

FAMILY TYPE: COUPLE PENSIONER

These are the lists constructed by people in pensioner couples.

Summary

Budget area	Weekly budgets (£)
Food and drink	60.65
Clothing and footwear	9.93
Housing costs	103.64
Household goods and services	20.20
Personal goods and services (inc health)	23.65
Transport	4.65
Social and cultural activities	43.21
TOTAL	265.92

NB In the tables on the following pages, the column headings refer to:

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
------	----------	----------------	--------------	-----------------

- Item:** Name or type of item
- Quantity:** Number of items needed (in food this could relate to individual items, e.g. cooking apples, or packs of an item, e.g. bag of apples, cartons of fruit juice)
- Unit price:** The cost for 1 of that item (whether an individual item or a pack)
- Life (weeks):** The number of weeks the item is expected to last before it needs replacing
- Weekly cost:** (Quantity x Unit price) divided by (Life in weeks)
e.g. 1 pack of fishcakes costing 80p lasting 2 weeks has a weekly cost of $(1 \times £0.80)/2 = £0.40$

Food and drink

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Apple pie	1	0.65	1.5	0.43
Apples fresh, cooking	1	0.51	1.0	0.51
Apples, fresh	1	0.80	1.0	0.80
Ham, cooked	1	0.60	1.0	0.60
Bacon, pre-packed	1	1.12	1.0	1.12
Bakewell tart	1	0.75	2.0	0.38
Bananas, fresh	1	0.58	1.0	0.58
Baked beans	1	0.26	1.0	0.26
Beef joint	1	4.49	1.0	4.49
Beef mince	1	3.14	4.4	0.71
Shortcake biscuits	1	0.39	1.5	0.26
Bread, wholemeal, sliced	2	0.65	1.0	1.30
Broccoli, fresh	1	0.80	1.0	0.80
Cabbage, fresh	1	0.50	1.0	0.50
Mandarin oranges, tinned	1	0.22	1.0	0.22
Peaches, tinned	1	0.44	1.0	0.44
Carrots, fresh	2	0.06	1.0	0.12
Cheese	1	1.52	1.5	1.01
Chicken breast	1	2.99	2.0	1.50
Chips, frozen	1	1.28	5.4	0.24
Coffee, instant	1	1.19	2.5	0.48
Cream, sterilized	1	0.57	2.0	0.29
Cucumber	1	0.34	1.0	0.34
Eggs	1	1.12	1.5	0.75
Extra food at Christmas	1	15.00	52.0	0.29
Fish in batter, frozen	1	3.49	3.0	1.16
Flour, plain	1	0.41	10.0	0.04
Fish fillets in crumb, frozen	1	2.49	1.9	1.31
Fruit cake	1	1.09	2.0	0.55
Fruit juice (orange)	2	1.19	1.0	2.38
Gravy granules	1	0.70	2.0	0.35
Ice-cream	1	1.39	4.0	0.35
Lamb mince	1	3.88	3.0	1.29
Leafy green salad	1	1.00	1.0	1.00
Malted drink	1	0.84	5.0	0.17
Marmalade	1	0.44	3.0	0.15
Mushrooms, fresh	1	0.57	1.0	0.57
Potatoes, new	1	0.23	1.0	0.23
Onions, fresh	1	0.25	1.0	0.25
Oranges, fresh	4	0.26	1.0	1.04
Tuna, tinned	1	0.64	1.0	0.64
Green beans, frozen	1	0.78	9.0	0.09

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Shredded Wheat	1	1.59	2.0	0.80
Weetabix	1	1.78	3.0	0.59
Cheese sauce mix	1	1.12	4.0	0.28
Parsley sauce mix	1	1.24	4.0	0.31
Lasagne	1	0.61	1.5	0.41
Pears, fresh	1	0.41	1.0	0.41
Peas, frozen	1	1.07	2.0	0.54
Pork chops	1	2.60	1.0	2.60
Porridge	1	0.39	9.0	0.04
Potatoes	1	1.12	1.0	1.12
Reduced fat spreads	1	0.97	2.0	0.49
Bread rolls, 6 pack	1	0.49	1.5	0.33
Salt	1	0.24	26.0	0.01
Sausages	1	0.84	1.0	0.84
Semi skimmed milk	6	0.70	1.0	4.20
Sugar	1	0.79	6.0	0.13
Tea	1	1.86	3.4	0.55
Soup, tinned, cream of tomato	1	0.39	1.0	0.39
Soup, tinned, carrot and coriander	1	0.39	1.0	0.39
Tomatoes, fresh	1	1.77	1.0	1.77
Yoghurt, low fat, 6 pack	1	0.98	1.0	0.98
Fish and chips from chip shop	1	3.60	2.0	1.80
Carvery meal	1	18.58	4.3	4.32
Wine (2 glasses with meal out)	1	3.72	4.3	0.87
Stout (4 pack)	1	3.45	4.0	0.86
Red wine (1 bottle)	1	3.19	1.0	3.19
White wine (1 bottle)	1	2.48	1.0	2.48
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				60.65

Clothing and footwear

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Men's				
Belt	2	3.00	104.0	0.06
Boots	1	19.99	104.0	0.19
Dressing gown	1	19.50	260.0	0.08
Hat	1	2.00	104.0	0.02
Jacket, light summer/blazer	1	15.00	260.0	0.06
Jumpers	5	12.00	260.0	0.23
Pants	10	1.00	52.0	0.19
Pyjamas	2	5.00	52.0	0.19
Raincoat	1	15.00	260.0	0.06
Sandals	1	25.00	104.0	0.24
Shirts	12	10.00	260.0	0.46
Shoes	1	20.00	104.0	0.19
Shorts	2	10.00	104.0	0.19
Slippers	1	4.00	52.0	0.08
Socks, lightweight	5	1.25	52.0	0.12
Socks, thick	5	0.83	52.0	0.08
Suit	1	79.00	520.0	0.15
Sweatshirt	4	4.00	104.0	0.15
Swimming costume	1	5.00	104.0	0.05
Ties	3	4.00	520.0	0.02
Trainers	1	5.00	104.0	0.05
Trousers	6	14.00	260.0	0.32
T-shirts	6	2.50	104.0	0.14
Vests	10	1.50	52.0	0.29
Winter coat	1	22.00	260.0	0.08
Women's				
Boots	2	45.00	104.0	0.87
Bras	3	4.00	52.0	0.23
Cardigans	4	10.00	104.0	0.38
Dress	2	22.00	104.0	0.42
Dressing gown	1	19.50	312.0	0.06
Fleece	1	3.00	104.0	0.03
Gloves	1	4.00	104.0	0.04
Hat	1	5.00	104.0	0.05
Jumpers	4	8.00	104.0	0.31
Knickers	12	1.50	52.0	0.35
Nighties	2	4.00	52.0	0.15
Pop socks	5	1.00	52.0	0.10
Pyjamas	2	4.00	52.0	0.15
Sandals	2	25.00	104.0	0.48
Scarf	1	2.00	104.0	0.02

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Shoes	2	29.50	104.0	0.57
Slip	4	8.00	104.0	0.31
Slippers	1	3.00	52.0	0.06
Socks	6	0.21	52.0	0.02
Swimming costume	1	7.00	104.0	0.07
Thermal vests	6	5.00	52.0	0.58
Tights	5	0.50	52.0	0.05
Tops	6	8.00	104.0	0.46
Trousers	3	10.00	104.0	0.29
Waterproof coat	1	4.00	104.0	0.04
Winter coat	1	15.00	104.0	0.14
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				9.93

Housing costs

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Contents insurance	1	85.72	52.0	1.65
Council tax (Band A, central Loughborough)	1	924.07	52.0	17.77
Decorating (average amount spent by pensioner couples in social housing)	1	187.72	52.0	3.61
Fuel for heating	1	552.42	52.0	10.62
Rent for 2 bed council flat, central Loughborough	1	64.43	1.0	64.43
Water rates	1	289	52.0	5.56
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				103.64

Household goods and services

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
3 seater sofa bed	1	499.00	520.0	0.96
Armchair	2	249.00	520.0	0.96
Baking tray	2	0.99	520.0	0.00
Bath mat (for floor)	1	3.00	260.0	0.01
Bath mat (non-slip for inside the bath)	1	2.99	104.0	0.03
Bedside table/cabinet	2	39.99	520.0	0.15
Bin	1	7.00	260.0	0.03
Bleach	1	0.62	4.3	0.14
Second class stamps	1	1.38	2.0	0.69
Bread bin	1	9.99	520.0	0.02
Bread board	1	3.99	260.0	0.02
Brush	1	2.99	260.0	0.01
Bucket	1	2.00	520.0	0.00
Cake tin	1	1.99	520.0	0.00
Carpet (bedroom 1)	1	231.60	520.0	0.45
Carpet (bedroom 2)	1	114.34	520.0	0.22
Carpet (hall)	1	131.65	520.0	0.25
Carpet (living area)	1	423.88	520.0	0.82
Carving knives	1	9.99	520.0	0.02
Chamois leather	1	2.99	260.0	0.01
Clothes line	1	1.99	520.0	0.00
Coat hooks	1	7.99	1040.0	0.01
Coffee table	1	£69.00	520.0	0.13
Colander	1	2.99	260.0	0.01
Cooker	1	139.99	260.0	0.54
Corkscrew	1	0.99	260.0	0.00
Cream cleaner	1	0.66	8.6	0.08
Crockery set	1	20.00	520.0	0.04
Curtain pole (bedroom 1)	1	9.99	520.0	0.02
Curtain pole (bedroom 2)	1	9.99	520.0	0.02
Curtain pole (hall)	1	9.99	1040.0	0.01
Curtain pole (living area)	1	9.99	1040.0	0.01
Curtains (bedroom 1)	1	20.99	520.0	0.04
Curtains (bedroom 2)	1	20.99	520.0	0.04
Curtains (hall)	1	20.99	1040.0	0.02
Curtains (living area)	1	20.99	1040.0	0.02
Cushions	3	2.99	520.0	0.02
Cutlery set	1	17.99	520.0	0.03
Cutting/chopping board	1	1.49	104.0	0.01
Dish cloths	1	0.49	52.0	0.01
Door mat	1	2.99	104.0	0.03

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Double bed	1	209.99	520.0	0.40
Drawers	2	69.79	780.0	0.18
Dresser/cabinet	1	199.99	1300.0	0.15
Dusters	1	0.29	260.0	0.00
Dustpan and brush	1	1.99	520.0	0.00
Duvet	1	30.00	520.0	0.06
Duvet cover	3	15	260.0	0.17
Floor cleaner	1	0.97	13.0	0.07
Footstool	1	149.00	520.0	0.29
Fridge freezer	1	149.95	520.0	0.29
Frying pan	1	3.99	520.0	0.01
Glasses, 6 tumbler, 6 wine glasses	1	13.98	520.0	0.03
Hand washing liquid/powder	1	1.15	26.0	0.04
Hand whisk	1	0.99	520.0	0.00
Hook on door (bedroom)	1	2.99	520.0	0.01
Iron	1	24.97	260.0	0.10
Ironing board	1	24.99	520.0	0.05
Kettle	1	24.97	260.0	0.10
Kitchen roll	1	0.79	4.0	0.20
Lamp	1	8.00	260.0	0.03
Lamp (bedroom)	1	4.00	260.0	0.02
Lampshade	1	3.50	520.0	0.01
Lampshade(1st bedroom)	1	3.50	520.0	0.01
Lampshade(2nd bedroom)	1	3.50	520.0	0.01
Lampshade (bathroom)	1	3.50	520.0	0.01
Lampshade (hall)	1	3.50	520.0	0.01
Lampshade (dining area)	1	3.50	520.0	0.01
Lampshade (kitchen)	1	3.50	520.0	0.01
Lampshade (living area)	1	3.50	520.0	0.01
Landline telephone	1	24.99	260.0	0.10
Landline telephone rental and call charges	2	15.75	4.3	7.33
Lemon squeezer	1	0.99	520.0	0.00
Light bulbs	8	0.81	312.0	0.02
Mattress protector / cover	1	11.00	156.0	0.07
Measuring jug	1	1.49	520.0	0.00
Medicine cabinet	1	19.99	780.0	0.03
Microwave	1	34.94	260.0	0.13
Mirror (hall)	1	9.99	780.0	0.01
Mixing bowl	1	1.99	520.0	0.00
Mobile phone call charges	2	20	52.0	0.77
Mobile telephone	2	24.99	260.0	0.19
Mop	1	5.99	260.0	0.02

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Mop head	1	2.49	13.0	0.19
Ornaments	1	9.00	520.0	0.02
Oven gloves/cloth	1	2.99	260.0	0.01
Pattie tin	1	1.50	520.0	0.00
Pegs	1	0.77	104.0	0.01
Pillows	4	5.00	260.0	0.08
Polish	1	0.87	17.2	0.05
Potato peeler	1	0.99	520.0	0.00
Roasting dish	1	1.99	520.0	0.00
Rolling pin	1	0.95	520.0	0.00
Saucepan set	1	9.99	520.0	0.02
Scales	1	6.99	520.0	0.01
Scourers	1	0.49	12.0	0.04
Secateurs	1	3.99	1300.0	0.00
Serving dishes	2	2.99	520.0	0.01
Sewing kit	1	3.00	260.0	0.01
Shears	1	2.99	1300.0	0.00
Sheets (fitted)	3	9.50	260.0	0.11
Shoe rack	1	4.99	1040.0	0.00
Shopping bag	1	1.00	156.0	0.01
Shower curtain	1	5.99	104.0	0.06
Sieve	1	0.99	520.0	0.00
Spade	1	9.99	1300.0	0.01
Spice rack	1	2.49	520.0	0.00
Sponge tin	2	0.89	520.0	0.00
Storage jars	1	8.99	520.0	0.02
Storage/shelves	1	49.99	1300.0	0.04
Surface cleaner	1	0.75	13.0	0.06
Table (hall)	1	14.99	1040.0	0.01
Table mats	4	2.99	520.0	0.02
Table, dining	1	25.00	520.0	0.05
Tablecloth	2	6.00	520.0	0.02
Tea towels	3	0.30	104.0	0.01
Teapot	1	2.99	520.0	0.01
Tin opener	1	1.99	520.0	0.00
Toaster	1	19.97	260.0	0.08
Toilet brush	1	1.29	104.0	0.01
Toilet roll holder	1	6.00	520.0	0.01
Top/flat sheets	3	12.00	260.0	0.14
Towel rail	1	13.00	520.0	0.03
Towels, bath	4	6.99	260.0	0.11
Towels, hand	6	3.29	260.0	0.08
Utensils (set)	1	1.25	260.0	0.00
Vacuum cleaner	1	59.99	260.0	0.23

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Vinyl flooring (bathroom)	1	63.35	520.0	0.12
Vinyl flooring (kitchen)	1	86.12	520.0	0.17
Wardrobe	2	189.99	780.0	0.49
Washing basket	1	3.00	156.0	0.02
Washing machine	1	169.95	520.0	0.33
Washing powder	3	0.14	1.0	0.42
Washing up bowl	1	1.25	260.0	0.00
Washing up liquid	1	0.68	13.0	0.05
Watering can	1	1.99	1300.0	0.00
Window blind	1	24.99	520.0	0.05
Window blind (bathroom)	1	24.99	520.0	0.05
Window cleaner	1	1.26	13.0	0.10
Wooden spoon	1	0.23	260.0	0.00
Yorkshire pudding tins	1	1.79	520.0	0.00
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				20.20

Personal goods and services, including health

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Bonjela	1	2.09	26.0	0.08
Antiseptic	1	0.68	26.0	0.03
Bath brush	1	1.99	104.0	0.02
Beechams flu plus	2	3.65	26.0	0.28
Boots	1	2.29	26.0	0.09
Califig	1	4.39	13.0	0.34
Clock (alarm clock)	1	9.79	260.0	0.04
Clock (living area)	1	3.99	260.0	0.02
Comb	1	0.39	104.0	0.00
Deep Heat	1	4.99	26.0	0.19
Dentist (includes 2 x check ups and 1 filling per year)	2	44.60	52.0	1.72
Dentist	2	16.20	52.0	0.62
Deodorant	2	0.99	4.3	0.46
Face flannel	4	0.89	260.0	0.01
Hair conditioner	1	0.59	4.3	0.14
Hair dryer	1	7.99	260.0	0.03
Hairbrush	1	1.29	260.0	0.00
Hairdressers for men	1	5.00	4.3	1.16
Hairdressers for women	1	12.00	2.0	6.00

Handbag, casual, work, going out	2	15.00	156.0	0.19
Moisturiser	1	1.49	4.3	0.35
Nail brush	1	0.49	104.0	0.00
Optician - new glasses	2	£100	52.0	3.85
Optrex	1	3.99	13.0	0.31
Purse	1	6.00	156.0	0.04
Razor	2	5.59	260.0	0.04
Razor blades	1	6.99	6.0	1.17
Rennies	1	3.99	13.0	0.31
Scales	1	19.99	520.0	0.04
Scholl corn removal plasters	2	1.95	13.0	0.30
Shampoo	2	0.59	8.5	0.14
Shaving foam	1	1.97	3.0	0.66
Shower gel	1	0.76	4.3	0.18
Soap	1	0.38	4.3	0.09
Sponge	2	0.19	13.0	0.03
Suncream	1	9.89	52.0	0.19
Toilet rolls	2	0.35	1.0	0.70
Toiletries/personal care	1	15.00	4.3	3.49
Toothbrush	1	0.39	6.0	0.07
Toothpaste	1	0.69	4.3	0.16
Umbrella	2	6.95	104.0	0.13
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				23.65

Transport

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Taxi	1	20	4.3	4.65
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				4.65

Social and cultural activities

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Block of writing paper	1	0.92	26.0	0.04
CD player/radio	1	34.99	260.0	0.13
Charitable donation	1	10	52.0	0.19

Item	Quantity	Unit price (£)	Life (weeks)	Weekly cost (£)
Christmas, birthdays, anniversaries etc.	1	400	52.0	7.69
DVD	1	49.99	260.0	0.19
Freeview box	1	29.99	260.0	0.12
General social activities	2	10	1.0	20.00
Half-board holiday in UK for 5 days + 6 day trips each (free bus travel and food costs from food budget)	1	400	52.0	7.69
Newspapers	1	3.50	1.0	3.50
Pack of envelopes	1	0.79	26.0	0.03
Plants	1	30.00	52.0	0.58
TV	1	89.99	260.0	0.35
TV licence	1	11.63	4.3	2.70
TOTAL (NB may not be equal to the sum of the shown figures due to rounding)				43.21