

How to book a place on this free course

1. Leave a message for South Essex Homes Tenancy Sustainment Officers (number below) for more info or to book.
2. If you need help with transport, please ask.
3. If you need help with childcare, please ask and every effort will be made to assist you with free childcare arrangements.
4. If you cannot make the dates and times shown please let us know as it may be possible to offer alternatives.

Just ask for one of the Tenancy Sustainment Team
Contact number:
0800 833 160 or your Hostel Manager

Skills for Life



**Tenancy Course:
10th November 2009 - 3rd December 2009**

10.00am - 1.00pm

To be held at 94 Southchurch Avenue lounge and
Southend Adult Community College



"What is the Tenancy Course?"

Tenancy Matters

What are your housing options?
Your rights and responsibilities
Avoiding eviction
Where to get support

Money Matters

Budgeting
Ways to pay your bills
Applying for benefits
Managing debt
Low cost credit

Get connected!

Guest speakers from
Southend Credit Union
Social Fund Adviser
and others

Health Matters

How to keep well
Healthy eating
Good housekeeping

Moving on

Starting up utilities
Low cost furniture
Applying for grants
Training opportunities

Plus...

Options to take
numeracy,
literacy or other
qualifications or courses if
you wish...

This course helps you
manage your
tenancy successfully.

Rewards for participation!

Where?

**94-98 Southchurch Avenue lounge and
Southend Adult Community College
Ambleside Drive**

When?

**Tuesday, Wednesday and
Thursday:**

10.00am - 1.00pm

Start: Tuesday, 10th Nov 09

End: Thurs 3rd Dec 09