

Housing information for young people



Introduction

Sometimes staying at home with your parents or carers or other family can seem really hard. It may be very stressful with arguments taking place with you or other family members and you just want to get away from it all and get some space.

However you need to think carefully about what your next steps are because it is very easy when things aren't going well to make a quick decision and then end up homeless.

What is homelessness?

Being homeless is when you don't have a place to live in and call your own and it is a very bad situation for anyone to be in.

If you don't have a home then you are at more risk of being in danger, getting attacked and being cold and hungry.



Living with parents

It is better as a young person to stay at home. You won't always get on well with your parents or carers, but if you're having problems living at home, there are ways that you can make it better.

It's important that you and your family begin to set ground rules together, and to make decisions about privacy or personal space. Try not to end up in an argument and be prepared to compromise. Don't be afraid to admit you were wrong and say you're sorry.

Listen to what your parents or carers have to say, and think about their point of view, even if you don't agree with it. And remember that when people get angry and start shouting they can say things they don't mean. Always try to keep calm.



What is sofa surfing?

Sofa surfing is classed as homelessness in law.

Some young people may move out of home in a hurry if things are bad or if they have fallen out with their family and they may go to stay with friends while trying to find somewhere of their own. This is called sofa surfing. But it has its problems. You may only be able to stay for a few nights and then move on when you are asked to leave. You may end up staying with someone you don't know very well and could become involved in risky or criminal activities just so that you can have a bed for the night.



Running away

It's never too late to try to sort out your situation. Getting help while you're still at home is a better option than running away.

- Talk to someone you trust if you're having problems at home dont just run away
- If you're under 16, home is probably the best place for you, unless you're in danger there

What the council does

A housing advisor at the council will support you to get the right help if you have to leave your home because your parents have thrown you out or because you are scared of violence or abuse.

You don't have to be sleeping on the street to get help. If you are staying with a friend on their sofa you are still legally homeless and there are people who will support you.



Help if you're sleeping on the street

Get advice immediately if you find yourself with nowhere to go tonight. Sleeping rough is particularly dangerous for young people.

Contact child line on 0800 1111. This is a freephone number and you can call it for free from a phone box or from your mobile even if you have no credit.

You could also call the helpline out of hours service at the council on 01530 454789 which is open during the evening and night or if you were in danger on the streets you can call 999 or go to your nearest police station.



Help from social services

Some young people can also get help from social services if they are under 18 and are homeless.

The council will ask social services to look at your situation you are in to see if they can take responsibility for you. If social services decide to take responsibility then you will become a Looked After Child and get a key worker who can help you with sorting out lots of other problems as well as finding you somewhere to live. Remember, being a looked after child does not mean you have to go to a children's home or foster care. If you are over 16 then Social Services can sponsor you to get your own place.



Key contacts

North West Leicestershire District Council housing advice
0800 952 0079

(help to find somewhere to stay)

North West Leicestershire District Council out of hours
emergency service 01530 454789

(find you some emergency lodgings so that you are not
sleeping on the streets)

Childline 0800 1111

(for help and advice with any issue)

Shelter advice line 0808 800 444

(for help and advice on housing)