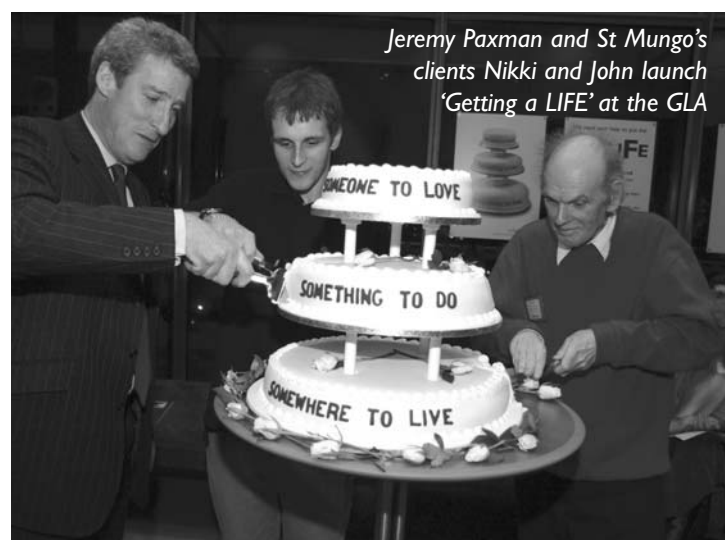


**Conclusion**

St Mungo's has successfully developed training for independent living for clients with multiple and high support needs. Hundreds of formerly homeless people have been helped to live more independently, often at a much earlier stage than was previously thought possible.

- Skilled staff at St Mungo's have proven that courses which are made relevant, informative and flexible keep clients fully engaged
- St Mungo's has found proven solutions to the hurdles faced by homeless and vulnerable men and women. The ambition to offer these programmes to all residents and clients remains at the heart of the organisation
- Consistent and long term funding remains the principal challenge for sustainable work and learning services



Jeremy Paxman and St Mungo's clients Nikki and John launch 'Getting a LIFE' at the GLA

There is still more to do. To find out more about work and learning services please contact Andy Shields, Director of Work & Learning Services: andys@mungos.org

To request a copy of the 'Getting a LIFE' report please email: info@mungos.org

**St Mungo's leads London's services for people who are homeless and most vulnerable.**

We are best known for our outreach work and hostels for rough sleepers. But hostels are just a handful of over 70 housing projects we run, and we do much more than simply provide shelter!

Each night over 1400 people sleep in safety under a St Mungo's roof in our care homes & specialist hostels, supported housing or our short-stay hostels. Our 60 specialist workers meet a variety of needs, from help with mental health problems to drug abuse to support in setting up in a new home. We run two day centres, and also provide London's largest directly delivered activity, training and employment programme - giving 2000 homeless people a year chance to improve their lives.

**For information on subscribing to 'Briefings', please call 020 8600 3006**

*Dissemination of our good practice is funded by charitable voluntary income. We are grateful to our donors whose support enables us to share this information briefing.*

St Mungo's, Atlantic House,  
1-3 Rockley Road, London W14 0DJ  
**Tel: 020 8740 9968**  
**Fax: 020 8600 3079**  
**www.mungos.org**  
Charity exempt from registration  
I&P Society No. 20598R Housing Association No. LH0279



**OPENING DOORS FOR LONDON'S HOMELESS**

**Getting a LIFE:**

**a report on helping homeless people with high needs gain independent living skills**

At St Mungo's, residents and clients can access 20 different work and learning programmes and more than 50 semi-independent housing projects that specifically help clients learn LIFE skills.

In February 2004, researchers from ORC International published the 'Getting a LIFE' report - highlighting the important role of life skills programmes and their direct impact on helping vulnerable people to move on in their lives. **It concluded that St Mungo's directly helps more homeless people back into education, work and lasting homes than any other charity.**



**St Mungo's LIFE skills programmes last year helped:**

- 179 clients into jobs
- 2,287 clients with training and education opportunities
- More than 300 clients into new homes away from St Mungo's
- Many more people to make smaller, but individual significant steps along the way to a more independent and rewarding life

St Mungo's ambition is for the full range of LIFE programmes and opportunities to be available to all residents and clients by 2007.



## The history of St Mungo's training schemes

St Mungo's began resettlement work over 21 years ago. It was quick to recognise the role of dedicated education and employment services for homeless people.

There are now 20 different work and learning programmes in place and 50 semi-independent housing projects where clients can practice their independent living skills through cooking, budgeting, sharing spaces and taking greater responsibility.



## The research

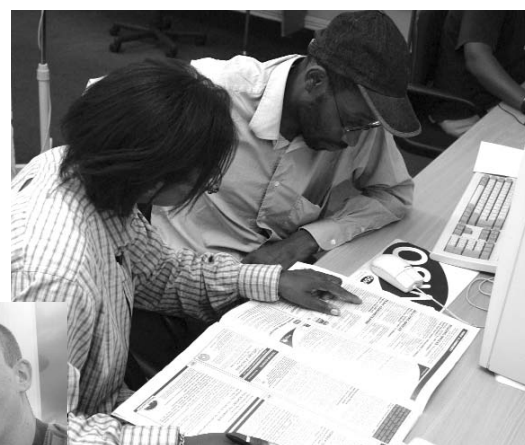
The full 'Getting a LIFE' report took a deeper look into the help available to some of the most vulnerable people in London. It was based on the research conclusions drawn by ORC International's visits to a selection of some of the 60 housing projects and some of the 20 work and learning programmes St Mungo's runs specifically to improve homeless people's basic life skills.

## The meaning of LIFE

- L** Literacy and numeracy
- I** Independent living
- F** Friendship and fun
- E** Employment and education



St Mungo's 'Getting a LIFE' programme addresses a whole range of clients' needs from basic life skills to educational qualifications.



## The 'Getting a LIFE' report highlighted some of St Mungo's key outcomes. The following is an updated selection of LIFE outcomes from last year:

### Literacy and numeracy

15% of St Mungo's 1,500 formerly homeless clients have literacy problems and 7% have numeracy problems.

- 332 clients benefited from the Literacy Team's sessions providing intensive support to residents with poor literacy skills
- 122 clients were referred onto college and formal training courses
- Further training for staff in this area has been developed and delivered



### Independent living

The Great Escape programme, which prepares people for their move away from St Mungo's, has been extended across all semi-independent housing and is available for use in prisons.

- Over 250 clients attended Great Escape sessions
- More than 500 clients have gained independent living skills at St Mungo's
- 760 people made positive moves into suitable new accommodation
- Over 300 formerly homeless people have moved into new homes away from St Mungo's



### Friendship and fun

St Mungo's understands that people who have activities and social relationships are more successful in maintaining their tenancy.

- 615 clients attended at least one Activity Development Team session
- 313 clients attended IT sessions
- 66 new gardeners joined Putting Down Roots - now available in South and North London
- 126 volunteers led activities



### Employment and education

St Mungo's offers a wide range of options, from informal activities to a structured mobile careers service.

- 2,287 people participated in training and education opportunities
- 179 people were helped into Jobs
- 180 clients used the Programme Centre (Job Club)
- 41 clients were found work placements
- 26 employers are linked into the Employment Link Team

