

The impacts of a fuel voucher.

Fuel Bank vouchers have a significant impact on the lives of those who have received them – physical wellbeing has significantly improved for 85% and mental wellbeing has improved for 89%.

The impact this support has on lives is two-fold – firstly, it enables basic physical needs to be met such as a warm home, a warm meal and personal hygiene. These are all factors of life which most deem as normal, but for the people we spoke to and many others who need this support, these are a luxury.

Many mention struggles with mental health as a result of money, food and living worries. By having their physical well-being improved by the Fuel Bank vouchers, there is a sense of relief from these worries, even if just in the short term.

"Physically, I wasn't even taking a bath I was saving up the money, mentally it was impacting my health, I was losing my health, I saw a decline in my health, I was cutting down on so many things. I was holding off with the laundry, even going out looking for a job because you need washed clothes."

"I have a high depressive and anxiety disorder. I was really relaxed, my head wasn't going overtime. It is nice to sit in the warm and have warm dinners."

"I would be able to walk around the house with ease rather than sitting still under blankets to keep warm, was getting lethargic sitting still to keep warm."

"It kept us warm, well it made us happy. We had heating, we could have showers."

"When they stopped my benefits I was so stressed I didn't even think of electricity I just thought of food. When I was at the food bank and they mentioned the Fuel Bank voucher, I just felt like I had won the lottery. It was a massive weight off my shoulders. They saved me from doing something stupid."

