



Women's Survey 2022 **– all results report** Scottish Women's Budget Group

Survey conducted February-March 2022



Scottish
Women's
Budget
Group

The Scottish Women's Budget Group conducted survey with women in Scotland between 9th February – 10th March 2022. The survey asked questions about women's local priorities, experiences of rising prices, childcare and social care. This report outlines the data from the responses to the survey.

Local Authority Areas

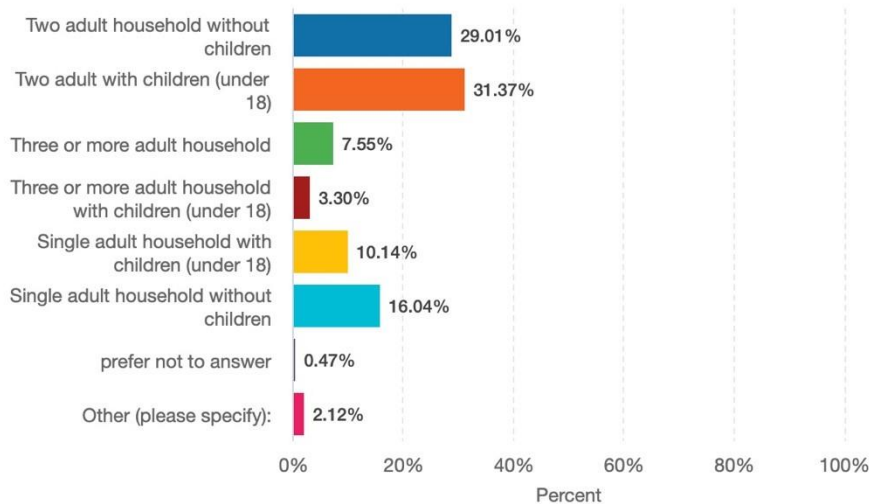
425 responses from all 32 local authority areas as follows.

Local Authority	Number of responses	Local Authority	Number of responses
Aberdeenshire	16	Inverclyde	3
Aberdeen	28	Midlothian	23
Angus	7	North Ayrshire	9
Argyll & Bute	7	North Lanarkshire	33
City of Edinburgh	43	Orkney	1
Clackmannanshire	2	Perth & Kinross	15
Comhairle nan Eilean Siar	3	Renfrewshire	13
Dumfries and Galloway	19	Scottish Borders	3
Dundee	11	Shetland Islands	3
East Ayrshire	3	South Ayrshire	9
East Dunbartonshire	4	South Lanarkshire	12
East Lothian	20	Stirling	12
East Renfrewshire	4	The Highland Council	19
Falkirk	10	The Moray Council	4
Fife	9	West Dunbartonshire	3
Glasgow City	69	West Lothian	5

Demographics

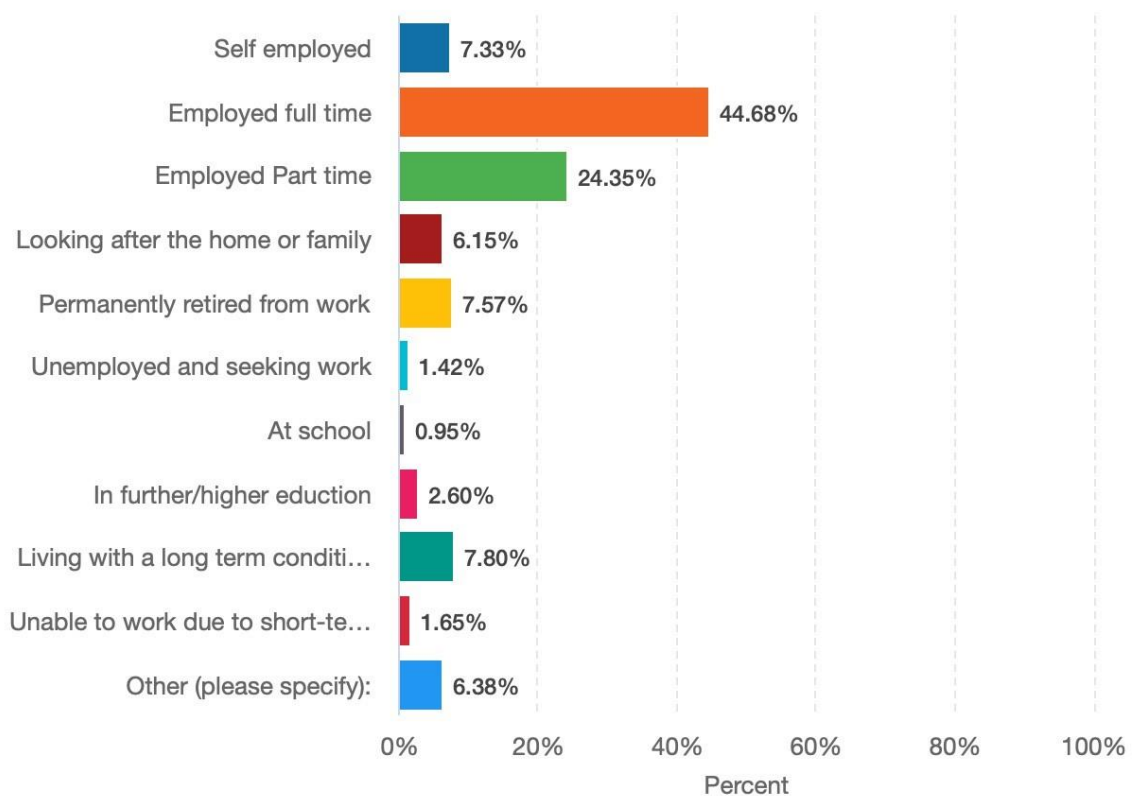
Household

Please tick the option which best describes your household?



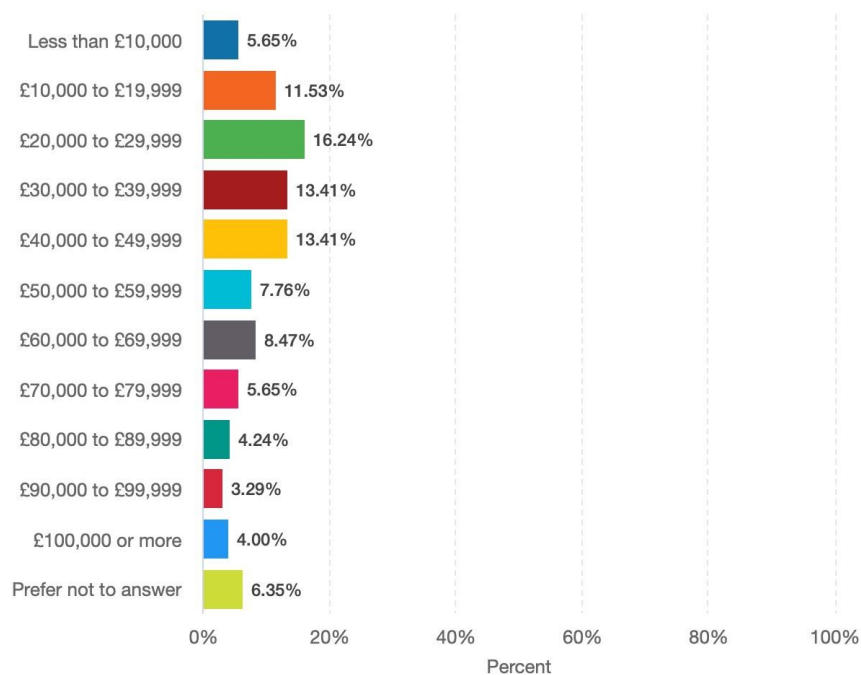
Employment status

Please tick the option which best describes your employment status



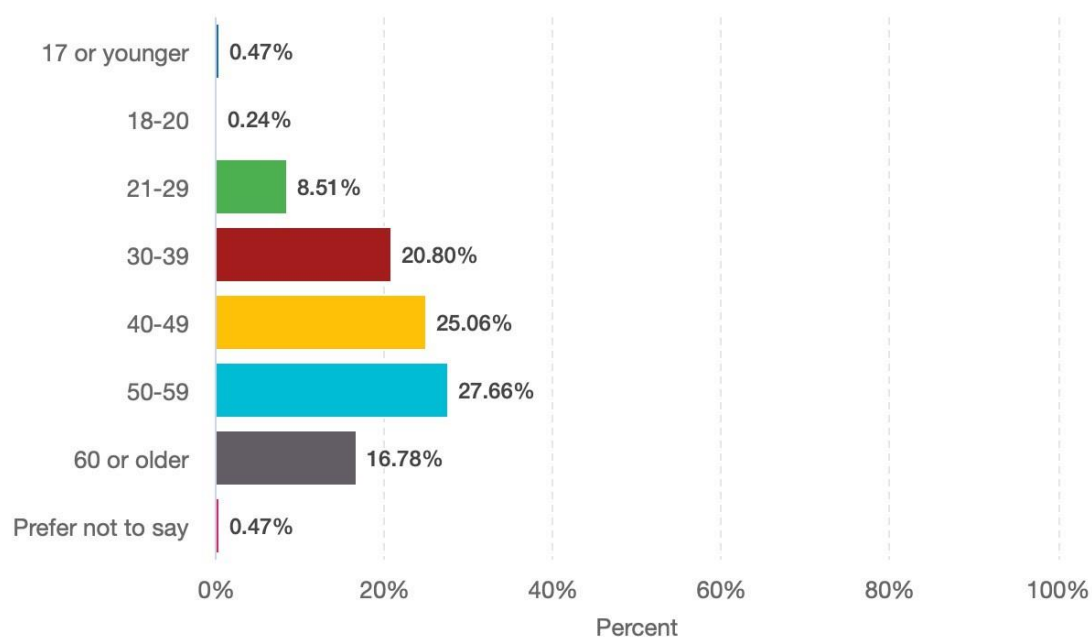
Household income

Please choose the option which best describes your household income? This is the combined earnings (including benefits) of the household



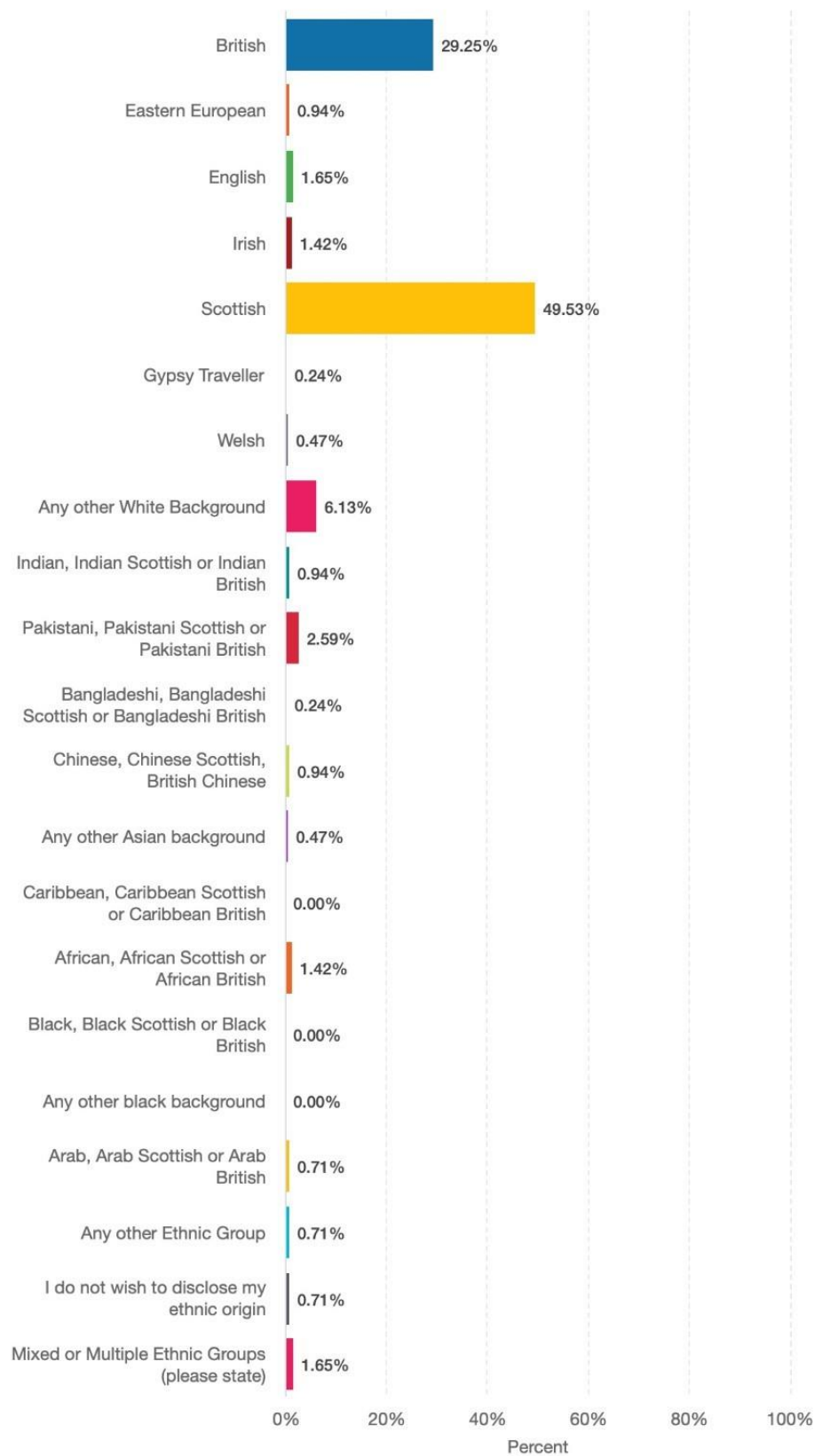
Age Range

Please select your age range



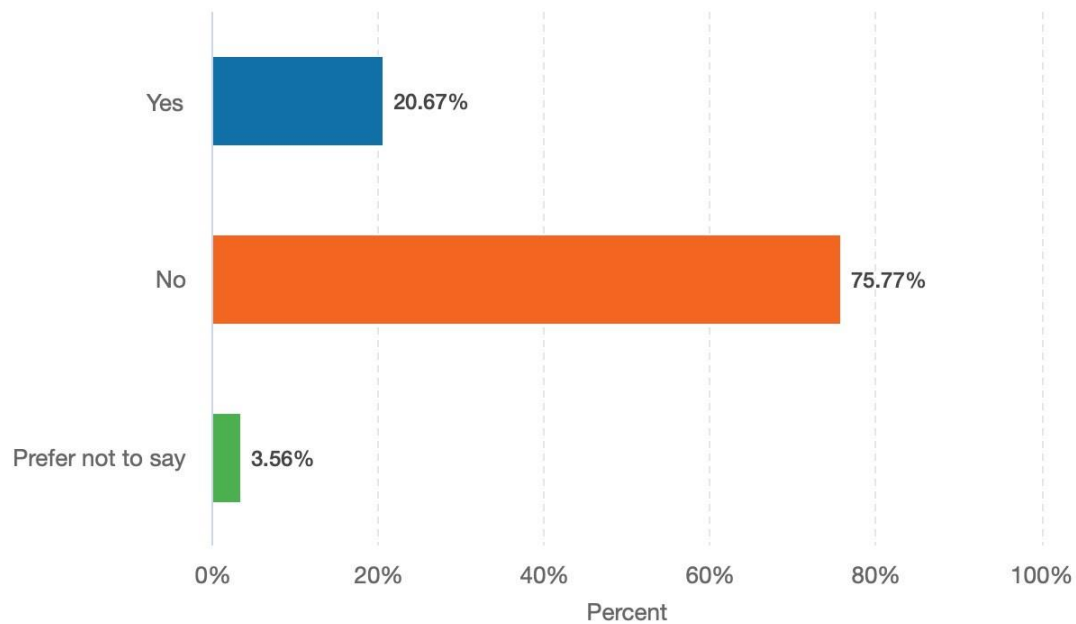
Ethnicity

Please tell us your ethnicity



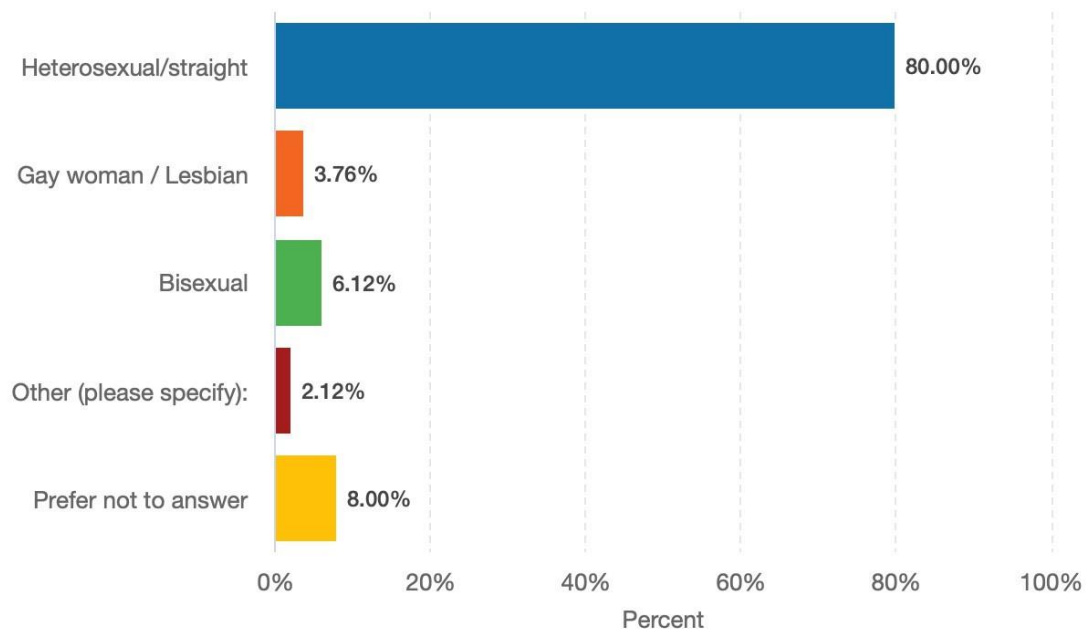
Disability

Do you consider yourself to have a disability?



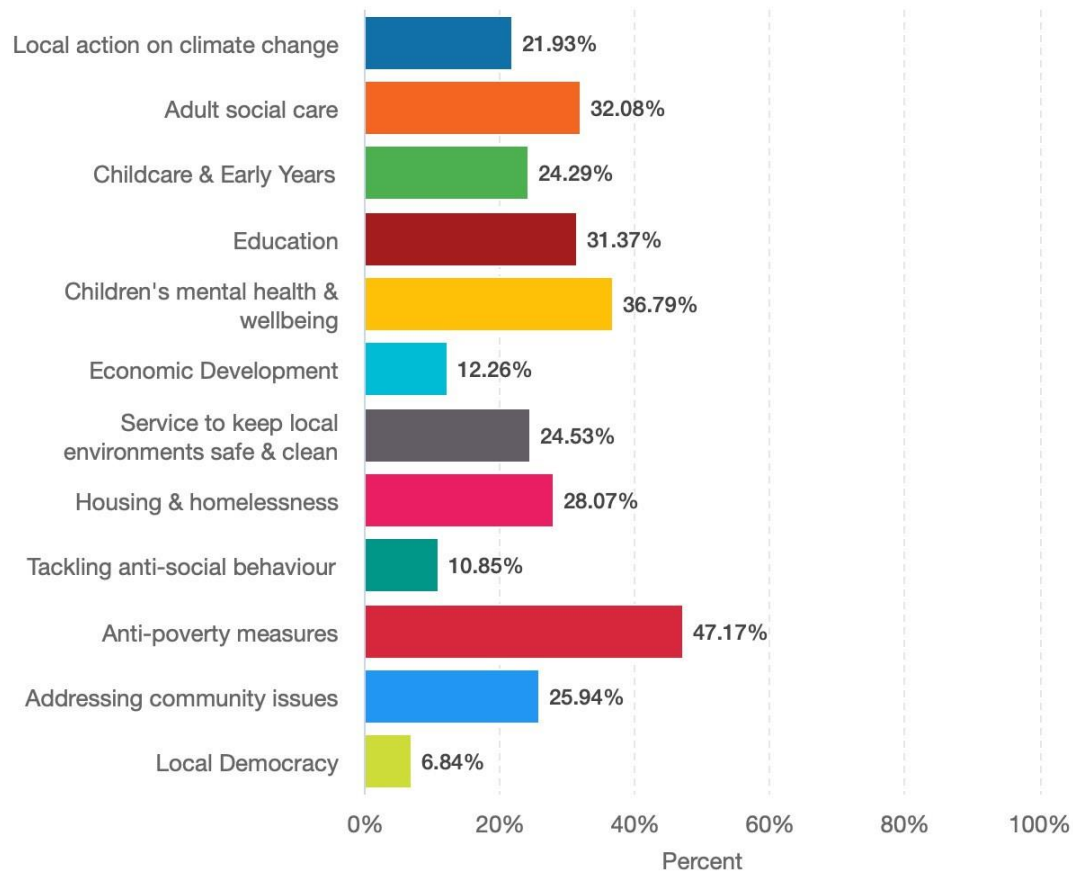
Sexual Orientation

Which best describes your sexual orientation?



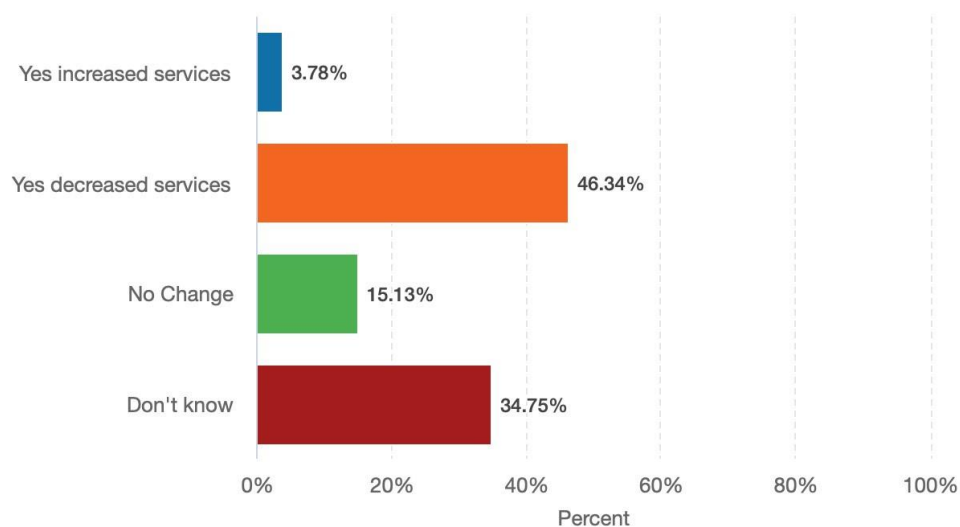
Women's Priorities for Local Elections

Women's Priorities



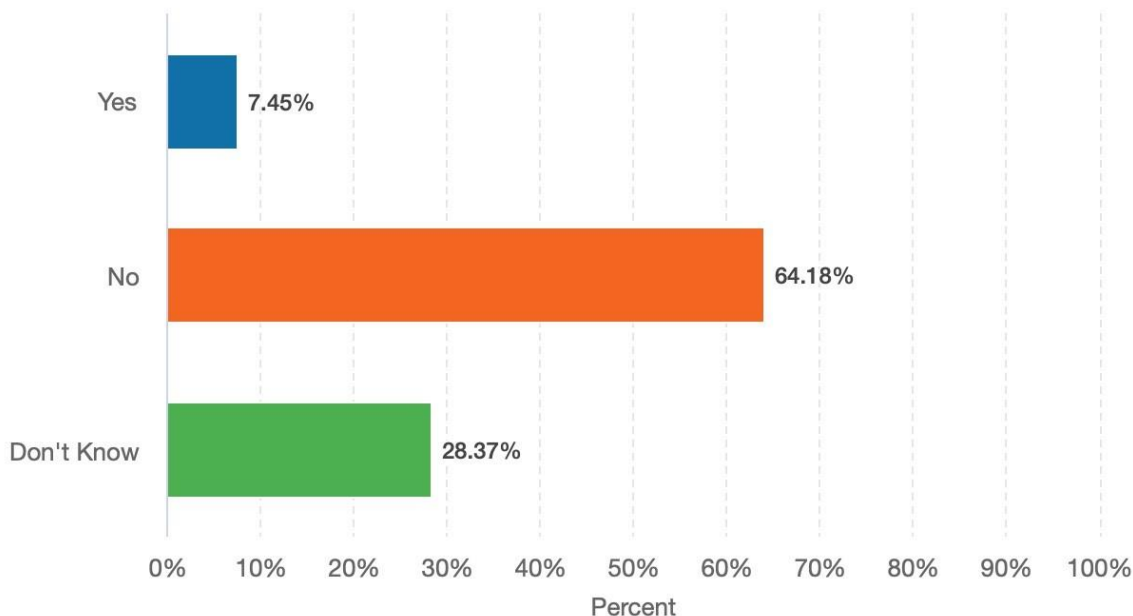
Changes in Service provision in the last year

Are you aware of any changes in service provision in your local area in the last year?



Do councils take the needs of women into account?

Do you feel that the impacts on women are taken into account when decisions are taken by your local council?



In an open comment box following these questions respondents identified the following areas that had impacted on them:

• Street maintenance (30)

(impact on feelings of safety and on those with disabilities)

'Streets are filthy broken pavements overgrown vegetation. I don't go walking as afraid of tripping. Already had a broken wrist falling on ice. In winter roads not ploughed or gritted when snowed.'

'Local area has got worse for fly-tipping and people not looking after the neighbourhood making it unsafe to go out after dark.'

'Rubbish on the streets and potholes on roads/pavements make it dangerous to walk to school.'

'Roads and pavements not maintained and flyparking not addressed which causes difficulties for those with disabilities as streets can become difficult/impossible to navigate for those in wheelchairs.'

'Maintenance of the path by the Don has really declined, to the point where some parts feel unsafe to walk on now.'

'Less litter picking & collection, less street sweeping, less road repair. The environment is less safe to walk around, trip/slip hazards, vermin.'

• Bins (29)

- **Changes/decreases in domestic abuse services (6)**

‘Funding for women only services – Women’s Aid - was given to Serco. As NLC is one of the biggest councils with domestic abuse crimes, it has made me think that my council members don’t really care what happens to women and children of abusers and as such I have no faith in them’

- **Impact of digital delivery (9)**

‘Customer Services centres in South Ayrshire Council have been closed more or less since start of pandemic. Meaning everything has to be done online or by calling an 0300 number choosing from a selection of options you have to listen to, this causes anxiety so put off calling. No continuity as each time you call you speak to a different person which becomes tedious and repetitive.’

- **Reduction in library services (8)**

‘I’m more concerned about the impact on the wider community. For example, cuts in library services mean people struggling with fuel costs don’t have a free, warm place to go and local children don’t have a safe quiet place to study if they are living in a crowded or noisy household.’

- **Lack of childcare and impact on women (9)**

‘I have a child under 2 who has never been able to participate in baby/toddler activities due to reductions in provision during the pandemic. At the same time, one of our town’s only two nurseries that cater for under 3s closed, leaving only one nursery option, which doesn’t offer the same provision and environment as the one that has closed (the nursery that my older child attended). As a consequence, my toddler has not attended nursery, and we have had to pay privately for a nanny to come in a few hours a week (all that we can afford) and juggle the childcare between two working parents, impacting on our work and reducing our income, particularly mine as a working mother (I have gone from full time to 3/5 of my hours). This is not only affecting me financially and emotionally now, but will continue to have a negative effect on my financial prospects for the rest of my career and ultimately leave me with a smaller pension. The anxiety of this is really difficult to live with.’

‘After school care is yet to return to pre lockdown levels - I lost my job as I couldn’t manage childcare and working full time. Current employers more understanding but my post has become temporary until I can commit to being able to work 9-5 five days a week by end of the year which I cannot as still don’t have after school care available or breakfast club from 8’

- **Lack of support for carers (10)**

‘As an unpaid carer for my husband services have been reduced which has meant a lack of respite care’

‘We have lost a lot of children’s clubs and after school care. They gave me time with my disabled son and a break for my other children who are young carers’

- **Lack of child & young persons mental health support (10)**

‘Unacceptable long waiting lists for children/ teenagers trying to get access to CAMS- for autism or ADHD diagnosis-can take 18 months to 2 years.’

‘Lack of proper support for children in schools when they have issues affecting their well-being but it isn't so serious that health & social care teams have be involved. only the most seriously affected kids get the help they need in schools, this might not be a decreased service, there maybe was never enough or the pandemic has increased the amount of kids needing support, women are left to pick up the pieces, mothers work and income are not considered when trying to access services kids needs.’

‘Increased waiting times for children's mental health services resulting in the issue becoming more severe by the time the child is assessed again putting more pressures on families.’

Cost of living Crisis

Are increasing costs impacting your spending decisions?

Answer Choices	Yes, I struggle to manage these costs	No, but I have had to make changes to other areas of household spending	No, I am able to manage this household cost	Response Total
Food costs	22.27% 94	42.89% 181	34.83% 147	422
Energy costs	32.71% 139	45.41% 193	21.88% 93	425
Housing costs	16.67% 69	32.37% 134	50.97% 211	414
Transport costs	18.71% 78	33.33% 139	47.96% 200	417

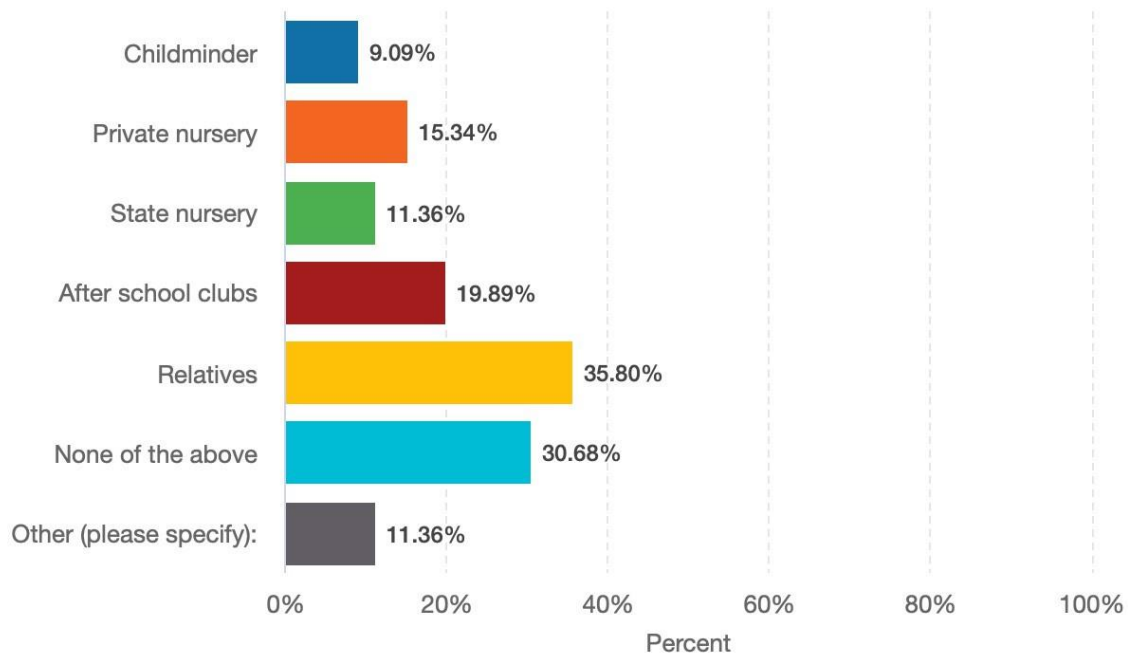
In an open comment box, respondents told us that the rise in cost of living was impacting on them in the following ways:

- Cutting food expenditure (27)
- Worried about rising energy costs (53)
- Impact of the cost of care (6)
- Impact of increased costs associated with a disability/long-term health condition (15)
- Increased costs of rural living (4)
- Cutting back on transport costs (23)
- Switching off heating (33)
- Cutting other non-essential expenditure (53)
- Increase in debt (6) and using savings (5)
- Worried about impact of returning to office and increased costs (6)

Early Years and Childcare

190 of those who completed the survey had childcare responsibilities.

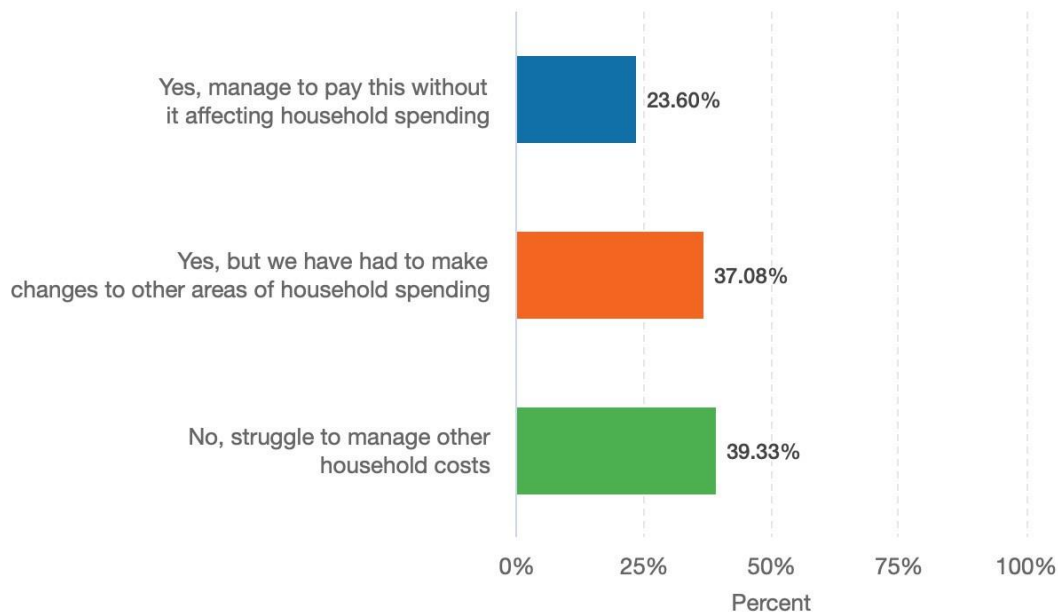
Do you use any of the following (please tick all that apply):



There were 176 responses to this question (other responses included Nanny, friends (4), breakfast club (2), holiday activities (2))

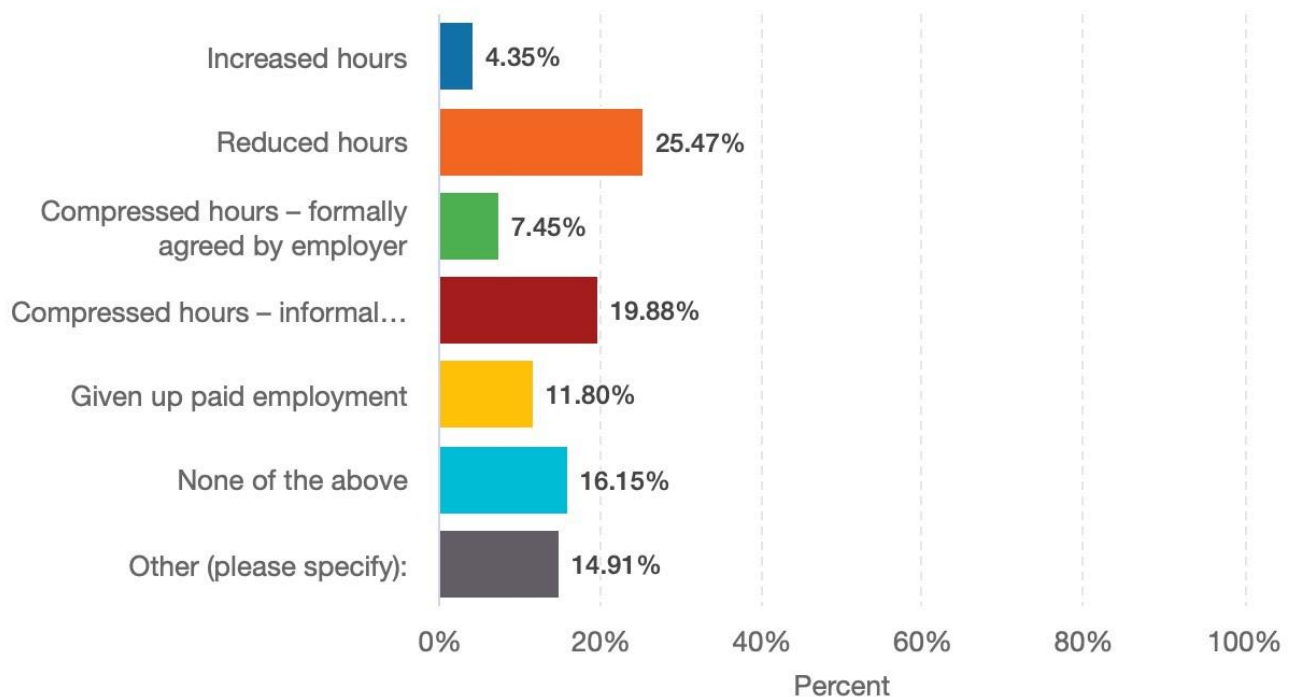
People were paying between £150 and £1400 per month towards childcare, depending on circumstances and children's age.

Do you find this affordable?



Childcare impacted on work in the following ways

Have you had to make any changes to your paid work arrangements due to childcare?



161 responded to this question. Other responses included using home working and self-employment as ways to help manage childcare.

Some details shared:

'I am constantly having to try to swap shifts to manage my childcare months in advance to work around family schedules. It is predominantly myself that this affects as it seems to be that as the female I am responsible for this. I have already had to change job once due to childcare issues and I am now going to have to change jobs again due to childcare. It is very stressful, impacting on my emotional well-being, my stress, my general health, my job prospects as since I have had a child I cannot stay anywhere long enough to progress and therefore also my self-esteem.'

'Lots of different changes, reduced hours (but then freelance to bring my working hours up to full time), super flexible working arrangements, compressed hours.'

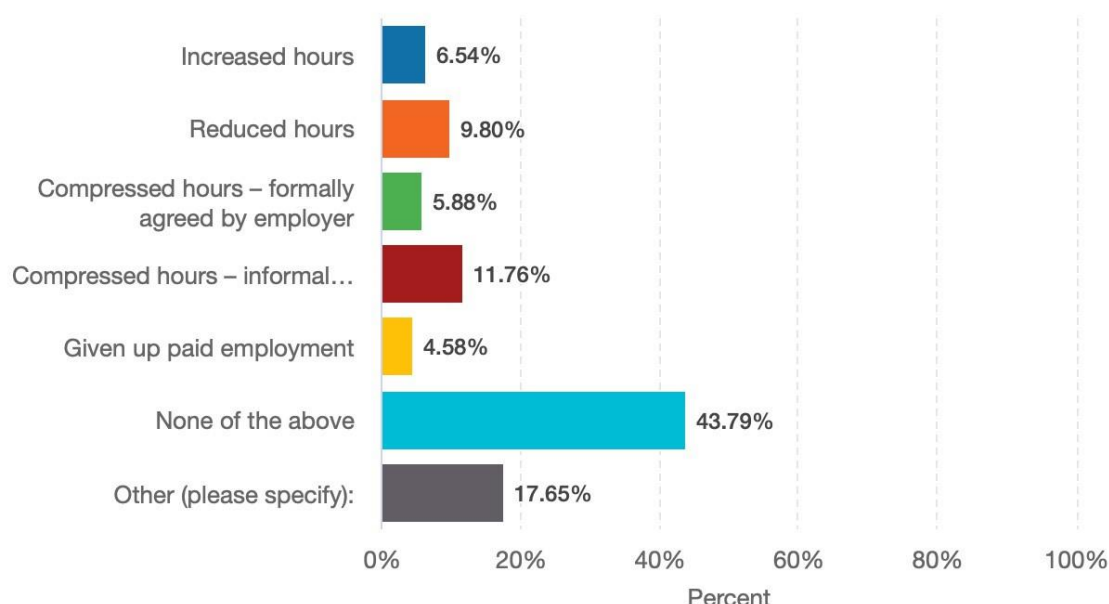
'Became self-employed and part-time when child was younger to get more flexibility and work from home more.'

'I decided to go freelance to be better able to parent. The cost and the wellbeing impact on our family of both of us working long hours was absolutely huge, I've been lucky that it (so far) has financially been ok, but I found working for organisations and parenting incredibly stressful and costly.'

'Using lunch break to collect child from school'

'Combination of informal compressed hours and reduced hours. I struggle to get all my work done and juggle childcare.'

Has your partner had to make any of the following adjustments due to childcare?



153 respondents completed this question other responses included no partner (Single parent), home-working and self-employment.

Some details shared:

‘We have arranged to work part time in the office and part time at home so one of us is home for our daughter.’

‘No, he has just pleased himself and flitted off whenever it suited him. he still thinks he is superdad though.’

‘Stay home to care for sick child.’

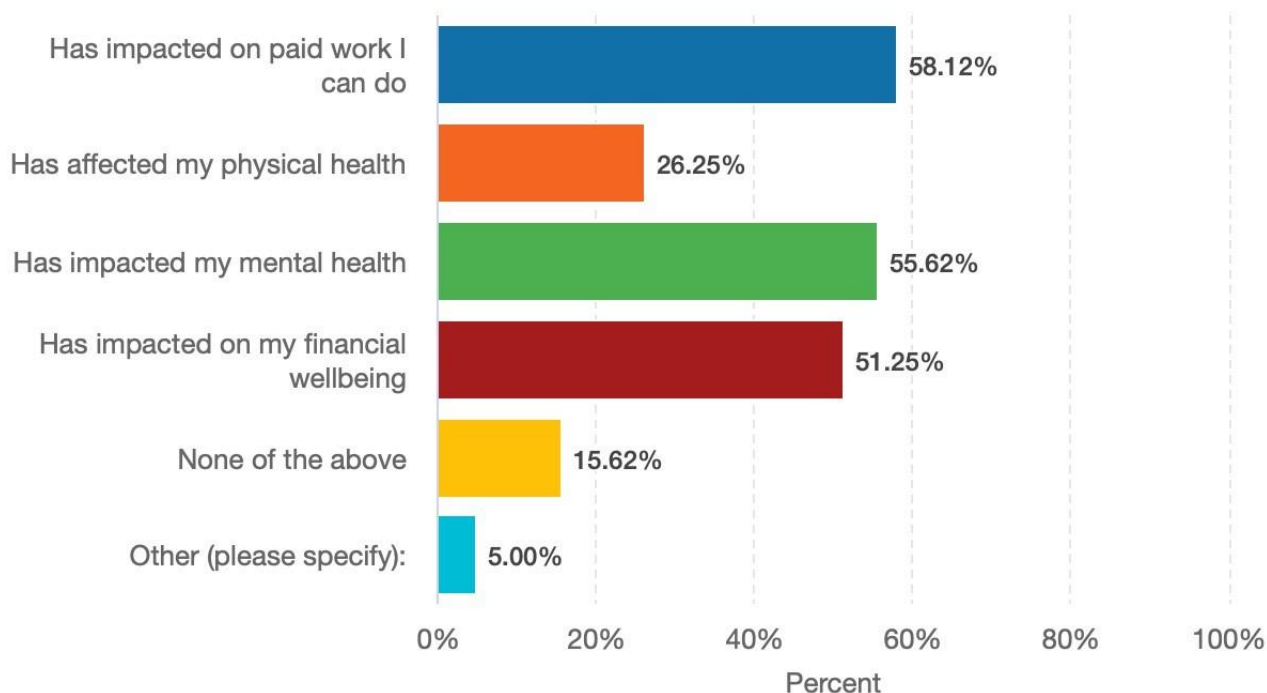
‘Constantly on hand to help sort out problems, act as a taxi and help sort out communications from the council, health service and other paperwork.’

‘Changed shift pattern totally so that our son only has to be in nursery 2 afternoons a week - I am dayshift, husband is backshift.’

‘Ensuring we both work shifts to cover childcare.’

Impact of managing childcare

Has managing childcare (i.e. finding it, paying for it) had any impact on you?



Completed by 160 respondents

‘The job I now do enables me to manage my childcare myself - I wanted to be able to take and collect my daughter from school. Having a flexible employer who allows me to work at home (a result from the pandemic) has been incredible, and I am so grateful that my employer is going to continue with this arrangement. I am also far more productive, am not spending hours commuting and I finally have a wonderful work/life balance.’

'We're OK in the moment, but my savings would be much better if I'd stayed in full-time employment.'

'I'm lucky to have a flexible employer, but the hours I can work have been reduced because of childcare and unless I can convince them to essentially give me a wage increase, my income will become reduced soon.'

'We are very lucky to have flexible employers and a supportive family so have significantly reduced our childcare bills. We are also currently benefiting from the 1140 hours of free childcare which makes an enormous difference. I find having my youngest in nursery stressful because we don't have good communication with the staff because of covid restrictions and I am concerned about how he is getting on. There's also been high levels of covid in the school and the nursery this winter which is very stressful and disruptive. I also found it particularly stressful during summer 2020 when the communications from the local authority about the reopening of childcare were chaotic. They would announce one thing, then backtrack a couple of days later. We didn't know our child would have a place until a few weeks before the start of the August term, and they didn't confirm a start date until a few days before. I was desperate for this support after months of balancing working from home with looking after the kids, but this seemed like a particularly low priority for the council.'

'In the past I have struggled to pay childcare fees and found these to be almost as much of a worry as rent.'

'I have struggled to find work due to be unable to afford private childcare and the funded childcare available to me not being flexible and employers expecting people to be fully flexible and work different hours each week.'

'I earn very little when I do get some shifts at work because more than half of my hourly rate goes on childcare costs.'

'Being a shift worker it's not always easy to arrange qualified care within time constraints and must use relatives on occasion.'

'I have had to give up my full-time job as a Senior Early Childhood Practitioner in order to have a baby as it wouldn't be sustainable to return to my role after maternity leave. Returning to my post would have meant putting my 1 year old into full time childcare which would have essentially wiped out my entire salary - so I have made the decision to stay home and seek alternative part time work to fit around my partners work so we can share childcare between us without the cost.'

'Finding suitable childcare has been massively stressful and has caused me a lot of anxiety. It has really limited my work prospects and my income is hugely reduced at the moment due to employers wanting flexibility from workers but childcare being so limiting.'

'I am the only adult in the household so all childcare responsibility is on me, this is very detrimental to my health and well-being at times. Especially during school holidays. I find I use all of my entitled annual leave purely for child care.'

'Feels demeaning at times. The work of parenting and running a household (while also trying to build a new career after a long break to parent full-time) seems to be so overlooked and so underestimated.'

'It can be very stressful during holiday times to manage childcare. As my children are getting a bit older, it is easier to leave them for a couple of hours at a time to work now, but previous years were incredibly stressful.'

'The mental load of getting to work and juggle kids, organise who's doing what, packed lunches, homework, working at night and the habit of checking work emails on childcare days has an impact. I'm drained by it.'

'I am constantly having to try to swap shifts to manage my childcare months in advance to work around family schedules. It is predominantly myself that this affects as it seems to be that as the female I am responsible for this. I have already had to change job once due to childcare issues and I am now going to have to change jobs again due to childcare. It is very stressful, impacting on my emotional well-being, my stress, my general health, my job prospects as since I have had a child I cannot stay anywhere long enough to progress and therefore also my self-esteem. I was always told that women could now work and still have a family, however this does not appear to be the case as my career is constantly being impacted. I have applied for family friendly hours but been refused due to the nature of the job I do therefore I am going to have to change jobs again. I am really struggling.'

'My child is now 16, but I had to uproot us both, at significant cost, to be closer to my parents for help with childcare as I couldn't afford it when tax credit support reduced. I'm a few years past that stage now, but the financial impact still affects me now given the huge debt I carried as a result of increased costs when I still worked part time. It's going to take me years to work my way out of that debt.'

'It is hard to find a childcare space, and communication is sparse. We want our child to have social interaction with other children but cannot afford to send him more than 2 days a week. We are over the earning threshold to qualify for 2-year-old funded place by £30 a month. Two days a week at nursery costs £280-£330 a month.'

'I have reduced my hours due to childcare costs and I'm not able to afford much extra babysitting so I struggle to make out of hours work events such as board meetings or training. I have to work compressed hours because I can't get to work for 9am after the nursery drop off. It affects my physical health because I'm often stressed and exhausted from juggling so many things. I can't afford enough extra childcare to get a regular break. I'm usually 'on duty' either working or being a mum from 7am to 8pm. Also managing childcare is a huge admin burden, which I have to do in my evenings once my child is asleep. I reach zero every month and have no savings. I manage my spending by using multiple credit cards.'

'Schools closing at 12 on Fridays has affected my job opportunities and current arrangements. I also don't see how this is helping to close the educational attainment gap or women into work as they primarily have caring responsibilities for children.'

'It has been hugely expensive from end of maternity leave to 1140 hours kicking in - essentially means that I work for below minimum wage once child care is deducted. If we had another child requiring childcare, I would be better off economically inactive, despite my relatively high earning capacity.'

'The mornings aren't too bad as I've arranged with my employer to take a shorter lunch and start later so I can drop the kids at school - there is still no breakfast club provision due to Covid. The afternoons, it would really help if there were more afterschool clubs funded by the government (or at least subsidised) till at least 5:30pm so I can work - you can't find 3 hours a day extra time to work in order to pick up from school - and it is

always the mums who end up picking up and financially suffering because someone has to do this.'

'3 children 1 1/2 years apart meant that childcare was unaffordable so left my well-paid profession to work minimum wage evenings and weekends'

'The hours available don't work well for our family so I have been really limited in what hours I can work. Having to work very limited hours until my youngest child starts school and even then not sure how we'll manage as after school clubs are very expensive'

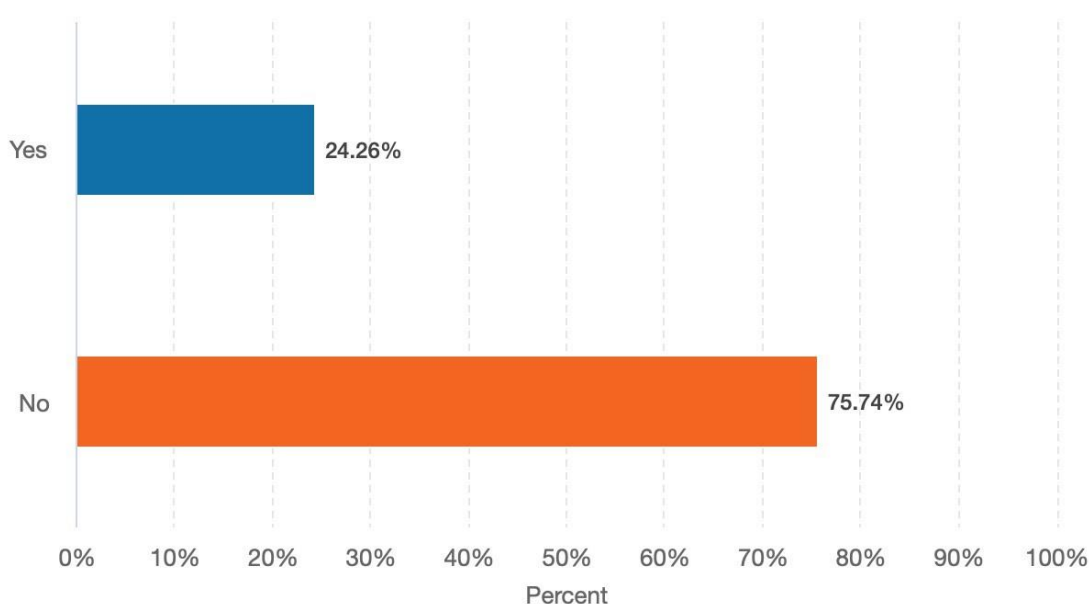
'I have 2 children with no family network close by to help with childcare. There is a lack of availability around care that is affordable. The only provider to offer this requires a 52 week of the year contract with a minimum number of days a week - ie you must take a 3 day week contract for 52 weeks even if you only need 2 days term time. The hours of childcare do not accommodate shift work and I have to move jobs as my employer at that time offered no flexibility - I was unable to finish work at 5pm and rely on public transport to ensure my child was collected by 5.30pm. I also am unable to take work with an earlier start due to the lack of childcare before 8am.'

'I am at a lower level in my career at lower pay because of the many years that I spent either not working or only able to work part time when my kids were younger. So although I don't have childcare costs now or need to adjust my schedule, I'm still feeling the effects of the time that I did.'

'The high cost of childcare means I can only send my 2-year-old to nursery 2 days a week this results in less time to do paid work and less time to manage the household effectively.'

1140 hours commitment

The Scottish Government have committed to providing 30 hours childcare per week (term-time) for over 3's do you qualify for this?



169 respondents completed this question of the 41 who are eligible for the free childcare hours 29 are able to access these of the 12 who weren't able to access these hours this was primarily due to hours of availability not matching hours of work.

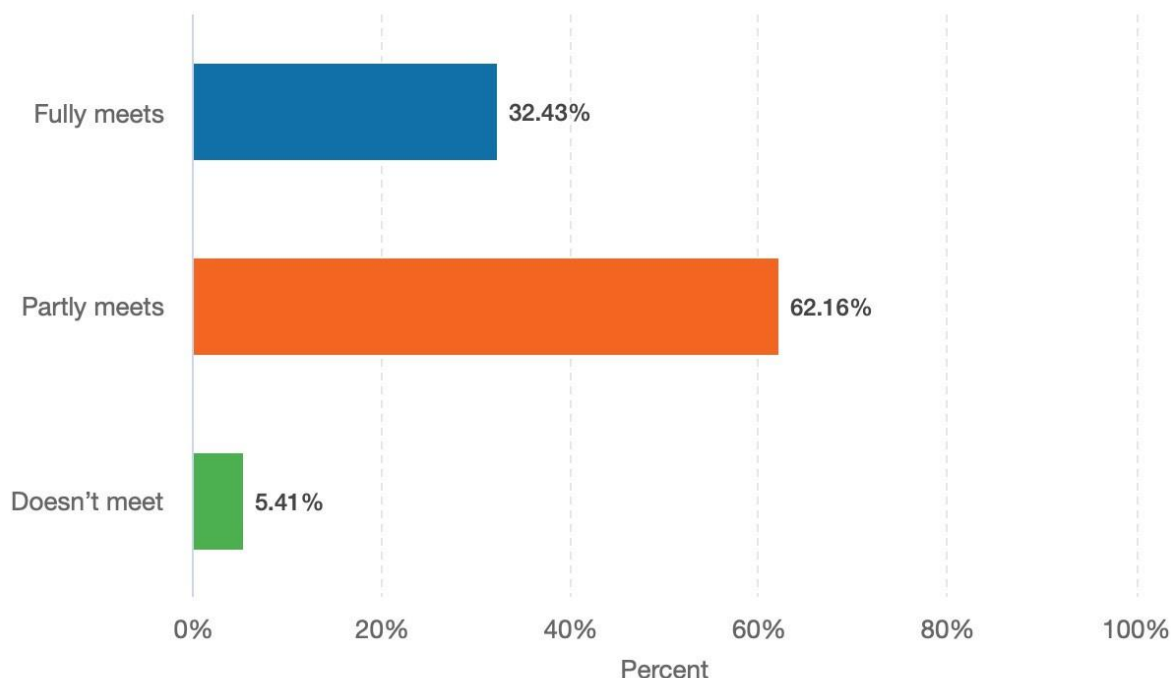
'We have been able to access these hours since August and it has made a huge difference to our budget. We are only able to use our full provision in a council nursery because of family support and flexible employers and this means that we do not pay any charges for our youngest child this year. We were entitled to the hours from August 2020, but in the year 2020/21 we were unable to access our full provision in a council nursery, and had to pay significant top up fees to have our child in a private nursery two days a weeks to cover our working hours and in fact because of the way private nurseries calculate their charges we were paying for 2-3 hours of provision that we did not need every day that our child was in nursery. I don't think the council really understand the financial implications for parents of using their hours in a private setting. It's good to have the flexibility to choose that option, but there needs to be the option to put your child in a setting that does not attract additional charges too. I'd like to see council settings moving toward greater flexibility in the hours they operate. At the moment ours operates 8.45-2.45 and we can only make that work for us because we are working from home/have flexible employers/have family support.'

'I have, but it was about 9 months from seeking after school-care that I finally got the hours I needed, and there is no early years care where I live in East Lothian that covers my working hours (I live in a large village that does provide childcare, but not in useful hours e.g. one provider only provides mornings, and the school nursery can provide either Monday and Tuesday, or Wednesday and Thursday, and every other Friday)'

'I can access the hours but I have to have my child in a private nursery as the council nursery is only open 9-3 which is no good for a working mother. However, I really resent the fact that the council nurseries are better funded than the private nursery and my child is receiving a less well-run service because I have to work'

'We get two regular days but additional hours are made up by ad hoc days which doesn't allow me to work more hours regularly. School hours are such that we need to pick our older child up from school so can't work during hours available at nursery.'

How well do these 30 hours of childcare meet your needs?



This question was completed by 37 respondents

'I'd prefer to have more flexibility in how we use the hours without attracting additional costs. The 30 hours are sufficient to cover the hours that my partner and I both work, but because of the fixed times when we are able to access them we still rely on family to provide wrap-around care two days per week.'

'Hours are very ridged and do not cover full year round as some nurseries do not operate as 52weeks. If I choose to work I would still have to pay some fees and once this is added onto all other expenses in life it really has a huge impact on overall health and well-being of both the adult and the child.'

'My son is due to start council school nursery next week however despite me applying for a morning space Monday to Friday he has only been offered afternoons Monday to Friday meaning I cannot get a job starting work before 2pm and cannot work later than 6pm due to lack of childcare however if I had morning nursery I could mornings while he is at nursery and afternoons when my mum is finished work and able to help.'

'I still need to pay for more hours so I can work and to cover outwith term time to I can continue to work during the holidays.'

Social Care

We asked respondents about their use of social care of 402 respondents 66 either used social care themselves or someone they cared for did:

Answer Choices	Responses	
Yes I do	6.47%	26
Yes someone I care for does	7.71%	31
Yes to both	2.24%	9
No	83.58%	336

Of 60 responses 39 provided care to someone these were:

- 13 looked after parents
- 7 looked after adult children
- 12 after partners
- 15 other family members
- 3 looked after ex-partners

Of the 61 people who accessed care for themselves or supported someone who needed care only 11% said the care package which was in place fully supported their needs.

The responses to the question, does the care package provided meet your needs/the needs of the person receiving support, were as follows;

Answer Choices	Me	Person I care for	Response Total
Yes, it fully meets our needs	71.43% 5	28.57% 2	7
No, it only partially meets our needs (there are gaps in provision)	34.29% 12	65.71% 23	35
No, it doesn't meet our needs and has a substantial impact on our ability to undertake day to day activities	42.11% 8	57.89% 11	19

Respondents told us:

'It took a long time to set up - weeks of my Mum wandering at night before I could get an assessment. Weeks of my Dad in hospital waiting on a care package (3 months in total). Every person I've spoken to in the system has been wonderful, but they are under so much pressure. Now I have a care package for both parents but it's not enough.'

'My husband has been unable to make full use of his Personal Assistant Support and his direct payment because of covid risks and shielding and because his support hasn't been reviewed for over 3 years. I have been unable to make full use of my Carer Support budget because a carer support plan has never been completed with me by social work, making it difficult to use the budget since agreement is required

and no social worker has been allocated for most of the last three years. A charge is applied to the support, to be paid by myself.'

'Lack of people. I have an elderly parent I provide care for who is currently in hospital awaiting a care package - which I do not think will be enough even if they find someone. The hospital and social services do a wonderful job but they cannot create workers out of thin air.'

'There aren't enough people and social workers to provide care. There are no special needs after school clubs. I would have to attend clubs with my child and he probably could not cope with them.'

'We used to get help with household chores this has stopped. It means I have to do all my mothers household chores like, cleaning, washing, ironing, etc and that impacts on the amount of paid work I can do to pay my own bills'

'I just don't get enough support to enable me to live an independent life, and know that I look clean and tidy. If I need emergency medication it is not always easy to sort out - and I need to wait for someone to help sort this out. There is just no one to help me get odd jobs done, for example my boiler house door has broken and I am constantly worried in case it comes off and leaves the boiler out of order. I can pay and am happy to do so - but there is no one to do it. In the area I used to live there was a registered for service for small jobs, and you could register to have someone come twice a year if you needed them.'

'We get a budget, but are unable to spend it on things that would benefit the person due to rules and restrictions regarding what the council will allow us to spend it on.'

'During the worst of the covid crisis, I had to take on an additional care role for a family member due to lack of social care provision. I was already providing full time care for someone else and the lack of outside support meant that I was under immense stress and pressure trying to meet the care needs of 2 adults, both living in their own homes in different towns. My own health suffered and I begged social services for help but the service was at breaking point and no support was available - except the ScotGov provision of PPE for unpaid carers.'

Impact of Covid-19

How has Covid-19 impacted the care service you or the person you support receives?

Answer Choices	Responses	
Support has been stopped	15.22%	7
Support has been variable (at times it has remained at the level I had prior to the pandemic, other times it has reduced or stopped)	39.13%	18
Support has increased	2.17%	1
Other (please specify): Show	43.48%	20

Respondents shared with us that this had the following impact:

‘Having to change to split shifts to cover the shortfall’

‘There is NO social services safety net for us. We have no one to fall back on. My husband is isolated, scared and I’m terrified for him. We have been completely abandoned by the Scottish Govt as Covid continues to rip through our population. It’s like living in a game of Russian Roulette and the weight of that fear has taken its toll on both of us. Our lives are now tied completely to our house as a result of the decision to live with Covid. The public services we rely on have been ripped apart by the decision to live with Covid. Our lives have been deemed worthless.’

‘I have provided almost all of my husband's care, all personal care, with limited carer support since there is no support plan, while being charged for his support. I took early retirement to manage his care.’

‘Stepped into help when needed at short notice, this meant giving up paid work.’

‘When my family had a mental health crisis, social work refused to support us or take me seriously about needing respite. They were unaware of self-directed support, and the children's disability team refused to take us on.’

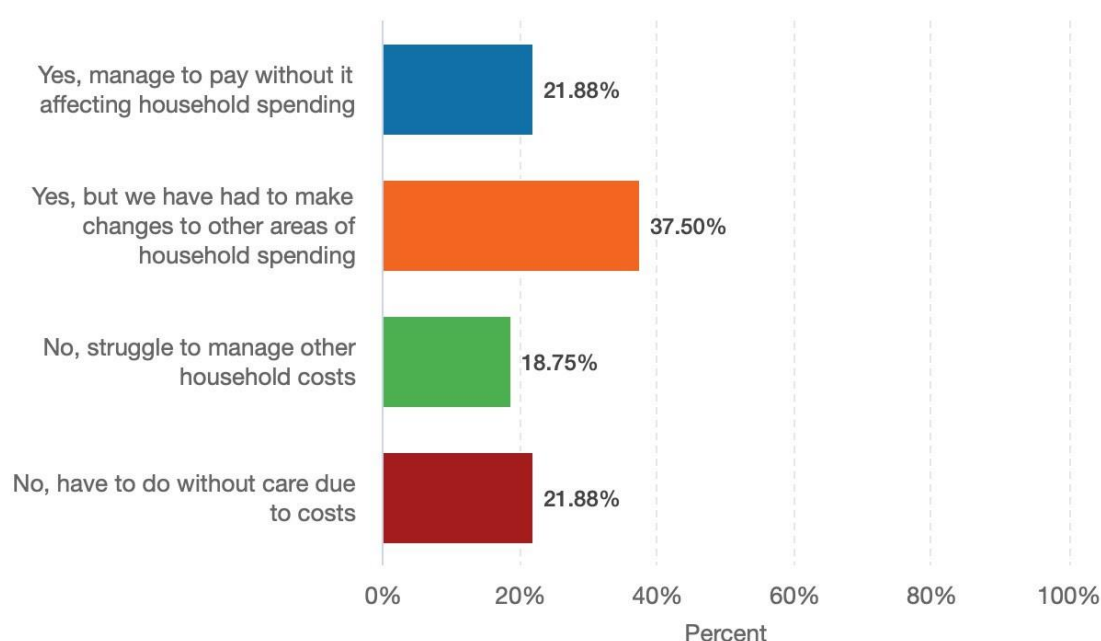
‘Just more of a nuisance, I feel a nuisance, I have been made to feel that I am unimportant and that the small things I need are just irrelevant and unimportant compared to the greater need. While I understand this, I feel that if I lose my mobility and independence because of a lot of small problems then this will just increase the support I need.’

‘No breaks as carer for 2 years. Exhausted.’

Care costs

Respondents told us about the impact having to pay for care had on them.

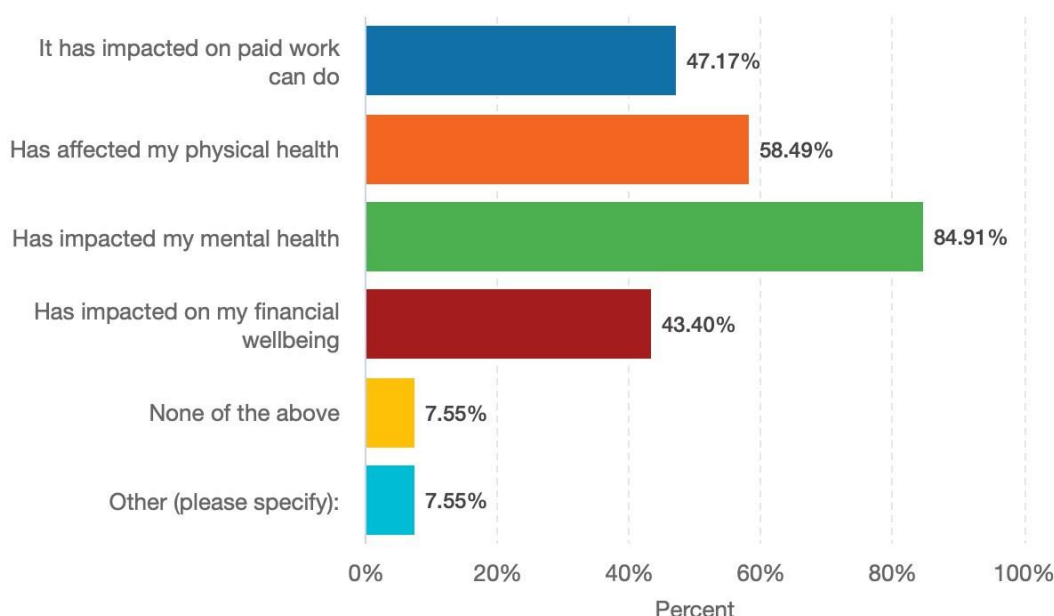
Do you find this social care affordable?



32 people responded to the above.

Impact of managing care

Has managing care had any impact on you: (choose all that apply)



53 people responded, of those who responded other they highlighted that this impacted on all aspects of their life and them having a lack of time for other things.

Any other issues

Women were asked if there was anything else they would like to tell us, 43 of the respondents mentioned the need for greater investment in care (both child and adult social care)

'Councils budgets have been cut and they are put in a difficult position trying to deliver services with too little money. We need to get the message to UK/Scottish central govt that public services, especially all aspects of care and health spending, is essential. Society is so much more active and productive when these services are run well enough. It makes it possible for disabled people to work, for moderately frail elderly people to stay in their homes, for people caring for severely frail elderly people to keep working, for severely frail elderly people to be in a safe environment which prevents further deterioration. Scrimping on all this stuff created a downward spiral and everyone gets more and more stretched and weakened.'

'Women bear the brunt of caring and unpaid labour and receive little recognition for this. It means we are constrained in our work and suffer later poverty. I have not spoken about this in my answers as it was more about the impact on me, but good childcare that is flexible and affordable would have made a difference to me when my children were young.'

'I care for my Mum so effectively run 2 houses. It's exhausting and time consuming. I have carers but they only provide a medication prompt 4 times a day - which I'm

grateful for. This leaves the maintenance, cleaning, gardening, shopping, healthcare, taxi-ing, emotional support and calls in the middle of the night to me. I'm trying to do it all and I can't.

My son is at home and has a specific learning difficulty meaning he needs extra support even though he is nearly 25. He is a wonderful young man who is very supportive of his Grandma. He takes on some of the caring for his Grandma. Changing beds and Hoovering etc.

I also have health problems. People keep telling me to take better care of myself but how can you when you're have 2 dependent adults. Sometimes I think what it must be like not to have this constant dependency on me. I don't grudge it but it has really limited my own dreams and ambitions and it saddens me because I know it will never be any different. Meanwhile as is normal my brother is always too busy to help. That is the story of most women though and many have it worse than me. Social work got me the carers but I don't need a list of numbers for me arrange to sort everything which is all they provide. I spend my life searching for reliable tradespersons who don't turn up, do work badly and make false promises. Completely demented with it all. I live in dread of when my Mum gets ill which happens frequently. Waiting times in hospital in A and E are a national disgrace but do it with a 90 year old. I had to watch my Mum lie in a corridor soiling herself and then see her apologise to the nurse for being a bother. I'm so angry for her. Elderly women should not be expected to queue for more than a day in A and E to get a bed in a hospital. No one should but to see these women lose their dignity is so upsetting. Rant over!

'The economic impact of mums being able to stay in work and progress their careers would massively offset the cost of providing afterschool care for free or subsidised.'

'I have a lot of responsibility for elderly relative but do not qualify for carers allowance. Not looking for allowance but would benefit from increased resources in health and social care budgets.'

The survey was conducted between 9th February and 10th March 2022.

