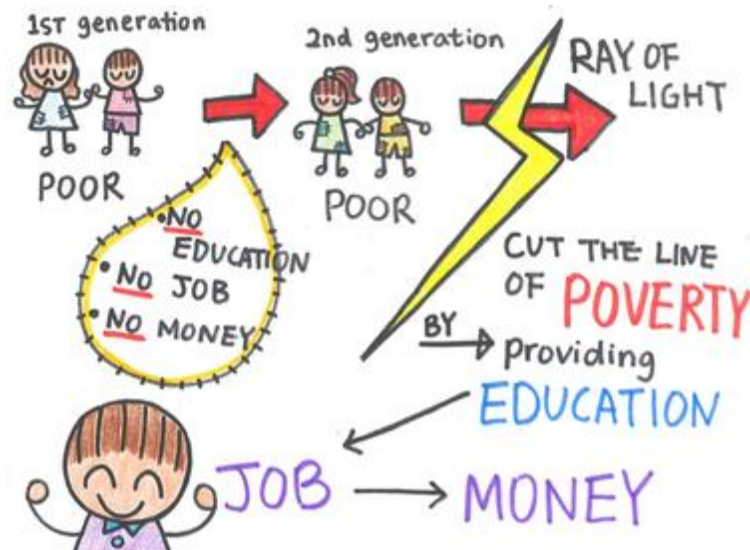
Obviously, the key to any good plan is understanding the problem, which in our case is how to stop poverty. The solution of re-educating may seem like a small one, but I do think we are products of our learning, i.e. you put your finger into the fire, it's going to hurt so you're not likely to do it again in a hurry!

The same can be said for teaching our young diverse ways of doing things and making those ways the 'norm.' For example, the Uniform exchange, a great idea. As a parent the number of times I have rushed out at the end of July to grab that uniform before it all sells out, only to find by September the trousers are so short they're waiting for floods and the shirts are now too short to even tuck in to the trousers and are starting a new trend of being slightly cropped.....not a good look or should I say not a look the school allows. So, it's to the uniform exchange I go with 3 brand new, still labelled pairs of trousers! By making this a 'normal' way of doing things from an

early age parents save money and children don't scoff at wearing secondhand clothes and parents who need this can embrace the idea.

Creating allotments in schools for the children to grow and sell their produce through their School Fruit and Veg Shop. This not only teaches them to become self-sufficient and learn new skills, the entire process from buying materials to building the boxes to managing the growth to learning about the produce gestation times and every other minute detail that goes into the production and sales of these items can set them up a skill for life, using them in other areas to assess the value of money. The same can be done with the clothes upscaling I mentioned, explaining the problem listening to the children about their ideas and giving them ownership. The teachers may need re-educating not only in new ways to teach children to become self-sufficient but also how to effectively manage and solve disagreements!

I hear you, all this costs money, which is part of our problem but by fundraising, involving the children in every step from problem to ideas to the actual events will create a real buzz and bring that sense of pride I was talking about in my earlier blog. Pride is infectious and will gain a following and a from 1 generation to the next we can. teach each other ways to live with the means we have comfortably by rethinking the value of money. In time the need for that shiny new bag will be history along with poverty!



References

Blog 1

ITV News. (2022). *Why Wales is set to suffer the most in the 'cost of living crisis'*. [online] Available at: <https://www.itv.com/news/wales/2022-01-18/why-wales-is-set-to-suffer-the-most-in-the-cost-of-living-crisis>.

Blog 2

ITV News. (2022). *Why Wales is set to suffer the most in the 'cost of living crisis'*. [online] Available at: <https://www.itv.com/news/wales/2022-01-18/why-wales-is-set-to-suffer-the-most-in-the-cost-of-living-crisis>.

