



## Supported Lodgings | Mentoring | Semi-Independent Accommodation

Dear Friend

This month we're super-excited to share below the news of our **"Bank of Mum and Dad"** fund, seeded by **The Cambridge Building Society** to support young people at "fork in the road" moments, or in times of crisis.

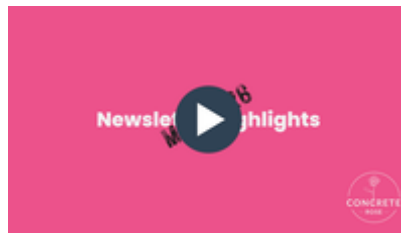
This is exam season for many of our young people, and we wish them well with their revision and a calm head for the exams themselves. This is the time when mentor support is truly invaluable - and at the Hub, we've been doing stress-busting activities like dog walks by the river at Grantchester, picnics and cake baking.

Read on to find out how you could help, what we've been up to, our **practical wish list** - and a delicious recipe for **brownies** from one of our young people.

With love,



Mike Farrington  
Founder



## "Bank of Mum and Dad" Fund

At some stage, almost all of us rely on the "bank of mum and dad" to thrive in life. Not having family to turn to at "fork in the road" moments can be a huge barrier to progress for the young people we support. Whether it's applying for a piece of ID, a training course, getting transport or clothes for an interview or help with toiletries and food when things get tight, a small sum at just the right moment can mean the difference between grasping or missing an opportunity.

So we asked **Cambridge Building Society** to seed an alternative "bank of mum and dad" to enable young people to take opportunities and to provide a safety net. They've agreed - generously funding **£22,500k** over a three year period!

As well as being able to access small pots of money at critical points, it means so much that our young people feel the support of their wider community backing them as they venture into the adult world. You can watch the **video above** and read more about this project [here](#) - and if you'd like to **add to the fund**, please [click here](#).



## Another move-in day!

This month we moved two young people into supported lodgings in St Neots and Stapleford. One is a summer placement for a post-graduate (until she starts her Master's degree in York) and the other for a student who is currently intermitting from studies. Both are thriving and settled, getting to know their hosts and the local area.

Huge thanks to these wonderful hosts who have generously opened their homes and their hearts to these young people as they find their way in adult life.



## Training galore

In the past few weeks over 50 practitioners from Living Sport, Cambridgeshire County Council and Youth for Christ have benefitted from attending our specialist trauma-informed training. With a focus on youth work and alternative education, these sessions, co-designed by experts with experience, give a basic introduction to trauma, its outworking and how to create environments of healing and recovery. Feedback was unanimously positive: *"The session was immensely informative and engaging. Learning how to potentially deescalate situations and adapt to young people's challenges in different settings was very helpful"*.



**Co-Living Project**



**Could you offer a house?**

We're looking for a 3/4 bedroom house for a 2-year pilot of our innovative "Co-Living" project.

Partnering with Concrete Rose, your house will provide a safe base for young people who are care-experienced or estranged from family for:

- **Healing**
- **Learning skills**
- **Building relationships**
- **Moving towards employment**

All our young people are carefully vetted and supported with wraparound care. Concrete Rose is Ofsted compliant.

To find out more contact [mike@concreterose.co.uk](mailto:mike@concreterose.co.uk)



[www.concreterose.co.uk](http://www.concreterose.co.uk)

## Co-Living Project

We're looking for a 3/4 bedroom house for a 2-year pilot of our innovative "Co-Living" Project. Could you partner with Concrete Rose to provide a property where we can support young people who are care-experienced or estranged from family? A safe space for:

- **Healing**
- **Learning skills**
- **Building relationships**
- **Moving towards employment**

All our young people are carefully vetted and supported with wraparound care. Contact [juliet.allan@concreterose.co.uk](mailto:juliet.allan@concreterose.co.uk)



# Historic England

## Historic England Internships

We've been working with the team at Historic England, who are seeking to improve diversity in their workforce and have offered 10 Emerging Talent internships for this summer. The programme provides safe and quantitative work experience to young people aged 18 to 30 from underrepresented audiences. Concrete Rose will be supporting young people through the application process at **The Lemon Club** (our weekly job applications get-together) and hope that this can be a positive stepping stone into other work opportunities.

---

## Practical support wishlist

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

- **Storage:** many of our young people find themselves on the move with nowhere to store their things - particularly leaving university. Do you have garage, basement, loft or lockup space?
- **Sector ambassadors:** would you be prepared to chat to a young person about what your role involves, 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

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 17 year-old young woman about to leave care
- Two young women about to leave care who are looking for accommodation in the Newmarket area
- A 16 year old, separated migrant young man originally from Sudan and currently studying in Cambridge
- A 17 year old young woman currently 'at risk' of homelessness
- An 18 year old young woman with special needs and about to leave care and looking for accommodation in Wisbech
- An 18 year old young person originally from Turkey and about to leave care
- An 18 year old young man 'at risk' of homelessness

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](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: Best Brownies Ever!



This absolutely top-notch recipe for brownies was selected as the ultimate by one of our young people - and enjoyed this month at The Hub! We hope you love it!

### **Ingredients:**

- 185g unsalted butter
- 185g best dark chocolate
- 85g plain flour
- 40g cocoa powder
- 50g white chocolate
- 50g milk chocolate
- 3 large eggs
- 275g golden caster sugar

### **Method:**

#### • **Step 1**

Cut 185g unsalted butter into small cubes and tip into a medium bowl. Add 185g dark chocolate broken into small pieces.

#### • **Step 2**

Fill a small saucepan about a quarter full with hot water, then sit the bowl on top so it rests on the rim of the pan, not touching the water. Put over a low heat until the butter and chocolate have melted, stirring occasionally.

- **Step 3**

Remove the bowl from the pan. Alternatively, cover the bowl loosely with cling film and put in the microwave for 2 minutes on High. Leave the melted mixture to cool to room temperature.

- **Step 4**

While you wait for the chocolate to cool, position a shelf in the middle of your oven and turn the oven on to 180C/160C fan/gas 4.

- **Step 5**

Using a shallow 20cm square tin, cut out a square of kitchen foil (or non-stick baking parchment) to line the base. Tip 85g plain flour and 40g cocoa powder into a sieve held over a medium bowl. Tap and shake the sieve so they run through together and you get rid of any lumps.

- **Step 6**

Chop 50g white chocolate and 50g milk chocolate into chunks on a board.

- **Step 7**

Break 3 large eggs into a large bowl and tip in 275g golden caster sugar. With an electric mixer on maximum speed, whisk the eggs and sugar. They will look thick and creamy, like a milk shake. This can take 3-8 minutes - until the mixture becomes really pale and about double its original volume.

- **Step 8**

Pour the cooled chocolate mixture over the eggy mousse, then gently fold together with a rubber spatula in a figure of eight, until the two mixtures are one and the colour is a mottled dark brown. The idea is to marry them without knocking out the air, so be as gentle and slow as you like.

- **Step 9**

Hold the sieve over the bowl of eggy chocolate mixture and resift the cocoa and flour mixture, shaking the sieve from side to side, to cover the top evenly.

- **Step 10**

Gently fold in this powder using the same figure of eight action as before. The mixture will look dry and dusty at first, and a bit unpromising, but if you keep going very gently and patiently, it will end up looking gungy and fudgy. Stop just before you feel you should, as you don't want to overdo this mixing.

- **Step 11**

Finally, stir in the white and milk chocolate chunks until they're dotted throughout.

- **Step 12**

Pour the mixture into the prepared tin, scraping every bit out of the bowl with the spatula. Gently ease the mixture into the corners of the tin and paddle the spatula from side to side across the top to level it.

- **Step 13**

Cook for 25 mins, then gently shake the tin. If the brownie wobbles in the middle, it's not quite done, so slide it back in for another 5 minutes until the top has a shiny,

papery crust and the sides are just beginning to come away from the tin. Take out of the oven.

- **Step 14**

Leave in the tin until completely cold. Then, if you're using the brownie tin, lift up the protruding rim slightly and slide the uncut brownie out on its base. If you're using a normal tin, lift out the brownie with the foil (or parchment). Cut into squares.

Enjoy!

Taken from [BBCGoodFood.com](https://www.bbcgoodfood.com)

[Make a Donation](#)



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

[Concrete Rose Collective CIC](#)

Company number: 13070957

Photo credit: Photos by [micheile henderson](#) and [Anisa Mustafa on Unsplash](#)

---

Concrete Rose Collective CIC, Tamar Close, St Ives, Cambs PE27 3JE, UK

[Unsubscribe](#) [Manage preferences](#)

Send free email today

