



Supported Lodgings | Mentoring | Semi-Independent Accommodation

Dear Friend

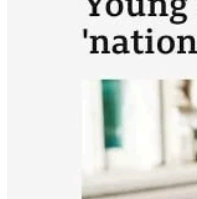
There's always a lot going on in September and this time we racked up over 1,300 miles taking young people to University! This included three young people from supported lodgings who were starting university for the first time (one in Plymouth!), one young person returning to their third year in Nottingham, and one starting a post-graduate MA in York. Another young person also started their university 'year abroad' in Vienna (although fortunately Ryan Air covered most of the miles in this case).

As well as these young people moving-on from supported lodgings we also saw two new young people move in - one who had been sleeping at a bus stop - alongside a number of others added to our waiting list.

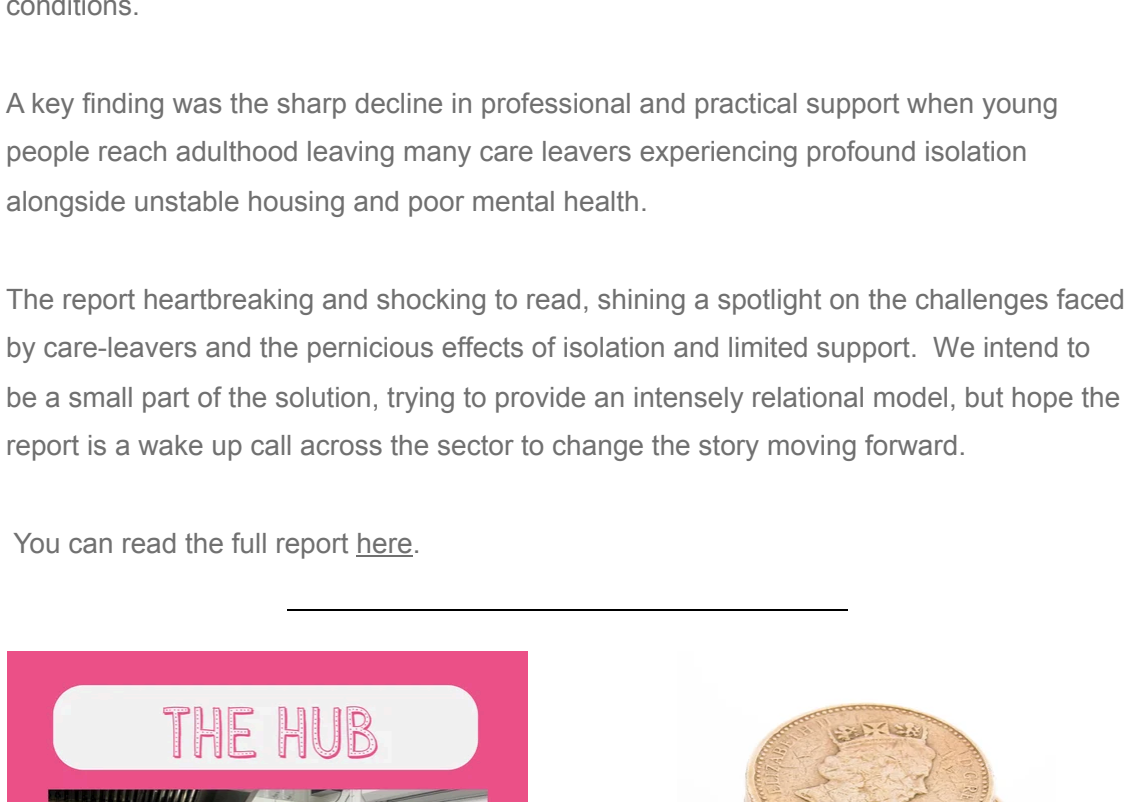
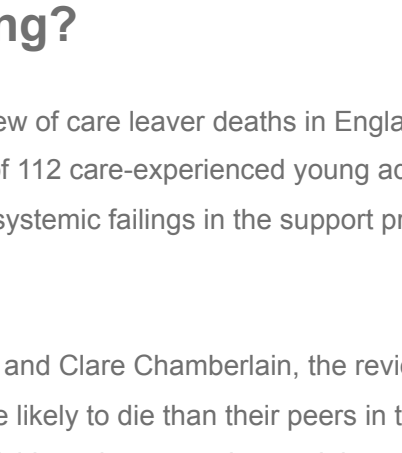
With this in mind, we are particularly thankful to those who have responded to our call for Supported Lodgings hosts via Facebook. This has been incredibly encouraging!

Read on for insights into the recent heartbreaking report on early deaths among care leavers, a recap on the first year of our Care Leaver's Hub, an update on **Concrete Rose Bank** and our **practical wish list** - and a unusual recipe for **Kipper Kedgeree** from one of our young people.

With love,



Mike Farrington
Founder



"You really are on your own" - why do care leavers die young?

The recent independent review of care leaver deaths in England, "[You really are on your own](#)", examines the deaths of 112 care-experienced young adults aged 18 to 24 during 2025 and highlights serious systemic failings in the support provided to young people after leaving care.

Led by Ashley John-Baptiste and Clare Chamberlain, the review found that care leavers were three to four times more likely to die than their peers in the general population with causes of death including suicide, substance misuse, violence and untreated medical conditions.

A key finding was the sharp decline in professional and practical support when young people reach adulthood leaving many care leavers experiencing profound isolation alongside unstable housing and poor mental health.

The report heartbreaking and shocking to read, shining a spotlight on the challenges faced by care-leavers and the pernicious effects of isolation and limited support. We intend to be a small part of the solution, trying to provide an intensely relational model, but hope the report is a wake up call across the sector to change the story moving forward.

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

The Hub - one year in

Next month marks the end of the first year of our **Care Leavers' Hub**, a weekly safe space to come for hot food, friendship, advice and support.

It's been a great year, with a wonderful mix of student mentees, supported lodgers and care leavers from Cambridgeshire more widely - filled with laughter, learning, camaraderie and good food.

Check out our [video](#) to see some of the highlights!

"Bank of Mum & Dad"

Through our ongoing partnership with Cambridge Building Society, we've established a surrogate "bank of mum and dad" that young people can access in times of opportunity or crisis, where a small injection of cash could make all the difference.

The fund is already well used and we've been able to provide help with computer repairs, boxing sessions, items for university, food, water bills, interview clothes and even a rent deposit.

If you'd like to contribute to the fund please click [here](#).

Free storage!

Thanks so much to Cambridge Storage Solutions who are providing our young people with free storage. This may seem like a simple offer but not having anywhere to store belongings can be a huge obstacle to making progress.

For example, until Dean and the team stepped forward this was proving a significant barrier to one of our young people wanting to complete a 'year abroad' in Vienna. This very generous offer has made this life-changing experience possible.

If you need a storage container in/around Cambridge please do get in touch with Dean on:
Tel: 07535 529131 / Cambridgestoragesolutionsltd@gmail.com

Practical support wishlist

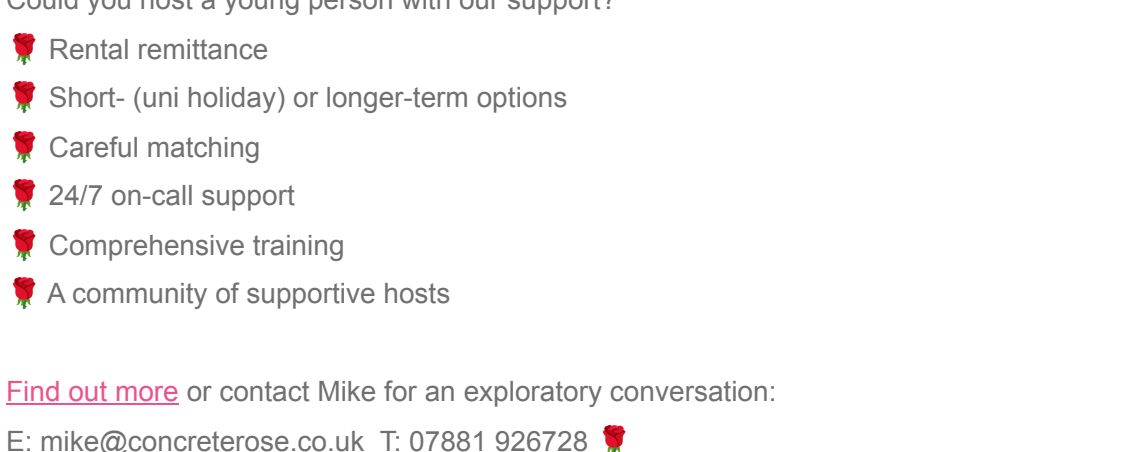
These are a few things we could really do with if you or someone you know could help:

- **Help a student move their belongings from London to Cambridge** - including a small fridge
- **Tupperware** with lids or takeaway boxes to send food home with from The 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 21 year old refugee studying a computer science degree who is street homeless
- An 18 year old young man currently studying A-Levels and living in temporary accommodation
- A 16 year old young woman living in an abusive home environment
- A 16 year old young man attending college in King's Lynn whose foster carers are retiring
- A 17 year old young woman living in an very unstable home environment
- A 17 year old young man who has started an apprenticeship near Huntingdon but currently sofa surfing
- A 24 year old, PhD student at Cambridge University but needing to take a brief period of intermission (or break) to process grief from a personal tragedy

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

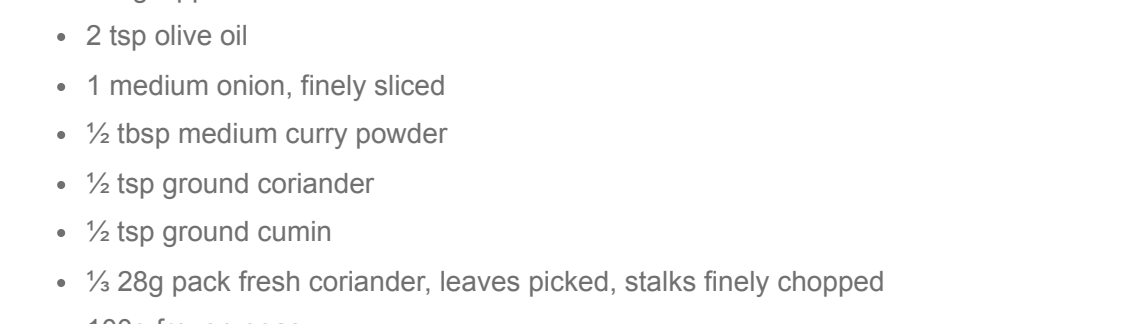
[Find out more](#) or contact Mike for an exploratory conversation:
E: mike@concretetose.co.uk T: 07881 926728 🌹

"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: Kipper Kedgeree



A delicious recipe from one of our young people it's ull of Omega 3 so good for the brain io Back2School season!

Ingredients (Serves 2):

- 100g kippers
- 2 tsp olive oil
- 1 medium onion, finely sliced
- ½ tbsp medium curry powder
- ½ tsp ground coriander
- ½ tsp ground cumin
- ¼ 28g pack fresh coriander, leaves picked, stalks finely chopped
- 100g frozen peas
- 250g microwave brown basmati rice
- 115g baby spinach
- 3 ready-to-eat quail eggs, halved
- lemon wedges, to serve

Method:

1. Preheat the grill to medium. Put the kippers on a baking tray, skin-side down, and grill for 4 minutes, until cooked through and opaque. While the kippers are still warm, remove and discard the skin and backbone, along with any other large bones, then flake the flesh into large chunks; set aside.
2. Meanwhile, heat the oil in a large frying pan and fry the onion with a pinch of salt over a low-medium heat for 10 minutes, until soft and starting to brown. Add the spices and coriander stalks; cook for 2 minutes, stirring. Boil the kettle, put the peas in a colander, then pour over the freshly boiled water; set aside to drain.
3. Add the rice, spinach and peas to the pan, along with 2 tsp water. Cook for 3-5 minutes, stirring, until the spinach has wilted, the peas are cooked and the rice is piping hot; season. Stir through the kippers and top with the quail eggs and coriander leaves. Serve with lemon wedges for squeezing over.

Enjoy!

[Make a Donation](#)

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[Concrete Rose Collective CIC](#)

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