



PO Box 5141
Burnley VIC 3121

T 03 9429 7444
F 03 9429 6299
E kuc@kuc.org.au

ABN 76 604 592 013

**Please, help us, help families like Helen's by donating to
our end of year appeal.**

We meet families like Helen's* every day.

Families who through no fault of their own are doing it tough. They are doing the best they can just to survive having endured hardship and harrowing experiences.

Helen is a single mum with four children - Helen and her kids are survivors.

Keeping her kids safe, out of harm's way led to Helen's decision to flee an abusive and violent relationship five years ago. Leaving her and the kids homeless.

Life for Helen's family has not been easy. This family of five were living in a tiny three-bedroom Office of Housing home. It was crowded, chaotic and bursting at the seams.

“These rooms are hardly big enough for a single bed let alone for three kids to share. There was no room for their stuff or anywhere for the kids to play.”

Your donation today will help us build a brand new one-bedroom studio for a family in desperate need of addition space to keep a young person from becoming homeless.

Overcrowding is a major contributor to youth homelessness. Many of the young people we support are dealing with trauma & grief; the lack of space creates tension often leading to conflict and disorder.

“The lack of space was becoming an issue. My son who is 11 was sharing a room with his two younger sisters who were just six and four. They are loud and messy and Jack* was getting too old to share with them,” says Helen.

Severe overcrowding is much more serious than siblings sharing a bedroom. The day-to-day realities of people who live in overcrowded households can be debilitating.

**BUILDING FOUNDATIONS TO
PREVENT YOUTH HOMELESSNESS**

The ability for occupants to meaningfully engage in; school or work, relaxation and social activities is limited, and chronic lack of sleep caused by dysfunctional living arrangements leads to fatigue and stress making it hard to concentrate.

“Juliette* never wanted to have friends over, she was embarrassed. And the noise in the house from the other kids made it hard for her to study. She is a bright girl, I didn’t want to see her not achieve all she could at school,” says Helen.

“Things have been hard for all of us, but especially for Juliette, she has been through so much, seen so much, more than any child should,” Helen told us.

For families dealing with the effects of trauma, and young people at-risk of homelessness, a Kids Under Cover studio can make an enormous difference.

A studio not only provides space for the whole family, it gives young people a sense of hope. It gives them a place. A sense of belonging and in many cases, space to heal.

“I am just so relieved, that after everything the kids have been through and everything Juliette experienced with me, now I can finally give them some stability and we can start to function a bit more normally.”

Prior to receiving the studio Helen and her kids had spent several years moving from house to house with little notice. This gave the children no sense of belonging or stability.

But, for this family transitional housing promised a far better future than the one they had escaped from.

For Helen, the wait for a larger house was too long and her financial situation meant private rental was not an option.

“Things got so bad I was thinking about giving Juliette my room, so Jack could move out of the room with the two girls and I would sleep in the lounge room. Then we got the news we had been approved for a studio,” remembers Helen.

Sadly, we have 20 young people on our waitlist. We must raise \$55,000 by January 2019 to be able to do more.

Helen has told us the studio is like a dream come true for her daughter and it has given her some much needed peace of mind.

Finally, this mum, who has been through such a traumatic ordeal can provide some desperately needed stability for her kids.

**BUILDING FOUNDATIONS TO
PREVENT YOUTH HOMELESSNESS**

“Juliette is now more determined than ever to do well at school. She wants to go to university. Now she can focus, she is less stressed and has the headspace to study.

“I can’t thank you all enough. I can’t tell you what this has done for us, we can connect again as a family, we can move forward with our lives. And Juliette, she has something for herself now.”

With support from people like you, this fragile family now have the space to breathe and heal together whilst remaining connected to a community they have become a part of. Something they had not experienced in a long time.

The studio has been in place for six months now and has given Juliette and her siblings the chance at a brighter future.

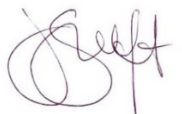
“Now I have somewhere for my stuff. I can study, and I can even invite my friends over. I have my own room, I’ve always wanted this.”

There is no doubt our Studio Program works, but we can’t do it without people like you.

Please, will you join us in showing your support by donating to our end of year appeal and help us reach our goal?

Together, we can make a difference. Simply call us today on 1800 801 633 or visit our website [HERE](#) to make a donation securely online. I really hope you can help.

Yours sincerely



Jo Swift
Chief Executive Officer
Kids Under Cover

P.S. At this time of year, nothing is more meaningful than giving a young person at risk of homelessness the chance at a brighter future. Please call us on 1800 801 633 or you can donate securely online [here](#).

P.P.S. Please, can you help us by forwarding this on to someone else who cares about young people as much as we do? Maybe your friends or family would like to make a difference too.

*Names have been changed to protect identities

**BUILDING FOUNDATIONS TO
PREVENT YOUTH HOMELESSNESS**