**Appendix 1**

Question 1: What type of financial support do parents need during the cost of living crisis?

**The main issues which arose were,**

* The need for vouchers
* Help with energy bills
* Budgeting advice

Below are all the parents’ comments generated by question 1 during 9 sessions and 64 parents

Food (19)

* **Food vouchers**
* Food voucher from charity
* Food Vouchers
* Marcus Rashford food vouchers do I get help with food or food vouchers.
* More accessible food vouchers
* Vouchers for essential items
* Vouchers
* If you're not receiving benefits how do I get help with food or food vouchers
* Healthy start vouchers
* More Healthy Start Vouchers for mums
* Healthy start vouchers up to 16
* **Free school meals** in primary and secondary schools
* Free school meals for secondary schools
* Free school meals
* Food x2
* **Food banks x3**
* To help me buy healthy organic food from time to time
* Help with food projects
* Forward planning food money

Fuel/energy (16)

* Help with energy bills
* **Energy bills r**educed
* Help with gas and electricity
* Fuel bills
* Energy
* More financial assistance with rent and water
* Extra payments help
* More help with gas and electricity costs
* Free repairs i.e. electronics
* Support/campaign for parents with (over charged) energy fuel cards
* £66 fuel payment throughout the year
* Bills - gas electricity
* **Help with bills x3**
* Help with bills
* Support with bills
* Hold fuel and supermarket companies accountable for greed and wealth transfer.

Budgeting (24)

* Budgeting workshops x 2
* Budgeting courses with housing or housing association
* **Budgeting advice**
* Advice with budgeting money
* Advice on budgeting
* Advice with budgeting money
* Advice with budgeting money
* Budget
* Help with budgeting
* Budgeting tools
* Budgeting: Money matters
* Budgeting financial advice
* How to budget days. The parent House and community centres
* Money off schemes
* Grants
* **Where to go for grants**
* More grants
* crisis loans
* Discounts
* Access to/knowledge of hardship funding
* Money saving tips
* Help with debt
* Hold on debt
* Knowledge about credit cards that potentially help people with bad debt

Children (20)

* Children and adults clothing
* grants for clothing for children/adults with health issues
* Children's clothing
* Clothing
* **help with clothing**
* Affordable shoes and clothes
* **Free activities** for children
* Information on children's activities
* Free activities for children
* **School uniforms** are too expensive
* School trips should be cheaper and have fundraising day
* I need help with paying for PGL trips (week away) with school
* Financial support to help with kids in the holidays
* **School trips s**top being subsidised
* Grant found will help support parent
* Family fund grant for people with special needs
* Free wifi for families on benefits
* Day trips
* Childcare
* Help with access to school enrichment classes

Other (14)

* Housing
* Rehousing support
* Housing - lack of space for SEN families -
* more housing advice groups
* Broadband internet service
* Money
* Training
* language courses
* better income
* pay too much rent
* Lower taxes: increase £12,000 tax free
* RSS needs to help more frequently than once a year
* Information about support services
* Charities.

Employment advice (8)

* Job centre
* Information regarding equipment, playing games
* Grants
* Money
* Assistance with getting jobs
* Up the living wage and make poverty a thing of the past
* Job Centre change. Extra money for rent benefits not enough
* If you are on benefits its hard to find a job.

**Appendix 2**

Question 2: What advice would you give to other parents to support their children through the financial Cost of Living crisis?

We used a drawing of lips to seek people’s advice

**The main advice given in response to question 2 was,**

* **Sell old items**
* **More home cooking**
* **Go to free activities**
* **Ask for help**
* **Be honest**

Below are all the parents’ comments generated by question 2 during 9 sessions with 64 parents

Information about what to do (29)

1. Vinted and ebay
2. **Selling old stuff** vintage ebay
3. My daughter sold on vinted sold my clothes too making money
4. I used ‘Vinted’ to sell unwanted things
5. **use vintage to sell unwanted items** and use money for other item
6. Buy clothes from charity shops
7. Use H&M drop used clothes to their shop. They give a £5 voucher
8. Free clothes for children through Merry-go-round
9. Speak to the council about help with school uniforms
10. **Go to charity shops** instead of buying new
11. Accept second hand toys
12. Selling used items car boot
13. Exchange items with other parents
14. Upcycle
15. Trying to sell stuff
16. **Go to new free places for days out**
17. After hours shopping is cheaper
18. **Use apps like 'too good to go'**
19. Recycling bags from the library
20. Money jar
21. Contact cost of living information department
22. sign up to Bright start newsletter
23. **Contact family information** service for referrals and sign posting
24. look on website for free activities and resources
25. **Switch from direct debit to a meter for gas and electricity**
26. Using TV channel links on how to support children through COL
27. Gov DWP link to assess for benefits to support children with COL
28. Find out information
29. It's difficult but be open … get more information.

Food ideas (16)

* Teach young people the values of fresh food instead of ready meals
* more homemade food
* involve children with cooking
* Have a picnic and not eat out
* try to do **more home cooking** and drinks
* Grow your own food
* Food planning
* food Bank
* **Food to go app**
* To Food to Go App for cheap food
* Buy only what you need or bulk
* **Bags of taste**
* go to supermarket for their discounted food
* Food to Go' on line
* low cost food from You Tube
* Tell my kid to eat her food

Advice (16)

1. Teach children to appreciate what they have and enjoy
2. **Family bonding activities for free** in the park
3. If you need to pay for soft play or playground do yearly membership. Cheaper
4. **Go to parks** for free not expensive days out
5. Back to basics essential living
6. **Be creative** with what you've have
7. charity run/walk fundraise for community. Charity jars
8. give children skills
9. **Multi-buy with friends** (share the cost:half the cost)
10. Go and sell items at carboot sale
11. Stop buying unnecessary things
12. Do extra job/hours
13. Cut down on day trips and restaurants
14. attend open days,
15. Check Islington website for holiday activities
16. Freebees from Solace children's toys

Ask for Help (16)

* Contact TPH, your school etc (ASK FOR HELP)
* Go to TPH for support
* **Find more help**
* don’t be afraid to ask for help
* **Ask for help**
* Reach out
* Ask for help
* Don't be proud to ask for help
* Ask for help
* Speak to parent house 1:1
* Go to **Parent House** and talk about the issue
* Go to Parent House 121 service to help with signposting
* Ask school for support
* Speak to the local councillor
* Join the Parent House
* Approach children's services

Honesty (9)

* Be supportive **and honest**
* **explain** (to children) that things have got more expensive
* I explain to my kids that it's not money that's important, but family and love. I encourage that positive attitude to others
* Talk honestly
* Be honest with your children
* Don't stress children
* Listen without judgement to children's worries and hopes
* Not to stress children
* Be truthful according to age and understanding

Miscellaneous (5)

* people like to give to a good cause
* Some people not eligible to get financial support
* Good communication
* Social tariffs
* Learn to save

Budgeting (4)

* **Talk about budgeting with children**
* Teach budgeting
* Talk about money problems and budgeting
* Stick to budget

Look after yourself (4)

* **Look after yourself,** so you can look after your children
* Stay strong don't over think
* Throwing parties with emotional support
* Exercise

**Appendix 3a**

Question 3: What services including schools have you accessed to help with Cost of Living? (house positive)

We used a house design for this question, there were opportunities to put positive, negative and suggestion comments on the house using post it notes. It is called an H plan.

**Positive responses: these were the organisations that parents said were most helpful in the COL crisis (a)**

**Top answers –**

* **Schools**
* **Charities**
* **Council services**

Below are all the parents’ comments generated by question 3 (positive responses) during 9 sessions with 64 parents

School (16)

* School
* Free clothes (jacket) from school in winter
* Free pre used school uniform
* School have sent info to parents e.g about foodboxes and where to access info
* St Lukes School: Accommodating, interested and caring
* From school: Chrome Book
* Hugh Myddleton COL day
* Hugh Myddleton COL day
* Free school lunch
* Lots of practical help from school when council couldn't help
* Food bank at Hornsey Lane Nursery School
* School gives out free food vouchers for half term and holidays
* Free school meals
* School free fruit
* School cheap second hand uniform
* Schools

Charities (12)

* **The Parent House** x 6 good support
* Parent House has lots of advice and help
* Age UK x4
* Age UK open days COL
* Food banks x 3
* **Merry-go- round** (children's pre-loved clothes; Free) x 2
* St Luke Community Centre information and form filling service x2
* The Pantry (food co-operative; bag of shopping worth £20 for £3.50)
* Shine energy project
* Islington Mind
* Centre 404 parents meeting (Coffee mornings trips)
* Citizens Advice good support

Others (8)

* Food co-op x 2
* Islington Mum's group may have useful information
* promotional email events
* ZSL? 2SL? £3 tickets
* Vinted second hand shopping
* environmental positives
* DHB? RSS
* One DLA payment £150

Council services. (7)

* Islington Councils
* Council tax Islington
* Islington Council: Lots of information
* Bright Start newsletter
* Children's Centres (Sure Start) have been a wonderful resource to access help, advice and support with all sorts of difficulty.
* Send children's services
* Islington council

Financial advice (4)

* Universal Credit gives some towards school and child
* Credit Union x 2
* Money Matters Grants
* Money management

On line (2)

* There's always info through Islington.gov.uk
* Islington Mum's WhatsApp send out loads of info

**Appendix 3b**

**Question 3b**: What services including schools have you accessed to help with Cost of Living? (house) negative.

**Negative responses:** these were the organisations that parents said were most unhelpful in the COL crisis

**Top answers**

* **Schools**
* **Parents were given no information**
* **A mix of organisations**

Below are all the parents’ comments generated by question 3b (negative responses) during 9 sessions with 64 parents

Schools (12)

* Schools don't help
* **no free school meals for secondary children**
* Schools : No info relayed
* There is **no information from schools** on how to access such services
* Schools: Staff didn't have much knowledge even though things were advertised through school Bulletin
* **No middle ground for information for secondary schools**
* **Not enough SEN services** for children during the school holidays
* Hugh Myddleton postponed the COL fair because of strikes
* St Peter and ST Paul Catholic school lack of support. I had to move my child to a new school
* School dinner not healthy
* **Nothing free not even after school club**
* Not all sizes available for free school uniform.

No information (9)

* I had no information at all
* I had no idea
* **I need to know more about where to get help and information** regarding living costs
* We don't know where to go to get help
* I haven't seen anything to get help
* Not enough info available
* **I have not had any info**
* NOBODY HELPS
* Difficult to get hold of people who want to help

A mix of organisations (8)

* I asked my GP for help with my mental health decline due to my standard of living being increasingly difficult. I didn't get help
* Age UK: did not get the support I needed. They let me down
* Islington Council not supporting
* Housing not very helpful with energy sign posting
* People not going to food banks because of stigma
* Energy support (I was given 150 by the council but never received it by my energy provider (E.on)
* Housing benefit not helpful
* No useful services it's confusing and always changing

Miscellaneous comments (12)

* **Feeling depressed**
* I want to get a council house but don't know how
* help with uniform
* Washing clothes with hands
* **No money to buy fridge, cooker**
* **Cost of food**
* No money to eat
* Not enough support regarding home learning
* **More help with electricity and gas**
* **Cost of food and activities high**
* No. Not enough
* Electronics i.e ipads/ computers.

**Appendix 3c**

**Question 3c:** What services including schools have you accessed to help with the Cost of Living? (house) suggestions –

**Suggestions:** these suggestions were made for other parents and also to service providers

**Top Answers**

* **more services through schools**
* **Signpost information and activities available**
* **Get support from other parents, friends and family.**
* **More information needed about grants**

Below are all the parents’ suggestions generated by question 3a during 9 sessions with 64 parents

Suggestions (14)

* To have an active PTA in all schools
* **For schools to link with more services who help**
* **I suggest to put on workshops through schools**. Where volunteers would come in and educate the children
* Free second hand uniform from school x2
* Teachers to eat healthy
* **Council should have a cost of living department** to support low income families
* **Having a liaison support worker to help each ward**
* more information on how to travel
* Try and be clear about what you want
* Don't just email. Keep calling. Don't give up. Follow up with email
* Accessible tangible things
* Go to parent house for information and signposting facilities.
* Parent House everything
* Go to charities like Parent House. They are very helpful

Information and activities available (11)

* **Adventure playgrounds** are free
* **The British Library** runs activities for children
* **Cook for good** for topping up shopping weekly and is a support group
* **Bags of Taste** introduced to community/parent groups
* Put more information on to google
* for staff to inform themselves so they can signpost effectively
* Free activities
* We need more activities for children such as, football club, Karate, physical activities
* Community groups meals out
* Community groups Day trips and exercises
* Workshops for parents Islington Council

Support (6)

* Get all the support you can don't be proud
* **Speak to other parents** as they may have similar experiences
* Someone to ask one’s overall situation and suggest different help
* **Friends and family**
* No support
* Cook and eat together nobody feels different

Finance (6)

* **grants for clothing**
* more money from government
* More funds like vouchers for shopping.
* someone to take responsibility for price increase and lower the cost back down
* I earn 'too much' to access healthy food vouchers
* **I think lack of information about funding**

SEND (2)

* Provide more SEN services for playscheme. Happy children happy adults
* More holiday activities. SEND friendly

Other comments (2)

* Healthy Start gave me the wrong information
* There is no positive

**Appendix 4a**

**Question 4a:** How does the Cost of Living affect the health and wellbeing of families? (Rose) positive

We used a drawing of a rose and asked for positive answers to be put on the petals of the flower, negative on the thorns and suggestions on the ground of the drawing.

**Positive:** These were the positive outcomes of the COL crisis that parents named. It is important to mention that several parents said there were no positives.

**Top answers**

* **Quality time together**
* **Creative cooking**
* **Thinking about budgeting**
* **Gaining more knowledge of free activities.**

Below are all the parents’ comments generated by question 4a during 9 sessions with 64 parents

Quality time together (14)

* Bringing families closer
* Makes families work together
* spending more time together
* Family time together brought us closer
* Family gathering having good time support
* Quality time with family
* Socialising and spending family time getting creative upcycling
* More family time at home (good and bad!).
* spending quality time with family
* Can cause you to be closer ie family member or friend helping you
* bring community together
* Ability to turn to community for help
* Supportive neighbouring
* Community coming together

Food (9)

* Cooking more healthy food
* learning to cook different cuisines
* try to waste less
* cooking cheaper meals
* Healthier diet
* homemade drinks
* Got more creative with activities and food
* batch cooking. Finding better and cheaper ways to make food
* Less spending on treats that aren’t healthy e.g. alcohol

Budgeting (7)

* Gets you to think about money in a different way. Less wasteful with money
* Teaching our children breakdown of costs
* Sharing info with children
* Open conversations about money
* Practical budgeting skills
* May cause you to budget and make savings you never thought of
* Walk more to save bus fare.

Doing free activities. (6)

* Better knowledge of free services available
* doing free stuff. Doing less but spending more quality time
* Gets us to think about what really matters in life such as spending free quality time in nature
* Quality time doing things that don't cost much if anything
* Organised trips by centre 404. Kew gardens
* Age UK open days COL

Exercise (5)

* more outdoor experience. Walking
* Lots of nice parks and free events. Family time
* Free exercises walking in the park
* Environmental benefits
* relaxation

Other comments (2)

* Helps us to realise we don't need everything
* We got a place to live.

**Appendix 4b**

**Question 4b:** How does the Cost of Living affect the health and wellbeing of families? (Rose) negative

**Negative responses:** these were the negative outcomes of the COL crisis that parents named

**Top Issues**

* **Stress**

including depression, anxiety, panic and feelings of isolation

* **Financial problems**

unable to pay utility bills and dental costs, fearing homelessness

* **Food issues**

lack of food and lack of healthy food, women skipping meals

* **Less things are possible**

less activities for children

Below are all the parents’ comments generated by question 4b during 9 sessions with 64 parents

Low mental wellbeing - stress (23)

* Families feel depressed hopeless
* Stress and anxiety about food
* Stress
* Stress about money means less happiness at home
* Stress and mental health
* Depression, stress
* Stressed
* Can cause or increase stress & depression
* Stress, health and wellbeing
* I am always stressed
* Cause stress and anxiety
* Stress and anxiety
* Stress on parents
* Stress and anxiety tomorrow
* Anxiety
* Mental health. AT ALL TIME LOW. MORE WELLBEING
* Mental health x 3
* Low mood, negative thoughts, fearful of what will happen tomorrow
* Feeling ashamed
* Having a dark outlook on life, that things will not get better. Feeling isolated. Emotions of anxiety and confusing panic. Over spending any money
* If you have no money to support your family you might have depression
* People relying more on people but puts pressure on that person
* It adds extreme pressure on parents

Financial problems (17)

* Financial stress causing family arguments
* can't afford to pay bills having to cut back
* Dietary needs, gas and electric always on the edge
* Cannot spend, cannot eat outside
* Afraid of losing my home because of high rent costs. Not keeping up with affording utility bills. Having to choose between food, rent and other bills
* Dentist treatment costs
* People feel isolated with their problems including financially
* Struggling with utility bills
* not meeting family needs, clothing, bills,
* Compromise on beauty products like skin care
* Using savings more
* Can't save
* People don't want to buy. I'm selling stuff for money
* They're quick to increase prices but not to increase wages or benefits
* Everything's getting expensive. It's hard to get things
* Need money to live
* Everything expensive so living without

Food (12)

* Buying cheaper food and drinks not always healthy
* missing meals
* Choosing to eat or heat the house
* hunger
* I used to buy organic food but now expensive. I buy cheaper stuff
* junk food
* Expensive healthy eating
* Poor food options
* Everything more expensive has changed how I cook
* poor diet, health
* Healthy food is expensive
* higher food prices

Less things possible (8)

* kids still wanting stuff and not understanding
* Can't do much with the family
* not having much choice
* not being able to do things we used to do
* More awkward conversation about spending on 'nice to haves'
* Buying what they can't afford
* Lots of children struggle if no money
* More family time at home (good and bad!)

Other comments (8)

* NHS waiting times
* Dentist and doctor. Access delays.
* We just moved from our country and we have no support
* Get out of the house. Nowhere to go
* Parents are rushed back to work not good for families
* Local services closed down
* Health issues
* Being less active.

**Appendix 4c**

**Question 4c: How does the Cost of Living affect the health and wellbeing of families? (Rose) suggestions**

**Suggestions:** these suggestions were made for other parents and also to service providers

**Top suggestions**

* **Ideas about cooking food**
* **Exercise and free activities**
* **Teach children about budgeting**
* **Access support**

Below are all the parents’ suggestions generated by question 4c during 9 sessions with 64 parents

Food (7)

* Cooking on a budget not ‘ready’ meals
* Change the language about food. Pizza and chips are too accessible. Buy flour and create dishes
* Stop saying you are poor and buying junk food. Healthy food is not expensive
* Home - made cooked food
* Look on the internet for recipes. Make your own dishes with healthy food
* Food vouchers available throughout the holidays
* Make food swaps for cheaper food.

Support (6)

* access support groups,
* talk to others
* Support families with information and bills
* Dr should be able to refer for mental health immediately
* Free exercise prescription
* Find out what services are out there for support

Free activities (5)

* Be creative with days out; Eg picnics in the park
* Free events
* Go to the park
* Swap shop bring and swap
* Go to places free to visit

Budgeting (5)

* Teach children how to budget
* speak to children when going shopping
* Be open about money with children in the house
* Teach them how to manage money
* The government should help with money.

Courses/meetings and workshops (3)

* Hold regular meeting where women mum's can share our experiences and share tips.
* More courses/groups that help with dealing with difficult situations at home
* More support for children's mental health

Other comments (7)

* Go to TPH for support
* Pay no bills F\*ck the system
* None 😟
* Get a dog
* Every morning kick yourself up the arse and be positive
* Make sure to help your community when you can, even if it means volunteering
* Don't say No. Explain and end with positive

**Appendix 5**

**Question 5:** How can the Parent House support you? (bottles).

We had 2 bottle drawings - one was for help from the Parent House and the other was help from other organisations.

**Top answers**

* **Help to get a job**
* **Advice and Support**
* **Training and workshops**
* **Wellbeing support**
* **More SEND services**
* **Budgeting and Food support**

**Help to get a job (18)**

* Courses that lead you to work
* Interview support (job)
* **CV** workshops
* CV Support
* Help with **interview techniques** and clothes
* Interview practice
* Help with **getting a job**
* How to do job applications
* **Lead to job opportunities**
* Careers advice
* employment support for higher wages
* Finding part time work
* **Training leading to employment**
* Accredited training
* training that has transferable skills
* Employment: More schemes for going back to work for parents
* Employability
* 1:1 support employment.

**Advice and support (14)**

* Creche
* Childcare support
* Courses that come with childcare
* Childcare services FIS
* hardship funds
* Catalyst fund
* more grants
* Islington Council: To offer vouchers or grants to parents
* one to 0ne
* 1:1 support
* let people save money without affecting benefits.
* Parenting support group
* Domestic Abuse group
* Parent support group

**Training and workshops (13)**

* Mentor training
* Mentoring
* Variety of workshops
* Training workshops
* Training workshops with free travel oyster card
* presentation skills
* Gave me presentation skills
* Accredited training
* Learning new skills
* getting parents to spread the word about Parent House services
* Peer led groups
* Free activities for children
* Activities for children

**Wellbeing** **support** **(12)**

* Wellbeing Workshops
* Wellbeing support
* Wellbeing
* creative wellbeing sessions. Therapeutic stress relief
* Courses around relationships with children and family
* mental health training
* Exercise class helps with mental health
* 1:1 support for parents with mental health drugs & alcohol
* anxiety workshop
* Drugs & alcohol support
* depression
* Mental health.

**SEND (11)**

* SEND child care support
* Playground for special needs
* SEN one gate for playground. Difficult for parents
* Increase short breaks
* Prioritise rehousing for SEND families
* other services: good quality childcare that's affordable and meets needs of SEND children
* Different time slots for SEND services
* SEN children
* Open SEND friends once a month to all parents
* Train members of the public more about hidden disability
* More SEND services. Activities

**Budgeting (7)**

* Budgeting support workshops
* Budgeting
* Budget advice
* budgeting course
* Workshops to help children understand managing money
* Support with planning finance
* Financial support

**Food/Clothes (7)**

* Food boxes
* food bank referrals
* Schools Open foodbanks for parents
* Foodbank vouchers
* Children's clothes referral
* Merry go round
* ‘I Work’ ‘Dress for Success’

**GP (5)**

* Get GP appointment
* GP: Get more GP appointment
* GP: less waiting time for children
* GP: referrals need to improve
* GP: Trying to get appointments, speed appointments.

**Other comments (3)**

* More government funding to access treatments/physio
* Housing I need help
* More coffee mornings