

# Asthma - Guidance and useful information

## QUIT SMOKING

Better Health

<https://www.nhs.uk/better-health/>



## HOW TO MANAGE ASTHMA

How to use inhalers

<https://www.transformationpartners.nhs.uk/resource/london-asthma-toolkit/pharmacy/inhaler-technique/>



Example asthma plan

<https://www.asthmaandlung.org.uk/conditions/asthma>



Healthwatch - Useful information

<https://healthwatchesuffolk.co.uk/signposting/cypasthma/>



Education for under 12's (blue)

<https://www.suffolk.gov.uk/asset-library/asthma-blue-inhaler-digital.pdf>



Education for under 12's (brown)

<https://www.suffolk.gov.uk/asset-library/asthma-brown-inhaler-digital.pdf>



## USEFUL WEBSITES

Beat Asthma - Education and support for those caring for children with Asthma

<https://www.beatasthma.co.uk/>



Asthma + Lung UK - Get advice on your medicines, symptoms or travelling with a lung condition.

<https://www.asthmaandlung.org.uk/conditions/asthma>  
Telephone: 0300 2225800  
Email: [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)  
WhatsApp: 07999 377775



Moving on Asthma - co-designed by and for teenagers with Asthma

<https://movingonasthma.org.uk/>



For Carers

<https://www.nhs.uk/conditions/asthma/>



Free Asthma training - for carers youth workers, schools, clinical leads

<https://www.e-lfh.org.uk/programmes/children-and-young-peoples-asthma/>



For Clinical Professionals - Paediatric Asthma Formulary

<https://www.ipswichandeastssuffolkformulary.nhs.uk/chaptersSub.asp?FormularySectionID=3>



Allergy UK - Advice on allergies with Asthma

<https://www.allergyuk.org/>



## HOUSING ADVICE AND SUPPORT



### Local Housing Authority

If you are homeless or at risk of becoming imminently homeless, you should complete an online homeless self-referral form in order to get access to the support

If you cannot register online and you are currently homeless, please call our contact centre on 01255 686868 and ask to speak to the Housing Solutions Team, or email [housingoptions@tendringdc.gov.uk](mailto:housingoptions@tendringdc.gov.uk)

Please note the following documents will need to be supplied in order for an assessment to be completed:

- Proof of ID such as passport or birth certificate
- Birth certificates for any children
- Tenancy agreement
- Any notice served by your landlord
- Proof of pregnancy or any medical conditions
- Bank statements, wage slips and benefit letters
- Valid immigration documents

### Homeless of risk of becoming homeless

If you are homeless or at risk of becoming homeless within 56 days, it is very important to seek advice as soon as possible. You should complete the enquiry form. Which can be found at:

<https://tendring.housingjigsaw.co.uk/>

Or calling: 01255 686868

On completion of the form the Housing Options Team will contact you within 5 working days. For out of hours emergencies call 01255 222022

### Private Sector Housing

For illegal eviction, energy efficiency measures, grants, houses in multiple occupation, empty homes, poor housing conditions, disrepair and Gypsy encampments  
Tel: 01255 686617

Out of Hours Tel: 01255 222022



## BENEFITS TO HELP WITH HOUSING

If you are receiving benefits or are working and on a low income, you may be entitled to assistance with paying your rent. This will be either Housing Benefit or Housing Element paid with Universal Credit, both are paid at a Local Housing Allowance (LHA) rate to assist you in paying your rent.

Your Housing Benefit/Housing Element entitlement will be based on where you live, who you live with and the amount of savings you have and income you receive, Any other relevant factors, such as how much the rent is and whether anyone else living with you is expected to contribute to your rent.

To apply for Housing Benefit/Housing Element you must:

- be liable to pay rent for your property
- be living in the property as your main home
- have less than £16,000 in savings

To enquire if you are entitled to these benefits please visit:

<https://www.gov.uk/housing-benefit>

For further benefits support

Please contact your local job centre

[0800 169 0190](tel:08001690190)

Or visit

<https://www.turn2us.org.uk/>

### Debt help:

Debt help is available via Step Change:

[www.stepchange.org/](http://www.stepchange.org/) - 0800 138 1111

For support with discretionary housing payments, which can help with top up rent apply online

<https://www.tendringdc.gov.uk/benefits/discretionary-housing-payments/>

For help with rent deposit and removal costs email :

[benefitsmail@tendringdc.gov.uk](mailto:benefitsmail@tendringdc.gov.uk)



## OTHER SUPPORT

### Citizens advice

You can access guidance and support on their website:

[www.citizensadvice.org.uk/housing](http://www.citizensadvice.org.uk/housing)

You can call and speak to an adviser on: 0800 144 8848

Peabody - Essex Outreach Support offers support service to people who are experiencing a range of problems that are impacting their health, financial and housing wellbeing.

To speak to an adviser and self refer to the service please call: 0800 28 888 83

[www.peabody.org.uk/supporting-you/care-and-support/](http://www.peabody.org.uk/supporting-you/care-and-support/)

DROP IN - There are Peabody drop in sessions throughout the Tendring area.

Please contact Peabody directly to request Times and Date and Venues.

Shelter provide guidance for:

- Homelessness
  - Private renting
  - Eviction
  - Tenancy deposits
  - Repairs
  - Benefits
  - Council housing
  - Mortgage repossession
- [www.england.shelter.org.uk/housing\\_advice](http://www.england.shelter.org.uk/housing_advice)  
Call 0808 800 4444

Next Chapter is a domestic abuse charity working across North Essex to provide free and confidential services and support to people who are experiencing, or who have previously experienced, domestic abuse. 01206 500585 Option 2 from 9am to 5pm Monday to Friday.

Our live webchat service available Mon – Fri from 9:30am – 12:30pm and 1:30pm to 4:30pm at [www.thenextchapter.org.uk](http://www.thenextchapter.org.uk)

Domestic Abuse Gateway is COMPASS on 0330 333 7444

Emergency Refuge freephone 24-hour National Domestic Abuse Helpline 08082000247

