

NIGHTSTOP

Depaul

DAYSTOP

A year in review

An in-depth look at our
charitable impact.

YMCA
BRUNEL GROUP

BATH / BRISTOL / WILTSHIRE
MENDIP / SOUTH SOMERSET



Table of Contents



What we do

Who we are

Our hosts

2023 in numbers

Some of our success stories

2023 Reportable Outcomes

Challenges overcome

Looking to the future

Bath Nightstop & Daystop works directly with young people aged 18-25 who are at risk of becoming homeless. The team also provides support and advice for those aged 16-18.

This includes young people who do not meet the threshold for support from the local authority, those who come to the city and find themselves without somewhere to stay, those with chaotic lives who need support and those young people who would otherwise fall through the net.

Nightstop provides emergency, temporary accommodation for young people in the homes of local volunteer hosts.

Hosts offer a spare bedroom in their own home, an evening meal and breakfast, together with support and compassion if the young person wants to engage. Hosts are in turn supported by the Bath Nightstop Daystop support team and receive ongoing training, paid expenses to cover meals and a nationwide support network to tap into as well as supervision from Nightstop if required. We are also fortunate enough to have a further emergency room available within our YMCA Bath hostel.

Bath Nightstop is accredited by Nightstop (Depaul) UK

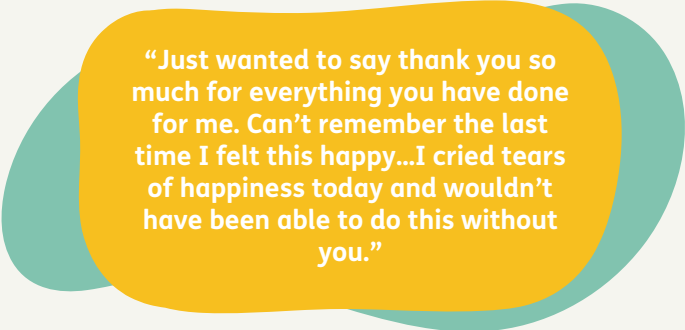
What we do

- Urgent and emergency accommodation
- Housing support: Gateway/Homesearch/move on options
- Support with Benefit Applications
- budgeting & dept advice and support
- Counselling
- Mediation
- Coaching/Mentoring
- Foodbank/Welfare Support Assistance
- Funding for ID/Travel/Interview Outfits etc.
- General support & signposting
- Access to specialised Health and Wellbeing services at YMCA Bath Gym



Who we are

The Nightstop Daystop team support young people who are homeless or at risk of becoming homeless by giving them independent expert advice, helping them to return home where this is possible, supporting them when and where they need it and providing signposting and onward referrals to help them secure long-term accommodation.



“Just wanted to say thank you so much for everything you have done for me. Can’t remember the last time I felt this happy...I cried tears of happiness today and wouldn’t have been able to do this without you.”



Sarah
Nightstop Daystop Project Lead
& Supported Housing Manager

Sarah's background in film & TV production, holistic health, young people's services, mediation, social and supported housing, brings together a wealth of knowledge and experience in supported housing working with young people on all things, especially those struggling with homelessness, poor mental health and family estrangement.



Maggie
Director of Housing
(Bath)

Maggie has worked in YMCA housing for over 20 years. A past history of working in the mental health sector gave her insight into where she felt the focus of the YMCA's housing work should be. This understanding of the issues facing those accessing services means she is well placed to lead the team helping to address those needs.



Sam
Homeless Support
Worker

Sam's background in Criminology and working with vulnerable adults and young adults in prisons and schools compliments his work helping those in need who suffer from poor mental health, PTSD, depression and anxiety and now homelessness.



Emma
Homeless Support
Worker

After studying Social Work, Emma worked at Wiltshire Council in the adult sector as a Mental Health Social Worker. Her background includes mental health and Learning Disabilities, which helps inform her work with young adults experiencing homelessness.

Our Hosts

Nightstop could not operate without our fantastic host families who open their homes and spare bedrooms to young people in need of somewhere to stay. The hosts offer a young person a room of their own, an evening meal and breakfast and somebody to talk to. The young person will then come and spend the day with us in Daystop (unless they are studying or working). We recruit our hosts from the local community, then they are fully vetted and trained prior to taking in any of the young people who need somewhere to stay. We are so lucky here in Bath to have some very wonderful host families working with us.

“Hosting is a 'Win Win' in my experience. It is a privilege to meet & connect with young people who need a place to stay & some creature comforts.”

“Being a Nightstop host has broadened my perspective. You never know what is behind homelessness. Some young people do not need a lot, but others do. Nightstop can enable young people to see something other than their norm.”

2023 in numbers

young people supported by Nightstop

35



94

young people supported by Daystop

309

Bed Nights provided



Positive housing solutions

90%

100%

- young people feelings safer.
- no further rough sleeping.



“Nightstop is amazing. So welcoming. I stayed with a host family for 2 weeks and they trusted me to the extent that their children were around. They never judged me and Sarah really helped me. It was the stepping stone that I needed.”

“Some people do not have a very stable family life and need Nightstop Daystop. I have used the project over several years and it has really helped me.”

“It is especially needed for young people like myself that need services and a place to go. It provides something to fall back on. I am not sure what I would have done without Nightstop Daystop. It is like a safety blanket when things are going wrong at home.”

Some of our success stories

J's Story

'I'm 18 and I used Nightstop earlier this year because I was homeless. I was living with my Nan; things were difficult for a while. She kicked me out and I didn't have anywhere else to live. I sofa surfed with some friends for a bit but my options were running out and I needed to find somewhere else.

I found out about Nightstop from speaking to someone at my church. I came to Nightstop office and told them about my situation. We sat down and had a chat, did some paperwork and they told me how it works.

They arranged for my to stay with hosts that night. I felt nervous because I didn't know who I'd be staying with but it turned out I knew them anyway through my church, so that felt a bit easier.



I was hosted on and off for about a month and I stayed with 3 different hosts altogether. It was alright because I feel like I can get along with anyone. We did some cooking together, watched TV, played Xbox and played guitar - one host taught me how to play Wonderwall! We went on walks together too which was alright.

Nightstop helped put me on a waiting list for housing and I was eventually offered a flat in Bath Foyer. I've been there now for 4 weeks and it feels nice to have my own space. My room was quite empty to begin with but with some help from the church and a local charity I was able to get all the bits and pieces I needed.

I want to thank Nightstop for helping me.'

“In my young adult years, I had a breakdown at home and was kicked out which meant I had nowhere to live. I reached out to the council who promptly referred me to the YMCA. Within a day, I was provided a place to stay under the Nightstop scheme. I stayed with a few different families who were extremely warm and welcoming. They treated me as one of them, and I felt at ease. Meals, fresh bedding and toiletries were all provided, along with my own personal space I could use whenever I wanted.

I then stayed in a couple of the YMCA’s houses under the Platform for Life project. The idea was to progress and live independently, and the team would meet with me regularly to discuss my life goals. They worked relentlessly to help me get back into employment and education.

I want to say a massive thank you as this was a major part of my life and the staff assisted me through difficult times, maintaining a non-judgemental attitude.”

- Nightstop / Daystop user aged 22



Holly's Story

At 23, Holly came to the YMCA after sleeping in her car for over 2 months. She has no safe place to call home; we offered her a place to stay at the YMCA hostel. The support team helped Holly apply for benefits so that she could buy food and begin addressing her debts. Holly met with our counsellor at the YMCA and was able to work through and process previous trauma she had experienced.

While living with us, Holly passed her college course. We were really pleased when Holly was accepted into university. We helped her access a full bursary from her university as well as support for the duration of her studies. We were also able to ensure she was provided with year-round accommodation as she would not have anywhere to return to during holidays.

She moved into halls of residence from the YMCA and we have continued to provide support while she is studying at university. We have also supported her to access help with her learning needs at university. She has received assessments and diagnoses that were not provided at college, which has opened up additional support and funding.

2023 Reportable Outcomes

Our outcomes this year exceeded predicted values. We feel this is due, in part, to our counselling and Daystop services. We were able to move **31 young people to more permanent housing**, resulting in positive mental health outcomes. Over the year, **19 young people accessed our counselling service**, ensuring they don't have to deal with mental health issues alone.

Positive Outcomes reported from our Counsellor:

- change from alcohol and drug use to more healthy coping strategies
- more self-awareness i.e. recognising triggers from previous history and ways to cope
- more self-care i.e. diet, exercise, mental health
- processing of grief and trauma
- more able to live independently
- more understanding of relationships
- change in ways of looking at their lives and the external world.

what3words

we asked people to describe Nightstop & Daystop in just three words..

Housing
Valuable
Essential

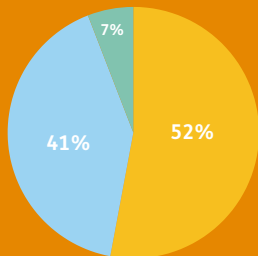
Accessible
Advice
Guidance

Practical
Helpful
Vital

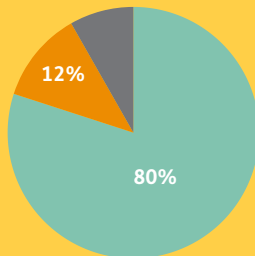
Caring
Vigilant
Responsive

Safe
Warm
Welcoming

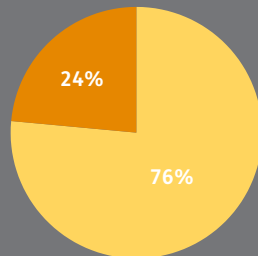
Equality & Diversity



7% of young people we worked with identified as trans, with 41% identifying as female and 52% male



12% of young people identified as LGBTQ+



24% of young people were from a non-white British background

Challenges overcome

We asked what we were doing right and what we could do better:

We, and other services across the country, have noticed that young people have been needing longer term emergency accommodation due to lack of provisions



We have provided longer term accommodation through our emergency room in the Bath Hostel, and have opened up a second room when necessary. We hope to continue to find ways to address this issue in 2024.

We've seen a need to better engage with local communities and other services so that the community feels more informed about what we do.



We have since started providing Daystop Drop-in Sessions in Midsummer Norton, which we hope to expand in 2024 to other areas.



We have stepped up our information sharing with all our partner agencies. Leaflets, flyers, cards and posters are being sent out to as many of our partners as possible. We then follow this up with a call and hopefully a team meeting.

Looking to the future



- We plan to increase the Daystop usage; inviting partner organisations to utilise our wonderful central space
- We will be opening a second ‘crash pad’ in our city centre hostel. We hope this will help to address the need to help young people in housing crisis who find themselves homeless.
- In 2024 we are planning to expand our Outreach service to open a Daystop drop-in in Keynsham and also, working with one of our partner organisations, we will be adding a further drop-in in the Bath City Centre.
- We are increasing our workshop provision and adding some budgeting and employability courses to our already popular tenancy sustainment course.
- A spring/summer open day is being planned where we will be able to showcase the work we do, offer prospective volunteer hosts the chance to meet with other hosts and also some of the young people we have worked with.

Acknowledgements

Thank you to all of our staff and supporters who have made this work possible.

Thank you to our host families for continuing to provide vital accommodation to our young people.

**THANK YOU FOR YOUR
CONTINUED SUPPORT.**



YMCA Brunel Group
International House
Broad Street Place, Bath BA1 5LH

<https://ymca-bg.org/supported-housing/Nightstop>

01225 325 912

nightstop@ymca-bg.org

daystop@ymca-bg.org

Registered Charity No: 1074660
Registered Social Landlord No. 4871



Here for young people
Here for communities
Here for you