



Supported Lodgings | Mentoring | Semi-Independent Accommodation

Dear Friend

School's out! For many young people that means time with family - but for some, summer holidays take on a different feel: this month one of our student mentees shares insights into life as a student who never goes home.

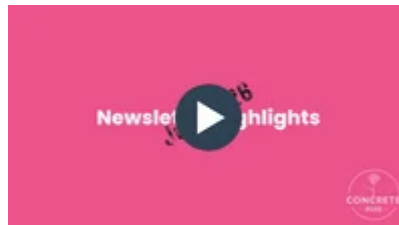
The above picture is The Hub s'mores-making session on Sheeps Green - read on to find out what else we've been up to, our **practical wish list** - and a delicious recipe for **beef curry** from one of our young people.

With love,



M.J.F.

Mike Farrington
Founder



Summer in Cambridge when everyone's gone home...

Ever wondered what summer in Cambridge looks like if you're student without a home to go back to? The colleges now provide rented accommodation for these students - but it's no bed of roses. We talked to one of our student mentees about their summer in Cambridge, and their insights shine a light on some of the assumptions we all make...

"It's hard having to pack all your stuff into binbags and move rooms if yours is needed for conferences. Moving all your stuff with no-one to help is hard work. Meanwhile on move-in and move-out days, you see everyone's happy families arriving to collect them..."

"It's not all horrible. If you can give yourself a task every day and break things down, then the time passes more quickly. Treating yourself or doing something that makes you feel like you belong or are of value in society is quite good"

You can read the full interview [here](#).



Mentoring End of Year Report

It was another very encouraging year for our mentoring programme. We had 26 mentor-mentee pairs, with mentors delivering 320 sessions and 450 hours of support. 100% of mentees thought that the mentoring had positively impacted their wellbeing with feedback including:

"Consistently, I am a better person because I am reassured by the fact that my mentor still cares."

"My mentor really goes beyond what is required of her to make sure I'm feeling okay and well supported. She makes me feel loved and included in a family."

"I think it has been really helpful having someone who is separate from uni. [My mentor] Becky has been amazing and a great form of support."

You can find a link to the full end of year report [here](#).



The Hub beach trip

A group from the Hub had a lovely sunshine day at the beach in Norfolk! We paddled, played "Molky" and had a picnic and ice creams on the beach. Then we headed off to Hunstanton to play on the shove-penny machines (one young person practically cleaned out all the prizes!) and eat our fish and chips before the seagulls could!

The weather was fantastic - and we arrived back sun-kissed and tired. It was just lovely to enjoy simple pleasures together and have fun "on location"...



Fundraising support

Over the past month we have been generously supported by Sing! Community Choir and The King's College Loire Bike Ride. Together these two fundraising efforts raised well over £3,000 for the work of Concrete Rose! Not only is this support vital for a small and still

relatively young organisation like ours but it also provides huge encouragement to our whole team. Thank you so much and we can't wait to pass on the stories about the impact that this generosity has made to us and the young people we support.

Practical support wishlist

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

- **Tupperware** with lids or takeaway boxes to send food home with from The Hub
- **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...

- 18 year old young woman about to leave care
- A 22 year old young man, sofa surfing and working full-time
- An 18 year old young woman, studying A-levels but in a challenging home situation
- A 20 year old refugee who is currently in his second year at university but 'at risk' of homelessness
- A 17 year old young woman about to leave care
- An 18 year old young man originally from Iran
- An 18 year old young man originally from Iraq

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:

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"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: Ava's Beef Curry



A delicious recipe from one of our young people who made it for her host family - it's a good thing she made plenty as it went down a storm! You can buy the Keema (Shan brand) seasoning mix from the international section of most supermarkets.

Ingredients (Serves 5):

- 1 tbsp vegetable oil
- 4 cloves
- 4 cardamom
- 2 star anise
- 1 cinnamon stick
- 3 medium onions - finely chopped
- 1-2 tbsp garlic paste
- 1-2 tbsp ginger paste

1 packet Shan Keema mix
2 medium diced tomatoes
1/2 cup water
1kg minced beef
1/2 tsp chilli powder (*or according to taste*)
500g frozen peas
4-5 potatoes, diced
Handful of coriander for garnish

Method:

1. Heat 1 tbsp of vegetable oil and fry the cinnamon stick, star anise, cloves, cardamom for 5 minutes.
2. Fry 3 medium onions (finely chopped) until transparent.
3. Remove the cinnamon stick, star anise, cloves and the cardamom.
4. Add garlic paste, ginger paste, and tomatoes and stir in.
4. Add ground mince and Shan Keema mix and chilli powder. Fry until the meat is browned.
5. Add enough water to cover the mince meat, cover and cook for 15 minutes on low heat.
7. Add diced potatoes and cook until soft (15-20 minutes or more)
8. Add peas and cook for a further 5 minutes

Garnish with fresh coriander and serve with rice, chapatti or paratha and yoghurt.

Enjoy!

Make a Donation



PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND COLLEAGUES!

Concrete Rose Collective CIC

Company number: 13070957

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