

Annual Review

2018-19



Foreword

It is my pleasure as the Chair of the SASH Trustee board to present our Annual Review for 2018-19.

As a Trustee, then Chair, since 1997, it has been gratifying to see SASH grow from a small, local charity in York to one working across all of North and East Yorkshire providing an emergency Nightstop scheme, longer-term Supported Lodgings, and a Resettlement scheme. Just as importantly, it has managed to do this without ever losing its identity as a grass-roots organisation working within the communities it serves.

What also hasn't changed is that our accommodation is provided by our 'hosts', ordinary people who open up their homes and offer their spare room to help vulnerable 16-25 year olds who have nowhere else to go.

The effect of their generosity is twofold: the young person is not left to navigate the trauma of homelessness on their own, and they are cared for in a home environment – the best possible place for a young person who has been made homeless. Our sincere thanks to all of our wonderful hosts who make this possible.

Whilst our hosts form the foundation of what we do, we are increasingly reliant on our donors, volunteers, fundraisers and other supporters. As government funding continues to decline, we rely more than ever on their help to raise the funds that we need to run our services. We are grateful to them for the important part they play in ensuring the safety and future prospects of our young people.

I hope as you read this review you will feel as inspired as I do by our work this year. On behalf of all at SASH, thank you to everyone who helped us achieve this.

Sue Thompson
Chair



Why is SASH needed?

Sadly, youth homelessness in the UK is a very real problem. Not just in big cities, but across counties and in rural areas. According to a Centrepoin report, in 2017-18 (the latest figures available) 84,000 young people in England asked their local council for help as they were homeless.*

SASH exists to help 16-25 year olds affected by homelessness across North and East Yorkshire. We offer them a place to stay in the homes of volunteers, keeping them safe at a time of crisis. We support them to change their lives and build a positive future. Our ambition is that those we help never face homelessness again.

The biggest single reason is family breakdown. In 2018-19 this was the case for 46 per cent of those accessing our Nightstop service. Other reasons include abuse, relationship or fostering breakdown, eviction, young people leaving care with nowhere to go, or seeking asylum.

SASH ensures that such vulnerable young people have a safe place to stay – and so much more. Our schemes offer support and a stable foundation from which to move forward. What we provide stops young people from entering the cycle of long-term and street homelessness.

What we do and why it works

SASH runs an emergency accommodation service, Nightstop, a longer-term Supported Lodgings scheme and, in the East Riding, a Resettlement service.

Our solution to youth homelessness is a simple one, founded on the willingness of local people to support those struggling in their own communities. And it works. This year, we offered help to 320 young people.

For some young people, a short stay in Nightstop is all that is needed to facilitate a return home or find somewhere permanent to live. For others, we enable a transition into independent adulthood by providing a safe place to call home in our Supported Lodgings scheme.

However, whilst putting a roof over someone's head is essential at a time of crisis, it does not resolve the issues that lie at the root of homelessness. To address these, we work with our hosts and partner organisations to provide the individual support that each young person needs.

This includes emotional support; helping young people to continue in or return to education; help to enter the workplace for the first time; and learning practical skills such as budgeting and cooking.

The work we do to change the direction of a young person's life has an impact far beyond their time

with SASH. In 2018-19, 79 per cent of those staying in our Nightstop scheme, and 72 per cent of those in Supported Lodgings moved into permanent accommodation following their stay. We are proud that so many of our young people were able to move on to suitable accommodation and to begin to establish themselves as independent young adults.

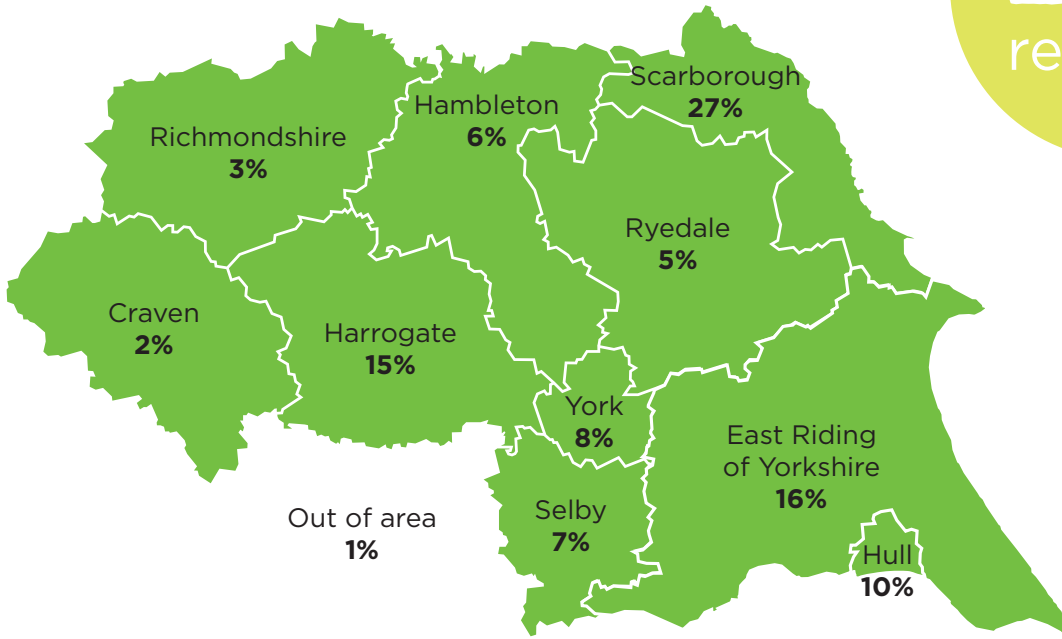
None of this would be possible without our hosts. Over the year, we had the support of 69 Nightstop and 41 Supported Lodgings hosts. Each donated many hours of their time to working with us. We thank them sincerely for their continued commitment and for the difference they make to the lives of so many young people.

"In 2018-19, 79 per cent of those staying in our Nightstop scheme, and 72 per cent of those in Supported Lodgings moved into permanent accommodation following their stay."

*Making young people count: The scale of youth homelessness in the UK. Centrepoin 2018

Nightstop

Percentage of referrals by area:

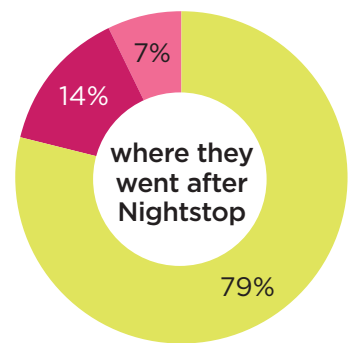
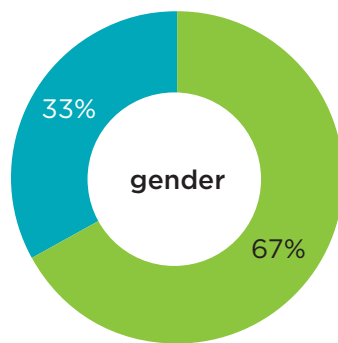
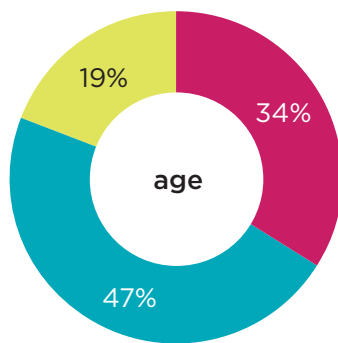


298
referrals

195
offered help

1,143
safe nights arranged

Those referred:



- family breakdown
- other*
- eviction
- foster placement
- breakdown
- domestic abuse
- friends can no longer accommodate
- relationship breakdown

- 16-17
- 18-21
- 22-25

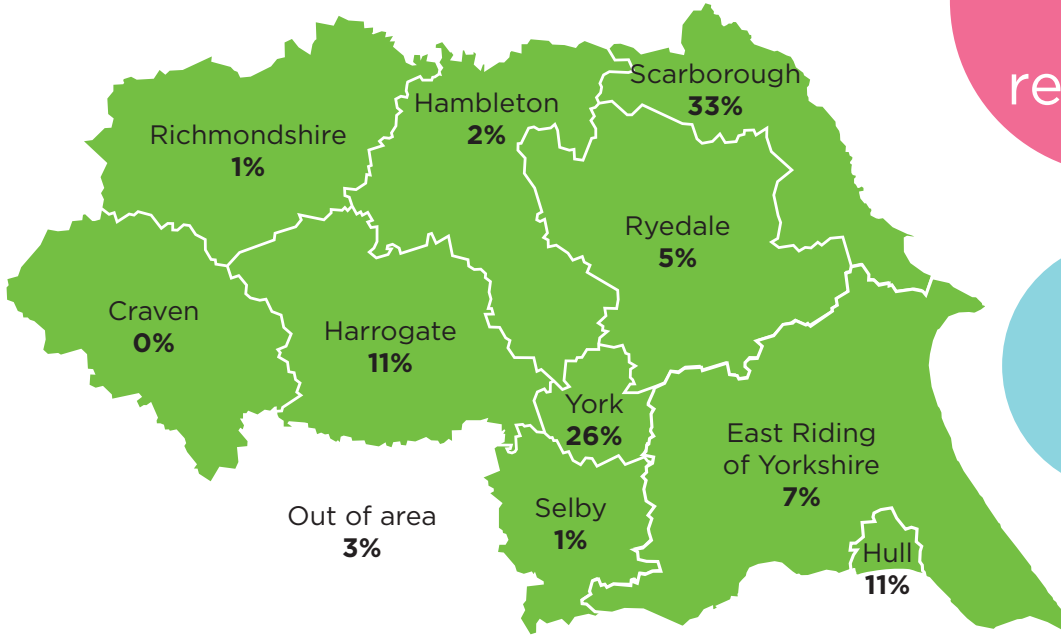
- male
- female

- moved into stable accommodation
- moved into unstable accommodation
- not known

*includes: mental health issues, left prison or secure accommodation, overcrowding, violence or harassment from local community.

Supported Lodgings

Percentage of referrals by area:



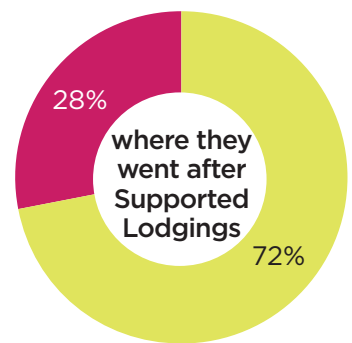
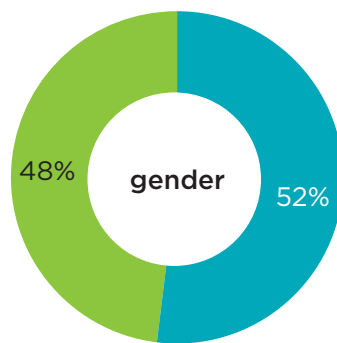
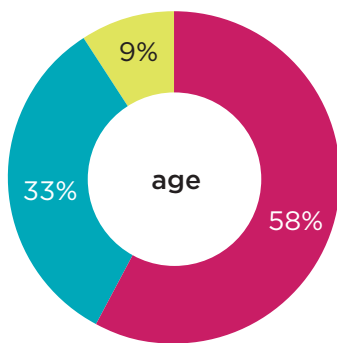
106
new referrals

64
moved in

59
moved on

111
total helped

Those referred:



- family breakdown
- other*
- eviction
- leaving care
- relationship breakdown
- friends can no longer accommodate
- asylum seeker
- foster placement breakdown

- 16-17
- 18-21
- 22-25

- male
- female

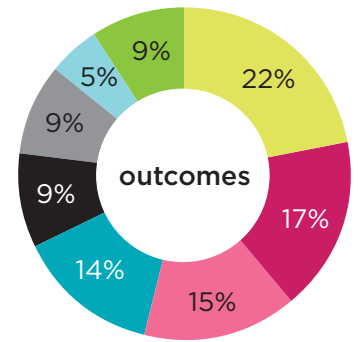
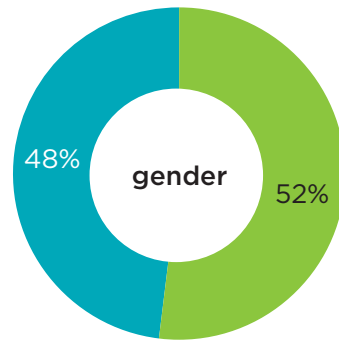
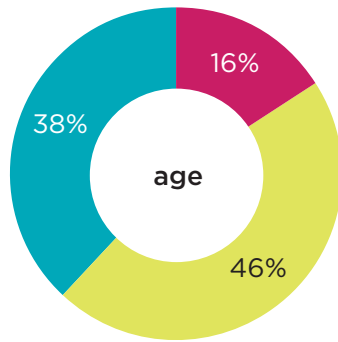
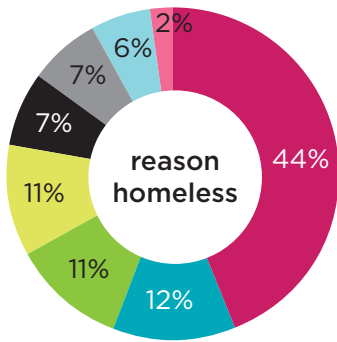
- moved into stable accommodation
- moved into unstable accommodation

*includes: domestic abuse, end of tenancy, abandoning tenancy, violence or harassment from local community, leaving care, overcrowding, safeguarding concerns.

East Riding Resettlement Scheme

88
given
advice

58
resettled



- family breakdown
- abandoned tenancy
- eviction
- relationship breakdown
- domestic abuse
- other*
- overcrowding
- left prison or secure accommodation

- 16-17
- 18-21
- 22-25

- male
- female

- private rented/lodger
- council tenancy
- hostel or refuge
- returned to family
- living with new family member
- SASH supported lodgings
- living with partner
- other positive outcome

*Includes mental health issues, learning disabilities.

SASH Active

The circumstances that lead to a young person becoming homeless have an impact far beyond the physical lack of a safe place to live.

Many of our young people have experienced poverty and deprivation throughout their childhood. Their experiences leave their mark in the form of failure in education, poor mental health, low self-esteem or a combination of these and other problems. Many have experienced abuse. They may feel isolated. They are all vulnerable.

Our SASH Active programme makes an important contribution to addressing these issues. It is designed to boost the wellbeing, self-confidence and resilience of our young people by providing informal learning through cultural, physical and social activities. Their feedback confirms how much they value the opportunities.

This year we have found more resources to expand the programme. Activities have ranged from wheelchair basketball and trips to the theatre, to community volunteering and workshops on independent living skills.

In 2018-19, we ran 64 separate activities compared to 38 in the previous year. One hundred young people accessed at least one activity during the year. Some of the highlights include:

- our 'Enable' volunteering project in York, helping older residents with decorating and gardening, won 'Best Community Project' at the York Community Pride Awards 2018;
- Twenty-six young people attended a residential course at Peat Rigg Outdoor Centre;
- our Scarborough team set up regular art therapy sessions;
- Twenty-eight young people enjoyed an overnight trip to London, visiting museums, the Houses of Parliament and the theatre.

We are grateful to our supporters who make SASH Active possible through their donations. Looking ahead, we want to continue to broaden this work to provide even more opportunities for our young people, giving them the best possible chance to meet their full potential.

"I wanted to do something inspirational for new people that come into the service to show what sort of work SASH do."



Jen, 17, Scarborough with artwork



SASH Lodgers Beth - 20, Kieran - 20, and Jess - 19, collecting York Community Pride Award for the Enable Project



SASH lodgers at a volunteer project - tidying up Mr Richardson's garden

"It was such an amazing opportunity to do something useful for an older member of the community."
Suzan, 18, York



Rhiannon, 19, volunteering at a community cafe in Harrogate



Ollie as Judge at York Dungeon Takeover Night

"The SASH active events and activities help me build my confidence even more every time. It's great that SASH still want to support me even after leaving placement! The staff truly care about us and want us to strive for success further every day in new and exciting adventures!"
Ollie, 18, Scarborough



Ryan, 18, Raid, 25, and Mo, 17, enjoying wheelchair basketball



Drew, 19, on work experience at Cober Hill Hotel, Scarborough

In their own words



Adam, 20, Scarborough

"I'm 20, I've been in SASH for about two years. When I was younger I was a bit of a troublemaker - I was very short-tempered. I was permanently excluded from school in Year 9. I had a fall-out with my family and left home when I was 16.

I went to stay with a mate. I didn't see my family for two years. When everything happened, my emotions just died back and it didn't bother me. At my mate's, I was running pretty wild. I stayed there until I was 18 and then I couldn't stay there anymore so I went to the council for help.

I was offered a couple of options by the council and one of them was SASH. I chose SASH as it seemed like a good support route. I thought if I went into a shared house with other young people it might not end well.

I wasn't too sure what to expect in Supported Lodgings, but I was looking forward to it. The first day they showed me around, and the two cats came and sat on my lap. I'm an animal person, so it was nice. I had my own room, nice animals around, it was good.

When I started at SASH I went to the Prince's Trust. I did courses on team skills, employability skills and I did a CV workshop. I like nature and I did a work placement at Cober Hill as a gardener. I stayed on as a volunteer after that because I liked it so much. Now I'm back at college, doing a catering course.

I'm happier since I've been in SASH. I've had a lot of support. They helped me work on my anger issues and my anxiety. I still get anxious, but it's easier to control it. Now I just try to look at the positives, not the negatives. I feel like I've grown up a bit. Everyone nowadays knows me as 'that big, friendly guy.'

Being in SASH has been good guidance. It keeps you on the right path, if you stray a bit, they guide you back. If I hadn't gone into SASH, I'd probably be causing some trouble somewhere to be honest. I don't think I'd be happy, I feel I wouldn't be me. I see my family now. If I'd chosen the other path I was offered when I went to the council, I wouldn't have gone down the good route."



Jessie, 18, Scarborough

"My dad left when I was two. My mum died when I was 10. The difference that SASH has made has been unimaginably good."



Hasabo, 17, Harrogate

"I want to learn lots, get lots of experience. I feel I'm achieving a lot here. I'm meeting new people and I'm more confident. It's good to have people who care about you, about how you are feeling but who also push you to stand by yourself."



Georgia, 17, Selby

"I'm more confident now, and I'm better with money. SASH helped me figure out what was important and what wasn't. If anyone was in my position and not sure about going into SASH, I'd say: just do it. Without SASH I wouldn't be going back to college, I'd have just stayed at my job in the takeaway. I wouldn't have as many options as I have now."



David Thomas, Harrogate

"I started offering Nightstop in July last year. I did that for a short while, but then decided that Supported Lodgings would suit me better – I found it hard asking a young person to leave the house at 8am when I was going to work.

My motivation came partly from the fact that I've got a room that lies empty, partly because of my faith – I'm a Christian and I feel very much my role is caring for people – and partly because of the work I'd done previously with Town Pastors. Over the years I'd been involved with the group, the number of homeless people increased hugely and there were more and more young people. There was a small group of young people, aged between around 16 to 20, who were just walking around at night until it got light. Either they didn't want to go back home or home wasn't a good place to go back to. It became apparent there is a massive need.

So far, my experience of hosting has been really good. The young person I've got staying has settled in gradually. When he was first here, he was out a good bit of the time. Slowly but surely he's now spending more time in the house. After about a month of being here, he actually unpacked his stuff. Then recently I overheard him talking on the phone and saying 'I'm at home now,' which is nice.

He's beginning to get more talkative; he doesn't hide in his room quite as much. And in the last few weeks he's told me little bits about his family history. He's had a horrible childhood, but he doesn't look on it like that. His attitude is it doesn't matter how bad it is, there's something good can come out of it.

I have no idea what I'd have done if I was homeless at that age. It's hard to get your head around having to knock on a stranger's door at 16 or 17, essentially saying 'I want somewhere to live'. I've never even been close to that situation, and even then if everything went belly up here, I could go back home to mum and dad, and my old room would be there. This lad has no family to fall back on.

The actual hosting is quite easy; the frustration is when you see choices being made by a young person that are not beneficial and knowing when and when not to say something. The support I get from SASH is very good indeed. It helps knowing that there is someone on the end of the phone should you need it. I encourage other people to give it a go. They just need to let go of any preconceptions. Don't judge anyone as far as that's possible, and sit back and enjoy the ride.

Without SASH these young people would be surfing sofas, or in hostels or ending up on the streets. There's a lot more young people than people realise that have got nowhere to go, and it's just heart-breaking."



Adrienne, Hull

"I've been the recipient of being taken into a home as a stranger when I needed help, so I know the difference it can make."



Jess, Selby

"The nicest feeling in the world is when a young person who has been staying with you for a few nights comes in and you can see them light up as they tell you 'I've got somewhere permanent to go, I've got something sorted.' Then you think 'this person's going to be ok now, and I helped.'"

Fundraising review



In 2018-19 we continued to build the capacity of our fundraising team and are pleased to report a very successful year. Faced with a target of £358,000, the team managed to raise £367,000, an increase of over 20 per cent compared to 2017-18. We now raise more than 28 per cent of our total budget through fundraised income. This is a significant achievement, made possible thanks to the support of charitable trusts, donors, businesses and, of course, our volunteers.

A few of the highlights included:

- a one-off grant of £30,000 from the Garfield Weston Foundation;
- a donation of £10,000 from The Four Acres Trust, which opened up a further £10,000 in matched funding from new donors;
- more than £11,000 raised from intrepid supporters taking on a challenge for SASH, including The Great North Run, Yorkshire Three Peaks and fire-walking;
- more than £7,000 raised by local schools and universities.

However, whilst we are delighted with our success this year, the outlook for statutory funding means that we need to continue growing our fundraising in the future.

We have a challenging target of £433,000 to raise in 2019-20.

As in other areas of SASH's work, we cannot do this on our own. Our supporters – be they individuals, businesses large or small, trusts, community groups, fundraisers or the tireless volunteers who help us in the office and at events – all make a significant contribution. Thank you, your support is hugely appreciated!

"We have a challenging target of £433,000 to raise in 2019-20."





Charlotte Moss, SASH Volunteer

“I wanted to do some volunteering – helping homelessness in particular. I came across SASH and thought, ‘that’s perfect!’ I was volunteering in the office at first and recently I’ve become involved with a project visiting schools to talk about SASH, which I’m loving. I’ve felt very welcome and I’ve found SASH to be a really friendly organisation. I think what SASH is trying to do is so important – if you can nip homelessness in the bud, before it becomes an issue, then you’re giving that person a chance for life. I’ve had such a great time volunteering – I’ve given my time but it’s given me a lot as well.”



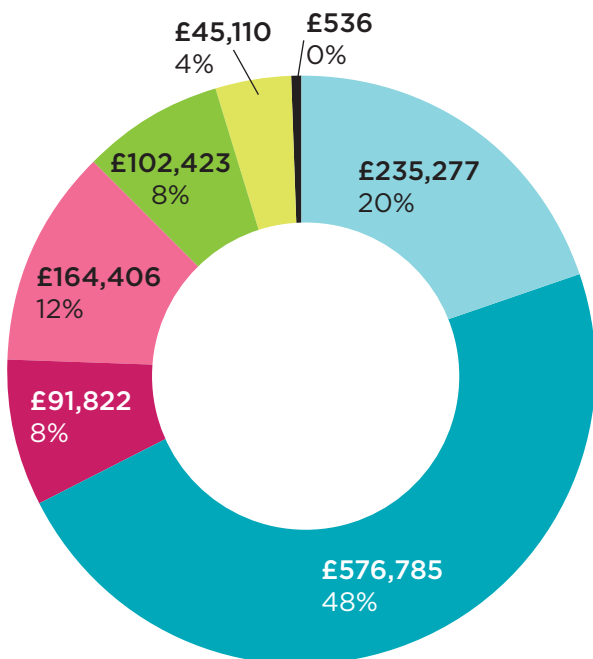
David Skeet, Community Liaison Coordinator, CNG

“CNG have been supporting SASH for four years because when we heard about the amazing work they do, we felt we should. We aren’t aware of any other charities working in Harrogate for teenagers facing homelessness. The work that SASH does – with hosts sharing their home, giving people a safe place to stay – is just phenomenal. Even if it’s just overnight, it can make such a difference. We’ve organised networking events to help get more hosts, and have raised money by holding Sleepouts in Harrogate.”

SASH income and expenditure

Income

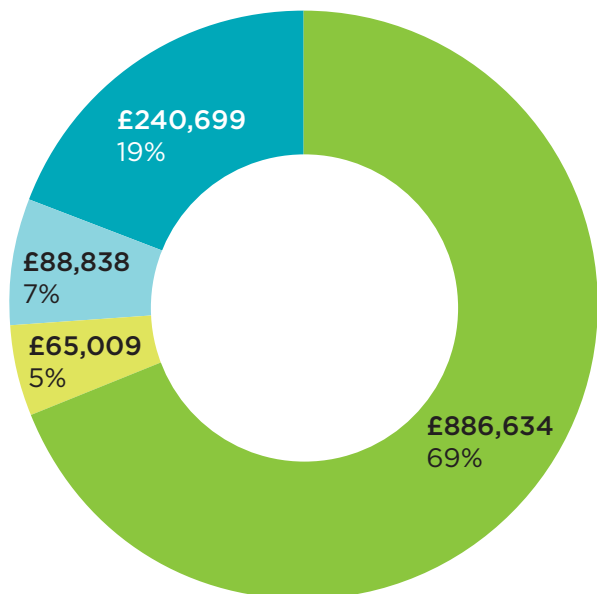
Total: £1,216,359



- housing benefit and rent
- statutory funding
- National Lottery
- grants
- community fundraising
- corporate supporters
- miscellaneous

Expenditure

Total: £1,281,180



- support costs
- Supported Lodgings and Nightstop
- funding expenses
- SASH Active

SASH mission statement

We help young people avoid homelessness across North and East Yorkshire by offering a place to stay in the homes of volunteers, keeping them safe at a time of crisis. We support them to change their lives and build a positive future. Our ambition is that those we help never face homelessness again.

Values

Professional (We set ourselves high standards in our work and we act with integrity towards everyone that we deal with.)

Compassionate (Our services are made possible through the compassion of volunteers who open up their homes to help. We care about and support our team, our volunteers and our young people.)

Inclusive (We treat everyone with dignity and respect, regardless of background and circumstances. We work to make everything that we do as accessible as possible.)

Helpful (We go the extra mile to support and guide our young people towards a positive, independent life.)

Positive (We have a positive, ambitious attitude towards our work, and for our young people. We are a fun and friendly team who enable our young people, fundraisers and volunteers to have positive, enjoyable and fulfilling experiences.)

Challenging (We challenge ourselves to continually improve the services that we offer and to find the resources to achieve this. We encourage and challenge our young people to step outside of their comfort zones, helping them to gain confidence, overcome barriers and achieve their goals.)

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