



# **Cost of Living Report**

**24/25**

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## Introduction

Students across the UK are continuing to be impacted in various ways by the ongoing cost of living crisis. Research conducted by the Office for Students in 2025 showed that increases in the cost of living have affected students' academic experience, attainment and progress and that there continues to be a lack of financial support available.<sup>1</sup> A survey by the National Union of Students in 2024 found that foodbank usage among students has doubled since 2022.<sup>2</sup> Undoubtedly these financial impacts have implications as well on the mental health and wellbeing of the students affected.

To better understand the scope and impact of the cost of living crisis on the wellbeing, activities, and experiences of Hallam students, Hallam Students' Union (HSU) launched the fourth iteration of our Cost of Living Survey in 31 March to 18 April 2025 (previous iterations were held in [Autumn 2022](#), [Spring 2023](#), and [Summer 2024](#)). The survey, as with the previous iterations, provides a greater insight into the ways in which student experience is being complicated by the ongoing financial restraints, and how best we, as a Students' Union, can work with the University to bring about meaningful change and support for students during this crisis.

## Updates since Last Year's Survey

Since the HSU 2024 Cost of Living Report, HSU has been busy working on campaigns and initiatives to support Hallam students with the cost of living. In fact, it was voted to be one of HSU's Priorities across both semesters.

- We secured £11,000+ in grant funding to run our Period Product Subscription Scheme for its third year. We supplied 600 people with a years' worth of period products; that's 144,000 individual period products total!
- We re-opened our Activities Inclusion Fund, where we allocated £1650 in funding to 40 students to help them take part in extracurricular activities.
- We re-vamped our cost-of-living webpages as a hub with everything students need to know about money and where to get support.
- Our Cost-of-Living shop is also on its third year, with 835 clothes items & books swapped, and over 1000kg+ of food saved from landfill and given to students. We've recently had a new addition to the shop, which is our Art Materials Shop to support Creative Industries with course costs after our yearlong campaign.
- At the start of the academic year, we secured vouchers from SHU's Student Funding team that will allow us to continue our Emergency Food Pack provision for the next five years. The packs provide 4 days' worth of food,

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<sup>1</sup> OfS (2025) '*Understanding the Student Interest*'.  
<https://www.officeforstudents.org.uk/ofs-strategy-for-2025-to-2030/understanding-the-student-interest/students-expectations-and-experiences-of-higher-education/>

<sup>2</sup> NUS (2024) '*BREAKING: Student Foodbank Use has doubled since 2022*'.  
<https://www.nus.org.uk/cost-of-living-survey-2024>

recipe cards specific to the food provided & signposting to further emergency support. They come as either vegetarian, vegan or gluten free.

- Our Officers and Campaigns team have been hard at work on our Cheaper Bus Fares campaign, holding our ten-foot testimonies outreach where our students wrote about their feelings on local transport in Sheffield. Our Officer team also meet with Oliver Coppard on the importance of subsidising travel not only for young people, but for students of all ages to make sure that education stays accessible and have been attending Local Area Committee meetings on what we should be doing to reform our transport system.
- We held the Sheffield Students' Assembly with Abtisam Mohammed, our Sheffield Central MP, where we had student speakers on how postgraduate study has become nearly impossible with the lack of proper maintenance loan provision.

## Methodology

This research was conducted via short survey designed on Survey Monkey. The questions focused on the impact of the cost of living on students' lives, to see the extent to which Hallam students are continuing to feel the impact in the ongoing rise of costs, whether there are any differences in key demographics, and most importantly, to find ways the university and Hallam Students' Union can work together to mitigate some of the impact for students. A copy of the questions can be found in [Appendix A](#), the questions remained consistent with previous year with the inclusion of a question on unpaid caring responsibilities, adding course costs to some of the options and splitting out some of the healthcare options.

All Hallam students were asked to take part in the survey which received 1355 responses. A full demographic breakdown of respondents can be found in [Appendix B](#).

Where significantly varying impact across demographics has been established this is mentioned throughout the report, similarly if differences have arisen compared to the previous year these have been included.

## Key Insights

### Continuing impact

Feedback from the survey this year continued to show the significant impact the cost of living crisis is having on Hallam students. Many reported the personal negative impact of the rising costs of basic essentials such as food (96%), clothing (84%) and rent (79%). Of more concern, 63% reported cutting back on food, 24% cut back on prescriptions and 18% cut back on period products. Students commented on how they often spend a long time reviewing whether or not they can afford to engage in certain activities as well as pay for their basic essentials, which has a drastic impact on their quality of life and university experience.

### Academic experience

For the first time this year, course costs have been included within the survey to measure the impact they may be having. Overall, 65% of respondents report being negatively impacted by the rising costs of course related items. The impact of the crisis is also causing students to miss or skip classes, with 45% reporting they have, up from 37% on the previous year. In terms of optional academic events, which it could be argued enhance the academic experience, 74% state they have missed or skipped in comparison to 61% on the previous year. In terms of how the crisis has impacted students overall academic experience, 77% reported an impact.

### Social experience

The crisis has also had a significant impact on students social experience whilst at university, with 89% reporting a substantial or slight impact. Many have cut back on socialising (69%), with 90% reporting they have missed or skipped social events. As expected, this has led to students reporting they have not been able to make friends due to not being able to afford to socialise. As well as needing to prioritise what money they have for basic essentials rather than social activities. It could be argued this also has a direct link with the impact the crisis is having on students physical and emotional wellbeing.

### Mental health and wellbeing

As expected, the crisis has continued to have an impact on students physical (82% reported) and emotional wellbeing (92% reported). Some students have reported having to cut back on dental care (38%) and prescriptions (24%). Students mentioned that the hike in food costs has meant that their diet has become less healthy and balanced, having clear wellbeing impacts. Additionally, students have reported high levels of experienced stress, anxiety and depression due to these financial strains.

### Awareness and engagement with current support services

Whilst respondents have reported the negative impact the crisis is having on them, many are unaware of the initiatives set up by HSU to help. Overall, 73% have not used any of the cost of living services, although many are designed to alleviate some of the impact. For example, when asked what services they would like to see, 22% would like to see a clothing swap shop. As this is something similar to what is

already offered reviewing the promotion and accessibility of this service may be beneficial.

## Increases in costs

Respondents were asked to state how much of a negative impact the rise in costs of various day to day expenses has had on them, responses are shown in the below table (responses have been filtered by substantial and slight impact, no impact has been removed).

*Table 1: To what extent since the beginning of this academic year, have you personally been negatively impacted by increases in any of the following? (substantial or slight impact) n=1145:*

<i>*substantial or slight impact</i>	<b>24/25</b>	<b>23/24</b>
<b>Food</b>	96%	98%
<b>Socialising</b>	87%	90%
<b>Clothing</b>	84%	87%
<b>Rent</b>	79%	82%
<b>Healthcare (eyecare, prescriptions, opticians, period products, contraception etc.).</b>	73%	78%
<b>Energy/bills</b>	68%	77%
<b>Course costs</b>	65%	N/A
<b>Travel to/from campus</b>	64%	66%

As the table shows, although there is a slight decrease on the previous year, an overwhelming majority of respondents have stated they have been substantially or slightly impacted by the increased in food. For the first time course costs have been included to assess the impact this may be having on students. Overall, 65% of respondents reported they have been impacted by the rising costs of their course.

Positively there have been slight decreases in the negative impact of the rising cost of socialising, clothing, rent, healthcare, and energy and bills. However, there has been a slight increase for the negative impact the rising costs of travel have had. When broken down by commuter status, as expected those who commute to University are significantly more likely to be impacted by travel costs (87%), in comparison to those who do not (64%).

International students are considerably more likely to be impacted by the cost of energy/bills (96%) in comparison to home students (66%). As well as the cost of travel in comparison to home students (68% for international student and 61% for home students). However, home students are more negatively impacted by the rising costs of socialising in comparison to international students (90% and 78% respectively).

Consistent with the previous year, women are more likely to be impacted by rising costs in comparison to males, as shown in the table below.

Table 2: To what extent since the beginning of this academic year, have you personally been negatively impacted by increases in any of the following? By gender (n=1145):

*substantial or slight impact	Females	Males
Food	96%	95%
Energy/bills	68%	65%
Rent/mortgage	77%	82%
Travel	65%	59%
Socialising	88%	85%
Healthcare (eyecare, prescriptions, opticians, period products, contraception etc.).	79%	61%
Clothing	87%	78%
Course-related costs (books, materials, trips, events etc.).	67%	61%

Women are 18% more likely to be impacted by the rising costs of healthcare in comparison to males. Additionally, they are more likely to be impacted by energy and bills, travel, socialising, clothing and course related costs.

Males are more likely to be negatively impacted by the rising costs rent/mortgage (82%) in comparison to females (77%).

Fee status differences show that home students are more likely to be impacted by the cost of socialising (90%) in comparison to international students (78%). Whereas international students are more likely to be impacted by course costs (73%) in comparison to home students (63%).

Students were also asked to reflect on and share why they had answered the way they did about cost increases. Among the 1126 comments left, a few general overarching themes were established:

**- Rising food costs mean poor diets:**

Food costs were the most commented on aspect of the cost of living, with many students suffering as a result of these substantial increases. Students mentioned that they were not able to follow a healthy or balanced diet due to the increased cost of fresh, nutritious food such as meat and vegetables.

*“I find meat products very expensive and unrealistic to buy. Therefore I find it difficult to sustain a balanced diet where meals are not as nutritional as I would like”*

Students with dietary requirements or allergies also mentioned that they were impacted by these costs, which seemed a source of anxiety and stress.

*“I struggle personally to find food that doesn't contain dairy and certain meat products for a reasonable price it's always double or sometimes triple the price of 'normal' options.”*

**- Social life is sacrificed:**

Many students mentioned that they have cut back on socialising due to the cost of living crisis. Many students claim that socialising wasn't a priority compared to rent, bills and food. Students within this theme mentioned that

this sacrifice had taken a toll on their mental wellbeing, and that they would like to socialise if they could.

*“I’ve kind of found myself not socialising anymore due to having to work and constantly trying to keep up with university. I’ve kind of lost touch with the “friends I’ve made”. All money goes on food, transport.”*

*“To do anything with your friends, even simple activities, are now becoming more and more expensive. Combined with the rising cost of food, you now have to choose between a food shop for that week or socialising”*

- **Unexpected course costs:**

Surprisingly, many students commented on the surprise of facing hidden course costs, such as books, materials, equipment, uniform or other resources which they were not expecting to have paid before starting.

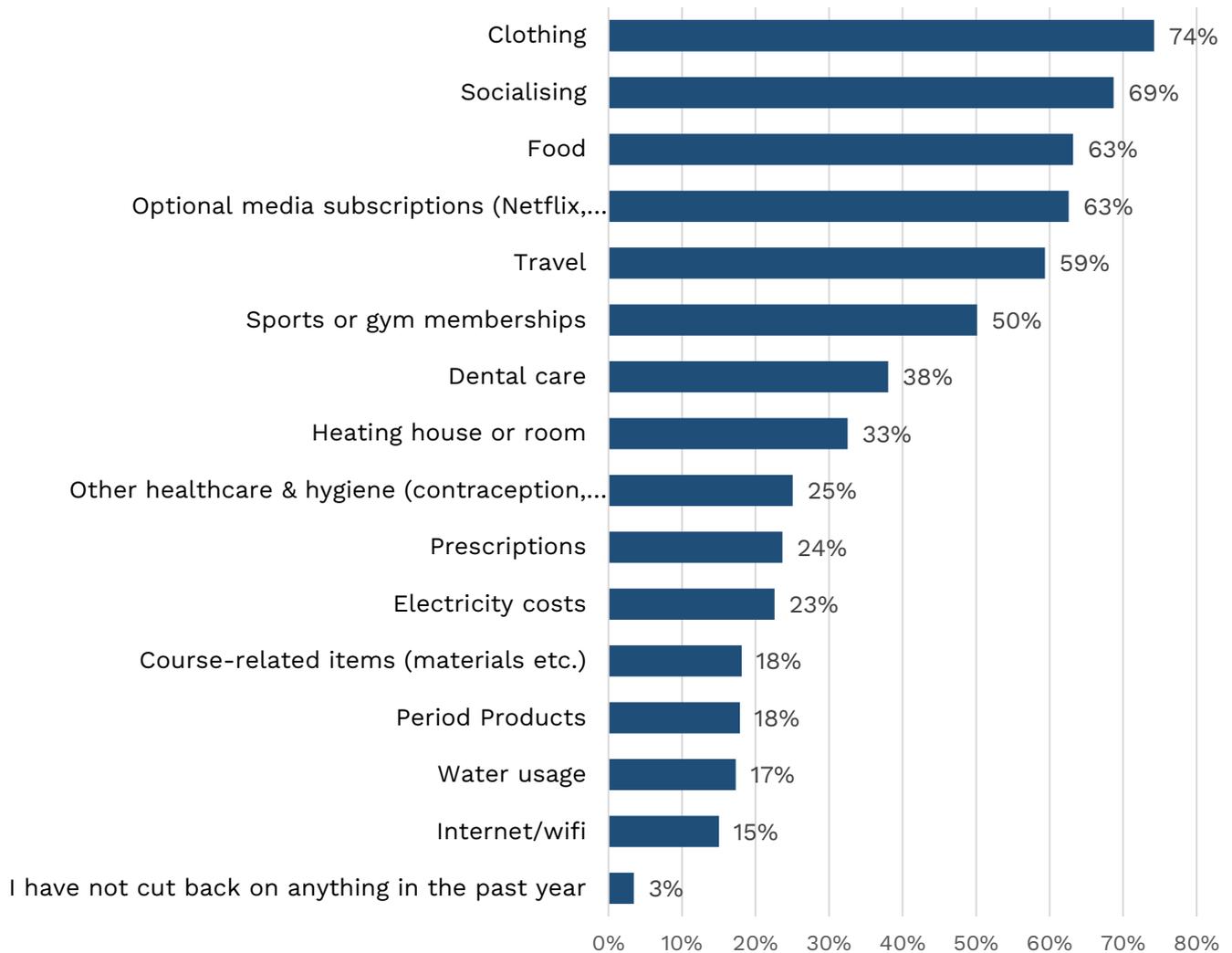
*“Thankfully my course doesn’t have any upcoming trips, however I think after paying around 8k for a masters, it feels a little cheap to expect students to also pay for any uni services, such as 3D printers, laser cutters, etc. I personally think the uni should start allowing students a budget provided by the uni to be able to use these services at no extra cost, until we exceed the budget. I feel that I’m missing out on opportunities to learn and utilise machines that could benefit my learning simply because I can’t afford to spend the extra money on them.”*

*“Course-related expenses like books and materials have been noticeably higher this year, especially when some required items weren’t available second-hand or online. Overall, these increases have made managing daily expenses more challenging.”*

## Cutting back

Due to financial constraints, respondents were asked to state what they have cut back on in the past year. Responses are shown in the Figure below.

Figure 1: Thinking about your spending in the last year, which of the following (listed below) have you cut back on due to financial constraints? Please check all that apply. (n=1125):



A significant proportion of respondents have cut back on clothing (74%), socialising (69%) and worryingly 63% have cut back on food.

Another cause for concern is the small percentage of students (3%) that have not cut back on anything over the past year, this is consistent with results from the previous year's survey.

When broken down by gender, females were more likely to be cutting back on healthcare related items such as dental care, period products and prescriptions in comparison to males. They were also more likely to cut back on optional media subscriptions, socialising and clothing.

## Missing or skipping

To assess the impact of rising financial costs, respondents were asked how often they have missed or skipped the listed factors detailed in the table below. Responses have been filtered to show those who stated always, often or sometimes.

Table 3: Please state how often you have missed or skipped the following (listed below) due to financial constraints and/or taking up part time work? (n=1071)

<i>*Always, Often and Sometimes</i>	<b>24/25</b>	<b>23/24</b>
I miss/skip social events.	90%	92%
I miss/skip extracurricular Students' Union events such as society events, Give it a go's, and sports mixers.	81%	72%*
I miss/skip extracurricular university events.	79%	
I miss/skip optional academic events.	74%	61%
I miss/skip meals.	68%	63%
I miss/skip sleep.	67%	N/A
I miss/skip classes at University.	45%	37%

Similarly to last years results, most students (90%) have skipped social events to some extent, with 81% skipping extracurricular activities from HSU, which is up from 72% last year.

Of concern is the increase in the amount of students stating they have skipped meals (68%) in comparison to last year. Highlighting the significant impact the crisis continues to have on Hallam students.

The crisis not only continues to impact the social and extracurricular side of University, it is also having a significant impact on the academic side. As shown in the above table, 74% of respondents have skipped optional academic events, which it could be argued enhance the academic experience. This is a rise on the previous years results, where 61% reported skipping academic events. Potentially of more concern, 45% are skipping University classes which is an increase from 37% last year.

When broken down by gender, females were more likely to skip all of the listed factors in comparison to males. The biggest differences were seen for, skipping classes where females were 9% more likely to do so, skipping academic events where females were 7% more likely to do so and skipping university events were they were 5% more likely to do so.

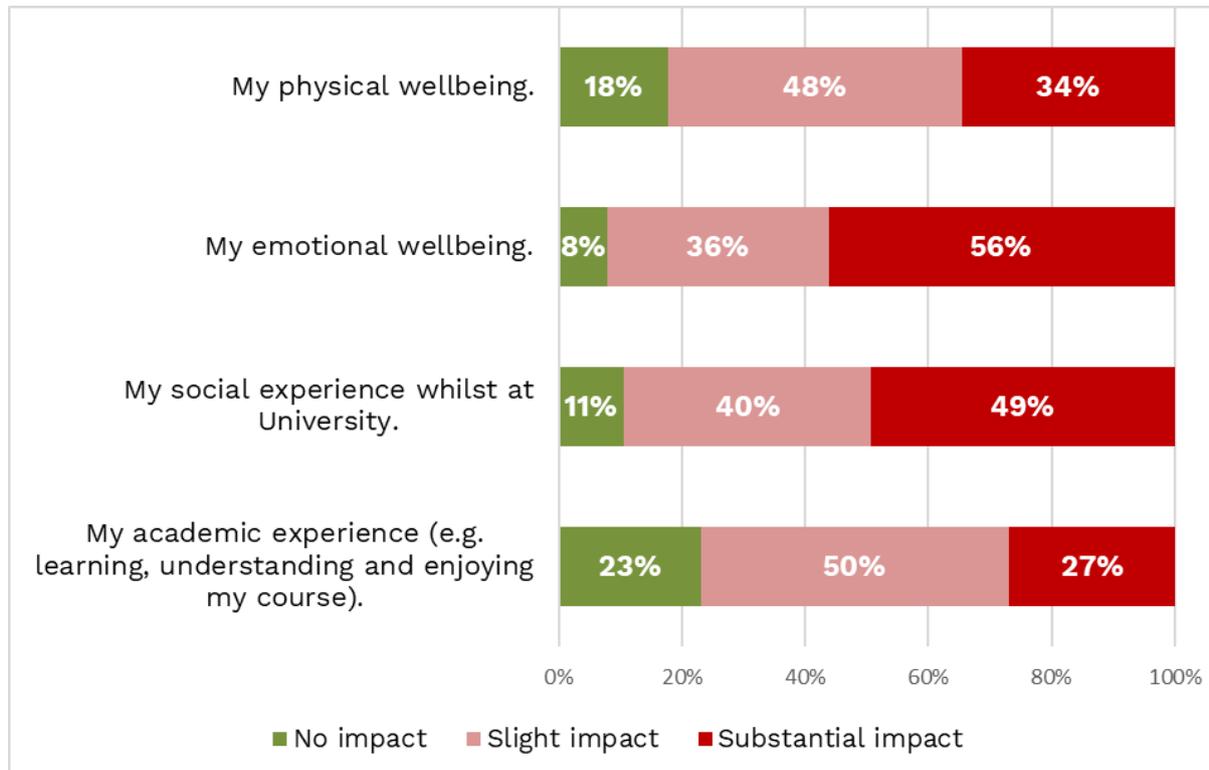
Students in the comments have increasingly spoken about how financial restraints, including the rising costs of food, have meant that they are only able to spend money on the 'bare minimum', with little to no possibility of affording luxuries.

*“With inflation and prices going up, I’ve had to limit or completely stop with buying myself stuff I would like. As my pay check goes on food and supplies, I can’t afford nice things for myself.”*

## Negative impacts of financial constraints

To gain a further understanding of the negative impacts of financial constraints, respondents were asked to report the extent rising financial costs has had on their physical and emotional wellbeing, academic and social experience.

Figure 2: To what extent since the beginning of this academic year, have financial constraints negatively impacted the following? N=1071



As shown in the above figure, the substantial impact the crisis is having across the breadth of the student experience and the wellbeing of students is clear. The crisis is not only impacting their social (89%) and academic experience (77%), but also having a concerning impact on their physical (82%) and emotional wellbeing (92%).

Demographic differences show that females are more likely to report impacts to their emotional (93%) and physical wellbeing (84%) in comparison to males (88% and 76% respectively).

Age differences show that mature students are more likely to report the crisis impacting their physical, emotional, social and academic experience whilst at university in comparison to younger students. The biggest differences being seen for academic experience where 80% of mature students reported an impact in comparison to 71% of younger students and physical wellbeing where 86% of mature students reported an impact and 75% of younger students reported an impact.

## Accommodation changes

To assess the impact rising costs have had on Hallam students housing arrangements, respondents were asked to report on any changes they have made, as shown in the table below.

*Table 4: Thinking about your accommodation in the last year, which of the following changes have you made due to financial constraints? (n=1125)*

	24/25	23/24
I have <b>not</b> made any accommodation changes.	56%	54%
I <b>share my accommodation or live with more flatmates</b> than last year.	20%	20%
I moved back in with my parents/carers/family or I am staying with <b>them</b> longer than I intended.	13%	8%
I have had to move in the last year because <b>my rent became too expensive.</b>	11%	9%
I have had to move in the last year because <b>my mortgage became too expensive.</b>	1%	0%
I am in <b>emergency housing.</b>	0%	N/A

There has been a small increase in the respondents stating they have not made accommodation changes on the previous year (up from 54% to 56%). Again, this could be due to students mostly signing accommodation contracts which makes it difficult for them to leave within a year. From those who have made changes, sharing with more housemates is the largest response (20%), followed by moving back with parents, carers or family (13%, up from 8% last year) and moving because rent has become too expensive (11%, up from 9% last year).

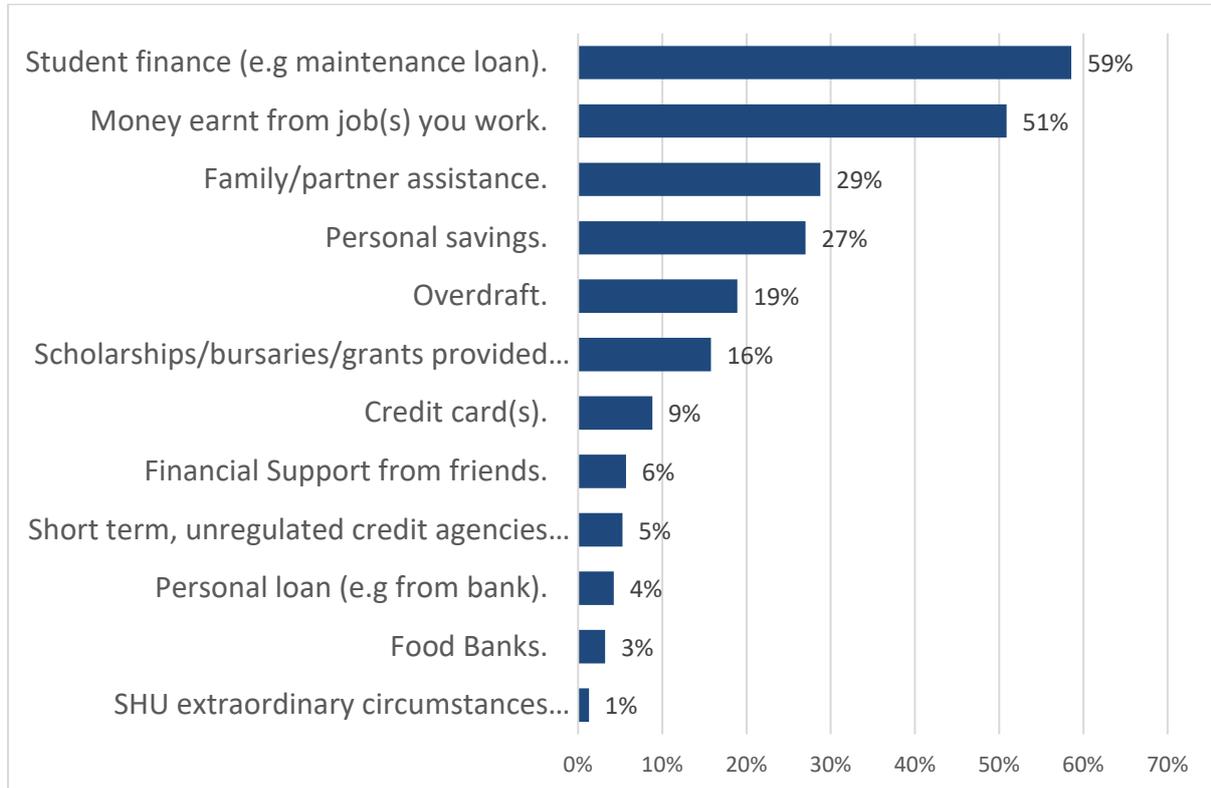
In terms of demographic differences, those aged 18-21 were slightly more likely to move back in with parents/carers/family (14%) in comparison to mature students. Whereas mature students were more likely to have moved because their rent became too expensive (13%), in comparison to younger students (7%). Overall, younger students are more likely to have not made any changes to their accommodation (61%) in comparison to mature students (51%).

Fee status differences show that home students are more likely to have not made any changes to their accommodation (58%), in comparison to international students (40%). Where changes have been made, international students are more likely to share with more people (34%) in comparison to home students (15%) or move because their rent became too expensive (17%), in comparison to home students (8%).

## Paying for day-to-day expenses

Respondents were asked how they most commonly pay for their day to day living expenses, shown in the figure below.

Figure 3: How do you currently pay for your day to day living expenses? Please select all that apply. (n=1248):



Most respondents pay for their day to day living expenses through student finance (59%) or through money earned from jobs they work (51%). Although respondents reported cutting back on food (as shown in figure 1), only 3% report using food banks. This may be due to respondents not realising how bad their situation is, or they feel it is not serious enough to warrant using a food bank service.

Mature students (those aged 22 and over) are less likely to use student finance (43%) in comparison to younger students (77%). They are more likely to use sources such family or partner (32%) in comparison to younger students (27%) or credit cards (13%) in comparison to younger students (4%).

A recurring theme throughout the comments was that students were not expecting this of their university experience or were expecting that the university would be able to provide better support. Many spoke about their maintenance loan from SFE not being enough to cover the necessities.

*“I budgeted everything based on the statistics for Sheffield at the time we were moving here (Aug 2023) it has been radically different than expected and our budget was blown in the first couple of months due to housing alone.”*

*“University originally promised to keep Fridays open for people to work alongside uni however this has been taken away making it more difficult to attend both uni and shifts.”*

## Employment status

To gain an understanding of the work-seeking behaviours of Hallam students, respondents were asked to report their employment status. Responses are shown in the table below.

Table 5: Do you currently work alongside your studies? (n=1248):

	Overall	Home	International
No – Currently Unemployed	41%	42%	38%
Yes – full time (35+ hours per week)	10%	12%	3%
Yes – Part time (fixed hours, less than 35 hours per week)	14%	13%	17%
Yes – Part time (hours vary, less than 35 hours per week)	34%	33%	42%

Home students are slightly more likely to be unemployed in comparison to international, a difference from last year where international students were more likely to be unemployed.

International students are more likely to be working part time in comparison to home students; this may be reflective of the home office restrictions on the number of hours they may work a week.

In terms of gender differences, females are slightly more likely to be unemployed in comparison to males (3%). Whereas males are 4% more likely to be working fulltime in comparison to females.

## Caring responsibilities

To assess the prevalence of unpaid caring responsibilities on Hallam students, respondents were asked to state whether they were unpaid carers. Responses are shown in the table below.

Table 6: Do you have unpaid caring responsibilities alongside your studies? (N=1248)

	%
Yes	21%
No	79%

As shown, the majority of respondents do not have unpaid caring responsibilities (79%). However, it should be noted that just over 20% of respondents have stated they do, and the impact that this must have alongside studies and other commitments should be assessed.

Interestingly when broken down by gender, males are slightly more likely to have unpaid caring responsibilities (22%) in comparison to females (20%). It could be argued this is due to women being less likely to acknowledge that they are an unpaid carer <sup>3</sup>.

Mature students (those aged 22 and over) are significantly more likely to report unpaid caring responsibilities (29%) in comparison to younger students (9%).

Students with caring responsibilities echoed their concerns in the comments when asked to give insight into how they had been impacted. Some of these comments represented worried single parents who were anxious of the inadequate support available to them and their children.

*“I am in significant debt and unable to afford essentials. I am in my overdraft continuously and use food banks. I limit the times I come to campus due to cost of fuel and parking. I do not buy clothing for myself and save up for my child.”*

*“I have struggled massively throughout university in general having a young autistic child to support as well and currently this year having no student finance at all due to no one reporting a change in circumstances when I was withdrawn with a serious illness the prior year this has made this year very difficult financially I am basically self-teaching myself at home due to being unable to commute financially most weeks.”*

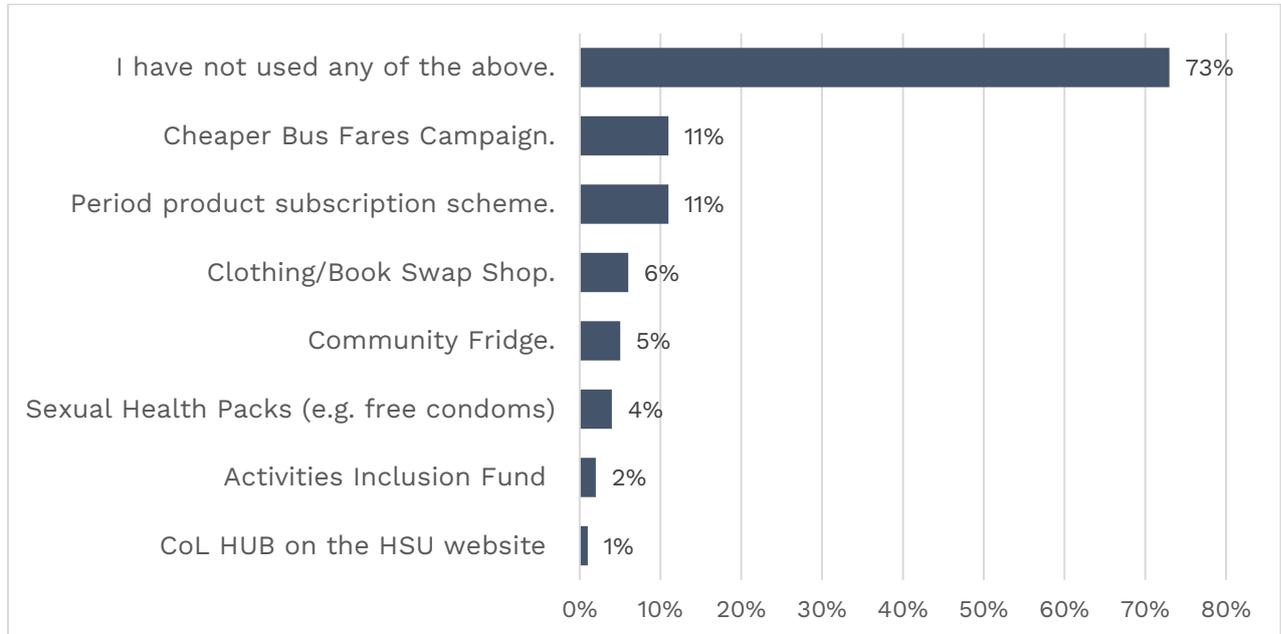
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<sup>3</sup> Carers UK 2022. ‘A snapshot of unpaid care in the UK’  
[https://www.carersuk.org/media/ew5e4swg/cuk\\_state\\_of\\_caring\\_2022\\_report.pdf](https://www.carersuk.org/media/ew5e4swg/cuk_state_of_caring_2022_report.pdf)

## Hallam Students' Union Services

To look at engagement with services offered by HSU, respondents were asked to state if they have used any of the services listed in the figure below.

Figure 4: Which of the following HSU Cost of Living services have you used? Please select all that apply. N=1057:

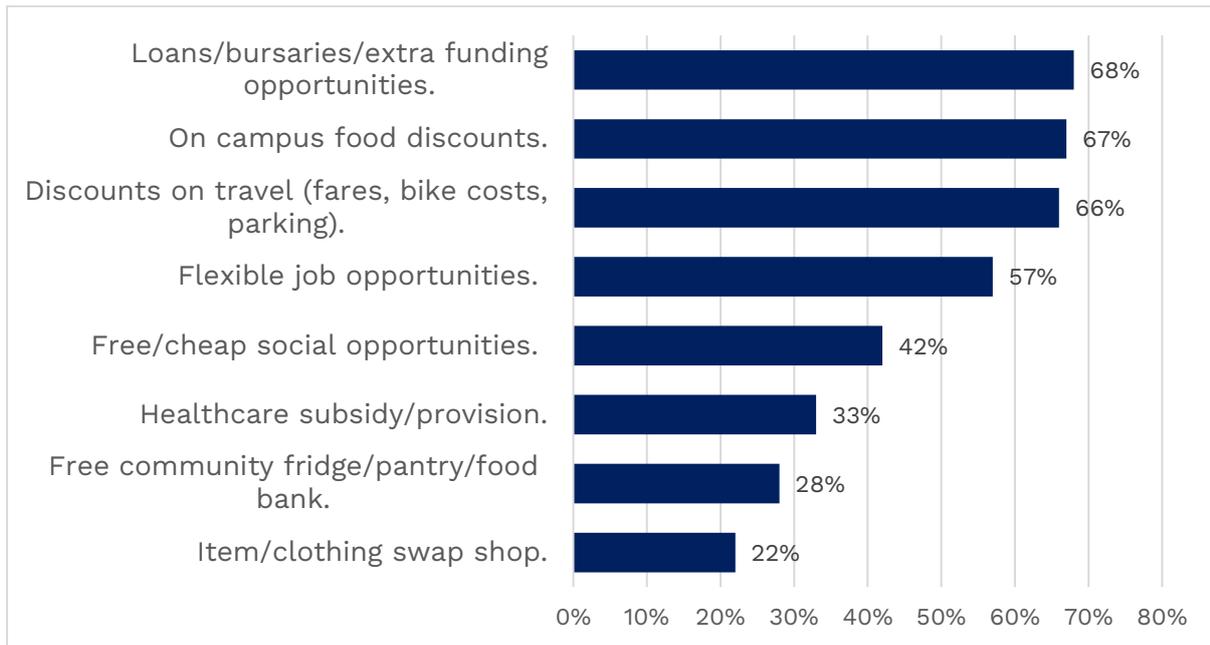


As shown, the majority of respondents have not used any of the listed services (73%), the most popular options from those that have were the Cheaper Bus Fares Campaign (11%) and the Period Product Scheme (11%). As the crisis continues to impact students, it may be beneficial to review the promotion and accessibility of the listed services.

40 comments were left as the 'Other' category, of which 45% claimed they had never heard of or were unaware of the specific service. A further 28% of these comments claimed that they were unable to access the service or had not met the eligibility criteria.

Respondents were also asked to select what further support they would like to see from the services listed in the below figure.

Figure 5: What future services/support respondents would like to see from HSU. N=1057:



As shown, most respondents want to see more financial support, whether this be loans and bursaries (68%), food discounts (67%) or travel discounts (66%).

Interestingly, 22% of respondents would like to see an item/clothing swap shop, as this is similar to something already offered it may be that reviewing the promotion of this service may be beneficial.

Over half of respondents would like to see flexible job opportunities offered, as the results from this survey show, the cost of living crisis continues to have a significant impact therefore more flexible opportunities may have a positive impact.

## Appendix A – Survey

### What is this about?

The aim of this questionnaire is to understand the impact of the cost of living on Sheffield Hallam Students so that we, Hallam Student's Union (HSU), can offer you better, targeted support and assist the University in doing the same. The survey should take no longer than 10 minutes to complete.

### Prize Draw

As a thank you for completing the whole survey, you will be entered to win a first prize draw of £100 and a second and third draw of £50 cash! You can provide your preferred contact details at the end of the survey.

### Important information:

- By clicking 'submit' you consent to your responses being entered into this study.
- The information from this study will be published in a report by the HSU research team. Anonymised survey responses, and anonymised data tied to your student ID such as demographic data, course, level, of study, etc, will be published to the university research archives at the end of the project.
- Once anonymised (so that you cannot be identified), you consent for this information to be used and preserved for any other research purposes on the university archive, and by HSU to support efforts in aiding students with the cost-of-living crisis.

### Your rights:

- You can withdraw from submission at any time before completion of the survey.
- Within 2 weeks of your survey completion, you can contact the Researcher to omit, change or delete any data (contact details at the bottom of page).
- Your responses to this survey are entirely confidential. The survey data will be analysed by HSU staff and, as such, is stored in line with our GDPR policies and practices. HSU undertakes research as part of its function for the community under its legal status, in conjunction with the University. Should you have questions about this survey, please email us at [uusresearch@shu.ac.uk](mailto:uusresearch@shu.ac.uk) or should you have questions about the use of your data, please email [su\\_gdpr@shu.ac.uk](mailto:su_gdpr@shu.ac.uk).
- This study was approved by the University's Research Ethics Committee with reference number \_\_TBC\_\_. If you have concerns with how the research was undertaken or how you were treated, please email [ethicssupport@shu.ac.uk](mailto:ethicssupport@shu.ac.uk).

**Researcher contact details:**

Name: Vicki West

Email: [vicki.west@shu.ac.uk](mailto:vicki.west@shu.ac.uk)

If you consent to being contacted in the future about cost-of-living support initiatives, such as food, period products, student discounts, please enter your student email address below:

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1. What is your student ID?

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2. Do you currently live on or near campus? For the purposes of this survey near campus means you live within the following postcodes: S1-14 or S20).

- Yes, I moved to live within the above postcodes for university.
- Yes, I live within the above postcodes and did not move for university.
- No, I commute from outside of these postcodes.

3. Do you currently work alongside your studies?

- Yes – full time (35+ hours per week)
- Yes – Part time (fixed hours, less than 35 hours per week)
- Yes – Part time (hours vary, less than 35 hours per week)
- No – Currently Unemployed
- Other (Please specify)

4. Do you have unpaid caring responsibilities alongside your studies?

- Yes
- No

5. To what extent since the beginning of this academic year, have you personally been negatively impacted by increases in any of the following: (Scale of substantial impact, slight impact, no impact)

- Cost of food
- Cost of energy/bills
- Cost of rent/mortgage
- Cost of travel to/from campus
- Cost of socialising/extra-curricular activities
- Cost of healthcare (eyecare, prescriptions, opticians, period products, contraception etc.)
- Cost of clothing
- Course-related costs (books, materials, trips, events etc.)

6. Thinking about your spending in the last academic year, which of the following (listed below) have you cut back on due to financial constraints? Please check all that apply.

- Dental Care
- Prescriptions
- Period Products
- Other healthcare & hygiene (contraception, eye care etc.)
- Heating house or room
- Electricity costs
- Water usage
- Internet/wifi costs
- Optional media subscriptions (Netflix, Amazon Prime, Spotify etc.)
- Clothing
- Food
- Socialising/Extracurricular activities or memberships
- Sport or gym memberships
- Travel
- Course-related items (materials etc.)
- I have not cut back on anything in the past year.
- Other (please specify)

7. Thinking about your accommodation this last year, which of the following changes have you made due to financial constraints?

- I moved back in with my parents/carers/family or I am staying with them longer than I intended.
- I share my accommodation or live with more flatmates than last year.
- I have had to move in the last year because my rent became too expensive.
- I have had to move in the last year because my mortgage became too expensive.
- I have not made any accommodation changes.
- I am in emergency housing.
- Other (please specify)

8. Please state how often you have missed or skipped the following (listed below) due to financial constraints and/or taking up paid work?

	Never	Rarely	Sometimes	Often	Always
I miss/skip meals					
I miss/skip sleep					
I miss/skip social events					
I miss/skip classes at University					
I miss/skip optional academic events					
I miss/skip extracurricular university events					
I miss/skip extracurricular Students' Union events such as society events, Give it a go's, and sports mixers.					

9. To what extent since the beginning of this academic year, have financial constraints negatively impacted the following?

	Substantial impact	Slight impact	No impact
My academic experience (e.g. learning, understanding and enjoying my course).			
My social experience whilst at University			
My emotional wellbeing			
My physical wellbeing			

10. Can you give a reason for your above answers?

11. How do you currently pay for your day-to-day living expenses (i.e this could include your course related costs like books, food, rent etc.) Please select all that apply:

- Student finance (e.g maintenance loan)
- Money earned from job(s) you work
- Family/partner assistance
- Personal savings
- Scholarships/bursaries/grants provided by either SHU or elsewhere (e.g study scholarships)
- SHU extraordinary circumstances funding (e.g hardship fund, international emergency fund)
- Personal loan (e.g from bank)
- Short term, unregulated credit agencies (e.g Klarna, Zilch, Clearpay etc)
- Food Banks

- Credit card(s)
- Financial Support from friends
- Overdraft
- Other (please specify)

12. Which of the following HSU Cost of Living services have you used? Please select all that apply.

- Period Product Subscription Scheme
- Community Fridge
- Clothing/Book Swap Shop
- Sexual health packs (e.g. free condoms)
- Activities Inclusion Fund
- COL Hub on the HSU website
- Cheaper Bus Fares campaign
- Other (please specify)

13. What further support would you like to see from SHU or the Students' Union? Please tick all that apply.

- Healthcare subsidy
- Discounts on travel (fares, bike costs, parking)
- Loans/bursaries/extra funding opportunities
- Free community fridge/pantry/food bank
- Free/cheap social opportunities
- On campus food discounts
- Item/clothing swap shop
- Flexible job opportunities

14. Is there anything else you'd like to tell us about how the cost of living has impacted you?

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### **Debriefing**

If you would like to be entered into our prize draw to win one of the **2x£100 or 4x£50 in cash**, please tell us your preferred email below. *We will be contacting winners from 21st April, so keep an eye on your email from then. Your contact details will be kept separate from your survey results and will not be used for any other purpose.*

Thank you completing our questionnaire. If you have questions about this survey or the use of your data, please get in touch with us at [uusresearch@shu.ac.uk](mailto:uusresearch@shu.ac.uk).

For information on scholarships, bursaries, hardship funding, and support, please see Student Funding. For advice and support regarding your personal finances, please see the Students' Union's Advice Centre.

If you experience any adverse side effects by taking part in this study, please contact the relevant Students' Union, University, or external support services which will be able to help you further:

Student Advice Centre - 0114 225 4148. You can also come to Level 1, The HUBS to talk to someone or schedule an appointment.

University Wellbeing - 0114 225 2136. You can also come to Level 1, Surrey Building, City Campus to talk to someone or schedule an appointment.

Samaritans – 116 123. 24hr support to discuss personal issues.

Shout – text 'steel' to 85258. 24/7 text service which aims to take you from a 'hot moment' to feeling calmer.

## Appendix B – Respondent Demographics

COLLEGE	Count	%
BTE	352	28%
HWLS	326	26%
SSA	385	31%
#N/A	184	15%
		100%

AGE RANGE	Count	%
18 - 21	448	36%
22 - 25	320	26%
26 - 30	144	12%
Over 30	151	12%
#N/A	184	15%
		100%

FEE STATUS	Count	%
EU	1	0%
HOME	808	65%
OVERSEAS	254	20%
#N/A	184	15%
		100%

SEX	Count	%
Female	723	58%
Male	338	27%
Other	2	0%
#N/A	184	15%
		100%

COMMUTER STATUS (Postcodes S1-S14)	Count	%
No, I commute from outside of these postcodes.	352	28%
Yes, I live within the above postcodes and did not move for university.	201	16%
Yes, I moved to live within the above postcodes for university.	695	56%
		100%