


Stories



Read some real life stories of people and organisations that have experience of the benefits trap. These stories are all true but names of people and organisations and their location have been changed to protect their identities.

Do you have an experience you'd like to share? [We'd love to hear your story](#) of how the benefits system has held up the regeneration of your community or stopped you from getting off benefits and into work. We'll keep your identity completely confidential and we'll publish it here.

Individuals

 [Ian - Newcastle](#)

 [Nelson - London](#)

 [Karen - Birmingham](#)

 [Neela - Sussex](#)

Organisations

 [Community Development Project - Manchester](#)

 [Development Project - Glasgow](#)

 [Mental Health Project - London](#)