

Cost of Living: Single Parents

Our data found that single parents were the hardest hit group by the Cost of Living Crisis – with 71% stating they have been affected a lot by rising costs and are struggling compared to the 24% average.

Finances



Single parents are over **three** times as likely to not have enough money for basic necessities at **39%** compared to the 11% average.



89% of single parents have reduced the amount of food they eat and/or bought cheaper types of food compared to the 61% average.



Single parents were **four** times as likely to have had to make difficult decisions about which bills to pay at **36%** compared to the 15% average.



Single parents were over **three** times as likely to have borrowed more money or used more credit at **51%** compared to the 16% average.



Single parents were over **four** times as likely to have used a food bank at **17%** compared to the 4% average.



Single parents were over **twice** as likely to have looked for additional sources of income at **31%** compared to the 15% average.

Access to Healthcare



67% of single parents said their access to healthcare has been affected by rising costs – much higher than the 45% average.



36% of single parents have avoided visiting the opticians compared to the 23% average.



Single parents were **three** times as likely to be unable to travel to appointments at **15%** compared to the 5% average.



43% of single parents have avoided visiting the dentist compared to the 32% average.



Single parents were almost **twice** as likely to have spent less on medication and/or prescriptions at **17%** compared to the 9% average.

Impact on Physical and Mental Health



56% of single parents said their physical health has been affected by rising costs compared to the 32% average.



88% of single parents said their mental health has been affected by rising costs – much higher than the 55% average.

Need Support?

- Visit the Hertfordshire County Council's **Cost of Living Webpage** for help with rising costs.
- Contact HertsHelp **online**, via email at **info@hertshelp.net** or phone **0300 123 4044** for free, confidential assistance.
- If you are struggling with your mental health, there is **support** available to help you.
- **Gingerbread** offers expert advice support to single parents.
- **Families First** offers families who need extra help with support, information and advice.

