



Supported Lodgings | Mentoring | Semi-Independent Accommodation



Dear Friend

We hope you had a great Easter break - we enjoyed an egg hunt at The Hub, as well as blowing eggs to decorate - which got a bit messy but worked out in the end!

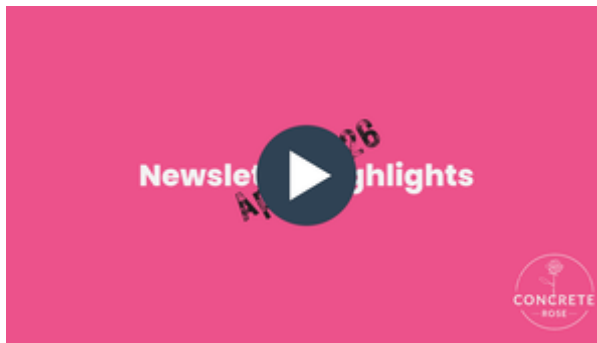
With exam season looming, this month we're exploring some of the barriers our young people face as they make tentative steps along the pathway from **education into employment**. It's not an easy employment market even for graduates at the moment - let alone those with few or no qualifications after a disrupted childhood. Maybe you're in a position to give someone a leg-up with a work experience or volunteer opportunity - or even a place of safety from which to navigate a safe passage?

Read on to find out how you could help, what we're doing to remove some of the barriers, our **practical wish list** - and a recipe for Burek (Bosnian spinach and feta pie) from one of our young people.

With love,



Mike Farrington
Founder



Roadblocks on the Pathway to Employment



This month **Kiel Delaunois, Volunteer Employability and Careers Project Lead**, shares insights from the work she's started with Concrete Rose young people on individual pathways into the workplace. Kiel has a background in Early Careers development, formerly working at The Technology Partnership (TTP).

Phase 1 of her work has been undertaking a "gap analysis" to understand what's needed and what's missing for at-risk young people on the pathway into work, so that Concrete Rose can provide relevant and appropriate support without reinventing any existing wheels. You can find the full article **Roadblocks on the Pathway to Employment** [here](#).

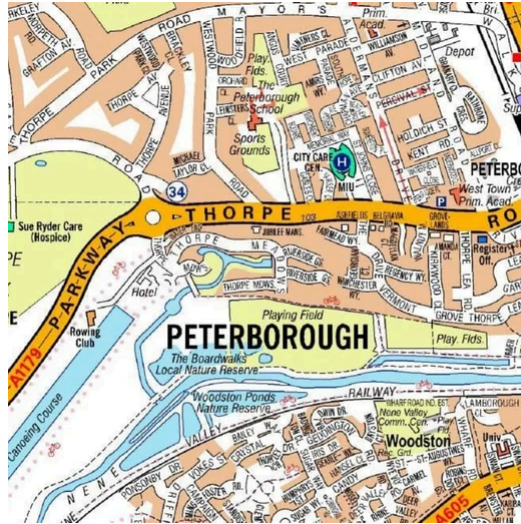


Another move-in day!

This month we moved another two young person into a safe, loving, and nurturing supported lodgings arrangement with a host family. No prizes for guessing that one is a huge Watford FC fan!

Supported lodgings is transformative for care leavers, young people in abusive home environments and care leavers.

We continue to receive many referrals of young people needing a safe place to call home, and our wait list is growing. Being a supported lodgings host is compatible with full-time work (and holidays etc) so if you have a spare room and may be able to help, please get in touch for an exploratory conversation: T: 07881 926728 mike@concreterose.co.uk



Housing dilemma

We currently have one young person living in supported lodgings in Peterborough who, due to a change in circumstance for the hosts, is going to need to move-on at the end of May.

We're very keen to keep the young person in Peterborough where she attends college, but are a little light on the ground with hosts in the area. The young person is 18, a care-leaver, with a good sense of humour and presents no risks (she has never touched drugs or drink) and would thrive in a fairly independent setting. Therefore, we are seeking to find someone in the Peterborough area with a spare room or annex, or similar, who may be able to accommodate her. Concrete Rose would continue to support her and there is also an available rental remittance (around £500 per month). If you can help please contact: mike@concreterose.co.uk.



WELCOME TO THE 16-25+ yrs

Hub

WHAT'S ON
APRIL - AUGUST 2026



MAKE NEW FRIENDS



ADVICE & HELP



DRINKS & SNACKS

Are you...?
 16-25 (ish) yrs?
 Care experienced?
 Estranged/isolated from family?

COME ON IN!

L Wednesdays 4-8pm
D Downing Place URC Cafe Cambridge CB2 3EL

Scan for info



22 Apr **Grandma hacks**
+ shakshuka

29 Apr **Cinema trip**

6 May **Grantchester walk**
+ picnic

13 May **Escape Room**

20 May **Latin night**
+ enchiladas/nojitos

27 May **Bike & LinkedIn**
Basics + Polish Night

3 Jun **Dinky Doors trail**
+ pizza

10 Jun **World Cup Fever!**
+ burgers/shakes

17 Jun **Punting**
+ strawberries

24 Jun **Midsummer Fair**

1 Jul **Beach trip**
+ fish & chips

8 Jul **Arcade & bowling**
Nines buffet

15 Jul **BBQ**

22 Jul **Fire pit** + 's'mores

29 Jul **Rounders**

5 Aug **Hike** + picnic

Suggestions welcome!

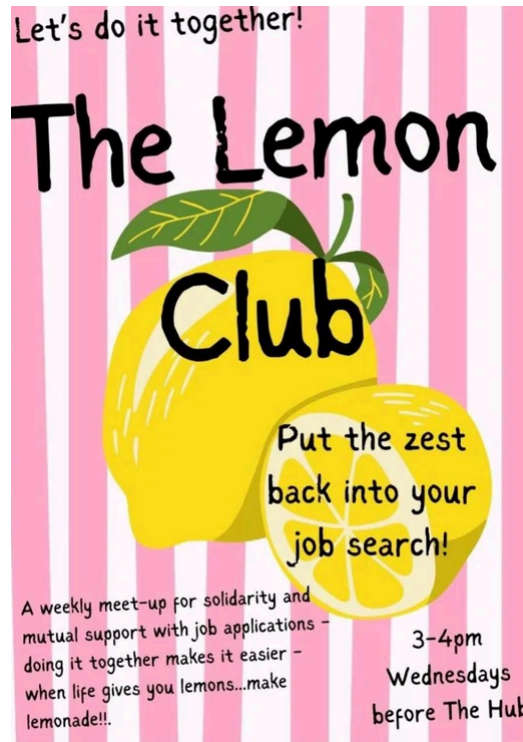
What is The Hub?
 A FREE safe space to come each week for a hot drink, bite to eat, games, activities, advice and meeting friendly people

@ConcreteRoseHub

Care Leavers' Hub - Summer

We're just launched our Summer Programme, packed with learning, trips, games and hearty food. Huge thanks to Cambridge Arts Picturehouse for hosting us at the Michael Jackson film this week - did you know they have discounts for under-25s at £4.99/ticket here? We're really looking forward to our beach trip to Norfolk in July and punting after exams! We'll also be skilling up on cleaning, laundry, LinkedIn and bike maintenance...

If you know a young person who might like to come along, please contact Juliet for more details: juliet.allan@concreterose.co.uk.



Lemon Club

We've started a weekly pre-Hub get-together before The Hub for young people in the Concrete Rose community to gather for mutual social support whilst doing job, university and life application forms. Job hunting in particular can be a very isolating process, and many of our young people have expressed how disheartening it can be given the recruitment culture of not giving feedback.

The name **Lemon Club** reflects our goals in launching this, to put the zest back into an otherwise boring and anxiety-producing process, to make lemonade out of something people generally find sour, and to boost our collective immunity to knock backs! For more information contact: kiel.delanois@concreterose.co.uk.

Practical support wishlist

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

- **Move-on accommodation (independent flats/annexes):** When young people are ready to graduate from supported lodgings it can be difficult to find move-on

accommodation through private or council routes. We are hopeful to develop a number of options in the Cambridge and Peterborough area to allow for an interim step between supported lodgings and complete independent living.

- **Sector ambassadors:** People who are prepared to chat to a young person about what their roles involve, the dynamics of a particular sector and how to get into it.
- **Tupperwares/lidded food boxes** so we can send young people home with a meal from our Care Leavers' Hub
- **4 bedroom rental property in Cambridge** to pilot our Co-Living Project at reduced rental rates

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



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

- A pregnant 17 year old young woman
- Three 17 year old young women about to leave care
- A female care-leaver 18 who is based in Peterborough
- A 17 year old woman currently in care and moving from London
- A 17 year old young man about to leave care
- A 22 year old young man, originally from Italy, currently sofa-surfing and working part-time
- A care-experienced Cambridge University student about to graduate in July

Could you host a young person with our support?

- 🌹 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 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: Burek (Bosnian feta & spinach pie)



A tasty early summer dish from one of our talented young people - serve with new potatoes and green beans! Let us know how you get on...

Ingredients:

- 1 small onion or ½ large onion diced small
- ½ tbsp olive oil
- 1 tbsp lemon juice
- 16 oz baby spinach roughly chopped
- Kosher salt & pepper to taste
- 3 green onions white and light green parts
- 1 cup crumbled feta cheese

- 2 tbsp butter melted
- 2 eggs beaten separately
- 1 package phyllo dough thawed

Method:

- Preheat oven to 400 degrees. Heat large skillet over medium heat. Add olive oil and onion to the pan and sauté until translucent, about 3-4 minutes. Season generously with salt and pepper.
- Roughly chop the spinach and add to the pan when the onions are done. Sauté until all of the spinach is wilted down (about 5 minutes) then add the green onion and sauté for a minute more.
- After wilting the spinach, you'll have a good amount of rendered liquid in your pan. Drain this liquid by pouring the spinach mixture into a fine mesh strainer. Press on the mixture with a back of a spoon to drain as much liquid as possible
- Let the spinach cool and then add crumbled feta and lemon juice to the mixture. Stir to incorporate. Next, take one of the beaten eggs and add it to the spinach and feta.
- Remove the phyllo dough from the packaging and cover the sheets with a damp paper towel to prevent drying out.
- Take one sheet of phyllo dough and lightly brush it with melted butter. Take another sheet of phyllo dough and place it on top, pressing gently to bind the two pieces together. Gently brush with melted butter to wet the dough and help prevent tearing.
- Spoon 1-2 tbsp of filling along the edge of the sheets and roll the dough around the filling to form a long rope brushing with melted butter as needed to prevent tearing.
- Once finished, brush the outside with melted butter to wet the dough making it more pliable and roll it into a coil.
- Place 3-4 sheets of phyllo dough on a baking sheet lined with parchment paper to form a base. Then place the coil on top of those sheets so if anything tears, there is a foundation to catch it.
- Repeat this process using two sheets of phyllo dough each time until there's no more filling left, adding on to the coil each time. If there are any edges that crack, you can easily bandage them up by folding a piece of phyllo dough into a bandage of sorts and adhering that sheet to the cracked edge with melted butter

- Once the burek is finished, take the second beaten egg and brush an egg wash all over the top and sides. Finish with a sprinkling of kosher salt.
- Bake in a 400 degree oven for 20-25 minutes or until the tops and edges are golden and crispy.
- Cut the burek into pie slabs and serve warm or at room temperature. Top with extra feta and green onions for garnish.

Enjoy!

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PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND COLLEAGUES!

[Concrete Rose Collective CIC](#)

Company number: 13070957

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