



SUPPORTED LODGINGS INFORMATION FOR YOUNG PEOPLE

together for
children
SUNDERLAND

What is Supported Lodgings?

Supported Lodgings is a scheme that is ran by Together for Children in Sunderland. It means that you would live within a home environment in the local area and would have the benefit of extra support from the Supported Lodgings carer whom you live with if you need it.

Supported Lodgings are in 'every day' homes and you would have your own front door key and own private bedroom space and access to all the home facilities.

You would pay a small contribution towards food and rent for your room to help get you ready for independence and there are some 'shared house rules' to make sure that the house works well for everyone.

All of these things are discussed with you before you move in, so you know what's expected.

What happens next?

If you are interested in Supported Lodgings, then you can speak with your Social Worker or Personal Advisor and they can refer you to the scheme.

After this, we would arrange to meet you to introduce ourselves and share some information about Supported lodgings and carry out a short interview.

If you want to progress, we would then think about which home you may like to visit or be best suited too.

We would then support you to meet/ visit the Supported Lodgings carer.

After this, if you feel comfortable with moving into Supported Lodgings we would arrange further visits until an agreed move in date.

We would work at your chosen pace; this means we can plan months before you move in or sometimes if you need somewhere to live quickly we can access supported lodgings in an emergency.

How does Supported Lodgings work?

- You would have your own room within a home environment.
- You would pay a weekly contribution towards food and when you turn 18 a rent contribution.
- Meals are provided and there are no other bills.
- You can remain in a supported lodgings home up until you are 21 years old and sometimes afterwards.
- In order to make sure the household works well, some house rules are discussed- such as times in and out, what happens if we are worried about you and how the house runs.
- You would be supported by the carer and supported lodgings team to develop your independence skills and we will help you in other areas of your life such as education, meetings, your wellbeing to list a few.

- The supported lodgings team would carry out visits to make sure all is going well and talk about any issues or concerns or achievements.
- As supported lodgings is a 'lodging' agreement then we do have an evictions process and we are not able to tolerate behaviour which is illegal, harmful or discriminatory.
- We hope that supported lodgings can give you a home that you can plan for your future in and achieve what you wish for.

Who are the Supported Lodgings Carers?

The Supported Lodgings Carers are individuals who have a spare room within their home and would like to help support a young person to grow in confidence and get ready for their future and independence.

All the Supported Lodgings homes and carers have been fully assessed and have all relevant checks carried out to make sure that the support and home provided is best placed to help you develop and feel safe.

All the homes are different, and no two homes are the same meaning hopefully we can move you into an environment where you feel settled and at ease.

The Supported Lodgings carers will help you develop your independent living skills like cooking, budgeting, how to run a home etc as well as offering emotional support and guidance and helping you with any difficulties you maybe experiencing with the support of the supported lodgings team.

What our young people have said.

“The idea of supported lodgings frightened me at first. I didn’t know if I was going to feel comfortable living in another person’s home, with their rules conflicting with how I do things, but after what felt like taking a leap of faith I have built a relationship with the people who I lived with and where they understood my needs and I appreciate theirs also. By doing this I began to feel more and more comfortable and it became a place I could call my home”

“ It was hard moving into supported lodgings at first as I wasn't sure how it would work, but once I got over my initial suspicion things have only got better, I have been helped with my independence and the biggest thing for me has been how they have helped my confidence and tell me that I can achieve things for myself”

“ I have my own room and space but know I can talk with the person I live with if I have any problems. I am included in any house activities and I enjoy this. I can think about what I want to do with my future”

Frequently asked questions

How do I pay my food contribution and rent?

Whilst you are under 18 years old you will be provided weekly finance and your rent will be paid for you. At 18 you will be supported to make a claim for Universal Credit and this will help with your food contribution and your rent should be covered through 'housing costs'.

You may have to pay rent if you have an extra income from work, but we will talk to you about this so you will know how much you would need to pay.

What if I change my mind about moving into Supported Lodgings?

It is okay to change your mind! Sometimes this can just be due to feeling nervous as it can feel like a big step to move, however if you truly feel that supported lodgings is not for you then you would be supported to look at other options or if you have already moved in we would talk about what you would like to happen so we can help you plan for that.

Will I be expected to be a part of the family and attend family gatherings etc?

We hope that you would see supported lodgings as your home and feel comfortable being a part of the household, however there is no pressure and we respect that you will have your own things you would like to do and that you may not want to be involved in all the activities that take place, this is fine and the carers will understand, just share how you feel with them.

Do I have to be in for every mealtime?

No, you do not, meals can be left out for you or you can cook your own food also. We would expect that you have a least 2 meals a week with the carer, this is so you can catch up and spend some time together as well as working on your cooking skills.

What happens if I don't agree with some of the living together agreement rules?

We can sit down with the carer and yourself to talk through any problems or concerns you have with the household agreement. Some rules we may not be able to change but our aim is to make the home environment work well for everyone whilst keeping everyone safe.

Can I have visitors to the home?

Each home is different, but as a general rule once you are settled you can introduce a friend(s) to your carer and with an agreed plan they can visit you and potentially stay overnight. We cannot let anyone under the age of 16 visit you at the home address and there are certain circumstances where we would need authorisation from your social worker.

Can I stay out overnight?

Once you are over 18, yes you can 3 nights a week. We would ask that you still let us know where you are going to help keep you safe. Whilst you are under 16 you can stay out overnight with the agreement of your social worker.

What happens if I am late getting back home?

Before you move in we would have agreed what the latest time was to get back home of a night. If you are not back before that agreed time and you have not got in contact with your carer then they would need to report you missing, this is to help keep you safe. To prevent this happening its best to just keep in contact with your carer to let them know your plans.

Please ask your Social Worker if you have any questions or would like more clarity on anything.

Who are the Supported Lodgings Team?

We are a small team who work as part of Together for Children.

We support and assess the Supported Lodgings carers and will also work with young people who live within supported lodgings homes.

If you have any questions about Supported Lodgings, you can speak with your worker or you can contact us. We work 9-5pm Monday-Friday.

Laura Mills - Mobile 07500826729

Emma Richardson - Mobile 07435338748

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