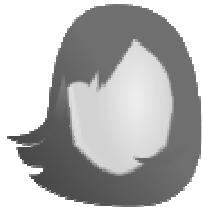


**What Young People have said about SASH**



*"I am now leaving my SASH accommodation as I have just been offered a job at an activity centre... without SASH I would not be in a position to accept such a job and would not have the skills to live independently."*

*"Before coming into Supported Lodgings I wasn't interested in doing anything with my life but having the correct support behind me has made me realise what I can achieve, and made me want to do something with my life."*

01904 652043  
info@safeandsoundhomes.org.uk  
www.safeandsoundhomes.org.uk



**How do I find out more and apply?**

You can talk to a youth worker, social worker, Connexions worker, City of York Council Customer Advice Centre or staff at 29 Castlegate.

They will help you decide if SASH Supported Lodgings is the right option for you, and will get in touch with us if it is.

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**Safe and Sound Homes**  
Information for Young People

Supported Lodgings

*Safe and Sound Homes helps young people aged 16-24 who are homeless or at risk of homelessness in York, Selby, Ryedale, Scarborough, Hambleton and Richmondshire.*

## Safe and Sound Homes

aspiration responsibility independence

### What We Do

**Safe And Sound Homes (SASH)** is a Registered Charity that provides short-term overnight accommodation and Supported Lodgings for up to 18 months to 16–24 year olds in the homes of trained volunteers.

### What are SASH Supported Lodgings?

**SASH** runs a Supported Lodgings scheme in the York area for young people aged 16–24 who are homeless or at risk of homelessness. There is an application process which your referrer will help you with.

If you are successful, you will be able to rent a room for up to 18 months - the length of stay depends on individual needs. During this time, you will be learning the skills you need to live independently.

Sometimes, young people find that a 'breathing space' in Supported Lodgings can help them arrange to return home. If a return home is a possibility, SASH will work with you, your parents / carers and mediators to try to enable this to happen.



**SASH** doesn't own any property but rents rooms from people (hosts) who are happy to share their home with a young person. They will help you learn the skills you need to move into your own independent accommodation.

**SASH** hosts are all approved and trained by SASH support workers. They receive ongoing support and are part of a network of hosts who share their knowledge and skills at regular formal and informal events.

**SASH** hosts work with us and other agencies, such as colleges and local authorities, to act as a positive role model and provide a level of support to you, determined by your needs.

**SASH** works with you in Supported Lodgings to ensure that you progress towards independent living.

**SASH** expects you to develop skills such as money management, cooking, cleaning, and maintaining a tenancy. You will be expected to fully engage with the SASH staff, abide by the terms of your Licence Agreement and to take responsibility for your own progress.

**SASH** hosts are there as someone to talk to about things that matter to you, and are also happy to support you with your college, work or training. Hosts will work with your support worker whilst you are with SASH and help you move on to your own accommodation when you are ready.

### Can anyone apply for SASH supported lodgings?



You can apply for SASH supported lodgings if:

- You are aged between 16 and 24.
- You are at college, in training, or in employment or are working towards one of these.
- You are prepared to work with your host and support worker to learn the skills you will need to live independently.
- You have a local connection to York.



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