

## HAVE YOU NOTICED SOMEONE SLEEPING ROUGH?

As the weather becomes colder anyone sleeping rough is more vulnerable. These are some useful tips:

### PRACTICAL HELP FOR ROUGH SLEEPERS

1. You can record a sighting of a rough sleeper on Streetlink, [www.thestreetlink.org.uk](http://www.thestreetlink.org.uk), email; [streetlink@homelesslink.org.uk](mailto:streetlink@homelesslink.org.uk) connecting rough sleepers to local services. Bear in mind a few rough sleepers may refuse help of this kind in favour of independence.
2. Outreach worker in East Suffolk, this is a paid professional whose job it is to assist these people. 01394 383789 during office hours, 01502 52132 after hours.
3. Anyone concerned about the welfare of people should contact the Council, either by calling 0333 016 2000 or emailing [housing.needs@eastsoffolk.gov.uk](mailto:housing.needs@eastsoffolk.gov.uk)  
On Christmas Day, Boxing Day and New Year's Day, an out of hours contact number is available: 0800 4402516.
4. Woodbridge Salvation Army offer the use of a shower and collection of food parcels.

Wednesday 9.30am – 1.30pm, Thursday 9.30am – 1.30pm

### USEFUL TIPS

Should we give money to people who are begging? We are advised not to do so because people who beg tend to use that money to fund substance abuse.

Should we offer food and drink? There are potential dangers to health if they stockpile warm food, so it is advisable to offer safer foods e.g. – a cheese sandwich and a hot drink.

Should we offer clothing or bedding e.g. duvets? These might become cash converters which could fuel substance abuse.

### Information:

The Selig (Suffolk) Trust (Springboard) do provide affordable, good quality, self-catering supported accommodation in Ipswich for 7 adults. Residents are there for 6-9 months. During this time there are dedicated Empowerment Workers who enable the tenants to make positive changes. Selig Suffolk office phone number 01473 937980 email; [office@selig.org.uk](mailto:office@selig.org.uk)