



Friends of Life

Help support our Life houses

We have Life Houses in Haywards Heath and Crawley. Here are some ways you can help our Support Workers, who care for the residents and their babies:

Gardening

We would love to have someone who can share their love of gardening by showing how to plant flowers and vegetables and bringing some life into our gardens and we welcome help with general garden maintenance.

Crafts

We welcome anyone who has a love of crafts such as knitting, sewing, card making or any other skill, and can share these skills with our residents

Home skills

Our residents will really benefit from learning simple cooking and basic DIY skills to help with odd jobs around the house

Materials

We can often find a home for good quality baby clothes and used equipment to help young mothers setting up home.

Friendship

A much needed skill is simply the ability to offer a listening ear to a resident, and give common sense advice on running your own home and being a good parent.

If you would like to help, please contact our Support Workers:
Haywards Heath on **07798 827 985** or Crawley on **07789 744 749**
For more information about our work, please contact:
Priscilla and Robin Williamson on **01444 811519**





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.

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

For further information visit lifecharity.org.uk or call: **01926 312272**

