My name is Colleen Webster,i live at 7 Pumphrey Way in Aylsham in Norfolk.I lost my job at 59,im now 63 and im on Jobseekers Allowance of £73 per week.This amount has remained since 2015,despite the cost of living going up.Im on medication for high blood pressure and that medication has been raised 5 times,as it will not come down.I believe the stress of signing on benefits has caused this.I often have to use foodbanks to eat,and i sit in the dark to save electric.I have had 1 dress and 1 pr of knickers in the past 3 yrs,as i cant afford to buy new clothes.You can print my story if you wish,and i would have killed myself by now,if it wasnt for my children.I dont smoke or drink either,and have no social life.