

### ANGLICARE'S YOUNG MUM'S SUPPORT PROJECT PERTH, WA

#### *The project setting*

Anglicare's Young Mum's Support Project provides support for pregnant or parenting young women who are, or have been street present or homeless. We operate from the Perth Anglicare Office within the inner city of Perth. Referrals to the project are primarily made by youth workers from our Streetwork Program and referrals of young people who are either housed or awaiting housing with Anglicare's Youth Externally Supported (YES) Housing project. Referrals are also received from other



agencies such as the Adolescent Unit at King Edward Memorial Hospital for Women and Youthlink Youth Counselling Service.

#### *Why is the project needed?*

The young parents who access the Project are isolated from mainstream services, have a lack of support networks, may lack suitable accommodation and are at times poorly prepared for parenting. This is often as a result of family breakdown, homelessness, substance use problems, and exposure to violence.

#### *What are you trying to do in this project?*

The project aims to increase the level of self confidence, increase the level of access to mainstream processes and provide young people with information on a range of issues from sexual health to child development. A main aim of the project is the assist young women to reduce social isolation, through assisting them to connect with other young mothers.

#### *How are you going about doing it?*

The project employs a range of strategies. Social groups (The "Bub's Club") are offered fortnightly that

provide the young women with opportunities to meet, develop friendships, talk with workers and discuss a range of issues and obtain information in an informal setting. Venues for groups vary, with a balance of child friendly and youth friendly venues and activities. Outreach services and support by youth workers provide opportunities for the establishment of trusting relationships and rapport building. Individual young people often present with multiple, complex problems. Referrals to mainstream services have been achieved by various means, which include introducing the service to the client in an informal setting, attending first visit, providing information in the Bulletin and encouraging discussion amongst the young people. The Bubs Club Bulletin is produced monthly and contains information on up and coming events, parenting hints and profiles of relevant agencies. As a result of our action research strategies and the input of our newly formed reference group, the project continues to grow and evolve new ideas and creative ways of delivering services.

### QUALITY RELATIONSHIPS ALLIANCE INC MANDURAH WA

#### *The project setting*

Quality Relationships Alliance Inc. is a new Mandurah organisation; supported by the City of Mandurah and developed by an alliance of community individuals, organisations and groups who came together in a community can do spirit to develop strategies to enable individuals and families in Mandurah to improve the quality of their relationships at home, in the workplace and within the wider community.

The City of Mandurah is located 72 kms South of Perth Western Australia and is known for its sparkling waterways and is the fastest growing regional centre in WA and the gateway to the South West.

#### *Why is the project needed?*

This project is needed for a number of reasons that are not mutually exclusive but are intrinsically connected and interwoven. These include the high levels of marriage breakdown experienced by families, the lack of community networks and isolation, burn out among human service providers and a general lack of knowledge of relationship issues.

#### *What are you trying to do in this project?*

Quality Relationships Alliance believes that the building blocks of a strong and connected community depend on the quality of relationships. The long term goal for QRA is to have a well connected city where people feel valued and have many quality relationships. Not just a quality relationship between you and your neighbours, but quality relationships within your home – with your partner, your children, your parents or other

family and friends; quality relationship with yourself, quality relationships within the workplace, and quality relationships between service providers and between service providers and clients.

#### *QRA believe:*

- It is Quality Relationships that are the vital building blocks of strong, healthy and enjoyable communities.
- Strong communities have networks that protect vulnerable people and create opportunities for people to participate more fully in work and community life.
- All people in our community deserve the opportunity to strengthen their relationships, regardless of age, income, gender, race or creed.
- Investments in building Quality Relationships in families, schools, workplace and the wider community are investments in the future of our community and our nation.