

WESTCOUNTRY Housing Association



Mother and Baby Project, Plymouth

Providing mothers and their babies with stability and security.

Aim

At the Mother and Baby Project we provide an affordable home for mothers and expectant mothers between 16 and 30 in need of support. We welcome women from different backgrounds and are happy to consider women on housing benefit or low incomes. We aim to provide a safe environment for you within a stable community in a friendly and supportive atmosphere.

Support

We aim to build up your confidence enabling you to take control of your life and make your own decisions about the future. Our staff will encourage you to reach your own goals in a friendly supportive atmosphere while also providing a time for you to reflect on and review your achievements to date.

There are a variety of support services available to you at the Mother and Baby Project and these include:

- ▶ Key-working; professional and confidential one to one support
- ▶ Skilled assistance with baby/child development and parenting skills
- ▶ Classes on cooking and nutrition, relaxation sessions and group activities
- ▶ Advice on budgeting and housekeeping
- ▶ Help with filling in forms, making benefit claims and dealing with officials
- ▶ Practical help and advice in setting up your home
- ▶ Encouragement to develop new skills

Accommodation

The Mother and Baby Project offers you a variety of facilities:

Based in Plymouth City Centre and situated near to Plymouth Hoe the accommodation consists of four shared flats for 13 people with special facilities available for mothers and babies.

The flats are fully furnished with the ground floor accommodation converted for disabled residents. You will have your own bedroom to share with your baby and have access to a community room, bathroom and kitchen, which are located on each floor.

Other facilities consist of a laundry, visitor's room and a lift.

The accommodation is near to:

- ▶ Doctors surgery
- ▶ Youth community centre
- ▶ Leisure facilities



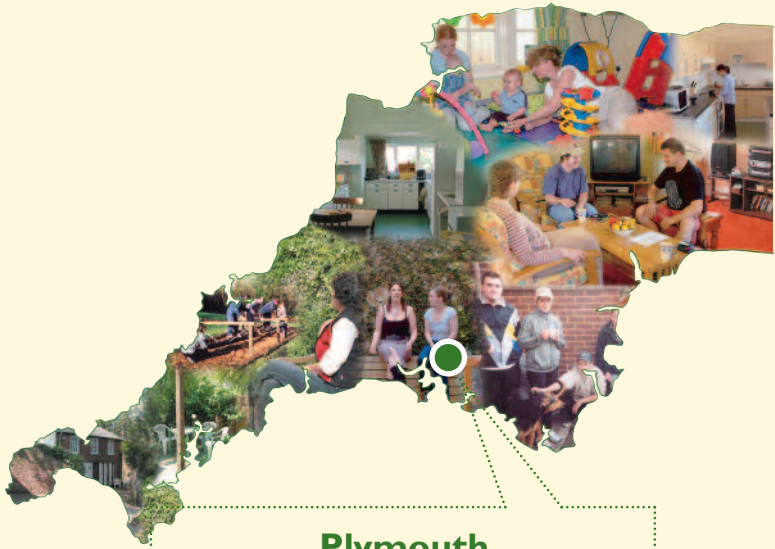
The Mother and Baby Project offers you a period of stability and security to take control of your life and build a better and brighter future for you and your baby. Please contact us if you would like to find out more.

Application procedure

For more information on how to apply or for an informal discussion please contact the office on 01752 261602.

The Mother and Baby Project is a part of Westcountry Housing Association, which operates an equal opportunities policy.







Plymouth

Tel: 01752 261602
Fax: 01752 229476

E-mail:
info@westcountryha.org.uk
www.westcountryha.org.uk

If you or someone you know, would like a Westcountry document translated into another language, on audio tape, in large print, or in Braille, please contact our Communications Officer on 01803 200300.

 **business for neighbourhoods**

 **business to support people**



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