

Nightstop Cumbria Guide

Top Tips for referring to Nightstop

- **Always call** Nightstop Cumbria first with your enquiry, to check there is availability that night and discuss the potential referral. If you don't get through to me right away, make sure you leave me a message with your name and contact details, or drop me a text, so I can get back to you as soon as possible. If your enquiry is urgent, you can call our Nightstop North East team on 0191 253 6164, they will have access to Cumbria host availability and be able to let you know whether to go ahead and complete the form, or answer any questions you might have about the process.
- Try and get the completed referral form to us as early in the day as is possible, this gives us more chance of being able to complete the risk assessment in time to make a placement for that evening. Our **referral time is from 9am to 4pm, Monday to Friday**. Also make sure the consent parts of the form are signed by the young person, we need this consent to carry out the risk assessment, obtain background information etc.
- **Talk it through** with the young person, they sometimes need quite a bit of encouragement to use the service in the first instance but, once they've used us for one night they are usually then much more relaxed and enjoy using the service. We recognise it can be daunting to stay in a stranger's home so we ask you to tell the young person that Nightstop provides a safe space in a welcoming home environment. Our hosts are fully trained and vetted, and know that some young people will be in the midst of a crisis situation that they don't want to talk about. If the young person wants to arrive there and spend most of the night in their room, that is fine! There is no pressure to spend time with the hosts. If a young person is still apprehensive, I am happy to have a chat with them to explain a bit more and as I recruit the hosts for Cumbria, I know the placements well and can let the young person know a bit about where they might be going. Our hosts know how to make a young person feel at ease and usually just start by offering them a cuppa.

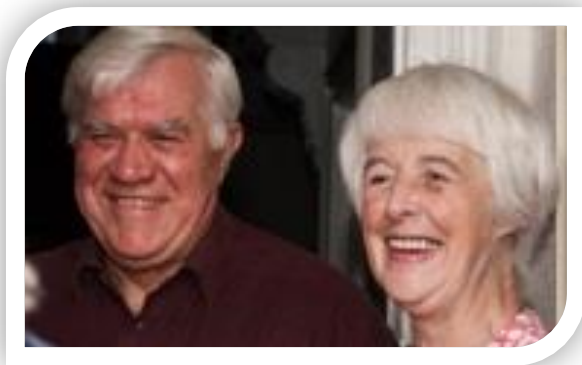


- We have **resources available** to give some more insight into Nightstop, which can be useful and may reassure a young person. Our website www.depaulnightstopuk.org contains case studies of people who have used Nightstop, some short films which show some real hosts and young people who have used Nightstop. We aim to produce some Cumbria specific videos in due course and will let you know when they are available to see. <https://youtu.be/ow6oRfRUVzA> this is a 12 minute film, featuring young people, hosts and staff which gives a good overview of the service and could be helpful to show to your young people. We also have leaflets, which we have been circulating around agencies; if you don't already have some of these, email me sharon.jackson@depauluk.org and I will get some to you.
- We collect verbal references for the young person, as part of their **risk assessment**, so as much information as you can provide in section 6 of the form, the better. These contacts can be anyone who knows the young person well enough to answer some risk assessment questions about them - agencies working with / who have worked with the young person, college tutors, teachers, family members / friends of family and ideally the last accommodation they have stayed at, be this with family or supported accommodation etc.

Did you know....?

- Having a criminal record, history of substance misuse, previous aggressive behavior - **does not** mean someone cannot be accepted into Nightstop. When we do the risk assessment we look into the young person's current situation, the circumstances around any past incidents, any possible triggers we can be aware of, and information relevant to them being placed in a hosts home. If any risks identified can be managed, and the young person can safely abstain from using any substances while they are with Nightstop, then we could take them. It is our ethos to risk assess with every intention of offering a placement to a young person, rather than looking for reasons not to accept them.
- We will support with **travel arrangements** where we can. Eventually we will have a bank of volunteer drivers but this will take time to build up. Our hosts are often happy to collect young people from the train station or bus stop, or an agreed half way point that the young person can get to.
- A nightstop **placement includes** - their own room, access to washing facilities such as shower, washing machine, an evening meal, breakfast the following morning.
- We can **prioritise** a young person who is already using Nightstop, for a placement the following night, we just ask that they or the referral agency contact us before midday so we know they need it.
- **We don't need** a local connection to be able to place a young person with Nightstop.

- **Unfortunately we are not able** to offer Nightstop to a young person who is bailed to a specific address, which would include being on a tag. We can, however, take people on bail, such as when the conditions might just be that they are not allowed to be in a certain area.
- **All our hosts** are volunteers and do what they do because they want to help young people, and feel they are in a position to. They come from all sorts of backgrounds and they are also.. 'normal people'!!



Nightstop contact details:

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Depaul UK Regional Office

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