



# Nowhere to stay?

What to do if you are single and have nowhere to stay



## Getting help



You can get help if you are homeless and have nowhere to stay. Organisations can help you with practical support, finding a safe place to stay and giving you advice on your rights.

### Getting help from the council

The council offers advice on housing rights, housing options and can help you return home, but most single people aren't entitled to emergency housing.

It can only provide emergency housing to single people who are in priority need. To determine this, we will investigate whether you are vulnerable because:

- of old age
- of a physical or mental illness or disability
- you can't stay at home because of violence
- you have been in care, the armed forces or custody

It is important that you provide as much information about your circumstances as possible when contacting us for help. It may help if you ask a doctor, social worker or support worker to support your application.

Find out more at [www.harrow.gov.uk/singlehomeless](http://www.harrow.gov.uk/singlehomeless)





## Key emergency contacts in Greater London



- **Streetlink** can put you in touch with local services  
Tel: 0300 500 0914 or [www.streetlink.org.uk](http://www.streetlink.org.uk)
- Tell **No Second Night Out** you are sleeping rough  
[www.nosecondnightout.org.uk/rough-sleeper-referral-form/](http://www.nosecondnightout.org.uk/rough-sleeper-referral-form/)
- Use the **Homeless London** directory to find details of:
  - day centres
  - hostels
  - night shelters[www.homelesslondon.org](http://www.homelesslondon.org)
- Find out if you can get help with housing and benefits if you've recently arrived in the UK from abroad  
[www.housingrights.info/index.php](http://www.housingrights.info/index.php)
- Contact the **Refugee Council** or **British Red Cross** if you're a refugee or asylum seeker  
[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)  
[www.redcross.or.uk/What-we-do/Refugee-support](http://www.redcross.or.uk/What-we-do/Refugee-support)

## Getting help in Harrow



### Housing & benefits

**Job Centre Plus**, Kings House,  
Clarendon Road, Harrow, HA1 1YJ  
Tel: 0345 604 3719

**Harrow CAB**, Station Road,  
Harrow, HA1 2XY  
Tel: 0208 487 9477  
[www.harrowcab.org.uk](http://www.harrowcab.org.uk)

**Harrow Law Centre** Tel: 0208 863  
4355 [www.harrowlawcentre.org.uk](http://www.harrowlawcentre.org.uk)

**Firm Foundation** Tel: 0208 426  
5515 [www.firmfoundation.org.uk](http://www.firmfoundation.org.uk)

### Walk in centres

**The Pinn Medical Centre**,  
37 Love Lane, Pinner, HA5 3EE  
Tel: 0208 866 5766  
Mon to Sun 8.00am to 7.30pm

**The Ridgeway @ Alex**, Alexandra  
Clinic, 275 Alexandra Avenue,  
Harrow, HA2 9DX  
Tel: 0208 427 2470  
Sat & Sun 8.00am to 3.30pm

### Other services

**Harrow Samaritans**, 44 Station  
Road, Harrow, HA1 2SQ  
Tel: 020 8427 7777

**Harrow Mental Health Services**  
Tel: 0208 422 9443

**Mind in Harrow**  
Tel: 0208 426 0929  
[www.mindinharrow.org.uk](http://www.mindinharrow.org.uk)

**Harrow Foodbank**  
[www.harrow.foodbank.org.uk](http://www.harrow.foodbank.org.uk)



## Ways to stay safe and warm

- Wear lots of layers to stay warm
- Try to dry your damp clothes during the day
- Keep clean. If you can't find somewhere to shower, clean yourself at a public washroom
- At night, keep to quiet areas with street lights. Avoid busy public places as you might get moved on
- Stay under a shelter or a cover
- Create a barrier between you and the ground with a blanket, newspaper or cardboard
- Stay where an outreach worker can find you - avoid parks, locked stairwells or abandoned buildings
- Get a hot meal during the day, at friends or a day centre
- A hot meal or drink can help you stay warm before sleeping

- Avoid alcohol before sleep as it can dehydrate you
- Leave valuables with a friend or family
- Stay in contact with friends or family



## Get in touch



For more information please contact Harrow's Housing Needs Team:

@ [housing.advice@harrow.gov.uk](mailto:housing.advice@harrow.gov.uk)

☎ 020 8424 1093

[www.harrow.gov.uk/singlehomeless](http://www.harrow.gov.uk/singlehomeless)

