



Quotes received from single parents receiving the \$550 Coronavirus Supplement surveys in July and September 2020. These were conducted by the National Council for Single Mothers & Their Children as part of their [550 Reasons to Smile](#) campaign:

Thank you and why it needs to stay above the poverty line

Thank you for the supplement, I'd be lost without it.

I can't fully express the full impact of this money, as I don't know where we would be without it. It's allowing me to keep my three children safe from violence. It's allowing me to get us all the professional mental health care we need.

This money means that when one of my children says they need new shoes I don't sit and cry because I have to choose between shoes, the small amount I have for food or rent.

I've been able to buy real ingredients and make proper meals for the kids. My rent is no longer 60% of my total income, and I can buy household items I've been needing for years and musical instruments to enrich the children's lives."

Changed our lives - bought a second hand iPad for home schooling, bought a rescue pet which also helps with stress post DV trauma, yummy food like everyone else, paid off an old parking fine."

It has helped me so much in being able to help my child to be clothed and eat more healthy options, to keep my house warm during the winter.

Mental and physical health

My mental health has improved during this time, regardless of the impact of COVID. The financial security has lessened the additional stress that we would have otherwise been experiencing as a result of this pandemic.

Having the extra money has definitely improved my mental health.

I suffer from anxiety and depression which has been helped by having some financial stability. One of the things that attribute to my stress is never having the money to cover the basics and the constant juggling act to find the money to make sure my kids are fed and have their basic needs met.

I am really worried about how my son is going to deal with things going back to poverty after tasting another life. The pressure is going to be massive if the payment goes back to what it was. I am already really stressed thinking about the Sept 25 cut.

I've had chronic illness for 20+ years, I now have enough to see specialists.

The biggest relief was being able to buy myself and my kids glasses. They were struggling with reading and starting to slip behind at school and I was feeling very anxious about the longterm impacts, and I have a neurological condition that has required me to get new glasses every 6 months as my eyesight is deteriorating.

I think the \$550 supplement should stay on because it removes the stress of living fortnight to fortnight wondering if you're going to have enough money to pay your bills or put food on the table there has been times that I myself have gone days without a meal so my child could eat and I could afford the utility bills.

Dignity. Self respect. Feeding my kids healthy meals. Petrol to take kids on a day out. Filling a script before my medication runs out, instead of going without. The stress lifting while we all sleep better knowing that we have food and bills being paid.

I no longer run out of essentials, and haven't had to use afterpay for presents for birthdays etc, as I can put a bit aside for them...also I am less stressed, knowing I can afford more fruit, and healthier options for my children."

"With the \$550 I didn't need to think twice about taking my child to the doctors when he had tonsillitis and needed antibiotics, nor did I have to stress about buying the antibiotics or the chemist brand liquid paracetamol (\$30) so he could eat or sleep with no pain."

"I'm less stressed and the kids are happier. It's made such an impact to my mental health in a positive way."

Housing

I live in Tasmania. This supplement means rentals are now more affordable for me and I can find a rental I can afford. Unfortunately once this ends I will struggle again. And most likely have to give my rental up. (We were all couch surfing with friends and family until this supplement.)

With rents so high how do people rent a house as getting a government house is so hard, being homeless with kids is a real worry. And you can't just move, that costs a lot of money.

Work-related

I have spent the extra money on everything I needed to get employed. I spent it on important checks, such as Working with Children check. I have spent it on my vehicle so I can travel to job interviews. I have spent it on food so that I am healthy and can maintain employment when achieved. I've spent it on internet to help with being connected for job interviews over communication avenues such as Zoom. I've also spent it on clothing so that I look more professional when I'm attending a job interview, whether it is online or face-to-face.

"I will be able to register my car again and complete my driving lessons so I can expand my job opportunities. It has literally changed my life."

I was able to buy a new laptop which meant I could access better ways to build my business...My microwave had become rusty on the inside. I worried about using it. I have been able to buy a new one. I have been able to purchase a desk so my son can complete his studies. He used to sit on the floor.

Being a single parent, having sole care, working is tricky for me having to juggle child care with being available to accept last minute, casual work. As a casual relief teacher and swimming instructor, my work opportunities stopped due to COVID, and have been slowly coming back the past month. The

\$550 has been a god send, given that my work completely stopped. I still have had to withdraw from Super, to help with debts and my mortgage, yet having a consistent fortnightly income provides security and reduces stress.

I lost my job through no fault of my own through COVID lockdown and will not get be getting it back unfortunately... without the CVS I would not be able to afford everyday living expenses and I am concerned about what will happen when it finishes...

"The supplement means I have a safety net. I don't need to worry if I or my children get sick and I need time off work."

Importance of Supplement as single parent mum receives no support from the child's father

As a single mum (with no financial help from the father) I was able to afford my son's multiple specialist appointments. I have also been able to afford a full service on my car recently and I am ahead on all my utilities bills. Our rented home is very cold without the heat on in winter and I've been able to afford to have it on more when needed.

The supplement has been life-giving. I left family violence 6 years ago and rebuilding after this has been a long struggle. This supplement has sped that up. And it's meant seeing my kids have the things they need (very little support from their father). The result - a brighter future of continuing health... and more possibilities in regard to work and creating long term self-sufficient security.

If I received any child support at all for my children, maybe the supplement wouldn't be so critical.

We receive no child support, and even though I work, I lost one of jobs due to not being able to work at multiple sites. This supplement has been life changing. I fear without it we will again be suffering without enough money for decent food, heating and being able to run the car. To be honest, I am quite scared.

See more at

Parents receiving the Coronavirus Supplement dreading cuts at the end of September, 9/9/21 and Results of September 2020 survey conducted by the National Council of Single Mothers & Their Children

We must not let a million children fall off the cliff into poverty in September, 13/7/20

Mamamia, [From escaping violence to buying warm clothes: the Coronavirus Supplement is changing lives](#), 16/7/20

National Council of Single Mothers and their Children website