



Are you a single mother aged 18-25 years worried about homelessness?

Our Mums & Bubs Program provides short term accommodation and mentoring to help you build an independent life and break the cycle of homelessness.

What is Mums & Bubs?

Mums & Bubs provides:

- Safe accommodation for young mothers who are homeless or at risk of homelessness. The normal stay in the house is around six months.
- A range of services and programs to meet your needs and support you to build the skills and knowledge to create a safe and stable life for yourself and your child. These include a focus on parenting, engaging in your community and participating in education/training and employment opportunities.

Who can stay at Mums & Bubs?

To be eligible for Mums & Bubs you must:

- Be a mother aged 18-25 years with a dependent child in your care who is under 3 years old. You also need to be homeless or at risk of homelessness.
- Commit to participate in our house program and intensive case management services. This is essential to your success in the program and your on-going participation will be dependent on your engagement with the program.
- Have no current drug and alcohol dependency issues.
- Have no intensive DFFH involvement. You must be able to be alone, unsupervised, with your children.
- Have no intensive mental health concerns.
- Commit to obtaining independent accommodation via the private rental market at the completion of the program.



Where is the house and what is it like?

- The Mums & Bubs program is based in the suburb of Pakenham within the Shire of Cardinia, Victoria.
- The Pakenham house is a family property comprising four bedrooms, a lounge, kitchen/ dining room and large garden.
- The program has capacity for four young mums with one accompanying child each to be accommodated at one time.

Who will support me?

- Windermere staff and external program staff attend the property at identified times during the week to deliver programs and provide support.
- The program is staffed on a daily basis within office hours. The program is not staffed at weekends or overnight so it is important that you have the ability to be alone and unsupervised with your child in the house.
- Dedicated housing support will be provided to assist you to secure your own independent accommodation at the end of the program.
- You will be linked with other supports as identified as part of your individual support plan.

What happens in the program?

The house program focuses on developing your parenting, independent living skills and health and well-being. Activities are delivered in a range of formats including education and practical skills groups, individual key working sessions and facilitated house group activities.

The house program includes the following:

- Healthy meal preparation education and practical support including facilitated weekly house meal.
- Support to establish personal and household routines including facilitated daily chores activity.
- Parent education groups and skills development groups covering a variety of topics facilitated by internal and external staff.
- Access to health and wellbeing programs with services within the Shire.
- Access to young mums groups and local playgroups.
- Individual key working sessions.



What are individual key working sessions?

During your individual key working sessions you will meet with your support worker on a one-to-one basis so you can work together to identify and develop personalised projects and goals that you would like to achieve during your participation in the program. Some examples of projects may include:

- Coaching, mentoring and practical 'hands on' support.
 - Budgeting and surviving on a low income.
 - Financial counselling.
 - Education, training and employment.
 - Linking to community resources including maternal and child health services, health and medical services.
 - Linking to long term accommodation.
- The primary exit route from this program is into private rental.



What happens when I leave the house?

- The program provides outreach support to you when you exit the program into independent accommodation.
- Further support on exiting the program can be provided according to your needs. This can be through a Mums & Bubs support worker or referrals to other services and supports.
- Your journey with us does not end when you exit the house. As part of our extended family we will invite you to attend various events and activities.

What does it cost?

Service charges are calculated at 25% of income, payable via Centrepay.

How do I access the program/refer to the program?

Potential referrals or enquires about vacancies can be discussed by calling Windermere Family Violence and Homelessness Support Services Intake team, **call 1300 946 337**.

In some circumstances referrals can be submitted when the program is full and the mother can be placed on the waiting list for any available spaces as they become available.

Please call Windermere Family Violence and Homelessness Support Services Intake to discuss if this may be a suitable option.

Referrals to the program are to be submitted on the electronic form located on the Windermere website: www.windermere.org.au/services/mums-bubs.

Once a referral has been received Windermere staff will contact the candidate for an initial phone screening assessment as soon as is practicable. If initial eligibility criteria have been met and the candidate is committed to pursuing the program then they will be invited to attend a first assessment by phone/virtual meeting. A second face to face assessment will then be offered at the Windermere office.

Following assessment, Windermere may offer a vacant room to the successful candidate, place on the waiting list for potential vacancies or may reject the candidate as being unsuitable for this program. All decisions will be communicated to the candidate and the referrer in a timely manner.



More information about the Mums & Bubs Program

Windermere Family Violence and Homelessness Support Services Intake team

Phone 1300 946 337

www.windermere.org.au/services/mums-bubs

Scan here



Windermere[®]

About Windermere

Windermere is an independent, not for profit community service organisation working across Victoria including key regional locations.

We believe that **everyone is someone in our community** and we deliver services through critical partnerships with governments in the areas of:

1. **Family Wellbeing** to help families achieve safety and stability
2. **Disability Support** to enable people of all abilities to participate in their communities
3. **Development & Early Childhood Education** to help children reach their full potential
4. **Victims Assistance** to support victims of trauma, assault and/or violent crime
5. **Community Strengthening** to respond quickly to emergencies, disasters and emergent needs.

We are located at a number of sites in Victoria and offer services Australia wide.

Contact us for more details:

Phone: 1300 946 337 | windermere.org.au



Windermere is committed to equity, inclusion and belonging for consumers and employees, by building diverse and inclusive services and work environments.

For more information: www.windermere.org.au