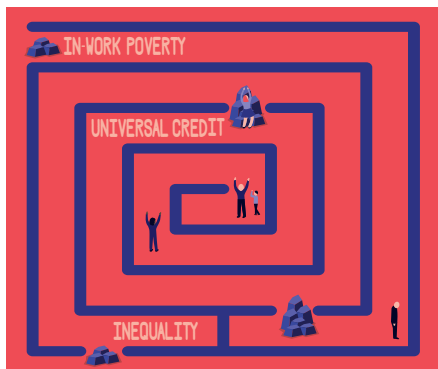


# Understanding Poverty in All its Forms:

A participatory research study into poverty in the UK



**DISEMPowering SYSTEMS, STRUCTURES AND POLICIES**



**FINANCIAL INSECURITY, FINANCIAL EXCLUSION AND DEBT**



**DAMAGED HEALTH AND WELL-BEING**



**STIGMA, BLAME AND JUDGEMENT**



**LACK OF CONTROL OVER CHOICES**



**UNRECOGNISED STRUGGLES, SKILLS AND CONTRIBUTIONS**

# ‘Poverty kills dreams and cages the dreamers.’

— participant with a lived experience of poverty from the North of England

**This research project studied the experience of poverty in all its forms in the UK. It was led by a group of co-researchers with direct knowledge of poverty either through their lived experience or through their work. They designed, carried-out, interpreted and wrote-up the research, with operational support from ATD Fourth World UK.**

This research is part of a global study carried out in Bangladesh, Bolivia, France, Tanzania, and the United States, as well as in the UK.

Research in the UK has been managed by ATD Fourth World UK and we have benefited from tools and discussion with colleagues from the International Movement ATD Fourth World and the University of Oxford.

Our process values the knowledge and expertise of those living in poverty and those working with people affected by poverty.

---

## **ATD Fourth World**

48, Addington Square, London SE5 7LB

0207 703 3231 | [www.atd-uk.org](http://www.atd-uk.org)

 @ATDFourthWorld |  ATDFourthWorldUK

In addition to the 6 dimensions of poverty presented on the front of this card seven key messages were identified:

1. It is essential that people with lived experience participate in tackling poverty. This requires time, careful planning and commitment.
2. There is a need for better indicators of poverty that emphasise and capture the human experience of poverty.
3. Inadequate financial resources are a cause of poverty that take away control and shorten lives.
4. The impact of stigma and negative judgement is a particularly painful part of poverty.
5. Participants agreed services should be enabling and supportive; but some services are experienced as controlling and oppressive.
6. The skills and contributions made to society by people in poverty often go unrecognised.
7. Individual resilience is no substitute for better systems, structures and policies.

**The full report is available online: <https://atd-uk.org/projects-campaigns/understanding-poverty/>**