

# Homelessness after leaving hospital

**This leaflet provides advice for people who do not have anywhere to live after they're discharged from hospital.**

You should tell the hospital nursing staff as soon as possible, so that they know that you will be homeless when you are discharged. They will ask the hospital discharge team to help if they can.

The discharge team may refer you to the Newham Council's Homelessness Prevention and Advice Service. They will assess your situation and you may be offered temporary accommodation while your application is assessed. For more information visit the Council's homelessness advice webpage at:

<https://www.newham.gov.uk/Pages/Services/Homelessness-advice-and-support.aspx>

If due to health reasons or care needs you can no longer live independently or you require help to live in the community, you can be assessed by Newham Homelessness Prevention and Advice Service for supported and other types of accommodation. They together with social work professionals will look at the best housing options depending on your circumstances and needs.

If you have health issues, physical, mental or learning disabilities and need support and care with day to day personal tasks you may be eligible for Adult Social Care Services. You can contact Adult Social Care Access Team on 0208 430 2000. They will assess your situation and tell you what support you can get. For more information visit:

<https://adultsocialcare.newham.gov.uk/Pages/home-page.aspx>

If you have a home already but it needs to be adapted, the hospital will refer you to Newham Council's team who are responsible for adaptations or Disabled Facilities Grant. Alternatively you can refer yourself by calling Adult Social Care on 0208 430 2000. For more details visit:

<https://adultsocialcare.newham.gov.uk/Pages/home-adaptations.aspx>

You can seek independent housing advice by calling the Shelter expert advice line on **0808 800 4444**. Alternatively you can contact your local Citizens Advice Bureau or Law Centre for advice.

## Managing your money

Sit down and make a list of all your income and all your outgoings and any debts you may have. Complete a budgeting form to see how and where you can make savings so that you can pay all of your rent and council tax. If you do not pay your rent, your landlord may seek repossession of your home.

If you have money problems and cannot afford to pay the rent you can do the following:

- maximise your income through claiming all the welfare benefits you are entitled to
- change your spending /budget to allow you to pay your rent and bills
- manage your debts so that you can pay your rent first
- get an affordable loan to consolidate your debts leaving you money for rent
- seek extra help from the Council to help with any rent arrears you already have

## **Money Advice**

You can contact local organisations for welfare benefits and debt advice. They will assist you to sort out any money issues and help you manage your money better.

For affordable loans, debt and benefits advice call **Moneyworks** on 0208 430 2041 or visit webpage at:

<https://www.newhammoneyworks.co.uk/>

To get a job or increase your work hours contact **Workplace** on 020 3373 1101 or register at:

<https://www.newham.gov.uk/Pages/Services/About-Newham-Workplace.aspx>

For free debt advice **StepChange** call free on 0800 138 1111 or visit :

<https://www.stepchange.org/>

For independent advice and services contact **Community Links** on 020 7473 2270 or visit

<http://www.community-links.org/>

For generalist advice and information contact **Citizens Advice Bureau** on 0208 252 6377 or visit:

<http://www.eastendcab.org.uk/>

For advice and information contact **Age Concern** on 020 8503 4800 at

<https://www.ageuk.org.uk/eastlondon/get-involved/contact-us/>

For support and counselling contact **Newham Talking Therapies** at :

[www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)