



sussex

STEPS EAST

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

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](https://www.bht.org.uk) on our website at www.bht.org.uk.



Phone:

01424 718984



Text:

01424 718984



Email:

stepseastreferrals@bht.org.uk

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.