



Supported Lodgings | Mentoring | Semi-Independent Accommodation

Dear Friend

Exam season is over! This month, as many of our university students receive exam results and think about their futures, we explore the question of our "primary task" - do you have a clear idea of "what you are here for"?

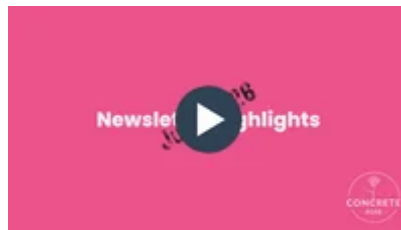
The end of an academic year can also be a time of upheaval for young people, but we're super-proud to see one of our young people heading off to do a Master's degree overseas, two taking up internships over the summer and three heading to university in September. Another won "Club Woman of the Season" in her football team!

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

With love,



Mike Farrington
Founder



What are you here for? Your "primary task"...

Mark Twain insightfully observed: "The two most important days in your life are the day you are born and the day you find out why".

What do you consider the primary purpose of a prison? Punishment? Protection of the public from violent offenders? Rehabilitation? Prisons mean different things to different people. Whatever is deemed the 'primary task' of the prison will determine almost

everything about it: its architecture, culture, internal décor, regime, staff recruitment, policies, organisational structure and measures of success. Therefore the 'primary task' is of critical importance in determining every dimension and outcome.

Recently, we've been digging deeper into the question '**what are you here for?**' as an organisation. You can read some musings from Mike on this question [here](#) - and explore these questions yourself...



New move-ins?

This month we moved a student in with a host for the summer - ahead of starting university. These short term placements can make a huge difference for a young person. If you have a spare room and a big heart, why not explore hosting with us - you can find out more [here](#) - or you might find the best insights in our recorded [Question & Answer sessions](#).

We match each young person very carefully with the host and then provide wraparound support, including training, 24/7 on-call support, coaching and access to a warm community of like-minded people.



Summer Garden Party

We had a fabulous end-of-term Garden Party at Magdalene College. This year, for the first time, the event included young people from our mentoring programme (mentees and mentors) alongside those associated with supported lodgings (hosts and lodgers). These two programmes have become more intertwined over the past 12 months, especially with some students needing hosting during periods of intermission or post-graduation. Many of the young people also know each other from The Hub. We handed out gifts to graduating students, those moving on to university, those moving into new homes - and to long-standing mentors. Once again, huge thanks to Rev. Sarah Atkins for hosting and to all the staff at Magdalene for their support on the night.



Hub Activities

It's been a busy month at The Hub! Our summer timetable has included lots of trips and outdoor activities. This has included going punting, visiting Midsummer Fair, and undertaking the [Dinky Doors](#) trail (thanks so much to [Aromi](#) who provided some free Pizza afterwards!). We've also had a BBQ to celebrate the start of the World Cup in America and are looking forward to further outings to the beach and bowling in July. Alongside the Hub we have continued to run The Lemon Club (job seeking support) with one young person supported to successfully secure a paid summer internship!



Activity Corner

Recognising that the summer holidays are just around the corner we thought we might draw on a little of our youth work experience and provide some potential activities to undertake with young people (and especially ones that our fun and free!). The first one is a little more left-field and comes after a recent visit to Histon Methodist Church in which Rev. Jenny Pathmarajah used this **origami rose activity** to introduce the work of Concrete Rose! Apparently it's super simple (and the results look great) and you can find a video tutorial [here](#).

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?

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...

- 17 year old young woman about to leave a children's home
- A 17 year old young man about to leave care
- A 16 year old young person in care who is about to start an apprenticeship in Cambridge
- An 18 year old man currently homeless in Peterborough
- A 16 year old young man transitioning out of care

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: Shakshuka



A delicious recipe from one of our students who learned it from her aunt. **Shakshuka** is a vibrant North African and Middle Eastern dish of eggs gently poached in a simmering sauce of tomatoes, bell peppers, onions, and garlic. It's heavily spiced with cumin, paprika, and chili, and is typically served straight from the pan with crusty bread for dipping - hope you enjoy it as much as we did at **The Hub!**

Ingredients (Serves 4):

1 large onion

5-6 red (ideally) peppers

2 cans chopped tomatoes - you can add fresh too

6 eggs

Bread - pita, flatbread or ciabatta

A shot glass full of herbs and spices! Mixed dried herbs, paprika, cumin, salt, stock cube, dried coriander

You'll also need a wide shallow pan with a lid

Method:

1. Chop the onions and peppers into chunks
2. Fry onions in oil, cook til soft
3. Add the tomatoes, and cook for about 5 mins
4. Add the spice concoction and stir in
5. Crack eggs on top and turn down to medium heat
6. Put lid on and wait til eggs are cooked through
7. Warm or toast the bread
8. Serve with a parsley garnish

Enjoy!

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