



DEPAUL

Homelessness has no place

LONDON YOUTH HOMELESS PREVENTION SERVICES

Providing tailored support to 11-25 year olds
to help prevent homelessness in London

LONDON PREVENTION SERVICE

Depaul UK's London Youth Homeless Prevention Service is a holistic approach to homeless prevention. We offer tailored support to help young people between the ages of 11 - 25 navigate the challenges and risks of homelessness.

Our prevention services focus on keeping the young person in secure accommodation while also providing emergency accommodation and specialised housing support if they have to leave their home.

We understand the causes and risks of homelessness are complex. Therefore, a young person will be able to access multiple services which provide the relevant support.

This will create a support structure that will enable more positive outcomes and improve their living situation.

Our services:

- Education
- Family Mediation
- Nightstop
- Counselling
- Housing Advice



Depaul is part of the **London Youth Gateway** which is a partnership of 7 charities who support young people facing homelessness across London including New Horizon Youth Centre, Depaul UK, Shelter, Stonewall Housing, Akt, Galop and Praxis.





MIND CONNECT: COUNSELLING

Our free counselling service offers a safe space for young people aged 16-25 to address concerns.

We know that poor mental health can be linked to homelessness as both a symptom and a cause. We can offer young people a safe space where to be listened to, not judged or criticised so we help them to address concerns such as:

- Feeling down, stressed, low or anxious
- Coming to terms with a bereavement, relationship breakdown, or loss of any kind
- Dealing with anger, frustration, or when feelings are out of control
- Problem solving skills and understanding things differently
- Feeling stuck or lacking direction in life

“Adolescence and young adulthood are challenging life stages. We experience numerous psychological and physical changes and we are introduced into the “adult world”. Having a private space where young people can focus on themselves can be incredibly valuable when facing difficulties.”



Laura, Counsellor

Request a referral form via email at:
ALSMindConnect@depaulcharity.org.uk

HOUSING ADVICE

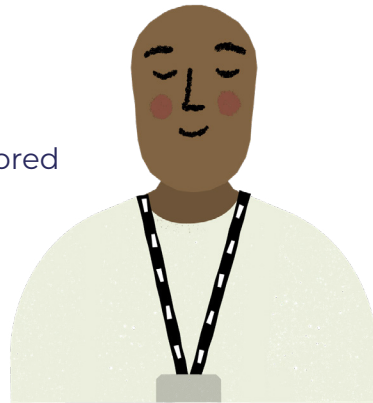
Our housing advice service provides guidance for young people in housing crisis. This includes people sleeping rough, people staying temporarily with friends and family, people facing eviction and people facing homelessness due to family breakdown.

We provide one-to-one appointments with experienced advisors, who can provide advice and support for young people to find stable accommodation.

This can include:

- Providing information about suitable housing options
- Referring young people to accommodation services
- Identifying and claiming benefit entitlements
- Speaking to other agencies on the young persons behalf
- Signposting to a range of relevant external resources and services

All the support we provide will be tailored to the young person's specific needs and circumstances. We will help to identify the young persons needs and support them in developing a personal action plan.



To make a referral please call **0207 9391 234** or email **ALSHousingAdvice@depaulcharity.org.uk**



RECONNECT: FAMILY MEDIATION

Relationships breaking down is a main cause of youth homelessness. Our free mediation service, Reconnect, can offer a way for families and young people to rebuild relationships.

Reconnect will use a young person-focused approach to improve communication, mutual understanding and respect between young people and their families, thereby strengthening relationships.

When accessing Reconnect, young people and family members will receive support from an accredited Mediator.

They will offer a number of individual and joint sessions to explore issues from each party's point of view, and bring families together to reach an agreement on how they want to move forward in their relationship.

The ultimate aim will be to help young people stay in, or return to, the family home. When this is not appropriate or in the best interest of the young person, Depaul will help young people to rebuild the support networks that will be vital to successful independent living.



To make a referral, please call **0207 9391 234** or email **Reconnect.London@depaulcharity.org.uk**

NIGHTSTOP LONDON

Nightstop London offers emergency accommodation in the spare rooms of volunteer hosts to young people facing homelessness between the ages of 16 - 25.

Nightstop is a community response to homelessness. Trained and vetted volunteers provide emergency accommodation in their own homes, providing a safe option for those who face sleeping on the streets or in other unsafe places.

Nightstop hosts offer a private bedroom, use of a bath or shower and washing machine, an evening meal and breakfast the following morning. We also have a team of volunteer drivers who help people get to their host for the night.

The service supports people through their immediate crisis and helps them to access longer-term housing solutions through our housing advice team. Wherever possible, Nightstop works to rebuild relationships between families and individuals using a mediation approach.

Referrals can be made by any agency working with homeless people or those at risk of homelessness.

Volunteer enquiries can be emailed to:
Nightstop.London@depaulcharity.org.uk

Referral forms can be requested by calling **0207 9391 234** or via the Nightstop email.

EDUCATION PROGRAMME FOR SCHOOLS

We deliver bold and relatable workshops to whole year groups, using digital media and creative techniques to build up their knowledge of youth homelessness and related issues, including relationships, family breakdown, exploitation and abuse, mental wellbeing and risk-taking.

We deliver these workshops to all young people, working with them once in Key Stage 3, Key Stage 4 and Key Stage 5. After each of these whole year group workshops, we then work with schools to select a small group of young people at higher risk to take part in a targeted programme of four sessions:

- Emotional literacy and mental wellbeing;
- Positive and healthy relationships;
- Managing conflict;
- Making well-informed and safer choices.

We also deliver professional workshops which will enable professionals to play a vital role in preventing youth homelessness by equipping them to recognise and respond to early indicators and associated risks.

We aim to build long-term partnerships so that we can best support the young people in the schools we work in, enabling us to open referral routes into our other targeted services, family support and emergency accommodation.

For more information, email our Education team:
Education.LSE@depaulcharity.org.uk



ABOUT US

Depaul UK has worked for more than 30 years to support people facing homelessness. We are a homelessness organisation with specialism in supporting young people.

We work in local communities across the country to prevent and relieve the impact of homelessness on people's lives. We prioritise young people, who are among the most vulnerable in society. We are passionate about the difference we make.



The Depaul Group was founded in 1989 in response to the growing number of homeless London youth sleeping rough on the streets. Today, Depaul International charities work around the world, going where the need is greatest.

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www.depaul.org.uk



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London
Youth
Gateway

**LONDON
COUNCILS**