

## SUPPORTED LODGINGS REFERRAL INFORMATION

### EAST TO WEST

**east to west** is a registered charity, established in 1996, committed to **bringing Hope to young lives** through pastorally responsive youth work. **east to west** currently has Relational Support Workers and Youth Workers based in local secondary schools and with the police, in addition a Nightstop scheme which provides emergency accommodation. It is from this continued response to the local need that **east to west** is running the Supported Lodgings project to prevent youth homelessness.

### WHAT IS SUPPORTED LODGINGS

This supported lodgings scheme is aimed at young people aged 16-17 who are homeless or at risk of homelessness who do not yet feel ready to live independently and would prefer some support. **east to west** does not own any property but we have hosts/host families in the local area who have a spare room and are happy to share their home and support young people who need a home to live in. The young person can stay with the host for up to 1 year. The host does not have parental responsibility for the young person, but are asked to help nurture skills such as cooking, budgeting, or shopping economically. All hosts have undergone a detailed assessment (including CRB checks, home visits, risk assessments) and training before becoming a host for east to west. The aim is that through the stability of a positive home environment the young person can engage in learning, work or training and gain the skills they need for moving onto either supported housing, safe independent living or reconciliation back into the excluded home. The young person will be allocated a support worker from east to west who will meet weekly with the young person to talk about how things are going and if there are any issues. The support worker will also work with the young person to create a personal development plan which will highlight the aims of the young person during their stay with the host.

#### What do hosts do?



Each host has been carefully selected and trained to support the young person during their stay with them. The host is not a replacement parent and they will allow sufficient space and encouragement to allow the young person to make their own decisions and choices about life and gain the necessary skills to help them on to living independently. As no two people are alike each host/lodger relationship is different and the young persons' support needs are unique.

However, most need support with one or more of the following and the host, east to west support worker and/or other agencies are there to help –

- Managing money
- Adjusting to living in a new home
- Coming to terms with what happened before moving to supported lodgings
- Help with benefit claims and job searching
- Maintaining relationships e.g. friends & family
- Developing and maintaining a social life
- Learning household tasks e.g. laundry, cooking
- Ensuring home safety and security
- Registering with a doctor and dentist
- Providing emotional support
- Moving on planning
- Maintaining responsibilities e.g. college/training/work

#### Will meals be provided?

Our hosts will come to an agreement with the young person about how many meals are provided. However, the young person will be able to use the kitchen facilities for cooking and food storage and their host can help them with shopping, cooking skills etc.

#### How long can a young person stay in Supported Lodgings?

Stays vary from several months up to 1 year depending on individual circumstances. Most young people have a

planned move on to further accommodation with support from housing, existing support workers and east to west support worker. The young person will have to agree to a licence agreement which highlights the house rules, and the circumstances under which they may be given notice to move out, or required to leave immediately.

### How much access to the house will they be able to have?

The young person will have a front door key and so be able to access their room at all times. However, the young person is expected to be busy during most of the week attending training, education or employment or seeking work.

### What are the house rules?

The following House Rules are standard for all accommodation and are non-negotiable.

1. To keep your own room and other shared areas clean and tidy –vacuumed, dusted and polished. Bath, shower and sink cleaned after use. Items in their correct places.
2. Ensure dirty items are kept in the washing basket and that your washing is done regularly.
3. Provide and use your own toiletries.
4. To ensure the house is secure on leaving and entering.
5. To ensure that you don't give a set of house keys to anyone else.
6. Be in at agreed times and notify your host if you are staying out overnight (max of 2 nights staying away each week –unless prior agreement for holidays etc)
7. Treat the host's property with respect and pay for the repair or replacement of items damaged or lost by you from any cause.
8. Be considerate of the host's needs and wishes, show courtesy and co-operation at all times.
9. Neither the young person or host should open each others' post.
10. To pay for any damages/repairs caused by you.
11. To only have visitors with the permission from the host(s).
12. To only drink alcohol or allow visitors to drink alcohol at the house with permission from the host(s).
13. The use of illegal substances ie:drugs/solvents in or on the property is not permitted by yourself or visitors.
14. Abide by the licence agreement.
15. Abide by the personal development plan and be available at the agreed times.
16. The house must at all times comply with the Scheme's Health and Safety requirements during the Contract Period.

Hosts may add some other house rules appropriate to their home but often these are re-negotiable after time.

### What will it cost to live in Supported Lodgings?

#### a) Weekly Rent



If in receipt of Income Support or income based Job Seekers Allowance – the rent is covered by Housing Benefit if the claim is successful.

If working the young person will need to pay the equivalent of Housing Benefit each week (approx £90) or it is likely if a low income that the young person may be eligible for some housing benefit.

#### b) Food/Bills

The young person will pay the host **£20 a week** to cover fuel, water bills and towards food.

### How do you refer?

Young person and referring agency to complete the referral form together and referring agency to send accompanying information/report with the application.

**If you have any questions please do not hesitate to contact the Supported Lodgings Team:  
01784 438007 / 07825 288851 or email [catherine@easttowest.org.uk](mailto:catherine@easttowest.org.uk).**