



Help us document and change everyday realities for families on a low income

ARE YOU?

- a parent/carer with a child at home under the age of 19?
- living in Scotland?
- on a low income?

If you answer yes to all these questions,
then we'd love to hear from **you**.

changingrealities.org



CHANGING REALITIES is a project documenting life on a low income. It's about sharing what life is really like for families like yours everyday. And it's about trying to **change and improve** these lives for the future.

"...with Changing Realities I hope that we continue to strive for reforms with the end goal of a fairer benefit system and a huge cut in poverty."

– **KIM**

GETTING INVOLVED in Changing Realities can mean doing as little or as much as you like. You can complete online diaries, take part in online discussion groups, or attend workshops to try out new things and learn new skills. We provide gift vouchers as a thank-you for taking part.

"Being part of Changing Realities for the last few years has given me something to look forward to which is just for me. I would love to see other parents from Scotland get involved, and be part of making change happen."

NATALIE – Changing Realities participant in Scotland

Find out more and get involved:
changingrealities.org/get-involved

Any questions?
changing-realities-project@york.ac.uk

or call/text Uisce
07552 285 828

You can also scan this code with your phone to get started



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