"The changes make my life hell and depressed.

I am going to lose £700. Travel card expenses to and from work costs me £98. No childcare. I support my three children back home (overseas). It will affect my family here badly. I cant afford rent and bills with this change. Weekly shopping will be difficult."

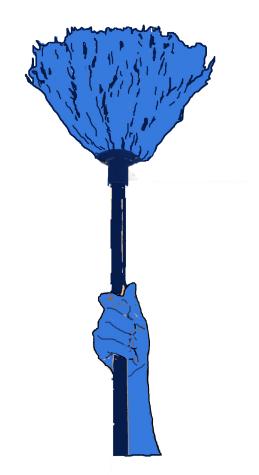
JUSTICE FOR CLEANERS



"I took this job because it fitted into my daily life.

Now the change means it will affect my family life, child-care and travel.

I am on the morning shift and I also do care for my disabled sister. I have been working over 10 years and I feel energetic to come in the morning – changing the shift pattern will cost me more in travel after work and bills."



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