



Supported Lodgings

A young person's guide

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What is Supported Lodgings?

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Supported lodgings is a scheme that gives care-experienced 16-25 year olds the opportunity to gain skills and develop their independence in a host family's home.

It is a chance for young people leaving residential or foster care to develop life skills with support from our supported lodgings hosts before living independently.

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Staying in a family environment gave me the confidence I needed to believe in myself. I have now started university and I feel more confident and ready to live independently

- Sarah, 19 yrs

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How does Supported Lodgings Work?

Young people who are eligible for supported lodging placements will be assessed, just to make sure that this is the best next step from them.

They'll then be paired with one of Barnet's supported lodging hosts, who have also been assessed to make sure they are able to provide lodgers with the best experience possible.

The Placement Officer responsible for making the pairing will take into consideration:

- The thoughts, feelings and wishes of the young person and their family
- The young person's language, and their cultural and religious backgrounds
- The location of the host's home, and how close this is to the young person's work, college or training
- The young person's level of need
- Shared interests

Once a match has been identified, the young person will be given the details of the proposed placement, and will be part of a First Meeting with the host if they're happy with the details. If this goes well and



both the host and young person agree, the placement agreement will be signed.

This agreement is drawn up by the young person, their host and both of the social workers. It will detail:

- both the host and young person's responsibilities during the placement
- the young person's needs and the host's responsibility to meet these
- the house rules
- the financial arrangements
- the eventual arrangements around the young person moving on after the placement

Young people on the scheme are able to live with their hosts, in their own room, and will be responsible for their own finances, and for taking care of themselves.

Supported lodgings hosts will be there to provide a listening ear, and be a trusted adult to the young person, offering support in working through any challenges they may be experiencing. They may also provide support and advice around budgeting, finances, food shopping and cooking.

What happens if the placement isn't going well?

The placement will be monitored throughout, to make sure that the match remains suitable, and that the young person's needs are being met. This monitoring includes home visits, meetings and phone calls by the host's supervising social worker and the young person's social worker or personal advisor.

Am I Eligible?

In order to be a supported lodger, you'll need to:

- be between 16 - 24 years old
- be care-experienced
- be in some form of education, training or employment*
- want to develop your independent living skills
- take an active role in discussing and planning the supported lodging arrangement
- treat the property and its contents with respect
- take responsibility for your behaviour both inside and outside the host's home.



What can I expect from the scheme?



As a supported lodger in Barnet, you can expect:

- a welcoming home environment
- a room of your own
- utilities such as bedding, towels, hanging space for clothes and storage space
- use of shared areas, including the bathroom, kitchen, lounge/dining room
- advice and support on life skills such as cooking, cleaning, budgeting, shopping, laundry
- a non-judgemental and supportive home environment with space to learn

The aim of Supported Lodgings is to give care leavers the opportunity to develop the necessary skills for independent living, in a supportive environment with a trusted adult. We will ensure that you have everything that you need to be able to thrive in this arrangement.



How can I find out more?

If this sounds like something that would support you to thrive in the next stages of your life, get in touch with your social worker or personal advisor, who will be able to give you more information and advise you on whether Supported Lodgings would be suitable for you.

What is an Independent Visitor?

Independent Visitors are adults who give up some of their time to support you. They are there to be on your side, separate from social services and do not get paid for their time.

Can I have an Independent Visitor?

Yes, if you are between 5 - 18 years old. It's always your choice to have one or not.

What is Advocacy?

Advocacy means helping you to express your views and making sure that these views are taken seriously. They can help you find out about your rights, so that you can make up your own mind about what you want to happen. They will help you explain your views and will make sure that people listen to you. They can speak with those who are supporting you, like social workers, teachers or family, to help make sure that you are involved in any plans being made about you. If you want they can help you to make a complaint and support you through the process.

If you would like an Advocate you can ask your Social Worker to refer you, or you can self- refer directly to:

Action for Children, The Print House 18 Ashwin St, London E8 3DL 0207 254 9408 London.advocacy@actionforchildren.org.uk

Compliments and complaints

If you want to give a compliment about a person at Barnet or get something off your chest or feedback about a service, you have received then feel free to email it to HaveYourSay@Barnet.gov.uk or call us on tel: 020 8359 7008.

Any young person is able to complain at any time. If you feel the need to complain or if you are unhappy about any service you are receiving, then please email FSComplaints@barnet.gov.uk or call us on tel: 020 8359 7008.

We hope this guide has been helpful and has answered some of the questions you may have. If you have any more questions, then please speak to your Social worker who will be happy to help.

