



Supported  
Housing  
for Young Mothers

Life   
LOVING LIFE, OFFERING HOPE

# Supported Housing

## What we offer

Through a network of houses, run in partnership with Local Authorities and funded by voluntary donations, grants and Supporting People contracts, we provide supported accommodation for up to two years.

LIFE exists to save lives and transform the futures of children and young people in the UK. We improve the health and wellbeing of vulnerable pregnant mothers and young families by supporting them through difficult times and helping them to achieve the following outcomes:

- Maintaining a tenancy
- Increasing in confidence, self-esteem and wellbeing
- Making healthier life choices
- Accessing education, training and employment
- Feeling part of the local community
- Equipping with parenting skills and ability to take care of child's health
- Budgeting money and ability to avoid/ manage debt

We focus on early intervention work.

# LIFE Skills Programme

## LIFE Skills Programme

Support Workers help each new tenant put together a support plan to address their individual needs by attending the LIFE Skills Programme which includes:

### **Kitchen Skills**

Develops knowledge of kitchen hygiene, safe use and maintenance of equipment, budgeting and nutrition.

### **Health & Safety**

Develops skills needed to provide a safe environment for both parent and child.

### **Money & Budgeting**

Deals with welfare benefit, managing debt, budgeting for setting up home and childcare.

### **Health**

Covers adult and child health checks, non-smoking workshops, antenatal and postnatal support and general health sessions.

### **Wellbeing**

Helps build self-esteem and confidence through shared activity sessions.

### **Parenting**

Covers a range of topics facilitated by Midwives, Health Visitors and many other health professionals.

### **Work & Career**

Provides tenants with the opportunity to make choices regarding their work and career.







## Visitor Time

The aim of Visitor Time is to enable dads, partners or other family members to take part in quality time together, whilst continuing to ensure that tenants feel safe and secure in their home environment.

Tenants are supported to establish and maintain positive reciprocal relationships with family networks. This decreases the likelihood of social isolation, either during their stay in the LIFE house or when they move on to

independent living.

Visitors are also able to take part in some aspects of the LIFE Skills programme such as antenatal sessions, cooking/practical group work and health and safety talks.

"I love coming to spend time with my son and I get supported whilst I am there." Visitor Time Dad

# Community Support Service

## Community Support Service

Support Workers also work directly with vulnerable families in the local community, taking the services that we offer in our LIFE houses directly into the homes of those who need us most.

With each new family, a Support Worker develops an individual support plan to highlight where extra help is needed and set achievable goals.

We also signpost families to where they can find further help from other agencies, meet other new parents and build a support network to sustain them in the longer term.

## Where does the community support service operate?

We currently offer Community Support in Belfast, Hampshire, Telford and Buckinghamshire.

## For more information

Please contact one of the Regional Managers on:

07739 761710

07789 744748

07867 744640

If you are interested in partnering with this service in another way, please contact:

Head of Housing on 01926 421587

# What our tenants say

"I think that everyone who is part of LIFE Housing is really good. I found it hard at first to be in that situation but with the support it became easier and I had people who would listen and help me with everything. A big thank you to you all. You do a really good job."

– Bath tenant



"I was kicked out of home when I was 16 and if it wasn't for LIFE, I don't know where I would be right now. They helped me to get into college, sort out my benefits and look after my son."

– Slough tenant

"I felt secure knowing that a Support Worker would be there every day. It was a nice environment for me and my baby during my pregnancy. The help my Support Worker gave me was outstanding."

– Slough tenant

"Thank you to everyone at LIFE Housing for the help and support provided to me and my son during the time we spent with you. Our move has been great and we are really happy."

– Walsall tenant

# What partner agencies say

"Not only do they provide a roof over the girls' heads at a time when they are in total turmoil, they also offer emotional support and coaching in life skills like parenting, budgeting and cooking. The girls live cohesively together with others in the same position before eventually making a successful bid into their first tenancy. The LIFE House is a major asset to the community, filling a very necessary gap; vulnerable young girls can so easily fall by the wayside and we mustn't lose sight of the fact that they are parenting our next generation. The LIFE house shows an incredible insight into the future, producing positive role models who are valuable to our community. I could go on endlessly about the benefits the LIFE house brings, not only to the girls, but also

to their families and the wider community."

**Zuzanna Spackman, Specialist Family Support Worker for the South Didcot Children's Centre**

"It has been a pleasure to visit the LIFE houses with such warm and homely atmospheres - the LIFE team are doing a great job!

Indeed, through our interviews so far, LIFE Housing provides the best environment compared to other similar accommodation and their service-users are the most positive we've come across."

**Love Productions, (producing positive documentary about teenage pregnancy & motherhood)**

# How to make a referral

## Criteria

We can help anyone who is:

- Pregnant, or with a young child under 5-years-old
- Homeless, or at risk of homelessness
- In need of support
- 16 years plus
- Male single parents and couples (Community Service only)

## Making a referral

All referrals should be made to LIFE's Head Office:  
[referrals@lifecharity.org.uk](mailto:referrals@lifecharity.org.uk) Tel: 01926 421587

We will require details such as:

- Name
- Date of birth
- Address
- Other contact details
- Current circumstances
- History of any other agency involvement
- Summary of support needs
- Details of children

Details will be passed on to support staff at the relevant LIFE house. They will make contact with the applicant to arrange an interview appointment within five days.

During the interview, we carry out a risk and support assessment using the information given. If we can provide the appropriate level of support we will offer a tenancy. If we do not have any vacancies we will offer a place on our waiting list.

[referrals@lifecharity.org.uk](mailto:referrals@lifecharity.org.uk)  
T: 01926 421587





# Working in Partnership

## Supporting People

The Government's programme awards grants to LIFE to provide housing-related support for young mothers to enable them to live independently within the community on leaving our accommodation.

## LIFE Groups

Most LIFE houses are sponsored by local LIFE Groups. Volunteers help with the LIFE Skills programme and fundraise to sustain those houses without support service contracts or to provide improvements.

## Partner Agencies

Landlord Partners, Health Professionals, statutory agencies, Women's Aid and other voluntary sector bodies work with us to meet the needs of tenants and service users and to help our projects thrive.

## What is housing-related support?

This covers all support provided to a tenant by a Support Worker. Typical services include:

- Help with budgeting and money management
- Help filling in benefit claim forms or arranging for professionals to call
- Help with accessing education, work or further training
- Help or training to help with move on to less supported accommodation or independent living
- Help with maintaining safety and security of tenant's new home
- Someone to turn to in an emergency, with 24 hour contact numbers provided, seven days a week.

# What other services does LIFE offer?

We also run other pregnancy-related services including:

## Care

A network of over 30 Care centres offering free non-directive counselling and support for anyone facing a crisis pregnancy, suffering the loss of a baby or coping after an abortion. Also provides free baby clothes, equipment or other practical support to families in difficulty.

## Education

A team of Education Officers working in partnership with schools to provide young people with up-to-date, evidence-based information on abortion, stem cell research, sexual health and other related topics.

## Practical Support

Volunteers collect donated baby clothes and equipment and re-distribute to families in financial difficulty. LIFE also awards small grants to families facing extreme hardship.

For further information  
visit [www.lifecharity.org.uk](http://www.lifecharity.org.uk)  
or call 01926 421587



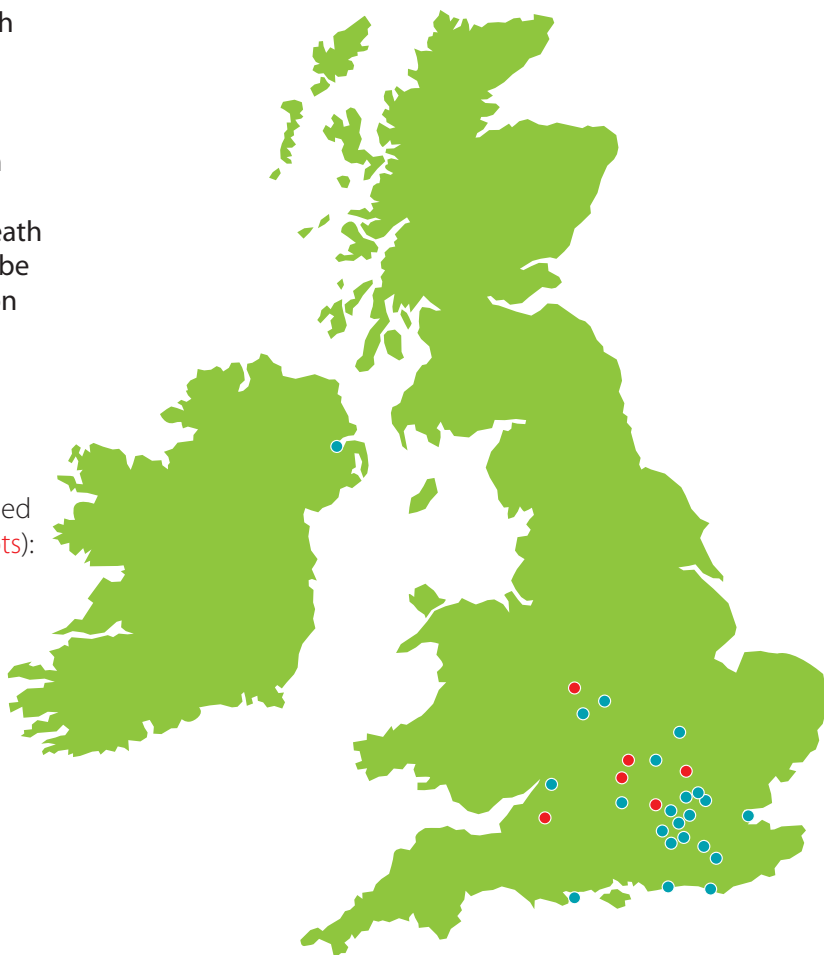
# Where are the LIFE houses?

Local Authority commissioned projects (blue dots):

- Aylesbury
- Belfast
- Bournemouth
- Chertsey
- Crawley
- Dartford
- Farnborough
- Fleet
- Haywards Heath
- High Wycombe
- Littlehampton
- Slough
- Telford
- Woking
- Worthing

Voluntary funded houses (red dots):

- Bath
- Bracknell
- Didcot
- Oxford
- St Albans
- Walsall



Funded by:



and donations from individuals and other grant-making trusts



Scan here for more  
information on our  
Housing service.

This leaflet can be made available in other  
formats or languages if required, e.g. large  
print or tape.

Ta ulotka może być udostępniony w innych  
formatach lub językach, jeżeli jest to  
wymagane, np. duży druk lub taśma.

यदि आवश्यकता हो, तो सूचना पत्र :  
अन्य स्वरूपों या भाषाओं में भी उपलब्ध  
करवाए जा सकते हैं, जैसे बड़ा प्रिंट या टेप।

چھاپے کے بڑے حروف یا ٹیپ کی شکل میں بھی فراہم  
اس پرچے کو حسب ضرورت دوسری شکلوں یا زبانوں مثلاً  
کیا جا سکتا ہے۔

這本冊子可在其它格式或語言如果需要的  
話，如大字體或磁帶。



LIFE is the trading name of LIFE 2009, a limited company registered in England & Wales (06786752) and a registered charity in England & Wales (1128355) and in Scotland SCO41329. Its national head office is based at 1 Mill Street, Leamington Spa, Warwickshire, CV31 1ES.

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