



Bristol Nightstop

Bristol Nightstop supports young people at risk of homelessness through community hosting.

“The Nightstop hosts made me feel so welcome and gave me someone to talk to when I really needed it”

Nightstop Guest







Bristol Nightstop is run by Caring in Bristol.

The project provides short term accommodation for young people aged 18-25 who are at risk of becoming homeless. Running for over 4 years volunteer hosts with spare rooms in their homes receive training and support whilst providing accommodation for young people on a short-term basis.

Our community of hosts open their homes to those in need, enabling young people to work with other services in the city to resolve issues and get the support that is needed to change the direction of their life.





“We find hosting a stimulating, interesting experience. It’s good to meet a wide variety of young people, never really knowing what to expect when the doorbell rings. We enjoy getting to know the young person a bit during their stay, chatting about life, the universe and everything. Some guests are so tired by their day or recent experiences that they just want to eat,(sometimes not even that) shower and go to bed. They always want the WiFi code! We appreciate having a brief ‘pen portrait’ of the guest from Nightstop so we know if there are any sensitive topics to avoid or food preferences. We have found the risk assessments useful too: Nightstop have been frank about any issues and we can choose to say yes or no to a guest if we have concerns. We’ve never actually turned anyone down. We know there is always someone from Nightstop we can reach if we have any concerns while hosting which is also reassuring. The social events have given us the chance to meet other hosts, drivers and the Nightstop staff. Being involved in Nightstop and hosting young people has been a very positive experience for us. We would recommend it to anyone who has a spare room and enjoys company”

– **Nightstop Host**

**91 young
people were
referred
to Bristol
Nightstop
in 2018.**

**Bristol Nightstop
helped young
people stay off
the streets for
over 180 nights
in 2018**



FADUMA'S STORY

Faduma was referred by Bristol City Council to Bristol Nightstop having fled her Mother who had been financially exploiting her by insisting that she worked 8 hours a day even whilst she was studying full time on her medical degree. Faduma's mother was withholding her money and when Faduma challenged this, her mother asked her to leave.

Due to the strict environment she had been living in Faduma had no experience at all of managing her own finances or had any idea how to navigate the private rented housing market. Bristol Nightstop hosted Faduma for three weeks whilst they worked intensively with her and supported her with setting up a bank account and building independent living skills. Bristol Nightstop also supported Faduma in accessing student finances and helped her create a budget and action plan to allow her to move into the private rented market preventing her from dropping out of university due to her homelessness.

Faduma said

“Without Nightstop I would have never been able to finish my degree and be in the place I am now”

Faduma's Hosts said

“It was a pleasure and a privilege to meet Faduma. When she arrived she seemed shy: a quiet, dignified young woman towing a large suitcase. She was tired on the first evening so didn't talk much but we gradually got to hear some of her story. She talked about her studies and her family, her plans for the future and her current concerns.”

Faduma's Hosts said

“As always, we enjoyed being able to help, in a small way, a young person who is going through a difficult time. We like to give people the opportunity to talk, if they want to, without pressure– we have no right to ask them questions or give our opinions but making a connection over a meal or a cup of tea is one of the things everyone can share.”

Faduma's Hosts said

“Faduma is one of the people who has stayed in our mind and it was very gratifying to hear that things have worked out well for her.”



Faduma eventually moved into a private rented property and has been able to sustain her tenancy with the help from Bristol Nightstop. She has recently been offered a permanent job working as a nurse in Bristol after she proudly completed her nursing degree.

Frequently Asked Questions

Caring in Bristol are certain that you will understandably have lots of questions about the service and the project and rightly so. We encourage you to get in touch with us to talk through them thoroughly and allow us to answer them personally but please look at the frequently asked questions below.



Frequently Asked Questions

1. Is it Safe?
2. How is the risk managed?
3. Do I need to be DBS checked?
4. Will I be supported throughout Hosting?
And how will you support me Hosting?
5. Do I get reimbursed for my time Hosting?
6. Will the guest be given a key to my house?
7. What happens if they turn up to my house after I am no longer hosting them?
8. Will the guest be given my contact details?
9. Can I decline to host if I don't feel comfortable?
10. What if we don't get on?
11. How often would I be expected to host?
12. Can I still host if I am a single person living alone?
13. Will hosting affect my home insurance?
14. Do I need to live in the city centre to be a host?
15. How is the young person supported during me hosting them?
16. Do I provide them with meals?
17. Can I choose the dates I want to host?
18. Can it fit around my schedule/work schedule?
19. Will it infringe on my personal life?
20. What if they are aggressive?
21. What if they break my house rules?
22. Do I need to own a house?
23. I live in a shared house can I still Host?
24. Can I have pets?
25. Can I change my plans at the last minute?
26. I have children, can I still host with children?
27. What references do you need from me?

1. Is it Safe?

We really carefully consider risk (as with all of our projects), we understand that the safety of our hosts and their homes is paramount and complete a thorough risk assessment to ensure we have as much information as possible about the young person we are working closely with. You can see our risk assessment to get an idea of what we ask young people and you are welcome to talk through the process more with one of the Nightstop key workers. We know that inviting someone into your home and personal space is a big deal. Risk is an important thing to consider so we take lots of steps to make sure you are as safe and held as possible.

We would not expect volunteers to host a young person with enduring mental health problems, drug and alcohol addictions or violent or aggressive behaviour.

2. How is the risk managed?

Through our thorough risk assessment process we get to know the young person and have some indication of the difficulties they are facing, we offer a 24/7 on-call service to not only the Hosts but also to the young person, this can be a point of contact for the young person when they are finding things overwhelming, or for any and all queries and concerns you have as a host.

We also engage with the young person daily and work hard to find a speedy and stable solution to their housing situation.

3. Do I need to be DBS checked?

Yes, Caring in Bristol provide you with all the information you need to do this, guide you through the application process and you will not incur any costs.

4. Will I be supported throughout Hosting? And how will you support me?

Yes of course, Caring in Bristol will provide you with thorough training before you receive your first guest. The training gives you an introduction to homelessness in the UK, the skills needed to become a host, advice for keeping yourself, your home and your guest safe and top tips for making guests feel welcome in your home. We also provide ongoing training once you're in the role to further enhance your skills.

Whilst you are hosting you will also have access to our 24/7 on-call worker who will be available to talk you through any concerns you may have and will visit your home to assist you in the event of an emergency. You'll receive a check-in call in the evening of the placement and in the morning to make sure that everything went OK. You'll be supported throughout the whole process.

5. Do I get reimbursed for my time Hosting?

Yes, we pay out of pocket expenses to all Hosts. For more information on this and what out of pocket expenses you might encounter, get in touch with us.

**6. Will the guest be given
a key to my house?**

No.

7. What happens if they turn up to my house after I am no longer hosting them?

This is very unlikely to happen but if it did then Caring in Bristol encourage Hosts to call the 24/7 on-call service and politely tell the young person that you will get in contact with the on-call worker who will be able to help them. We would not encourage you to invite the young person into your home.

8. Will the guest be given my contact details?

No, guests will not be given any of your personal contact details and we would not encourage you to give them either. All the necessary arrangements for hosting will be made through the Nightstop team so guests will never have to contact you directly.

9. Can I decline to host if I don't feel comfortable?

Of course! We will always call to check in with you on the day to see if you're available to Host before sending a guest to you. You will also be provided with need to know information about the guest and if there is anything that makes you feel uncomfortable then you can decline to accept a guest if necessary.

10. What if we don't get on?

We understand that not everyone will get on and it could at times feel strange to have someone you don't know in your home. We try our best to match hosts to guests and encourage positive interaction between them, however our basic expectation is that everyone involved is respectful towards each other. Simply providing a safe place to stay for the night is enough.

11. How often would I be expected to host?

Volunteers can host as often as they want. Some volunteers host a few nights a week and others volunteer once a week. 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.

You will be asked for your availability a month in advance and as a guideline we ask our hosts to provide a minimum commitment of at least 3 nights per month where possible.

12. Can I still host if I am a single person living alone?

Definitely! We welcome single people from all genders to apply to be hosts and do not discriminate. We also welcome applications from families and couples.

13. Will hosting affect my home insurance?

It depends on what your insurance covers. The Nightstop team can advise you on what you need to inform your insurance provider and we can cover any additional costs.

14. Do I need to live in the city centre to be a host?

No- Ideally we would like our Hosts to live within a 30 minute drive from the city centre. This is because it can be difficult for us to arrange transport to and from a Host's home if it is far away. However, we consider each application on a case by case basis and if we feel that your home is too far away we will try our best to offer you alternative volunteering opportunities within Caring in Bristol or help you find a similar service which is closer to you.

15. How is the young person supported during me hosting them?

Our Nightstop Key workers collaborate with local housing agencies to ensure that we achieve the best possible outcome for the young people.

This support is ongoing and intensive and has led to many positive outcomes

16. Do I provide them with meals?

Yes, the out of pocket expenses cover breakfast and an evening meal. It doesn't have to be anything elaborate or fancy and we can help you with lots of ideas and guidance for this.

17. Can I choose the dates I want to host?

Yes, but we do ask that our Hosts consider at least 3 nights per month availability as a guideline.

**18. Can it fit around my
schedule/ work schedule?**

Yes, totally.

19. Will it infringe on my personal life?

Most hosts still do things they would normally do for example, going out for dinner or to the cinema or having friends over to visit whilst hosting. However, if you do have regular overnight visitors it may be necessary for them to be DBS checked also.

20. What if they are aggressive?

We make sure that young people who are placed with Hosts do not have a history of aggression or violence. We also ask each young person to sign a behaviour contract and they are expected to behave in an appropriate manner. We know we can never say never so we offer host training on a variety of areas including de-escalation as well as being on-call 24/7 to handle anything and everything we can.

21. What if they break my house rules?

We understand how important it is to keep your home safe, secure and a nice environment. We ask each young person to sign a house rules contract that is made with you in mind, hosting placements will be terminated for serious or repeated breaking of house rules and if things are not working out, and we keep in touch with you and the young person throughout to monitor this. You can also let us know when rule breaking is 'small' - we are here for everything.

22. Do I need to own a house?

No - this is a common question. You don't need to be a homeowner; you can be a renter.

23. I live in a shared house can I still Host?

Yes. Your housemates would all have to agree to hosting as all parties would need a DBS. We would also offer training to the whole house and make sure everyone feels comfortable and supported.

24. Can I have pets?

Yes, although some young people may have allergies so would need to be placed somewhere else, and you might want to consider how comfortable your pets are around new people.

25. Can I change my plans at the last minute?

Yes, we're flexible and accommodating and we appreciate that things crop up. However, if plans do change we would appreciate being notified at the earliest opportunity, as the young person will need continuity, but we will be led entirely by you.

26. I have children, can I still host with children?

Yes but it is really important that your children are part of the process and that if they are old enough to understand that it is fully explained to them.

27. What references do you need from me?

Caring in Bristol require two references from people who have known you for at least 5 years. Risk management of this project is incredibly important to us and the safety of our young people and Hosts is at the forefront of this project and the way it is managed.

We are Caring in Bristol. Our mission is to make Bristol the city that solved homelessness.



If you have a spare bedroom then you could help change the course of someone's life.



Please email **info@caringinbristol.org.uk** for much more information on becoming a host today.

If you're interested in supporting Caring in Bristol in other ways by donating or volunteering please visit our website:

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