

Advice for finding a place to stay if you're street homeless

To find an urgent place to stay, you can speak to a Shelter adviser and get help finding somewhere to stay.

Call **Shelter's free advice helpline** on 0808 800 4444 8am – 8pm on weekdays and 8am – 5pm on weekends, 365 days a year Specialist help is available if you're:

- **aged 16 to 17**
- **experiencing domestic abuse**

Advice on getting temporary housing:

To get a place in most hostels and night shelters you'll need to be referred. This usually means someone will need to call them on your behalf and ask if they have any free spaces.

There are very few hostels or shelters available in Cumbria, and the nearest hostel is located in Carlisle.

How to get a referral:

Find out how to get a referral to a hostel or night shelter near you on the Homeless Link website www.homeless.org.uk

A few hostels and night shelters will let you call them yourself or turn up in person. This is sometimes called self-referral or direct access.

Find out if there are any shelters you can refer yourself to on the Homeless Link website www.homeless.org.uk

Get Connected www.themix.org.uk – 0808 808 4994 (1pm to 11pm every day) gives advice for young people under 25. You contact them by phone, email, text or web chat. They can support you and talk through your options. Or you can use the Get Connected directory www.themix.org.uk to find housing advice organisations in your area.

Contact the 24 hour National Domestic Violence Helpline www.refuge.org.uk – or call 0808 2000 247 if you are a woman fleeing domestic violence.

Types of temporary housing you can get:

Find out on shelter's website about the different types of emergency temporary housing you can get if you're homeless and on the streets. You can also find out how much staying in temporary housing will cost you. This information can be found at: https://england.shelter.org.uk/housing_advice/homelessness/temporary_housing_if_youre_homeless

Get practical help:

Find out about other practical help with your needs while on the streets, including where to get the following:

- hot meals
- showers
- clothing
- advice
- support
- training

The above practical help can be found at:

https://england.shelter.org.uk/housing_advice/homelessness/articles/get_practical_help_if_youre_on_the_streets

You may wish to register on Cumbria Choice's waiting list by going to www.cumbriachoice.org.uk if you need any further assistance or advice, you can contact the Housing Options Team at Eden Housing Association, Blain House, Bridge Lane, Penrith or telephone 01768 861428