

Referral Guide for Health and Social Care Professionals in Suffolk

(Health and Housing)





Treating the problem

This referral guide links you to the key services in Suffolk that offer help and support relating to poor housing. These services are the first port of call if someone is living in a cold, damp, mouldy or poor condition home.

If you are a health or social care professional in Suffolk please help us tackle the health impacts of poor housing by referring to these services.



Living in a cold, damp or mouldy home can have a **serious impact on health**, especially if the person has a medical condition, is a child or an older person.

It can cause and worsen respiratory conditions, cardiovascular diseases, poor mental health and can cause and slow recovery from injury.



Improving air quality, reducing dampness and living in a comfortable temperature have been shown to **lower the health risks** and improve overall health and wellbeing.



Respiratory and Cardiovascular Diseases

Cold temperatures raise blood pressure and increase the likelihood of **heart attacks, stroke and respiratory conditions such as asthma.**



Questions to ask:



Help available in Suffolk:

1. Do you have any signs of damp or mould at home?

2. Do you heat your home to a comfortable temperature?

3. Can you open your windows to let fresh air in - especially when you cook?

Health and Housing in Suffolk

For cold, damp or mouldy homes
email: Healthandhousing@eastssuffolk.gov.uk.

The team will then ensure the correct help and support is found.

Housing Teams

(for help with housing conditions and repairs)

- Ps.housing@eastssuffolk.gov.uk; 0333 016 2000
- Environmental.health@ipswich.gov.uk; 01473 432000
- Customer.services@baberghmidsuffolk.gov.uk; 0300 1234000
- Customer.services@westssuffolk.gov.uk; 01284 757053





Risk of falls

Cold homes and poor housing are linked to lower strength and dexterity, increasing the likelihood of falls and accidental injuries.

Cold temperatures can worsen arthritis, which can lead to accidents including trips, falls and even fractures in the elderly.



Help available in Suffolk:



Questions to ask:

1. Can you move around your home safely?

2. Do you heat your home to a comfortable temperature?

Care Coordination Centre

Provides 24/7 support for patients and referrers across Suffolk, includes falls prevention, physiotherapy and enhanced support at home.

Tel: 0300 123 2425

Email: suffolk.ccc@esneft.nhs.uk

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If you would like to point people to further information relating to housing and health in Suffolk, please recommend:

www.healthysuffolk.org.uk/healthy-you/suffolk-healthy-homes