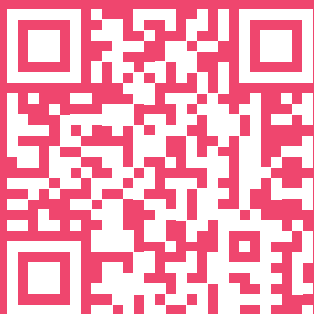


To request help from the Short Term  
Housing Support Service go to:

**[www.fife.gov.uk/STHS](http://www.fife.gov.uk/STHS)**

(or scan the QR code below)



For any other queries, email the  
STHS Co-ordinator at  
**[STHS@fife.gov.uk](mailto:STHS@fife.gov.uk)**



# Short Term Housing Support Service



[www.fife.gov.uk/STHS](http://www.fife.gov.uk/STHS)

# Short Term Housing Support Service

Fife Council's Short Term Housing Support (or STHS) is a Fife-wide service. To be eligible for this service, you must be responsible for a tenancy.

A member of the STHS team can provide housing support and advice, empowering you to live independently and improve your wellbeing

The support is tailored to YOUR individual needs, goals and aspirations. It can help you establish good routines and life-skills needed to maintain and sustain your tenancy.

## Some of the things that we can help you with are:

### Money advice

We can give you guidance on budgeting, bill payments, benefit checks, applying for benefits, fuel poverty advice, and applying for welfare funding.

### Living environment

We will help you establish a routine with daily tasks such as healthy eating, food hygiene, cleaning, laundry, recycling, garden maintenance, dealing with correspondence and form filling, property upkeep; arranging repairs to household appliances; guidance on setting up home; guidance on arranging disability adaptations.

### Buying food

We can help you achieve independence with shopping by providing support with budgeting and a healthy eating plan. We can also provide advice and information on other services to meet your specific needs (e.g., shopping services, online ordering).

Please note, our support with shopping is time limited and only available as part of initial stages of budgeting and/or healthy eating support.

### Support to attend appointments

We will provide support with your confidence and time management to help you attend appointments for employment opportunities, health services, education and volunteering.

Please note, our support with attending appointments is time limited and will be agreed on an individual basis depending on a range of factors.

## We can also give you guidance on the following areas:

- We can help you engage with professionals and access services to improve your personal health (e.g., registering with a GP/ dentist, mental health professionals, addiction services).
- Help you build confidence to leave your home/use public transport.
- Support your access to community groups to reduce social isolation.
- Assist with your access to education, volunteering or employment opportunities.

