

NIGHTSTOP

Preventing homelessness through community hosting



**NIGHTSTOP UK:
OUR IMPACT 2018-19**

Dear reader,

2018 was a year of highlights for Nightstop. As the numbers of host homes grew, we celebrated our volunteers, and we invested and evaluated the impact of Nightstop.



Importantly, the number of homes able and willing to host young people grew from 542 in 2017 to 657 in 2018. This will ensure that we do not turn anyone away because we don't have enough hosts available.

While the young people that access Nightstop are the passion that drives our work, our volunteers are the life-blood which keeps our vital service running. This is why in November we held our first Nightstop Volunteer celebration event in Birmingham. It was attended by volunteers from Nightstop services across the country. Volunteers learned more about Nightstop's ambitions, heard the story of Nightstop guests, and listened to a musical performance from a young person who has experienced homelessness. This year, we also developed an exciting partnership with Pixl Insurance to provide our hosts with great value 'top-up' insurance to cover Nightstop stays. This should give our hosts, the peace of mind they need.

Through a micro-grant scheme which we launched last year we were able to provide a burst of funding to help maximise the impact of Nightstop services. In total, 13 micro-grants were awarded to Nightstop services across the UK and helped with such things as targeted marketing to help recruit more hosts, keeping Nightstop guests safe and helping local services develop their own impact assessment.

Lastly, in 2018 we focused on gaining a greater understanding of the impact Nightstop's work has. We published 'More than Bednights', a social return on investment report which showed that Nightstop is so much more than providing a safe place to sleep, with additional outcomes such as a reduced risk of harm, improved sleep and personal care and increased choice and control. We've included some of these insights in the pages of this report.

Thank you for reading, and here's to an even greater impact in 2019.

A handwritten signature in black ink, appearing to read 'Nicola Harwood'.

Nicola Harwood
Head of Nightstop



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ABOUT NIGHTSTOP



Nightstop prevents homelessness by placing young people aged 16-25 years old who are at risk of homelessness in the homes of trained and vetted volunteers in the community.

Volunteers across the UK offer their spare room for the night, a hot meal, washing facilities, breakfast and a packed lunch in the morning. By doing this, they can change someone's life.

Reaching more people through partnership

Our model ensures we can support young people across the UK in areas where Nightstop is needed most.

Working in partnership with local youth and housing organisations, we ensure Nightstop is firmly rooted in the local community.

Depaul UK, a national homelessness charity leads Nightstop UK. Nightstop UK is responsible for growing and developing Nightstop services, and accrediting organisations to deliver the model effectively in their area.

Depaul UK also delivers Nightstop directly in London, Greater Manchester, South Yorkshire, and the North East & Cumbria, allowing us to pilot new developments to the model.

Why do young people need Nightstop?

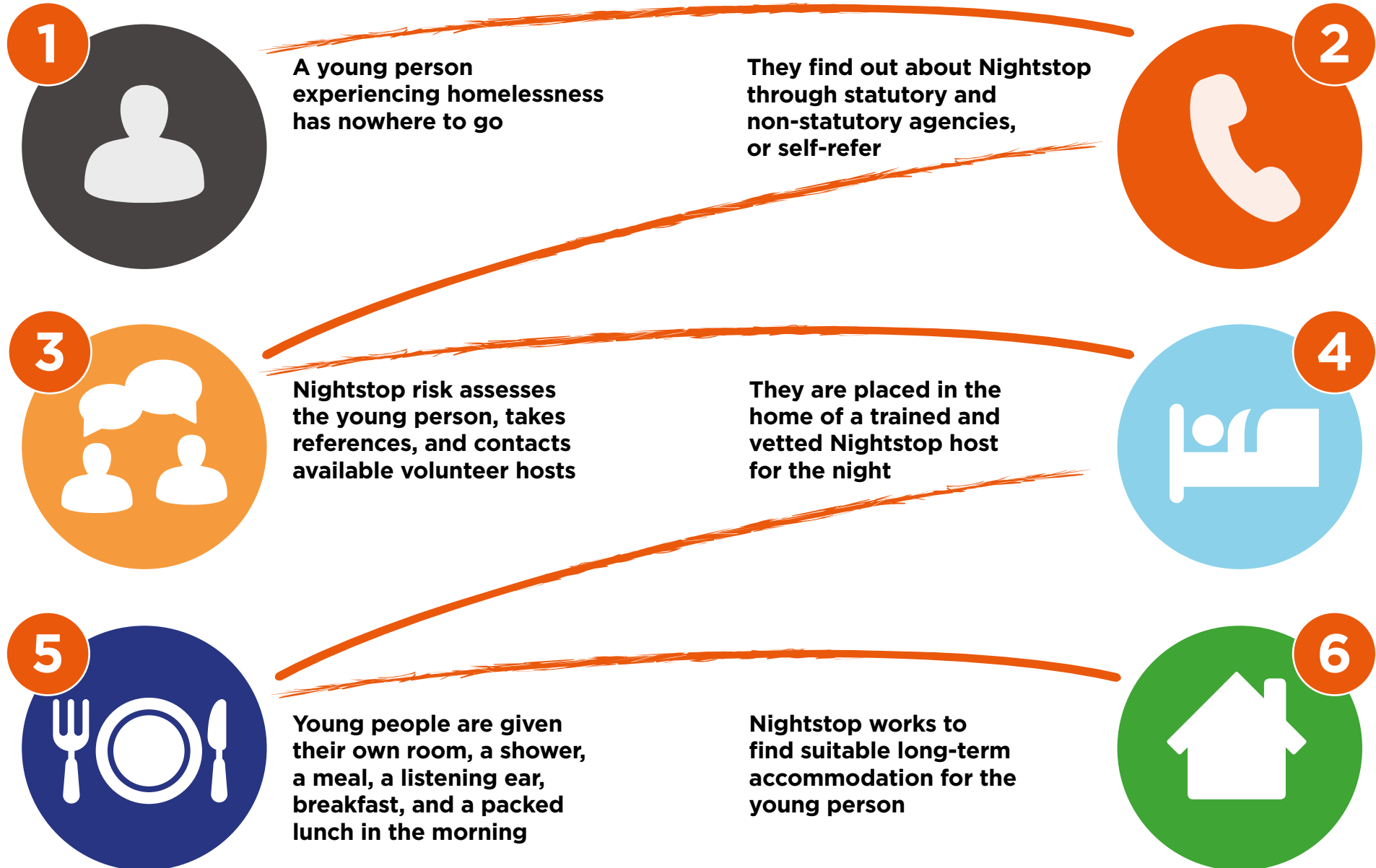
61% of the young people who use Nightstop do so because of breakdown in family relationships. Others have left care, have financial difficulties, or experienced violence.

Without a support network around them, they have no where to go, and may begin sleeping in unsafe places.



HOW DOES IT WORK?

We provide a lifeline for young people in crisis.



Nightstop in 2018: By the numbers

Total bednights: 9,885

Young people hosted



1,224

Hosting households



603

Average number of nights stayed



8

Number of Nightstop volunteers



992

Guests were:

58% Male



39% Female



1% Transgender



35% said they were in education, employment or training

6% were LGBTQ



6.5% were asylum seekers or refugees



30% were 16 to 17 year olds



62% of guests were moved onto somewhere safe



12%

Supported Lodgings

23%

Supported Accommodation

7%

Private Rented Accommodation

9%

Stayed with Friends

11%

Returned Home

31 Nightstop services covering 147 Local Authorities



Guests used Nightstop because of*:

Family breakdown **61%**

Relationship breakdown **14%**

Sexuality **2%**

Drugs/alcohol **5%**

Offending history **4%**

Mental health **13%**

No recourse to public funds **1%**

*There may be more than one reason per guest

More than bednights:

In 2018, Nightstop commissioned an evaluation to get an understanding of the difference the service makes to young people and hosts beyond providing bed-nights.

The impact a stay with Nightstop can have on a young person is significant. Outcomes include a reduced risk of experiencing harm, improved sleep quality and improved ability to eat healthily. In addition young people gain practical skills like cooking, improve relationships with family members and develop greater emotional intelligence by staying with different people and adapting to different social situations.

The research also found that:

- 9 out of 10 young people said that Nightstop had improved their personal safety;
- 60% said Nightstop made them more motivated to make positive change; and
- 79% said it gave them time and space to think about the future.

The research also looked to understand what the social value created by Nightstop is.

It developed hypothetical case studies examining the social value created when Nightstop helps a young person to improve their mental health, when it helps a young person into employment and when it improves their physical safety.

The case studies identified savings made to the state by improvements in these areas and determined how much 'credit' Nightstop could take for the changes. Linking these savings to the number of people supported by Nightstop in 2017, the evaluation found that around £4million of social value could be attributed to the Nightstop network in the UK.

It clearly shows that Nightstop has a significant value beyond providing shelter, and that despite being a short-term emergency intervention, it can have a lasting impact on the young people it supports.

BEYOND PROVIDING SHELTER, IT CAN HAVE A LASTING IMPACT ON THE YOUNG PEOPLE IT SUPPORTS.



James' Story

It all started off when I was 14, because that's the age I was when my mum died. I'd been living with my mum. I didn't really have any contact with my dad. We didn't have a very good relationship and I didn't feel very safe around him.

When my mum died I was forced to move in with my dad. He was my legal guardian. Over the next two years, I really struggled.

When I was 16, I decided to run away. I didn't have anywhere to go. So I would stay with friends from college. Trying to sofa surf, trying to find a place to stay every night. But my friends were also 16, they didn't understand the severity of my situation.

I was passed from pillar to post. Nowhere wanting to take responsibility for me.

I got into children's supported accommodation. I was kicked out the day after my 18th birthday, because it was children's accommodation.

For the next two years, I bounced around private rented accommodation, sofa surfing and supported accommodation, and council housing.

Finally after being threatened by a landlord, I packed everything into a suitcase and boxes. Took the most important things with me. Stayed on

a friend's couch. I was sleeping on the streets a few times.

Nightstop was the only option at that point.

It was the first point, in the entire time that I've been homeless, that I had some kind of emotional support. My hosts were extremely understanding.

Before Nightstop, I was really insecure. I've had issues with anxiety for a good few years, but I hadn't dealt with those issues. I was a wall. I needed to learn to trust myself more, and I needed to learn to trust other people. And learn to accept help. That is something Nightstop really helped with, because it was non-judgmental help.

They weren't trying to be my family, but they were a family in themselves, and I was just there. It was like a reset button. It gave me the stability that I'd needed ever since my mum died.

Before I didn't have a job, I had no money, I had nowhere to live, and now... I teach English in a secondary school. I've got a flat to myself. My mental health is better than ever.

“I WAS PASSED FROM PILLAR TO POST. NOWHERE WANTING TO TAKE RESPONSIBILITY FOR ME.”



James' story is true, however his name and photograph have been changed to protect his privacy.

John and Fiona's Story

John and Fiona have been hosting for Nightstop in their South London home for the past 18 months. Here they answer a few questions and reflect on their experiences over the last year and a half.

How did you hear about Nightstop?

Fiona: We were staying with some friends who host and they were very enthusiastic about it. We thought, 'this would be a way of doing something practical but in a contained way that was manageable'.

John: There's nothing like hearing from people who have done it, because it does sound a little alarming initially, having a stranger in your house – but our experience is we've never really had any problems. We've never felt unsafe, at all.

What is it like being a Nightstop host?

F: You open the door and you meet someone different, you don't know what they're going to be like. We settle them in their room and then we eat together around the table. Often we'll do a stir-fry, which seems to be quite popular, or chilli con carne. Sometimes if it's a weekend, we'll do a roast. And then they seem to mostly be really keen to go and take sanctuary in their room.

Some of the young people make me feel quite humbled with the challenges they're having to overcome. Some are amazingly positive considering the

situations they've left behind... and they are still trying to make their situation better.

I wish I could do more to help but I know that's not my role in this. I'm not here as a therapist, or a surrogate foster parent. We're just here to provide a safe, neutral space.

J: It's interesting to meet such a range of people, some of them pretty impressive. I suppose it does make us feel that we are doing something useful, and we get a kick out of that. But it doesn't cost us much in terms of our time or effort.

It is very bounded. Your commitment is very specific, it's very restricted, yet it feels like you are making a real difference.

What impact do you think Nightstop can have on young people?

F: I think there is the short term difference, to have someone to tide you over and provide a safety net while you're getting yourself together. But I suppose there is something bigger in terms of the relationship and how they might feel about the society in which they live, and I hope that in their

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Fiona

lives they'll have these memories and think, "they were nice people." It's a very practical way of doing something that can help at least a tiny bit.

J: You kind of think, "what if they hadn't had this chance to get through this setback in their lives?" Then things might have been different. But I think a lot of them will go on to be absolutely fine.

At the most basic level it's clearly better that they sleep somewhere safe and get a warm meal than end up on a park bench. It's going to be very hard to get yourself back on your feet if you start to sleep rough.

I hope they feel that here are people they don't know, who care. I hope it makes them feel that they're not alone, there's this whole network of people who do care.



We would like to thank all of our brilliant volunteers and supporters who help us to keep young people safe. Special thanks to our long-term strategic partners:



Get in touch:

If you would like to find out about accessing Nightstop services, volunteering, or establishing a new Nightstop service in your area, please contact our team:

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@DepaulNightstop



Nightstop UK



Nightstop UK is led by youth homelessness charity Depaul UK, part of Depaul International, a group of charities working to tackle homelessness around the world.

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