



# Positive Support Pathway



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A Young Person's guide to all things PSP, YMCA and DISC

Okay, I'm about to be homeless. What do I do?



First of all we need to get you the right support in place; this is done by doing a Key Point of Access (KPA) referral by either the housing department at the Council offices or by calling into First Stop.

This helps to see what you need putting in place; this is always done with your best interests in mind. So this could mean floating support to help you stay in your own home, mediation to help you be able to stay at home with your family or improve family relationships, supported accommodation in the YMCA crash pad or Foyer or a shared house in the community supported by DISC.

Once you've been referred to the PSP we will do the best we can to make sure you have the outcome that is right for you; this isn't always easy and does mean you will have to put some work in yourself.



So what's PSP? It sounds painful.....



PSP is short for Positive Support Pathway; this is the name for the service commissioned by Darlington Borough Council to meet the housing needs of young people in the area. It's run by the YMCA and DISC.

It supports any young person aged between 16 and 25 who might be homeless or at risk of becoming homeless.

It's a way for young people to access the support they need quickly without answering the same questions over and over and over and over.....

This support might mean somewhere to live, help to improve family relationships or support with managing your own house or flat.

Support can cover anything from benefits and employment to budgeting and how to do your laundry.





## Great. Got a roof over my head. Suppose we're done.....

Not exactly. Getting somewhere settled is brilliant but now we want to make sure you won't find yourself in the same position again.

This is where our team of support staff come in. Both YMCA and DISC have support workers to help you address the issues which have led up to this point. That might mean some low level support around budgeting and maintaining your income to support in accessing training and improving your health.



You will work closely with your support worker to achieve the goals you set out in something called a support plan; this is like a list of all the things you want to do (learn how to do laundry, pay off a debt, learn to cook) and how you're going to do it (go to cooking sessions, set up a payment plan).

A lot of young people will move through different parts of the pathway as they work through their support package; with the final goal of exiting the pathway and being successful in your own tenancy.



## My home is safe, I'm being supported, anything else?

Yes. The YMCA also runs something called The Hub. This is at the foyer on Middleton Street.

The Hub is where PSP activities are held; this includes things like tenancy skills workshops, employability skills, job search, health drop ins, personal safety awareness sessions, film nights, internet access, cooking sessions and arts and crafts.

The Hub is somewhere that you can really get involved in; we are always looking for new ideas to make The Hub better for young people.



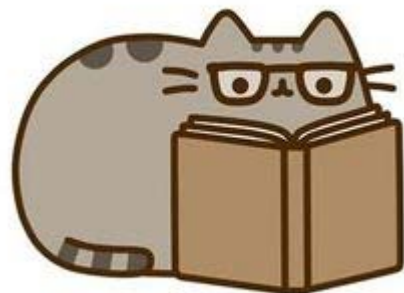
You don't have to be referred to access The Hub and you can drop in and out of sessions that you think you would benefit from. Both The Hub and YMCA Foyer are open to drop in to for any advice or guidance throughout the week. For up to date opening times and to find out what's going on in The Hub get in touch with us or visit our website.



## That's a lot of information to take in.....

Here's the breakdown of what the PSP has on offer;

- 29 self contained flats at the YMCA Foyer
- 1 crash pad at the YMCA Foyer for 16 to 17 year olds
- 1 YMCA Foyer flat for young people leaving care
- Shared and single properties in the community managed by DISC
- Floating support from DISC within your own home
- The Hub Resource Centre at the YMCA Foyer
- Mediation service by the YMCA
- Information, advice and guidance all day, every day



## I've got some other questions to ask but they're a bit.....

And as if by magic here are some important contact numbers and websites you might need;

YMCA Tees Valley Foyer - 01325 462 452

[www.teesvalleyymca.org.uk](http://www.teesvalleyymca.org.uk)

DISC - 01325 527 837

[www.disc-vol.org.uk](http://www.disc-vol.org.uk)

First Stop - 01325 254 463

Darlington Borough Council - 01325 405 333

