



NIGHTSTOP

Depaul

COULD YOU OFFER
YOUR SPARE ROOM
TO A YOUNG PERSON
IN NEED?

VOLUNTEERING FOR NIGHTSTOP MILTON KEYNES



'NIGHTSTOP IS SMALL, BUT IT DOES SOMETHING THAT'S INCREDIBLY VALUABLE, THAT IS REAL. THAT YOUNG PERSON WOULD HAVE WALKED THE STREETS AND POSSIBLY DID WALK THE STREETS THE NIGHT BEFORE, BUT YOU WERE THERE FOR THEM.'

LESLIE, NIGHTSTOP HOST

WHAT IS NIGHTSTOP?

AT NIGHTSTOP WE BELIEVE THAT NO YOUNG PERSON SHOULD HAVE TO SPEND THE NIGHT IN AN UNSAFE PLACE.

Together, with the help of our volunteers and supporters, we can change the lives of young people affected by homelessness in the UK.

Nightstop provides emergency, overnight accommodation for young people aged 16-25 who are at risk of homelessness or experiencing homelessness and have nowhere else to stay.

Nightstop guests are placed in the homes of trained and vetted volunteer hosts who provide a safe and secure place for the guest to stay that evening.

Nightstop is delivered locally by 31 organisations across the UK.

NIGHTSTOP IN 2018



603

volunteer homes that could open up their spare rooms to someone in need



1,224

people supported by emergency accommodation



9,885

bed-nights provided to people in need



'ONE OF THE PEOPLE I STAYED WITH WAS SO WELCOMING. WHEN SHE FOUND OUT I HAD JAMAICAN HERITAGE, SHE COOKED ME CURRY GOAT, RICE AND PEAS. ANOTHER FAMILY TALKED TO ME AT SUCH GREAT LENGTHS ABOUT MY ASPIRATIONS.'

NIGHTSTOP GUEST

WHO USES NIGHTSTOP?

ANYBODY CAN FIND THEMSELVES FACING HOMELESSNESS.

Sixty-one percent of guests who used Nightstop in 2018 became homeless because something went wrong at home as a result of family breakdown. Yet, many of the guests on Nightstop are committed to moving forward positively with their lives.

Thirty-five percent of Nightstop guests were in education, employment or training at the time of referral. They found out about Nightstop after being

referred by Nightstop partners such as schools, colleges, local charities and social care.

Young people arrive at a host's home at an agreed time in the evening. After breakfast the following morning the guest reconnects with the Nightstop team or Nightstop partner agencies who support them to find longer-term accommodation.

WHAT WOULD I BE EXPECTED TO DO AS A HOST?

HOSTS PROVIDE YOUNG PEOPLE WITH:



a private bedroom



washing facilities



a hot meal in the evening



a listening ear



breakfast

Volunteers can host as often as they want. Some volunteers host a few nights a week and other volunteers host a couple of times a month. The Nightstop service asks its hosts which nights they will be available and then checks to make sure the host is still free before making the arrangements for that evening. All volunteer hosts are reimbursed for any out-of-pocket expenses.

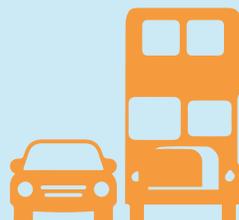
You don't need any specialist experience or qualifications to become a Nightstop host, and you will be given appropriate training.

All you need is a spare room in your home and a welcoming and supportive outlook. Our hosts come from all backgrounds but have one thing in common – the desire to help young homeless people in need.

By offering a 16-25-year-old a roof over their head, you will play an important role, intervening at a pivotal time in a young person's life. Your support for a few nights provides a safety net and helps to prevent long-term homelessness.

HOW ELSE CAN I HELP?

If you want to get involved but haven't got a spare room then don't worry, there are plenty of other ways to volunteer. Nightstop services rely on volunteer drivers and chaperones to take young people to hosts' homes, either in their car or on public transport. Drivers and chaperones play an important role in putting guests at ease and ensuring they arrive safely.



HOW WOULD NIGHTSTOP SUPPORT ME TO MAKE SURE MY HOUSEHOLD IS SAFE?

OUR NUMBER ONE PRIORITY IS THAT VOLUNTEERS AND GUESTS ARE SAFE AND COMFORTABLE.

Before young people are given a Nightstop placement, the local team spends time conducting a thorough risk assessment, understanding the person's background, their needs, and whether they are suitable for the service. We also take references from professionals who know the young person.

Nightstop will provide you with thorough training before you receive your first guest. The training gives you an introduction to homelessness in the UK and lets you practise the skills you need to become a host.

By the end of the training you'll understand all of the processes that Nightstop goes through before a guest arrives at a placement, everything you need to know to keep yourself and the guest safe and top tips to make

guests feel welcome in your home. We also provide ongoing training once you're in the role to further enhance your skills and understanding.

- You'll be supported throughout the process and Nightstop staff will always be on hand.
- You'll receive a check-in call in the evening of the placement and in the morning to make sure that everything went OK.
- A Nightstop staff member will be available 24/7 in case of emergencies.
- You'll be given regular catch up meetings with our staff to see how you are finding volunteering with Nightstop.
- We also host social events where you can get the chance to meet other volunteers and share ideas.

'FOR PEOPLE WHO ARE CONSIDERING SIGNING UP AS A NIGHTSTOP HOST, I'D SAY: "DO IT! I DON'T THINK YOU'LL EVER REGRET IT."' LESLEY, NIGHTSTOP HOST



'IT'S JUST ABOUT
MAKING THEM FEEL
AT HOME.'

HEATHER, NIGHTSTOP HOST

WHAT'S IT LIKE TO BE A NIGHTSTOP HOST?

"The great thing about hosting," Heather says, "is that it is hassle-free. You do it when you want. You tell Nightstop when you are available."

Heather remembers how worried she and her husband were before the first guest came to stay. Initially, she says, she thought she had to be the hostess with the mostest – forever entertaining her guests.

Now she is more relaxed about it. She realises the important thing

is to make them feel at home, and that the best way to do this is not to put on a show.

"What makes people coming through the door feel welcome is that you're ordinary. It's not making a special thing about it, it's just about making them feel at home. We ask them if they would like to watch TV with us, and often they do. Some people are so tired when they arrive they just want to go to sleep," she adds.

HOW DO I BECOME A VOLUNTEER FOR NIGHTSTOP?

If you're interested in becoming a Nightstop host, driver or chaperone, or would just like further information about our work then please get in touch today.

Tel: 03305 550 180

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 Nightstop.org.uk

 [@DepaulNightstop](https://twitter.com/DepaulNightstop)

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DEPAUL

Homelessness has no place

Nightstop UK is led by youth homelessness charity Depaul UK, part of Depaul International, a group of charities working to tackle homelessness around the world.

Registered charity number: 802384