



A SAFE PLACE FOR WOMEN

Lou's Place Media Release

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Lou's Place shares frontline insights with NSW Parliament highlighting the need for safety, stability and connection for women in crisis

Lou's Place CEO Amanda Greaney today addressed 12 NSW MPs at an event hosted by Parliamentary Friends of Empowering Older Women in NSW Parliament, sharing frontline insights into the growing pressures facing older women experiencing hardship, isolation and housing insecurity.

The event launched Lou's Place's *Older Women Matter* booklet, which draws on the organisation's work with mature-aged women and explores the importance of safety, connection and community in helping women rebuild their lives.

For more than 25 years, Lou's Place has provided a safe place for women in crisis, feeling isolated or needing support. While the event focused on the experiences of older women, Lou's Place supports women of all ages through its daytime drop-in centre in Redfern, offering practical support, professional assistance and a welcoming, non-judgemental community.

Lou's Place provides meals, showers, laundry, case management, advocacy, referrals, material assistance and community connection. Its low-barrier model allows women to come as they are, build trust over time and access support at the right time.

At the event, Ms Greaney spoke about the complex challenges women bring through the doors of Lou's Place every day, including homelessness and housing insecurity, domestic and family violence, financial hardship, trauma, health concerns, addiction, legal issues and social isolation.

Between May 2025 and May 2026, Lou's Place supported 1,392 individual women, with an average daily attendance of 48. During that period, Lou's Place supported 224 women aged 55 and over and 130 Aboriginal and Torres Strait Islander women aged 50 and over.

MPs attending the event heard how many women accessing support are not necessarily sleeping rough, but may be couch surfing, staying temporarily with family or friends, living in crisis accommodation, boarding houses or vehicles, or remaining in unsafe housing because they have nowhere else to go. 77 per cent of mature-aged women supported by Lou's Place were living close to homelessness, even if they had somewhere to stay.

Lou's Place CEO Amanda Greaney said:

"Every day, women come to Lou's Place carrying experiences of homelessness, domestic and family violence, trauma, financial hardship, poor health and isolation," Ms Greaney said.



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“For older women, these challenges can be particularly hidden. Having a roof over your head does not always mean you are safe, secure or stable. Many older women are living very close to homelessness, often while managing multiple pressures at once.

“Lou’s Place supports women of all ages, but what we see in older women reminds us why safety, dignity, connection and consistency matter so much. A meal, a shower, help with housing, access to case management, or simply a place where a woman is known and heard can make an enormous difference.

“I want to thank attendees today for showing their support for our work.”

The Hon Aileen MacDonald OAM MLC who hosted the event and founded the Parliamentary Friends group said:

“Lou’s Place is a powerful example of the difference community-based services can make when women are met with dignity, compassion and practical support,

“Hearing directly from Amanda and Lou’s Place at NSW Parliament was an important reminder that older women experiencing homelessness, housing insecurity, violence, financial hardship and isolation are too often unseen.

“The work Lou’s Place does every day is life-changing. It supports women not only in moments of crisis, but in rebuilding safety, stability, connection and hope.”

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About Us

Lou’s Place is a women-only drop-in centre located in Redfern. For more than 25 years, Lou’s Place has provided a safe, welcoming and non-judgemental place where women can access practical support, advocacy, connection and community.

Lou’s Place operates as a low-barrier service, supporting women experiencing hardship, homelessness and housing insecurity, domestic and family violence, social isolation, trauma and other complex life challenges. Women can access meals, showers, laundry facilities, material assistance, case management, referrals, advocacy, therapeutic and educational programs, and opportunities for social connection.

Lou’s Place receives very limited government funding and relies largely on the generosity of donors, corporate partners, philanthropic supporters and volunteers to continue its work.