

The web of poverty

Poverty extends far beyond lack of financial resources. When people cannot afford essential needs like heating and nutritious food, it can be daunting to seek help, particularly when compounded by feelings of low self-esteem and lack of social support. This can lead to a sense of isolation and disconnection from the community, leaving individuals questioning their sense of belonging.

It can be helpful to imagine poverty as a web of interconnected challenges that significantly impact an individual's or a community's ability to thrive.

This includes:

Poverty of identity is when people lack self-worth and a belief in their ability to overcome challenges. This can lead to low self-esteem, a lack of resilience and aspiration, poor mental health and low emotional well-being.

Poverty of resources is a lack of essential resources such as money, skills, qualifications, housing or health needed to achieve a good standard of living. This extends beyond material possessions to include opportunities, choices, and the ability to participate fully in society

Poverty of relationships is characterised by social isolation, lack of belonging, and limited access to supportive networks and resources, depriving people of vital connections and opportunities for growth and well-being.

