

giving poverty a voice

newsletter

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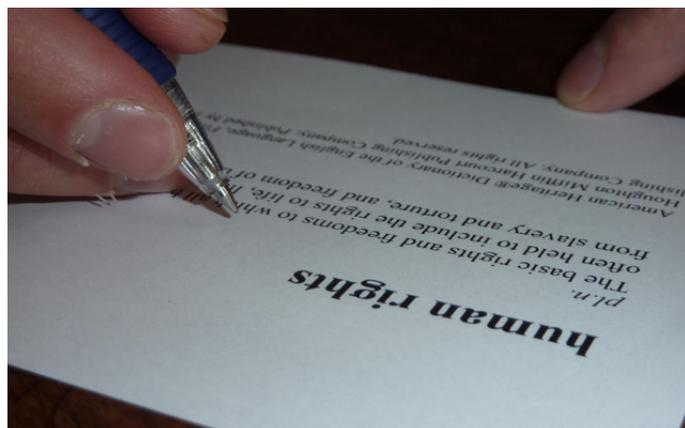
Welcome!

Welcome to the fifth *Giving Poverty a Voice* newsletter. This newsletter aims to keep members of the project and others updated with what is going on. We hope you'll find it interesting and informative.

What's the project about?

Giving Poverty a Voice is a project that aims to support people to get involved in their communities and have their say on decisions that affect their lives by organising:

- discussion groups on issues that affect people who live in poverty
- training on these issues, as well as training on participation skills
- workshops on opportunities that already exist to participate
- support to overcome barriers which prevent people from participating
- opportunities for people who have a direct experience of poverty to be heard



What's next?

We have important dates for your diary:

08 September 2015, 10:30 - 14:30 at 48 Addington Square, SE5 7LB. We will look at the future direction of *Giving Poverty a Voice*.

07 October 2015, 10:30 - 14:30 at 48 Addington Square, SE5 LB. A chance to explore the documents that ensure our human rights and how they impact on us all today given the challenges we face.

The project so far

Human Rights in the spotlight

Over the past few months, *Giving Poverty a Voice* has begun to explore the theme of Human Rights by allowing participants to talk about the daily challenges they face, the root causes of these issues and the impact they have on their lives.

Three of the challenges in daily life that participants highlighted at the start of the year are: budgeting and managing money; health and disability; and people's access to and relationship with services that they are entitled to.

"Giving Poverty a Voice means looking at different topics. It makes us think more about the issues, work out what makes these things a problem or difficult to



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deal with and what happens afterwards as well.”

For each identified challenge, participants spoke about how it affected them personally and then as a group.

When discussing health and disability, participants spoke about how being unemployed or living on benefits means families struggle to afford to buy fruit and vegetables and instead have little choice but to rely upon cheaper, less healthy options. The consequence is a poor diet, health complications and potential weight gain with all that can mean for one’s body image and self-esteem.

“What stands out for me is how we talked about what having health problems means. Yes, we can go to the doctor like everyone else but that just makes me depressed when I don’t have the money to pay for the prescription at the end of it. It affects our health.”



British Institute of Human Rights

In May, Helen Wildbore of the British Institute of Human Rights gave a presentation that introduced participants to the Universal Declaration of Human Rights, its history and its values as well as how Human Rights work in the UK within the 1998 Human Rights Act.

Magna Carta: Law, Liberty, Legacy

In June, a small delegation visited the exhibition *Magna Carta: Law, Liberty, Legacy* at the British Library with the aim of understanding the connections between the Magna Carta, Human Rights and the five challenges in daily life outlined at the start of the year.



“Today was important because it placed the Magna Carta in context in its history. It was fascinating. I saw that Gandhi used the Magna Carta to justify passive resistance and the struggle for freedom. It has strong ripples down history. It’s more relevant than I realised.”

Kathy Kelly

“Human Rights came from the Magna Carta.”

Seamus Neville

“If you cannot visit, go online to discover the myths and truths of what is in the Magna Carta and discover how it has influenced rights-based documents since.”

Moraene Roberts

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