

## Would you like to know more?

 [www.valleyhouse.org.uk](http://www.valleyhouse.org.uk)

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## Support Us!

You can support Valley House and the work we do by visiting our JustGiving page:

[www.justgiving.com/valleyhouse](http://www.justgiving.com/valleyhouse)

You can fundraise for us, set up a monthly donation or donate as a one off.

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# Young Parents Service

 **VALLEY  
HOUSE**  
Promoting positive change since 1977



# Young Parents

We work with vulnerable young parents aged 16 to 24, supporting them to live in a safe environment and providing personalised support.

We want to help you to:

**Ensure** you are able to gain and maintain secure and appropriate accommodation

**Increase** your self-reliance, self-resilience, time and money management

**Provide** you with knowledge about how to be supported and to stay safe and aware

**Improve** your mental, emotional and physical health

**Create** healthy social networks and relationships



Our friendly and professional team has a proven track record in supporting Young Parents who have little or no family support. We aim to support you to develop skills and strengths so that you are able to deal with any issues you have. We want to help you gain confidence and life skills.

Your allocated support worker will get to know you and will work with you to help you achieve your goals. The starting point will be to listen to what you want and then develop a plan together.

Our services aim to provide you with opportunities where you can respond confidently to life's challenges.

We offer Young Parents either a Supported Accommodation service or a Community based Support Service.

If you are pregnant or a new parent then Valley House can provide you with support following an assessment of your needs.

For those who are offered accommodation, we have a range of fully furnished, shared and single family accommodation. During your stay you will have access to a support worker



24/7.

If you are in our accommodation we will support you to move to your own tenancy when you are ready. This is usually within a year.

The Community Support Service is aimed at young parents who may still be living with their family but want their own home, or already have a tenancy but are struggling to manage.

## What our service users say about us:

*"Valley House has helped me a lot as I felt I was at square one and in the next 6 months I managed to increase my confidence and my responsibility especially as a parent."*

*"Living in the community helped me develop my independence."*

*"Helped me with housing and getting it all set up with furniture. I didn't have a clue about running a house. My support worker helped me through it."*

*"I had no idea what to do about anything. It was nice to have someone to guide me and show me what to do."*