



## Are you struggling with your housing? Maybe you're facing homelessness?

We're here to help. Find out more about our free advice service.

[Find out more](#)



### We are here to help you.

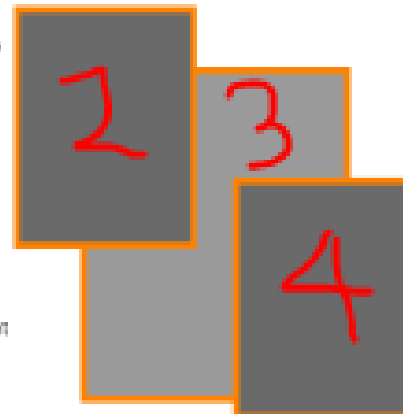
We are housing experts, here to help the people of Bristol and beyond navigate the path to a safe and secure home.

Established in 1988, we give clients the advice, support, and advocacy they need to avoid or escape homelessness and find long-term stability.

We have a strong focus on areas of high socio-economic deprivation.

We believe that housing is a human right, and we fight tirelessly for everyone to have a safe, secure home.

[Read about how we do this](#)



### Are you in need of support?

Are you currently homeless, threatened with homelessness or in housing stress?

Find out about the different ways you can access our advice and support services.

[Get in touch](#)

### Make a Donation

Join us in preventing homelessness for the people of Bristol and beyond.

[Donate](#)

### Stay Updated

Get quarterly updates on our work and news across Bristol's housing sector.

[Receive Updates](#)

For image 1, you might need to add a block for the small text so that it shows up like we have done here:



For the rest of the carousel photos, please can you use the following photos (which are attached to email):

Photo 5 – second carousel image (drop-in session item) (is it alright to add this item?)

Photo 6 – third carousel image (“Your stories” item)

Photo 7 – fourth carousel image (“Our impact” item)




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[Helpful Resources](#)
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## Our Partnerships

We know that housing issues are often linked to other things clients are struggling with, like insecure employment or poor mental health. That's why we've built strong partnerships with other local organisations, enabling clients to access a much broader range of support. Through our partnership projects, we aim to reach more socially excluded people. We help them to deal with housing stress early on so they can avoid reaching crisis point and get back on their feet.

Looking to become a partner, get in contact with us.

[Contact Us](#)

### Aashiyana

Aashiyana, meaning 'beautiful home', is our partnership with [Carers Advice Bristol](#) & [St Pauls Advice Centre](#).

Through this partnership, we offer support to Bristol's South Asian communities with housing & income e.g. helping them save money through switching their utilities or taking in lodgers.





### HomeFull

Housing Matters and [Tukere Moneo](#) work together with children's centres in Central Bristol to help parents and carers tackle debt, bills, benefits and housing issues. Many of these clients are lone parents, speak English as a second language and experience digital exclusion, all of which can be a barrier when trying to access services.

### Boost

We partner with [Tukere Moneo](#), [Wellbeing Serenians](#) & [West of England Works](#) to provide Boost – a [drop-in service](#) for the community in Lawrence Hill, Bristol.

Local people can access support with bills, benefits, budgeting, employment & housing.





### Early Doors

We began our Early Doors project in 2021 in partnership with the local homelessness charity, [Tukere Moneo](#). Through this project, we've been able to expand our service delivery throughout East and South Bristol.

We aim to intervene with clients' housing issues before they reach crisis point.

We work with members of the community to design new projects in order to best reach their needs.

8 to be changed.

9, 10, 11 and 12 can stay the same as they are here.



“

— Anna Dietrich

## 1267 \* 372



With the cost-of-living crisis, we know more people than ever may need support, so please share this resource with anyone who might need it.

[Download all 34 images](#) (pages 13-14) (download)

We've put together the following **Missing Helpsheet** to offer guidance on matters related to missing.

- 100 Invest in products. What are they and where to buy  
101 Invest in a website, create content, generate a brand  
102 Start a homebased business in 30 days  
103 Connect 27 business and how to deal with them  
104 Answers for your future in 30 days



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Showing 1 to  
 1 of 1 items  
 1 item(s) on page 1  
 11 items in total



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**Abstract** The purpose of this study was to determine the effect of a 12-week resistance training program on the muscle strength and endurance of young adults. The subjects were 20 young adults (10 males and 10 females) who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group did not. The subjects were tested at baseline and at 12 weeks for muscle strength and endurance. The results showed that the resistance training group had significantly greater muscle strength and endurance than the control group at 12 weeks. The findings of this study suggest that a 12-week resistance training program can improve muscle strength and endurance in young adults.



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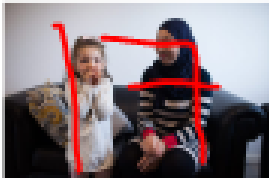

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## Helpful Resources

### Housing helpsheets

We've put together the following Housing helpsheets to offer guidance on matters related to housing.



#### Evictions

What are they and what's at risk?

[Learn about evictions and help](#)

#### Private renting in Bristol

Finding a suitable private rented property in Bristol

[More about private renting](#)

#### Homelessness application

Making a homelessness application in Bristol

[More about homelessness applications](#)

#### Section 21 evictions

What are they and how do you deal with them?

[Learn about section 21 evictions](#)

#### Applying for social housing

Applying for social housing in Bristol

[Learn about applying for social housing](#)

#### Helping

Subletting


[Borrow](#)

## Professional memberships

[Bristol City Council](#)
[Hyperlink](#)

[ACORN](#)
[Hyperlink](#)

[Homelessness Link](#)
[Hyperlink](#)


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#### GET IN TOUCH

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Drop in services

Advice email

#### GET INVOLVED

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Volunteer

ABF

#### ABOUT US

What we do

Our team


Our partners

Our new strategic framework


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Charity number: 1141010. Company number: 10411010

**Housing Matters/Charity:** For more information, visit [www.housingmatters.org.uk](#)



Housing Matters is a registered charity and a not-for-profit organisation. It is a company limited by guarantee. It is registered in England and Wales. It is a company limited by guarantee. It is registered in England and Wales. It is a company limited by guarantee. It is registered in England and Wales.



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## Contact Us



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Translation

[Translate](#)

### Contact Us

#### For general enquiries only

Are you interested in partnering with Housing Matters? Or maybe you're looking to fund one of our projects? For questions for our Operations Team or any other general enquiry, please contact us via the email below.

Please note, this email is only for general enquiries. If you're seeking help, please [click here](#).

#### Address (postal address only)

Housing Matters (charity), Eastern Business Centre, Felix Road, Ganton, Bristol, BS2 0HE

#### Email

[admin@housingmatters.org.uk](mailto:admin@housingmatters.org.uk)



#### For housing advice & support:

**Advice line (Tuesdays and Thursdays 10am to 4pm)**  
0117 925 0280

We are holding several drop-in sessions over the next few months at different venues around Bristol, offering free advice on housing, the private rental market and living energy costs.

Please note that we **do not** offer a drop-in service at our office.

[Book an event now](#)



We're here to help. Find out more about our free advice service.

[Book Now](#)



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[Resources](#)  
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#### ABOUT US

[What we do](#)  
[Our team](#)  
[Our premises](#)  
[Our work programme](#)



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Charity number: 1048846 Company No: 06471970

Housing Matters (charity) and Eastern Business Centre, Felix Road, Ganton Bristol BS2 0HE



Housing Matters is a registered charity and a not-for-profit organisation.

We are a registered charity and a not-for-profit organisation.

Our work is funded by a combination of grants, donations and income from our premises.

[Find out more about our work](#)



18 to be changed

19 can stay the same

All to be changed on this page



