

SPARE ROOM

Helping a young person at risk

Summer 2013

New Forest Nightstop provides emergency overnight accommodation for homeless 16-24 year olds in the homes of trained & approved households around the New Forest

Spare Room Campaign - Could you help?

Depaul UK launches its Spare Room Campaign in response to the dramatic rise in youth homelessness by teaming up with 37 Nightstop charities across the country to call on the 7.5 million households nationwide who have a spare room to consider making it available to a young homeless person.

A key objective of the campaign is to meet surging demand by doubling the number of hosting households by 2015, utilizing 0.01% of UK households estimated to have a spare room.

Martin Houghton-Brown, Chief Executive of Depaul UK, said: "The number of young people sleeping rough is accelerating year on year, forcing more and more to sleep in unsafe places, vulnerable to exploitation and harm. These are tough times with homelessness increasing for under-25s as unemployment, increasing rents and cuts to local youth services are leaving many with nowhere to turn.

"Nightstop is a safety net to vulnerable young people at times of greatest need, when they

are forced to leave home, most often due to family breakdown, and have no idea where to go. Last year, UK Nightstops helped over 5,000 vulnerable young people and kept them from sleeping rough, sofa surfing, or in unsuitable accommodation and at risk of abuse. The use of spare rooms makes a huge positive difference to young people in crisis."

Nightstop sees volunteer hosts provide a room, evening meal and listening ear to a young homeless person for one night or for up to two weeks. Once engaged with Nightstop, staff can then work with the young person in partnership with local agencies to help them address issues that caused them to become homeless and securing longer-term settled accommodation.

Sir Trevor McDonald, President of Depaul UK, said: "Nightstop is a community response to a problem which is all too common in our community. This unique service is made possible by the generosity of inspirational people with a spare room and a desire to make a difference in a young person's life."

Filming with John Barrowman

We recently spent an exciting day filming with John Barrowman, presenter for this year's National Lottery Awards. We were invited to do a promotional film for this year's competition to highlight the positive impact the awards had on both New Forest Nightstop and Katie, a former service user, since winning.

We spent a day with the film crew and had some great fun with John too! Stay tuned for news as the film will be shown on the 17 August, BBC1 during the Lottery Draw Show...



Jan - June 2013

- 1362 nights available
- 26 referrals / 18 accepted
- 117 bed nights taken

Housing Outcomes

- 4 accommodated
- 5 returned home
- 5 went to friends

Of those that didn't stay

- 1 from out of area
- 7 unsuitable for criteria
- 4 didn't turn up



7.5 million UK households have a spare room

Sian's Story



If you can help whether through funding, fundraising, volunteering, promoting the service or you have skills and talents you want to invest to help a young person, please contact us on 01425 478391 or email nightstop@cnf.org.uk

"When I first found myself homeless I was worried about where I would sleep and what would happen to me but when I was told about Nightstop I felt a lot better as there are people who are out there that are willing to help young homeless people. I wasn't worried about anything about Nightstop as I was told that everyone was checked and this reassured me. When I arrived at my host's home I was treated very kindly, I felt welcomed into the home.

Looking back, I would say Nightstop was brilliant as I had somewhere to stay until I got sorted out. It also helped me realise things that have happened to me. Nightstop are good as they give young homeless people somewhere to stay and also they give you another chance to sort yourself out."

Sian was extremely vulnerable when she came to Nightstop. After fleeing her situation, she was immediately supported with the best agencies to keep her safe and secure in her personal circumstances. The day she arrived, her face was very swollen with a sudden abscess on a tooth; the host family made her an emergency dental appointment, got her antibiotics and took her back the following week for treatment. Sian has been able to move into accommodation, close to the only, small support network available to her but she has great aspirations and is now looking for work and planning to go to college.

New Forest Academy & Rangers



1st Fawley Rangers took the initiative to raise awareness of New Forest Nightstop at their school, New Forest Academy, after learning how their friend was helped by our hosts.

In order to reach out to their fellow students through the upcoming No Uniform Day, the rangers had a series of challenges ahead. Initially they had to go before the deputy head and pitch why their charity should be supported. After getting the go ahead from the deputy, they held several planning meetings for their two assemblies to both upper and lower school. After talking about the charity and showing the Nightstop film, the room was silent with their powerful presentation.

On the day, after holding costume competitions, open mic on stage at lunch time and with their cake sales too they raised an amazing £487.19. Based in one of the more deprived areas of the New Forest, the awareness of Nightstop the rangers raised was of even greater value.

Join our box campaign!



We are launching our homelessness awareness and fundraising campaign, 'No one chooses to sleep in a box' which has been enabled by ExxonMobil who have funded the production of the money boxes.

These attractive little boxes, which fit in a C5 envelope, deliver a very simple message - it's not a lifestyle choice! With 86% of the 80,000 young people suffering homelessness in the UK being forced to leave home, the reality is they are too young and vulnerable, with few life skills to manage this sudden crisis they face.

We are offering this collection box campaign to any schools, colleges, businesses or churches to help raise awareness of our emergency accommodation service whilst raising vital funds to secure on-going provision.

We can supply boxes, presentations and literature to help you start your box campaign. Please contact us to start your box campaign 014235 478391.

New Forest Car Run



Southampton Magna Rotary Club, sponsored by Vintage Tyres based at the Beaulieu Motor Museum, had a fantastic day out on their 19th International Car Run. Starting at Rufus Stone at 8.30am with coffee and bacon butties, the first car set off at 9.45am. Lunch was shared together at Bucklers Hard with a couple of hours to look around the town and museum and then finished at Hoburne Holiday Park, Christchurch at 3.30pm with a nice cup of tea and cake.

Nightstop was invited to give a presentation and received the fantastic sum of £2400 to go towards its vital work in the New Forest. We have subsequently been invited to speak to the full Southampton Magna Rotary members meeting at the Novotel in Southampton. Thanks to all involved and raising such a fantastic sum for Nightstop and helping to spread the word about our work!

Forest Fundraisers Spring Fair



A wonderful group of ladies that form the Forest Fundraisers held their legendary annual Damerham Spring Fair in aid of New Forest Nightstop. The most select and beautiful artisan crafts were on show from far and wide, followed by a ticketed luncheon. An astounding £2600 was raised that morning and so many more people have heard of our work.

The Forest Fundraisers have been supporting us as their charity for the year. Originally raising money for the NSPCC, they decided to support smaller, local charities for children and young people ensuring the supporters funds are directed back into the local community. With a forest dog walk booked for the autumn, concluding their year of support to New Forest Nightstop, we look forward to thanking the group for all their efforts soon.

Romsey District Scouts and Guides sleep at the abbey



Sixty Romsey District Scouts & Guides with 20 adults and many cardboard boxes slept at **Romsey Abbey's South Garth** to raise money for vulnerable young people without a home by having a sponsored Sleepout for New Forest Nightstop and Centrepont. After a dry & warm night, breakfast was served bright and early by Romsey Mayor Ian Richards, Cllr Jan Lovell, Deputy Mayor Test Valley, MP Caroline Nokes and Carole Cox & Rev Terry Hinks of the United Reformed Church.

Sarah Beaman, event organiser says **"A huge thank you to New Forest Nightstop and their youth ambassadors for coming to highlight the issues locally and the help they provide. Thanks also to Romsey District Scouts, Romsey Division Guides and Romsey Test Rotary Club for their generous donation towards our costs – allowing us to donate the £337 raised to New Forest Nightstop."**

Penny's international bike ride for New Forest Nightstop



Penny recently cycled 500km through South East Asia in aid of Nightstop. **"I was incredibly fortunate to go to South East Asia to cycle over 500k to help raise funds for Nightstop. The challenge was over 10 days, in 95% humidity with 35-40° temperatures. Nothing could be more abstract from the current bleak cold conditions in the New Forest where I was training. My feet, hands and face were freezing but I knew I had a hot shower at home and warm clean clothes to put on; the idea of someone sleeping rough out here, this winter is terrible.**

I am in awe of all the hosts, particularly their generosity, kindness and the understanding they are able to give to the young people in need. I do not live in the New Forest and am therefore unable get involved at the level I'd like to, so what I would like to do is support as much as I can by raising money and awareness and help keep this charity running when they are needed most." Penny raised £1121.25.

Updates & News

- Nightstop held two volunteer training events for new volunteers including hosts, drivers and ambassadors who have been in touch through the recent National Lottery Awards publicity.
- We would like to thank Sainsbury's Ringwood for supporting us as their chosen charity over the past year. It has been a huge opportunity to interact with the public about our work, helping us to gain many votes towards winning the National Lottery Awards. Fundraising has been successful with several days of bag packing supplied by the store raising £457.63 last Christmas.
- This year's annual Danny Cracknell Memorial Golf Day was held at Carne Valley Golf Course and half the funds raised were in aid of New Forest Nightstop. Danny was Mayor of Ringwood for 5 years and one of his favourite sayings - "We must listen to the young: they are 25% of our present and 100% of our future". Danny particularly fought for the rights of young people and worked tirelessly collecting and distributing goods to the homeless each Christmas both locally and in Southampton, Portsmouth, Plymouth and London.
- We have been invited to attend this year's National Lottery Awards as guests since our recent filming with John Barrowman for this year's awards promotion. We are looking forward to celebrating this year's winners at Pinewood Studios in September.
- Recent donations gratefully received are Ringwood Lion's Xmas collection £437, Ringwood Waitrose £1560, King Church £350, Ringwood Rotary Xmas collection £1000, Ringwood School Student Charity Group £192.02, Lymington United Reformed Church £200.
- Several of our Nightstop Ambassadors have been out and about giving public presentations to community groups including Ellingham Show AGM, Mudeford, Milford and Blackfield Methodist Wives groups.
- We were invited again to attend Bournemouth University Volunteer Awards to present the award for Volunteer of the Year.
- The Nightstop 'Crafty Ladies' craft group are meeting regularly to get creative making items to sell for support.

Depaul Box Company



Everyone associates the homeless with sleeping on boxes, so why not sell boxes to help the homeless?

And so The Depaul Box Company was born selling house moving packs with profits to help homeless young people.

Their boxes look, cost and work exactly the same as all the others out there. The only difference is theirs do lots of good. By simply using a box you can help make sure a young person doesn't have to sleep on one.

Got to their website to order free delivery house moving packs



Scan the QR code to direct you straight to our Nightstop website... join our mailing list to ensure you receive our latest newsletters



Feel inspired to run your own fundraising activities? Link them to our Virgin Money Giving page to donate to Nightstop via the QR code



Support and contact

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Website newforestnightstop.org.uk
Facebook New Forest Nightstop
Twitter [nf_nightstop](https://twitter.com/nf_nightstop)
YouTube NewForestNightstop

Community First New Forest



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