

## Rent Deposit Scheme (RDS) provides:

Support with finding you a suitable property to live in as well as tenancy support to help you manage your own tenancy.

## We will help you with:

### Information and advice:

- About properties available
- Your rights as a tenant
- How to manage your tenancy

### Practical Support:

- Filling in housing benefit forms
- Provide one month's rent in advance
- Budgeting & Lifestyle skills

### Advocacy:

- Benefit entitlements
- Advocate on your behalf with the landlord
- To access other services

### Housing Advice:

If you are not suitable for our RDS we will support you to access other suitable accommodation.

## We also have:

### Structured and Self Help Groups:

Our groups provide time and space to develop coping strategies, self-confidence, and the ability to self-support through engaging with others having similar experiences.

### Other Support Needs:

In addition to support with your housing needs you will be supported to access:

- Employment Services
- Training Courses
- Counselling Services
- Mentoring Support

### Family and Carers Therapy Support:

We offer support groups and counselling for carers and partners of people affected by substance use with additional support to sustain family and caring relationships.

## Monitoring of Quality:

Our standards of care and service provision are monitored and reviewed through management accountability, open access, user consultation and the Equal Opportunities Policy

## AIMS STATEMENT

TASHA Foundation aims to provide training, confidential information, support, counselling and holistic health care services to individuals affected by substance misuse and mental health difficulties. In order to fulfil our aims, we strive to provide a flexible range of support and opportunities to enable our client group to develop:

**T**herapy and life skills training

**A**ffirmation of self-worth

**S**ustained community support links

**H**olistic personal health choices

**A**chievable personal goals