



Supported Lodgings | Mentoring | Semi-Independent Accommodation



Dear Friend

Woop woop! Concrete Rose has turned five! It's been an intense but incredible journey thus far, and we celebrated with our young people at The Junction, with guest of honour **Ashley John-Baptiste** (BBC broadcaster, presenter and author of *Looked After*) and a host of young people MC-ing and contributing fabulous live performances, delicious food, short films, decoration and audio-visual production.

The temperature has dropped, and it's hard to imagine what life is like for the young people in our Cambridge community without a home or sofa-surfing. We're relentless in our commitment to keeping these young people safe, warm and loved in supportive home environments while they find their feet as young adults - will you join our Collective movement?

This Advent we're inviting our supporters to commit £10 each month so that we have a reliable income stream and spend less time fund-raising - read on for details, and to find out about our **studio day with Atlantic Records, Thanksgiving Dinner** at our Care Leavers' Hub and an easy-peasy **Cake-in-a-Mug** recipe that we tried out at The Hub - perfect if you don't have scales or a cake tin!

Keep cosy out there!

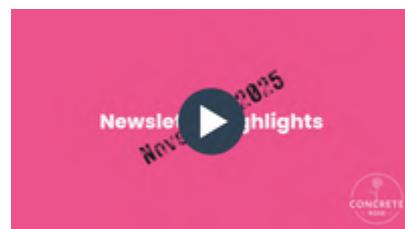
Best wishes,



A handwritten signature in black ink, appearing to read "M.J. Farrington".

Mike Farrington

Founder



Fifth Birthday Celebration!



This month we were so proud to celebrate **five years of Concrete Rose** with some of our young people, mentors, hosts, volunteers, supporters, staff team, partners and patrons.

The focus of the evening was very much to profile the phenomenal young people we are privileged to support. As well as performances from two of our mentees, young people took a central role in hosting the evening, serving the drinks, making the food and sharing their experiences through pre-recorded video.

Our guest of honour, Ashley-John Baptiste shared his experiences as a care-leaver and a Cambridge University student and highlighted the important work of Concrete Rose in providing both accommodation and mentoring. Our founder, Mike Farrington, focussed on the unique nature of the Concrete Rose community and how creating a "professional collection of non-professionals" have allowed genuine, long-term, two-way, mutually enriching relationships to flourish between volunteers and those we support. This was summed up in a bespoke and specially crafted spoken word by one of our mentors Lee Codrington who referred to Concrete Rose as an 'Irrepressible Village' (click the picture below to listen in full):



We are particularly thankful to our sponsors [Atlantic Records](#), [Decanter](#), [The Junction](#), and Coal and Bowl for sponsoring the event but most of all to everyone who has been a part of the journey thus far. Please stay on board, there is plenty more to come as we hope to help more young people flourish, thrive and fulfil their unique and phenomenal God-given potential.



Advent Countdown: could you commit £10/month?



This Advent, we have set an ambitious target to find 250 people who can give **£10/month** to the work of Concrete Rose - and we're offering a different **SURPRISE GIFT** on each day of Advent! This is not much more than the **cost of a pint** each month - and it means we have a basic level of income that means we have to spend less time find-raising, so we can continue to make a significant difference to young people locally who are **care-experienced, estranged from family and/or at risk of homelessness**. Please join the Collective and be a part of the journey! (Don't forget to **opt in** so we can send your gift)

Commit £10/month





Studio Day at Atlantic Records with Arya and Melanie

Earlier this month, two of our talented young people - both of whom had performed at our 5th anniversary celebrations - spent the day in a London recording studio courtesy of Atlantic Records. As well spending time recording their own material there was the opportunity to take part in a lyric writing workshop with artist and songwriter David Asante and to sit down with Daisy Carberry, Senior Marketing Manager at Atlantic Records. It was a fantastic day and we are incredibly grateful to Atlantic Records and particularly our volunteer events coordinator Alex Collins for making the day possible. The incredible photos were also provided by Cass Michael (www.cassmichaelphotography.com).



Practical support wishlist

These are a few things we could really do with if you or someone you know could help:

- **Volunteer administrator for host on-boarding** (2-3 hours per week)
- **4 bedroom rental property in Cambridge** to pilot our Co-Living Project
- **IT support** (2-3hrs/month)
- **Badge printing machine**

Thank you for supporting our work!



Thanksgiving dinner

We celebrated Thanksgiving with a turkey roast - including sweet potato mash topped with marshmallows - and pumpkin pie at our Care Leaver Hub (with vegan options too)! Between courses, everybody shared something they were grateful for this year. For one young person this was the second of three evening meals connected with Concrete Rose! Clearly food and hospitality go hand in hand!

'Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.'

Margaret Mead



Last month we were referred...

- 16 year old young man currently in care
- 17 year old young woman currently in care
- 18 year old young woman who is leaving care
- 17 year old young woman currently studying A-levels

Could you host a young person?

- 🌹 Rental remittance (£600-800 per month depending on location)
- 🌹 Short- (uni holiday) or longer-term options
- 🌹 Careful matching
- 🌹 24/7 on-call support
- 🌹 Comprehensive training
- 🌹 A community of supportive hosts

[Find out more](#) or contact Mike for an exploratory conversation:

E: mike@concreterose.co.uk T: 07881 926728 🌹

“I’ve had an absolutely wonderful experience”

Please share this newsletter with friends who share your heart for young people

More hosts needed! Explore hosting...

Home cooking: Cake-in-a-Mug





Is it a volcano? Is it a monster? This is the mug cake recipe we made at The Hub! Try out this super-easy way to bake a cake with no scales or cake tins in sight - video version [here](#). **Top tip!** Either use a huge mug or do half measures - and you might not end up as messy as we did!

Ingredients:

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- A few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts or raisins etc (optional)

Method:

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
2. Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

4. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

Enjoy!

[Make a Donation](#)



PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND COLLEAGUES!

Concrete Rose Collective CIC

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