



Hull & East Yorkshire
Mind

Supported Housing Services Bridlington



What is the Service?

103 St. James Road is a purpose built Hostel providing support to a maximum of 10 residents in shared accommodation. The service is for anyone 18 years or over experiencing mental health issues. Anyone meeting the criteria can be accepted if they would benefit from our support.

When is it Available?

There are normally staff on site between 9-5 Monday to Friday. Additionally staff work 2 evenings per week until 8 pm and 1 weekend day per fortnight. Staff work on a caseload system and meet with clients weekly. The level of input is dependent on client needs and is arranged flexibly between the resident and key worker.

The Aims of the Service

- To assist people with mental health issues to work towards living independently in the community and to maximise their quality of life.
- To be non-judgmental.
- To provide equality.
- To be supportive.
- To work in partnership with statutory mental health care services where appropriate.

What Does the Service Provide?

Support with:

- Maintaining a tenancy within short term (up to two years) accommodation.
- Budgeting, debt management, benefits and form filling.
- Practical support encouraging independence with domestic skills, taking prescribed medication and attending appointments etc.
- Attending local groups and fulfilling ambitions e.g., college, voluntary or paid work.
- Confidence building and social skills.
- Accessing other support services.
- Emotional support.
- Support plans with realistic aims and goals enabling the residents to identify and achieve their ambitions. These are reviewed 3 monthly.
- Help with moving on to independent living with follow on support.



Facilities Include:

- Fully furnished bed-sits.
- Shared kitchen and bathroom (maximum 2 other residents).
- Kitchens are fully equipped with cooker, fridge freezer, microwave, kettle toaster, crockery, cutlery etc.
- Communal living room with TV, DVD, stereo music system.
- Laundry facilities with washing machines, tumble dryer and ironing facilities.
- Private and secluded gardens.
- Payphones.

Referral Process

Referrals can be made to the Housing Support Team by:

- Community Mental Health Teams
- GP's
- Housing Workers
- Benefit Agencies
- Social Services
- Outreach Teams

These referrals can be made over the telephone.



Referral Process



For better
mental health

How to Contact Us

For further information about our service or to make a referral please contact:

**Hull & East Yorkshire Mind
Housing Support Team**

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