

Survival Guide!



SLEEP OUT 4 HOMELESSNESS

Everyone should have a home



Preventing
Youth
Homelessness
Together



EVERYTHING YOU NEED TO KNOW & MORE



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Links and Information

SASH Safe and Sound Homes - preventing youth homelessness in Yorkshire

<https://www.sash-uk.org.uk>

Carecent - York

<https://www.carecent.org.uk>

Resources for churches can be found here

<https://housingjustice.org.uk/homeless-sunday-2020>

Zoom links

Meet Up - Jan 23, 2021 08:00 PM

[https://us02web.zoom.us/j/88466971400?](https://us02web.zoom.us/j/88466971400?pwd=RjlzMEFBd2N6NGJXYUhoWW9BWmxBUT09)

[pwd=RjlzMEFBd2N6NGJXYUhoWW9BWmxBUT09](https://us02web.zoom.us/j/88466971400?pwd=RjlzMEFBd2N6NGJXYUhoWW9BWmxBUT09)

Meeting ID: 884 6697 1400

Passcode: 459553

One tap mobile

Worship - Jan 24, 2021 09:30 AM

[https://us02web.zoom.us/j/84729418134?](https://us02web.zoom.us/j/84729418134?pwd=dnUyZ2tFdllCb0VSdm9SdVhIRUxpQT09)

[pwd=dnUyZ2tFdllCb0VSdm9SdVhIRUxpQT09](https://us02web.zoom.us/j/84729418134?pwd=dnUyZ2tFdllCb0VSdm9SdVhIRUxpQT09)

Meeting ID: 847 2941 8134

Passcode: 245629

Hope is the thing with Feathers
- Emily Dickinson

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chillest land -
And on the strangest Sea
Yet - never - in
Extremity,
It asked a crumb
- of me.





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Talking about Homelessness

Types of homelessness

There are different types of homelessness. From the most visible - rough sleeping - where someone lives on the streets, to the hidden homeless, which is when someone doesn't have a long-term place to call home and tends to sleep on friends' sofas.

What is youth homelessness?

It means to someone aged between 16 - 25 years old who has no secure long-term home.

Why are young people homeless?

For lots of reasons - from a family breakdown or fleeing violence, to leaving care or even simply not achieving the right grades to go to uni.

How does SASH help?

SASH provide a safe, warm family environment for a young person facing homelessness to stay, whether it is emergency, shorter-term accommodation or longer-term supported lodgings accommodation. We work with people (we call them hosts!) who have a spare room and are willing to offer it to a young person so they have a safe place to call home until they can get back on their feet. During their time with SASH, we work with each young person, giving them support for them to develop essential skills that will eventually help them to live independently and break the cycle of homelessness.

Chocolate Mug cake

4 tablespoons flour
1 teaspoon baking powder
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
1 tablespoons chocolate chips (optional)

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips and mix again. Microwave for about $2\frac{1}{2}$ minut



Best Ever HOT Chocolate

What to do

- 1) Get an adult to help you warm up the milk in a small saucepan, then whisk in the cocoa powder, honey,/syrup and vanilla extract. Whisk well to remove any lumps from the cocoa.
- 2) Pour the mixture back into your mug and add on your squitty cream, chocolate flakes and marshmallows.

Ingredients

- 1 cup milk (or your milk of choice)
- 2 Tbsp cocoa powder
- 2 Tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- Squitty cream
- 1 chocolate flake
- Mini marshmallows



Tip: For a super creamy hot choc, froth up the mixture with a hand blender while still warm!





BIBLE-PRAYER DOODLE-THING

TAKE ONE VERSE OR SENTENCE FROM THE BIBLE. FIND A QUIET SPACE AND USE THE QUESTIONS ON THIS SHEET TO HELP YOU REFLECT, LISTEN AND PRAY.

① WHAT IMAGES DOES THIS VERSE MAKE YOU THINK OF? DOODLE THEM.

MY VERSE

② WHAT QUESTIONS DOES THIS RAISE? WRITE THEM DOWN AND ASK GOD TO SPEAK TO YOU ABOUT THEM.

③ WHAT PRAYERS DOES THIS INSPIRE? PRAISE, THANKS, SORRY, PLEASE... WRITE OR DRAW THEM.

④ WHAT ACTION DOES THIS REQUIRE OF YOU? NOTE THINGS DOWN, AND ASK FOR GOD'S HELP.

SAM AND SARA HARGREAVES
RVN ENGAGE WORSHIP, A RG, WHICH OFFERS RESOURCES AND TRAINING FOR CREATIVE, INNOVATIVE AND WORLD-CHANGING WORSHIP.

Living with homelessness this winter

The Sleep Out for Homelessness event on January 23rd 2021 will help to raise funds for [Carecent](#) in York, and [SASH](#). Short for 'Safe and Sound Homes', SASH operates across a large geographical area and provides services to prevent youth homelessness right across the Yorkshire North & East Methodist District. Nationally, the last few months have seen huge shifts in provision for [rough sleepers](#), and services on the ground have had to adapt quickly in order to provide safe options for people experiencing this form of homelessness. Recent trends have also thrown into sharp relief how the wider experience of homelessness is much more than what we see in terms of visible rough sleeping. Escalating levels of [domestic violence](#) during the pandemic have exposed many more individuals to the risks of homelessness. Goodness only knows how the [hidden homeless](#) of sofa surfers coped during the lockdown.

At the same time a recent article in the [Lancet](#) has drawn attention to the particular risks that COVID19 poses for homeless people this coming winter and what this means for accommodation and support services over the next few months. The urgency of the situation is reflected in the announcement last week of a new call for evidence by the [Housing, Communities and Local Government Committee](#) which will look at homelessness and consider what additional support may be needed over the winter months and following the increase in infection rates.

How are churches responding to homelessness?

Recent attention on homelessness by the [Joint Public Issues Team](#) (made up of the Baptist Union, the Church of Scotland, the Methodist Church and the United Reformed Church) has

made sure that people who have experienced homelessness are at the centre of discussions about how churches can be part of the solutions. From Harrogate to Hull and Selby to Scarborough, there's already a fantastic range of work all around our own District both within and between churches, and the challenge is how we build on this work going forwards. In this respect the response within our own area is replicated right across the Connexion and there have been three [Methodist Homelessness and Housing Gatherings](#) this year to share and learn from our experiences of the current crisis. But these meetings are also thinking about how churches respond in the future and how we can be part of a bigger picture of tackling homelessness locally and nationally in the coming years. We have been challenged to think much more broadly about how we might also work in partnership with other agencies to *prevent* homelessness, as well as supporting how people *move on* from homelessness. That is, how churches can be part of people's [recovery and reconnection](#) within communities. The [Archbishop of Canterbury's Commission on Housing, Church and Community](#) will soon be publishing a toolkit to support how churches might further respond in their areas and build upon the work already going on. Once this 'how to' toolkit is available, we will be hosting an event over the District to look at what this means for us in our own contexts and how it might help to shape our own responses to homelessness within our communities.

Youth Homelessness

Young people are at [particular risk](#) of homelessness and insecure housing. Both [academic researchers](#) and [frontline agencies](#) have set out the complex reasons that combine to expose many young people to vulnerable housing situations. Organisations like [Centrepoint](#) highlight not only the causes of youth homelessness, but detail how these factors lead to a different experience for each and every young person that they support.

We can begin to get some idea of the extent of youth homelessness by looking at the number of young people who make a request for help to local authorities. Although there's inevitably a bit of a lag with the availability of statistics, Centrepoint provide a [databank](#) so that it's possible to look at the situation across the local authorities that operate within the Yorkshire North & East Methodist District. To give one example, in 2018/2019, 169 young people approached [Harrogate Borough Council](#) with a request for help with homelessness. Notably, all of them were offered support by this authority, and 119 had [positive outcomes](#), including housing. Whilst local authorities have a [key role](#) to play in tackling this issue, however, a characteristic feature of youth homelessness is that much of it remains [hidden](#), and does not [show up in official figures](#).

Across our own District organisations like SASH do incredible work with young people who are experiencing homelessness. Rather than providing hostel accommodation, SASH draw on a network of [volunteer hosts](#) who provide either [emergency Nightstop accommodation](#) or [supported lodgings](#) for young people who need a longer term option. The accommodation provides a safe environment in the hosts' own homes, where one to one support can also be offered by a SASH project worker. A number of young

people have shared their [experiences](#) of dealing with homelessness as well as moving on and making new opportunities via SASH.

Scarborough is the busiest area for SASH, and where they have the highest number of young people in supported accommodation. The scale of youth homelessness across our District is such that SASH currently have a shortage of hosts, especially in the Scarborough area, and new volunteers are always welcome. Although SASH work with people up to the age of 25, a statistic that gives pause is that about half the young people they work with are aged 16 to 17. A stark fact remains that frontline agencies that help young people with homelessness [first come into contact](#) with many of them when they are still officially children.

One of the main problems with addressing youth homelessness is its invisibility. The hidden nature of youth homelessness leads people to believe that there isn't a problem within their own communities. But whether we see it or not, it's there, and young people need our help like never before.



Homelessness and children

The impact of homelessness on the health and wellbeing of children

Tackling the impact of homelessness on children remains an ongoing and deeply entrenched problem. [Shelter](#) estimated that on Christmas Day last year there were at least 135,000 children in Great Britain who were homeless and living in temporary accommodation. Homelessness can have diverse and wide-ranging impacts on the [physical and mental health of children](#) and [babies](#). [York's Homelessness Strategy](#) notes that children who have been homeless and in temporary accommodation are three times more likely to demonstrate mental health problems such as anxiety and depression and are at greater risk of infections and accidents.

Adverse Childhood Experiences and the potential for homelessness in later life

There is also [mounting evidence](#) of the way that negative and traumatic experiences in childhood can have a lasting impact right through people's lives. Crucially, there is a link between how adverse experiences in childhood can shape the potential risk of experiencing homelessness in [adult life](#).

A lot of attention has focused on [adverse childhood experiences](#), which describe highly stressful and potentially traumatic events or situations that can occur in childhood or adolescence such as physical, emotional or sexual abuse, or living with someone who has abused alcohol or drugs, for example. One [national study](#) has [mapped](#) the prevalence of adverse childhood experiences across England and we can look at how levels of adverse childhood experiences vary across our District. Hull is one of the areas of the country

where children are more likely to have experienced a range of traumatic experiences. The [annual report](#) of the Director of Public Health for North Yorkshire has also looked in detail at child poverty within our area.

Violence in the home is one of many such issues that can impact on children. The number of calls to helplines that deal with domestic violence has [escalated](#) during Covid19 pandemic. However, one of the characteristics of domestic violence is the extent to which people do not report what they are experiencing, and this is something that has been noted across [parts of our own District](#). The issue is the subject of current national policy attention and the [Domestic Abuse Bill](#) is moving towards its second reading in the House of Lords. There has also been a recognition that as a Church we can do more, and as I write this blog the Connexion is holding its first Domestic Abuse Webinar next week. Nevertheless, organisations like Action for Children have highlighted not only the impact of domestic violence on children, but also the [patchy response](#) that is available to tackle this issue across the country.

Some groups of young people are at particular [risk of homelessness](#). Action for Children has drawn attention [repeatedly](#) to the fact that young people who have been in care continue to cope with the lasting impact of a traumatic childhood and yet care leavers are expected to live in their own accommodation at a far earlier age than other [young people](#).

But it's not just in relation to housing that care leavers face huge challenges. As one person with lived experience of the care system also highlighted, care leavers have to cope with the upheaval of transitioning from care and making their way in independent accommodation at exactly the same time as they are working towards critical exam qualifications. As an

aside perhaps it's worth reflecting on how far churches in a post Covid19 world could play a role providing safe spaces for learning not just for care leavers but also for young people living in very insecure and/or overcrowded housing situations.

Homelessness has diverse and multiple consequences for people of all ages, including children, but sometimes it's the details that strike home. One thing that has stayed with me are the words of a homeless support worker who told me that one thing they tried to do while they were helping families to deal with the immediate crisis of losing their homes was to make time to sit down with children, and to provide the space for them to talk and grieve for the family pets they had just been forced to give up.

In looking to the future we can highlight current partnerships between Methodism and organisations that support young people. With their origins in Methodist mission, [Action for Children](#) do fantastic work to protect and support children and young people. Not only do they help to build the evidence base of the challenges facing children and young people and how we can respond, but also provide practical and emotional care and support, as well as campaigning to bring lasting improvements to their lives. We can do what we can to be with people and help them overcome homelessness when it happens. But we can also be part of helping to prevent homelessness, which can mean going right back to tackling some of the root causes.

Rural homelessness

[Rural homelessness](#) can look very different to homelessness in large towns and cities. Although the root causes of homelessness are similar wherever it is experienced, a striking feature of homelessness in the countryside is its lack of [visibility](#), which can lead people to believe that the problem does not exist across their communities.

It's very difficult to count just how many people in rural areas are experiencing homelessness. One problem is that the dispersed nature of rough sleeping in rural areas makes quantification difficult, with [people tucked away](#) in places like garages, sheds and out-houses, churchyards, barns, parks, fields and woods. A few years ago a [study](#) of rough sleeping in North Lincolnshire identified much higher levels of this form of homelessness than official counts suggested was the case, and set out a number of ways that rural communities could help to identify levels of homeless in their areas.

Closer to home, and much more recently, [Ryedale District Council](#) highlighted exactly this issue across some of the rural parts of Yorkshire North and East Methodist District. Between July 2019 and January 2020 this council identified thirty individuals who were at risk of rough sleeping or had actually slept rough in Ryedale and worked with them to resolve their homelessness. In that time period official statistics noted one rough sleeper across Ryedale's area.

Another [feature of homelessness in the countryside](#) is that people are more likely to be doubling up with other households by staying with friends or family compared with urban areas. Again, this makes it difficult to appreciate the numbers involved. Often described as 'sofa surfers', this group are living in very precarious and temporary housing circumstances, and their experiences have only been made worse by the lockdowns due the Covid19 pandemic.

Overlaying the problem of homelessness is the very limited availability of affordable housing in rural areas and the high demand for housing that pushes house prices and rents way beyond the reach of many people on modest incomes. The latest [York, North Yorkshire and East Riding Housing Strategy](#) highlighted the extent to which house prices were above the level which would be considered 'affordable' for households on lower incomes. House price to income ratios were particularly high in the rural areas of Richmondshire, Ryedale, Hambleton and Harrogate, as well as [North York Moors National Park](#).

[Tackling homelessness](#) and the wider affordable housing shortage in rural areas has led to some truly innovative and specialist [approaches](#). A feature of this response is an emphasis on the way that rural communities themselves can [take the lead](#) as part of the solution, and this includes [ongoing activity](#) across North and East Yorkshire. One of the distinctive approaches that has emerged in recent years is the role of [Rural Housing Enablers](#). These specialists provide independent support and advice to local communities and provide a link for communities with other parties such as developers and the local authorities. Rural Housing Enablers are a [tremendous resource for people in the countryside](#) who want to take forwards affordable housing within their communities, and this includes [the rural areas of our District](#).

Examples have emerged across the country in places like [Keswick](#), [Ambleside](#) and [Hale](#) that demonstrate the role that Methodist churches can play in supporting affordable housing. These examples are inspiring because they show that in spite of the [barriers and complexities](#) involved, we can be part of a future that helps to sustain [vibrant village and](#)

[market town communities](#) for people whatever their background or [income](#).



Is this how we see people who are homeless? As vague and featureless? Who is the person? Can you add some details?



Homelessness

J S K H Y S U P L C R E Y X F K C
 R V M D D D A W I L L N E S S H S
 G D S Q J E F G E X X R S K R A Z
 X H O M P R B D P M X D U N J L U
 S X K E K A H W Z E I S O L F K U
 P A Z R P C D K M G G Q R D V E G
 E R K K H S L C P R S A E E A H U
 O O G Z U Z R F E B S H G S Z Z N
 P O L E N K O U Y V E H N P P T N
 L P C V G X W V M K L K A E I T O
 E W O R R O D H K Z E G D R O Z R
 Y H L X Y Q F I K T M I S A R S R
 X Y D I H H P F T N O Z B T A M R
 H F C V Z L G N K A H C B E G R V
 W Y S N A R E T E V E Z K D N Y I
 Q F E A X J X H O P E L E S S S H
 P A K P S J M B R Z H V E R U Q Z

Cold	Dangerous	Desperate	Homeless
Hopeless	Hungry	Illness	People
Poor	Scared	Veterans	World