

# Bridge House

MOTHER  
AND CHILD  
SUPPORTED  
ACCOMMODATION



Social  
Interest  
Group

Penrose



CELEBRATING  
10 YEARS  
OF  
SUPPORTING  
WOMEN

## Our mission

Support is a bridge that helps us overcome difficult obstacles in life. Our mission is to create an empowering, nurturing and family centred environment to prepare for fulfilled and meaningful futures.



Bridge House is a specialist supported temporary accommodation service in Luton for:

- Expectant mothers
- Mothers with up to two children aged under 10
- Single women who want guardianship of their children

## What we offer

We provide a safe, stable home and tailored support to help mothers move forward with their lives.

Our assistance ranges from advice and guidance on resettlement and tenancy, welfare benefits and financial management to more intensive support in the following areas:

- Domestic abuse
- Mental, physical and emotional well-being
- Involvement with the Criminal Justice System
- Substance use
- Family well-being and safety in the home
- Parenting skills
- Child protection and custody arrangements
- Mediation and supervised contact

Mothers are supported to prepare and access suitable move-on accommodation, be it Local Authority (local or relocating), Housing Association or privately rented.

## Approach

We understand the pressures that mothers are under when they come to Bridge House. We therefore use trauma-informed approaches to support them.

We offer 1-1 support, group work and activities that build skills and confidence to help families plan their future.

Support is flexible and tailored to work best for mothers and children.

Our team includes an Accommodation Based Support Worker, an Activities Coordinator, and an Early Years Practitioner.

We provide a pathway into other support services for wraparound and community-based support.

## Eligibility and referrals

Bridge House accepts self-referrals and referrals from Luton Borough Council, Social Services, and VCS partners.

Referrals must have identifiable support needs and be willing to engage with the support offered. The maximum stay at Bridge House is two years.

## Get in touch

### SIG PENROSE BRIDGE HOUSE

[bridgehouse@socialinterestgroup.org.uk](mailto:bridgehouse@socialinterestgroup.org.uk)

01582 736114

07805 739030

07896 804492



@socialinterest\_

Penrose Charity no. 1151455  
Penrose Company no. 8466743



Penrose is part of Social Interest Group (SIG). SIG is a leading UK charity providing bespoke person-centred social and healthcare solutions. Utilising strength-based working models, we specialise in rehabilitating and supporting people with complex needs, empowering them to achieve their full potential.  
Charity no. 1158402  
Company no. 9122052



Penrose

Equinox

Pathways to  
Independence

SIG Housing Trust

Safe Ground