

1 in 6 children around the world are living in extreme poverty, that's 356 million children, every day 17,000 will die, one every 5 seconds.

Child poverty pure gets to me, it's no' just no money, it's everything that poverty brings with it. It doesn't seem fair.

Boys you're tea's ready.

The problem with poverty is that it's easy to define.

Poverty (noun) – The state of being extremely poor.

But difficult to understand. See, you could say...

A person living on less than \$1.90 per day is in extreme poverty.

...and it'd be true. But when you've got a tenner in your pocket and everything costs 20 quid...do you see my point?

So let me make it simple. Whenever people can't afford the basic things that they need to live; food, healthcare, warmth, proper shelter, that's poverty.

Wherever people are too poor to go to school; to work, to learn, to play, to be safe, to live in security and without fear, that's poverty.

If you look at it like this you see that there's poverty everywhere, in developing countries and developed.

From Scotland to South Sudan, Motherwell to Mombasa, in Dumfries and in Detroit. Poverty is what happens when things aren't working properly.

War destroys, the land gives up, crops fail and you're too hungry and ill to find work. It's when a global health crisis spreads like wildfire.

We've seen it all before, it's dire.

But poverty is also when social support breaks down and leaves people behind.

The guy who lost his job, the working mum whose wages aren't enough to cover the gas and electricity, with nothing else for it except to send her kid to bed early and hope an extra blanket is enough to keep him warm.

It's the luck of the draw, and I want to live in a better world. Where everyone has the same chances.

Education is one way, education gives people the opportunity to lift themselves out of poverty, just like it helps me understand my responsibilities to others.

The UK has a welfare state; schools, hospitals but loads of places don't, institutions to support them, no matter where they live or how poor they are.

I can't do it on my own, but I don't have to. There are millions of us readier than ever. Using our voices to be heard, our actions to help those in need and our hearts to show love, respect, empathy to every single person.

Looking after each other, looking out for each other. Whether they're friends, family, neighbours living just down the street or people in faraway places that you'll never meet, 'No poverty' starts here.