***Sample Twitter content to accompany the ‘Locked Into Poverty’ report***

***We’ve created some sample tweets below which talk about the survey, the survey results and the recent tiny increase to asylum support rates. They are designed to accompany the graphics in the DropBox.***

***If you want to use these sample tweets, we recommend creating a short ‘thread’, by using the sample tweet below first, followed by any of the tweets on the survey results.***

***First tweet:*** In August, we conducted a survey with people seeking asylum who we support to better understand what it was like to live on only £5.66 a day. The results couldn’t be clearer. Low rates of support force people into poverty and isolation. https://asylummatters.org/wp-content/uploads/sites/117/2020/10/Locked-into-Poverty-Life-on-Asylum-Support-Nov-2020-Web-Ready.pdf

***Then one, or however many of the additional tweets below:***

***Second tweet options:***

*[Not enough graphic]*People said that they cannot meet their essential living needs on £5.66 a day. Without the right to work, low rates of asylum support mean people have to survive without the very basics, with devastating impacts on their wellbeing. An extra 3p a week is an #InsultNotAnIncrease.

*[Quote graphic]*People said that enduring months, even years, on asylum support affects every single aspect of life. They are forced to make impossible choices every day to try keep themselves and their families fed and clothed. An extra 3p a week will not solve the problem. #InsultNotAnIncrease

*[Food graphic]*People said they regularly went hungry. 84% said they didn’t have enough money to buy all the food they needed, particularly for a nutritious diet. Parents would go without so their children could eat. An extra 3p a week will not put enough food on the table. #InsultNotAnIncrease  
 *[Medicines graphic]*Only a third of people can afford to buy the medicines they need. Access to healthcare should be a given for all – but people seeking asylum face a choice between buying medicine and putting food on the table. An extra 3p a week will not solve the problem. #InsultNotAnIncrease

*[Cleaning graphic]  
75% of people can’t always afford basic cleaning products; or have to sacrifice food or other essentials to do so. Forcing people into such decisions is never OK; during a public health emergency, it’s dangerous. An extra 3p will not keep people safe.* #InsultNotAnIncrease

*[Public transport graphic]*Only 1 in 20 people living on asylum support say they can afford to use public transport, leaving people unable to access the services they need, and cut off from many social, cultural or religious activities. An extra 3p will not help buy a bus ticket. #InsultNotAnIncrease

*[Data graphic]*9 in 10 people don't have enough money for phone data and credit. This leaves them isolated from friends and family; unable to access legal advice, public health, and even homeschooling. An extra 3p a week will not keep them connected. #InsultNotAnIncrease

*[Clothes graphic]*The amount received on asylum support is so low that many are forced to save throughout the year, and sacrifice other essential items, to buy basic clothes and shoes for themselves and their families. An extra 3p a week will not buy winter coats for children. #InsultNotAnIncrease

*[3p a week]*  
Last week the @ukhomeoffice decided to increase asylum support rates by just 3p a week. An extra 3p will not put enough food on the table. An extra 3p will not help families keep themselves safe from coronavirus. An extra 3p a week is an #InsultNotAnIncrease

***For example:***

***Tweet 1:*** In August, we conducted a survey with people seeking asylum who we support to better understand what it was like to live on only £5.66 a day. The results couldn’t be clearer. Low rates of support force people seeking refugee protection into poverty and isolation. **[*optional link to Report on AM website*]**

**Tweet 2:** People said they regularly went hungry. 84% said they didn’t have enough money to buy all the food they needed, particularly for a nutritious diet. Parents would go without so their children could eat. An extra 3p a week will not put enough food on the table. #InsultNotAnIncrease   
***[add ‘food’ graphic]***