



Sapphire Independent Housing



## Bethany House

Supported and General Needs Accommodation

# About Bethany House

Housing and Support for homeless women in Islington

Bethany House is a 93 bed hostel providing a mixture of supported and general needs temporary accommodation, for women only. The hostel offers 60 supported bed spaces to residents, in the borough of Islington, who have support needs. The remaining 33 general needs bed spaces are available to those who do not necessarily have a local connection to the borough and who do not have support needs. The maximum stay for residents is two years.

The building has five levels in total. Supported residents are located in the basement, ground floor and first floor. General needs residents reside on the top two floors.

The supported bed spaces comprise self contained units, shared flats and single furnished bedrooms with shared kitchen and bathroom facilities. All general needs rooms are single and furnished with shared kitchen and bathroom facilities for up to seven people.

There is a communal hall and TV lounge, both with Wi-Fi access, a court yard and patio area.

Referrals to Bethany House supported beds are via the Islington Supporting People Team. General needs applications



are accepted from homeless agencies working across the capital.

Bethany House is staffed 24 hours a day. Support staff work between 8am and 8pm, night security staff are on duty between 8pm and 8am and at weekends.

## How we work

Every supported resident in Bethany House has a dedicated key worker who works closely with them throughout their stay.

The key worker and resident undertake an assessment of needs and, working together, develop a personal action plan to address their needs and aspirations. Progress on this plan is monitored in regular key work sessions using the Outcome Star strategy. The personal action plan provides a series of achievable goals to help the resident towards living independently. Key workers provide assistance with welfare benefit claims, guidance on communal living, independent living skills, and advice on meaningful use of time; including sign posting to training or volunteering opportunities.

General needs residents receive support in setting up Housing Benefit claims and internal housing management queries.



## Working in partnership

Bethany House provides an environment where residents can increase their skills and opportunities in a number of areas. Established partnerships with external agencies such as The Maya Centre, Foundation 66, The ISIS Project, CASA, SWISH, CLASH, SHP Aftercare, Neal Scott and the Running Charity work seamlessly with the Bethany House team to ensure residents are receiving the support and training they require to enable them to move on independently.

## Enabling residents to increase skills and experience

Residents can participate in practical classes including basic cookery led by one of the Bethany House volunteers. Residents can learn more about healthy

eating on a budget and how to prepare and cook meals as a group.

Regular Yoga sessions and a running club encourage residents to increase their physical activity and help develop their confidence and self esteem.

There are weekly coffee mornings, with newspapers and refreshments provided, allowing residents to get to know their neighbours in a relaxed and informal setting. Guest speakers are regularly invited to the coffee mornings to discuss relevant topics and to chat with residents about issues that affect them.

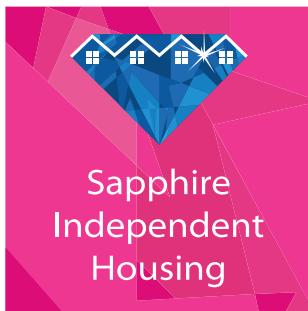
If you would like to find out more about the services at Bethany House please call **020 7837 3420** or go to [www.sih.org](http://www.sih.org)

## 1:1 Sessions at Bethany

- Counselling and psychological support
- Substance misuse advice
- Budgeting and financial assistance
- Sexual health guidance



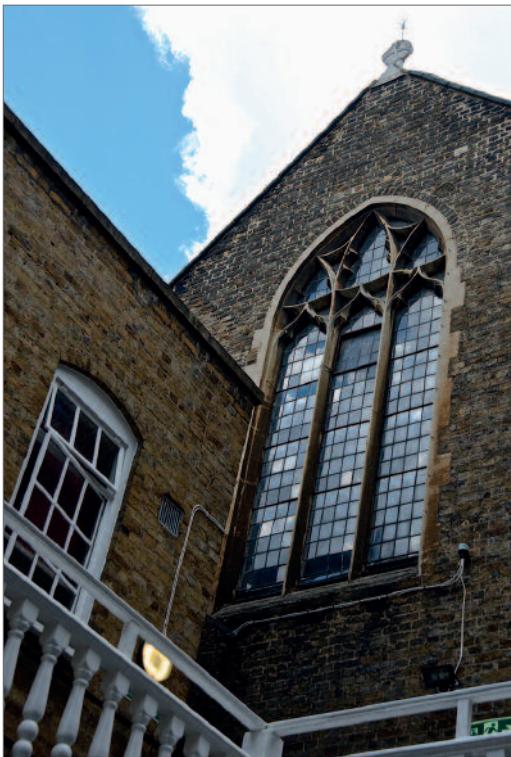
*Residents are encouraged to participate in a range of activities designed to develop key life skills, improve health, well-being and build confidence.*



## Sapphire Independent Housing

With over 360 units of accommodation throughout London and Hertfordshire, Sapphire Independent Housing is proud to provide quality support and accommodation to single people in housing need.

We are located in the London boroughs of Brent, Camden, Islington, City of Westminster and Hertsmere.



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