

## How to Access our Services

- Our supported housing for single men aged 22+ is accessed through Bristol City Council's Housing and Support Register (Homeless Pathway 1)
- If you already have a support worker, ask for an eligibility assessment to see if you can be referred to us using the Housing and Support Register
- If you do not have a support worker to refer you, please contact Bristol City Council's Homelessness Prevention Team for an assessment on 0117 352 6800
- For further help and guidance including an online referral form please refer to our website [www.selfhelpha.co.uk](http://www.selfhelpha.co.uk)



### Self Help Community Housing Association

12 King Square Avenue,  
Stokes Croft, Bristol BS2  
8HU Phone 0117 9705400  
Website [selfhelpha.co.uk](http://selfhelpha.co.uk)



This image was painted by Clive;  
a former Self Help service user

# Supported Housing for Single Men aged 22+

## Self Help Housing Association

Changing lives for the long term...

### Service Overview

We currently provide 75 low support places for single men aged 22 or over without dependant children.

This service is suitable for single men who are able to maintain a tenancy with relatively modest levels of one to one support and who are ready to become more independent.

Length of stay ranges from 6 months to 2 years depending on individual circumstances.

Whilst support plans vary from person to person, they all include an objective to move-on in a planned way on to suitable long term housing.



"Typically 85% of our service users move-on in a planned way to a permanent home"

### Housing Services

Our housing team are on hand to help you manage your responsibilities and to help you overcome problems.

#### This can include help with:

- Managing your rent account.
- Housing Benefit & the DWP.
- Cleaning to communal areas.
- Regular health and safety inspections.
- Anti-social behavior.
- Liaison with your Support worker and external agencies.
- Day to day issues you might be struggling with.

### Accommodation

- Fully furnished
- Own lockable room
- Shared communal kitchen, bathroom and garden
- Residents share cost of energy bills.
- We pay for communal heating and lighting costs.
- Locations across Bristol
- Dedicated housing officer
- Free starter packs providing bedding and kitchenware.
- Standards accredited under Bristol City Council's property licensing scheme.

### Support Services

You will have a dedicated support worker who will develop a personal support plan with you based on your individual needs and goals.

Engaging regularly with your support worker is an essential condition of service.



"When you eventually move-on, we can also support you to resettle into your new home."

### Support in Action

- Regular one to one support meetings.
- Drop-in and in Crisis meetings.
- Group activities and peer support.
- Projects and initiatives and special events.
- Communication by phone, letter, text and email
- Working together with other agencies to help you access specialist support.
- Regular support plan reviews to assess progress and agree new goals.
- Help to access suitable long term accommodation when you are ready move-on.
- Resettlement support after you move on

### Support Plans

Support plans are unique to each individual and are developed in partnership. Every support plan includes the objective of achieving a planned move to suitable long term housing .Other issues we can support you with include:-

- Managing money & debts,
- Dealing with the DWP
- Applying for grants
- Access to health care
- Healthy lifestyle
- Pathways to volunteering, training and employment
- Independent living skills
- Anger management
- Building confidence
- Historic abuse
- Trauma
- Substance misuse
- Mental health
- Emotional well-being
- Building social networks