

**"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."**

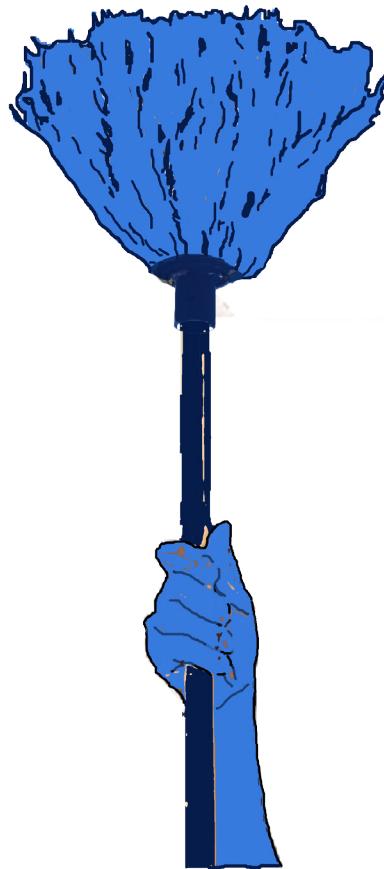
## **JUSTICE FOR CLEANERS**



"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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