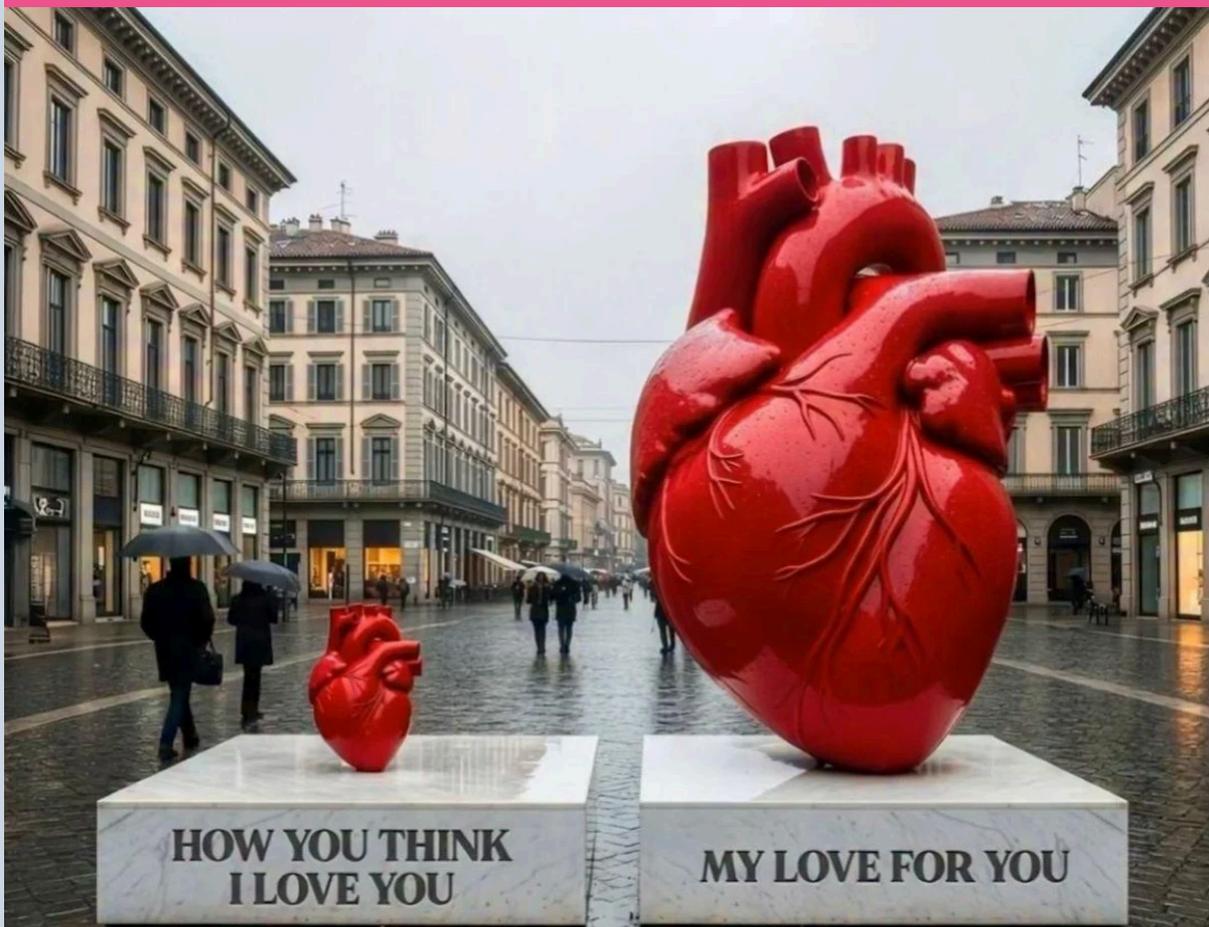




Supported Lodgings | Mentoring | Semi-Independent Accommodation



Dear Friend

February is traditionally a time to celebrate **love**, the driving force behind all of us who are a part of the Concrete Rose Collective. One of our core values is "devotion" which we see as a "relentless" **love**, and much richer than an emotion or feeling.

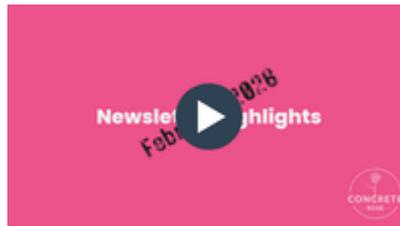
Certainly, we're delighted you're with us - thank you for your ongoing support, helping us to share your **love** with young people in our community!

Read on to meet our newest hosts, an update on The Hub, our practical wish list and a delicious recipe for caramel sauce.

With love and best wishes,



Mike Farrington  
Founder



## Understanding containment



Drawing on the work of Donald Winnicott, in this article our Supported Lodgings Development, Rachel Osborne, explores emotional “containment”—our need for safe spaces to process vulnerability. This includes the role of supportive relationships, nurturing environments, and faith in helping to regulate emotions and foster maturity, including the ability to self-soothe and be alone. You can find the full article [here](#).



## Meet our latest hosts

*"Our names are David and Kathryn-Anne. We decided to become Concrete Rose hosts because hospitality is a really important way of us sharing our Christian faith through caring for those around us. We have really enjoyed getting to know our young person and doing life alongside them through cooking meals together and chatting"*

David and Kathryn-Anne are sharing the **love**, currently hosting a young person in Cambridge, who is already making great progress and has settled in wonderfully. 'I really like the environment I'm in', she says, 'and especially the dog'.

WHAT IS SUPPORTED LODGINGS?  
LIVE Q&A WITH HOSTS AND YOUNG PEOPLE

THURSDAY 26 FEBRUARY,  
7PM - 8PM  
ONLINE

SIGN UP HERE USING THE QR CODE  
OR EMAIL RACHEL@CONCRETEROSE.CO.UK

CONCRETE ROSE

## Watch our Online Q&A

Whether it's doing something meaningful alongside your working life, adding purpose to your retirement or using your experience and passion around young people for good, if you have **love** to give and are interested to find out more about our **Supported Lodgings** scheme, why not catch up with our recent online Q&A and find out more. You can hear from some of our young people and hosts and find out about the 'nuts and bolts' of supported lodgings. You can find the video recording [here](#).



## Hub Update

There has already been a huge variety of activities taking place at the hub in 2026. From Shuffleboard and Kareoke (including Mike's best Eminem impression) to sewing, soup making, home-made pizzas and tips in interviews skills and empathetic listening. If you know a young person (16-25) who is care-experienced and/or independent from family please point them in our direction and/or contact Juliet for more details:

[juliet.allan@concreterose.co.uk](mailto:juliet.allan@concreterose.co.uk).



## LandAid SleepOut

At the start of next month we'll once again be participating in the LandAid SleepOut event. Taking place once again at the Cambridge University Rugby Union Football Club on Grange Road this is an opportunity to raise money for a range of local organisations - live us - that work to prevent youth homelessness. Although it can be a little chilly (and the we suggest wearing ear plugs for the snoring) it's also a time of great camaraderie. The event is on the 5th-6th March and if you would like to participate please contact Mike:

[mike@concreterose.co.uk](mailto:mike@concreterose.co.uk) / 07881926728.

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## 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!

*'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**



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## The wait list! Last month we were referred...

- An 17 year old young man about to leave care
- A 16 year old young woman currently in care
- Two asylum-seeking young people about to leave care at 18
- An 18 year old young woman who is a care leaver

Could you host a young person?

- 🌹 Rental remittance
- 🌹 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](mailto: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: Home made caramel sauce



Caramel sauce was definitely a popular choice when we served pancakes at The Hub (for staff and young people alike!). Here is a recipe so you can make a great tasting option at home and enjoy whenever takes your fancy.

### **Ingredients:**

175g double cream

1/2 tsp vanilla extract

175g caster sugar

75ml water

1/2 tsp sea salt (optional and only if you want salted caramel sauce)

**Method:**

1. Measure the cream into a jug then stir in the vanilla and salt and set aside near the cooker.
2. Put the sugar and water into a saucepan. Give it a stir and then set on a low-medium heat. Heat without stirring. It will begin to bubble, the sugar will dissolve and, after a few minutes, it will start to caramalise.
3. When the mixture is a dark amber colour, remove the pan from the heat and carefully pour in the cream bit by bit stirring quickly to combine.
4. Leave to cool completely before putting it into the fridge in an airtight container.

Enjoy!

[Make a Donation](#)



**PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND COLLEAGUES!**

**[Concrete Rose Collective CIC](#)**

Company number: 13070957

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