



sussex

# STEPS WEST

to stay independent



**STEPS** can support you to lead an **independent life** if you are **aged 60 or over** and facing **housing difficulties**.

[www.bht.org.uk](http://www.bht.org.uk)

Combating Homelessness, Creating Opportunities, Promoting Change

# How can STEPS help me?

## ARE YOU AGED 60 OR OVER AND ARE EITHER:

Living in a property that is not suitable?

Are at risk of losing your home?

Have rent or mortgage arrears or other debt?

Are homeless or in temporary accommodation?

**We can support you with advice and information over the phone or by visiting you at home.**

Our service is built around your **personal needs** and supports your wellbeing.

**STEPS** is a **free, confidential, short-term service** funded by **East Sussex County Council**.



**STEPS** works in partnership with the **NHS, District and Borough Councils, Fire and Rescue Service, the Police** and the **local community and voluntary sector**.

## WE CAN SUPPORT YOU WITH:

- ✓ Accessing benefit advice and debt management.
- ✓ Managing long term physical health conditions.
- ✓ Obtaining daily living equipment.
- ✓ Looking into more suitable accommodation.
- ✓ Finding community transport.
- ✓ Keeping warm and reducing energy bills.
- ✓ Dealing with tenancy or mortgage worries.
- ✓ Taking part in healthy living activities.
- ✓ Ensuring your home is safe.
- ✓ Accessing social groups or activities in your area.
- ✓ Accessing advice and support for your carer.
- ✓ Approaching other organisations.
- ✓ Getting online.

Please see overleaf for details on how to contact us for more information.

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# Contact STEPS

If you want to find out more about STEPS please contact us using the details below or visit the [Homeworks and Steps page](#) on our website at [www.bht.org.uk](http://www.bht.org.uk).



**Phone:**

**01323 636448**

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**Text:**

**01323 636448**

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**Email:**

**[stepswestreferrals@bht.org.uk](mailto:stepswestreferrals@bht.org.uk)**

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We have access to interpreters and can provide information in a variety of formats.



STEPS to stay independent is provided by BHT Sussex across East Sussex.