



National Supported Lodgings Week *16th-22nd November 2026*

Supported Lodgings | Mentoring | Semi-Independent Accommodation

Dear Friend

As the nights draw in and the clocks go back, we're acutely aware of young people without a place to call home, or family support around them. It's been fantastic meeting all the potential new hosts who reached out from our Facebook campaign - there are some seriously big hearted people out there!

This month we're celebrating three young people moving in with hosts - one in Cambourne, one in Chelmsford and the other in central Cambridge.

Next month is **National Supported Lodgings Week** (16-22 November) - read on to find out more about how you can help and what we've been up to - PLUS our

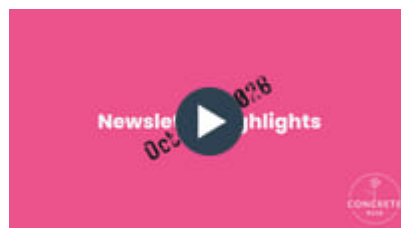
practical wish list and a recipe for **halloumi pasta bake** from one of our young people.

With love,



M.J.F.

Mike Farrington
Founder



Host the Future: National Supported Lodgings Week 2026

This November, join us in celebrating National Supported Lodgings Week and help more people discover how supported lodgings can transform young people's lives. We'll be working alongside local authorities and independent third-sector providers across the country to raise awareness of this vital provision.

Despite its importance, many people have never heard of supported lodgings. That's why *National Supported Lodgings Week* matters. Taking place from 16 – 22 November

2026, the campaign will share stories from young people and hosts, explain how supported lodgings works, and encourage more people to consider getting involved.

We're proud to be part of this week and we'll be sharing resources, videos and stories across our website and social media channels throughout the week. Could you help us spread the word?

Here are four simple ways you can support the campaign during the week:

- Share a campaign story on your **social media** channels.
- Show a campaign **video at your church** to introduce supported lodgings to your community.
- Include campaign information in an **email bulletin, staff update** or **community newsletter**.
- Display a poster, digital screen or QR code **at work**.

If you'd like to get involved or have an idea for partnering with us during the week, please contact alex@concreterose.co.uk. Visit <https://hostthefuture.net> to learn more about National Supported Lodgings Week and find campaign information.



Mentor training day

As a new cohort of students arrives in Cambridge, we've been training a cohort of new mentors who will be matched with students to provide support and advice as they journey through university. Our Mentoring Lead Alison shared insights on trauma, listening skills, suicide prevention and mental health, understanding Gen Z and how mentoring works with Concrete Rose. Find out more about becoming a mentor [here](#).



Cambridge Half Marathon

How far would you run to support Concrete Rose?

Would you like to represent Concrete Rose in the 2027 Cambridge Half Marathon? We have a few places left for those wanting to join the team and raise funds to support our work with young people locally. Get in touch: mike@concreterose.co.uk / 07881926728



Shortlisted! Cinnamon Incubator Finals 2026

We're extremely proud to be selected as one of 5 grassroots projects shortlisted for the Cinnamon Incubator Programme. Along with four other fantastic faith-based initiatives, we'll be pitching for a £20,000 development grant to scale-up our Student Mentoring Programme across other parts of the UK.

All five finalists will join the two-year Cinnamon Incubator Programme, receiving coaching, mentoring and access to a growing network of social-action leaders to help us strengthen our work and develop models that can be replicated in communities across the UK.



Free Therapy - 2 years in

In September 2024 we launched our free therapy offering in partnership with **BetterHelp**, who donated up to 6 months (24 sessions) of therapy for care experienced young people. We've now had 130 initial enquiries and 73 young people go on to complete the mental health assessment form to access the therapy, with feedback including:

"I enjoy the relationship I have with my therapist she gives me homework and helps me try to figure everything out"

"Helping me figure out grief and how to mourn people and relationships that I've lost"

"Helping with my anger, I've managed to keep my cool instead of blowing up"

Practical support wishlist

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

- **Bike maintenance and repair** - we have a few old bikes that need sprucing up to give to young people who need them
- **Volunteer book-keeper** - approximately 2 hours per week. Job description [here](#)
- **Volunteer driver** - help move young people and/or their belongings to various locations in Cambridge

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 living in a chaotic home environment
- An 18 year old separated migrant young person from Eritrea
- A 17 year old young woman currently sofa-surfing
- A 21 year old young woman needing to take a period of intermission from study at Cambridge University
- A 17 year old young woman currently in temporary accommodation
- A 17 year old young person studying at Peterborough College and currently homeless

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: Halloumi pasta bake



A delicious veggie recipe one of our young people cooked for us at the Hub - perfect for a warming autumn supper!

Ingredients:

- 1 block of halloumi
- 2 courgette
- 2 red onions
- 2 red peppers
- 1 bag sundried tomatoes (optional)
- Fresh basil
- 1 tsp oregano
- 2 tsp paprika
- 1 carton of finely chopped tomatoes with onions
- 400g whole penne (pasta)

Method:

1. Preheat oven to **200°C** and bring a large saucepan of water to the boil with a pinch of salt.
2. Chop the courgettes and halloumi into 2cm chunks.
3. Halve the onions and peel, chop each half into quarters. Halve the red peppers and discard the core and seeds, cut into 2cm chunks.
4. Put the veggies, halloumi, oregano and paprika on a large ovenproof dish to cook in oven for **20–25 mins**, flip when halfway through.

5. Add the pasta to the pan of boiling water and cook for **10 mins**. Drain in a colander.
6. When the veggies and halloumi are done, add the pasta and finely chopped tomatoes to the same ovenproof dish. Add the basil and optional sundried tomatoes. Stir everything together.
7. Sprinkle cheese on top and bake till golden brown - 8–10 mins.

Enjoy!

Make a Donation



PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND COLLEAGUES!

Concrete Rose Collective CIC

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