

VOLUNTEERING FOR NIGHTSTOP

Could you offer your
spare room to a young
person in need?





WHAT IS NIGHTSTOP?

With the support of extraordinary volunteers, Nightstop provides emergency overnight accommodation for young people who have nowhere else to stay.

Many have experienced family breakdown, are refugees or are exiting the care system.

If you can offer a clean, comfortable bedroom for the night, somewhere to wash, a listening ear and a hot meal, you could provide a safety net

for a young person at a pivotal moment in their life.

Hosting takes place on a night-by-night basis. We phone you to confirm if you're available and would like to host the guest that needs a safe place to stay.

WHAT HAPPENS WHEN YOU'RE A NIGHTSTOP HOST?

“What makes people coming through the door feel welcome is that you're ordinary... It's just about making them feel at home. We ask them if they'd like to watch TV with us, and often they do. Some people are so tired they just want to go to sleep.”

Heather, Nightstop host

Nightstop guests arrive at a host's home at an agreed time and hosts need to be in for the whole evening.

After breakfast the following morning the guest reconnects with the Nightstop team and other agencies who support them to find long-term solutions and accommodation.

If you're able to provide a packed lunch for the day that's also much welcomed.*



*Please note that all agreed expenses are reimbursed.



WHAT SORT OF PEOPLE ARE NIGHTSTOP HOSTS?

Like our guests, our hosts come from all walks of life, and we greatly value that diversity.

We look for volunteers who are kind, non-judgmental, reliable and able to maintain boundaries. Some of our hosts live alone, some in partnerships, some in families. The most important thing is being able to offer a haven for a young person in need.

“We’ve got a young family and we are busy, but Nightstop fits around us. We have had hundreds of young people stay with us over the six years we have done it.”

Brown family - Nightstop hosts

Find out more about the (Brown) family’s story



WHO USES NIGHTSTOP?

“As I turned 18, I didn’t have anywhere to live. I was helpless, I felt like there was no one there for me.”

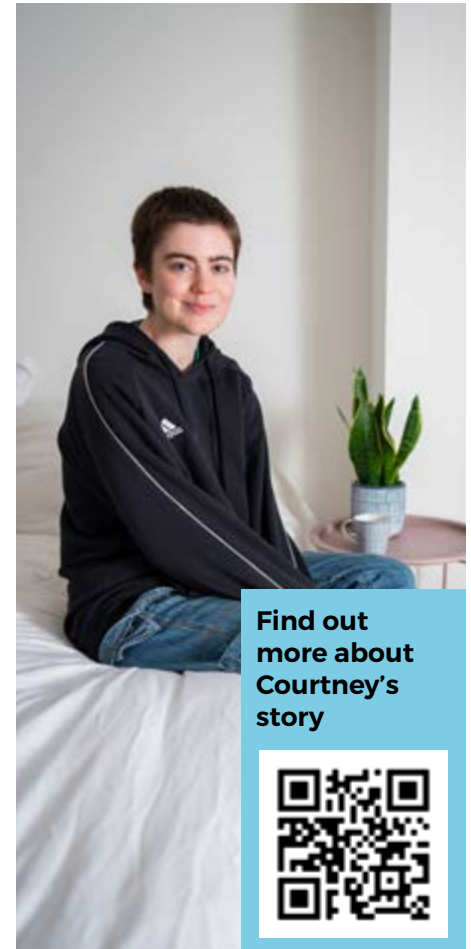
Courtney, 23, Nightstop guest

Courtney faced homelessness when it was time for her to leave the care system, but around 75% of guests who used Nightstop become homeless because of family or relationship breakdown.

Referrals are made by young people themselves, and by other professionals and agencies (including medical professionals, school, college or university staff, social workers and support workers).

49% of Nightstop guests were in education, employment or training at the time of referral.

So many of the guests with Nightstop are committed to moving forward positively with their lives.



Find out more about Courtney’s story



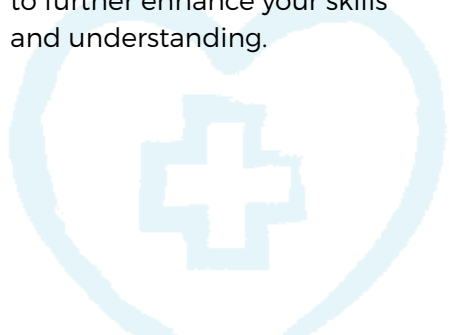


HOW WOULD NIGHTSTOP SUPPORT ME TO MAKE SURE MY HOUSEHOLD IS SAFE?

As a vetted host, you will be trained and supported by professional staff. Our number one priority is that volunteers and guests are safe and comfortable.

Before young people are given a Nightstop placement, Nightstop conducts a thorough needs assessment, understanding their background, the support they require and to ensure Nightstop is the right service for them from professionals who know the young person.

- You'll be given thorough training to prepare you for the role. While you are hosting, the Nightstop team will check in with you and there is someone available 24/7 to provide on-call support.
- We also provide ongoing training once you're in the role to further enhance your skills and understanding.



THE DIFFERENCE YOU COULD MAKE

“Last week, I was in Tesco and I noticed this lady. It was Helen, my Nightstop host. When she heard how I’m doing now, she was really happy.”

Callum became homeless when he couldn't afford a rent increase. His mental health deteriorated and his employer laid him off.

Only when Callum was introduced to a Nightstop did he find somewhere secure and safe to stay. And that bought time to help him get him back into a flat of his own.

He started volunteering with

the Fire Service, and within 18 months had earned himself a permanent job.

“Firefighting's not just rescuing people, it's getting involved with your community as well,” he says happily. “I'm feeling good. And hopefully the future will be good too.”



When someone has nowhere else to turn, the first 24 hours are crucial to steer them away from sliding into longer-term homelessness and can be critical in protecting them from negative effects on their health, education and employment.

“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

Nightstop is a local community response to a local need. To find more information and answers to questions frequently asked by hosts, please go to: www.depaul.org.uk/nightstop-faqs

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

CONTACT US

[Areas covered by Nightstop regional service needed here]

Email nightstopXXX@depaulcharity.org.uk

Call [Telephone no]

www.depaul.org.uk/nightstop

Nightstop [Location] is delivered by with [partner organisation]. It is part of the Nightstop network, which is developed and led by homelessness charity Depaul UK. Depaul UK charity number: 802384 | Registered Charity Number: SC049244 (Scotland); [Partner charity name] charity number: xxxxxxxx