

ACT Now

The newsletter of Age Concern Thurrock

In our April edition of **ACT Now** we have been asked to look at Sheltered Housing. If you require more information please contact us on 01375 389872 or speak with Thurrock Council on 01375 652880.

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What is Sheltered Housing?

This is designed and built with the needs of older people in mind. Most of the homes are one-bedroom flats or bungalows although a few have two bedrooms.

They enable older people to live independently with security and peace of mind. It means that you still have your own property and all the privacy that comes with it, along with the security of a Sheltered Housing Officer (SHO) in case you need help. In some ways it is like a small village.

Each property has an alarm system that you can activate if you need any help. The SHO also makes a courtesy call to every tenant each morning.



Who can use it?

Those who meet certain criteria, which include:

- Being over 60 years or older or 55-59 years old and in receipt of high level Disability Living Allowance (DLA)
- Requiring housing related support.

For more information regarding the criteria for sheltered housing contact Thurrock Council Housing Allocations department 01375 652880.

What goes on?

A wide range of activities are arranged in the complexes across Thurrock by the individual SHOs responding to the needs of the residents in their complex. You do not have to take part in these social activities but they are available for those who wish to join in. These may include coffee mornings, weekly lunches, outings, speakers, visiting hairdressers, aerobics classes, computer courses, visiting speakers, tai-chi, craft activities, shopping bus, speakers, bingo and so much more. So there is no need to be bored!

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PRIVATE SHELTERED HOUSING

There are complexes in Thurrock in which the properties are available for purchasing leasehold. These are in Priestly Court, Grays and Collier Court, Stifford Clays.



EXTRA-CARE

The Council also provides a higher degree of care and support in two of its sheltered schemes. These are at Piggs Corner, Grays and Kynoch Court, Corringham

If you carry a mobile phone it is a good idea for you to include in your call list a number that may be used in case of emergencies.

This number should be entered under the name I.C.E. (i.e. in case of emergencies)



Age Concern Thurrock is a registered charity no 1000274

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