



THE VOICES OF SUPPORTED LODGINGS: Strong foundations for our future

OCTOBER 2024



“I’m able to cook, I’m able to do my laundry, I’m able to do all this stuff, **whereas if I hadn’t been in supported lodgings, I wouldn’t know how to do most of these things.**”

Young Person Living in Supported Lodgings

Home for Good and Safe Families seek to influence and deliver change in order to achieve our vision of finding a home for every child who needs one. The Voices of Supported Lodgings research and subsequent report has been co-produced and authored by a research team of five, three of whom have lived experience of supported lodgings: William Ansell, Jessica Dowding, Sam Lomas, Bella Simpson-Nisbet and Rachael Stemp. We would like to thank members of the Supported Lodgings National Network for their assistance disseminating our national survey and facilitating connections with young people.

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FOREWORD

We are delighted to present *The Voices of Supported Lodgings*, a report that reflects the voices and experiences of 230 young people like us who live in supported lodgings. This report is not just about statistics and numbers; it's about our lives, our stories, and our hopes for the future.

As young people with lived experience in supported lodgings, we know the challenges and opportunities that it brings. **Nearly 9 out of 10 of us (88%) believe that supported lodgings provide the right balance of independence and support.** As we transition to adulthood, it gives us freedom to grow with support and guidance.

When you are care experienced, have travelled from overseas or have experienced homelessness, it can be hard to feel like you belong. But this report shows us that for **84% of young people, supported lodgings feel like home.** This really matters to us and is one of the reasons why 69% of us prefer supported lodgings to other places we have stayed.

Supported lodgings is more than just a roof over our heads. It's a place where we can thrive. For 84% of young people like us, supported lodgings is helping them to achieve their goals. It won't be right for everyone, but supported lodgings can have a really positive impact, and we want to make sure the opportunity to live there is available to as many young people as possible.

JESS



"Young people's voices are very important when conducting research into supported lodgings. It is us, as young people with lived experience, who are key to investigating the unfiltered views of young people living in supported lodgings. I lived in foster care and I'm now a care leaver currently living in supported lodgings. I think it's so important to ensure that supported lodgings are well-known and young people feel comfortable where they are living. If supported lodgings is going to be provided, we need to do it properly and young people must understand what the provision entails."

WILL

"When I first put myself forward for this project, I didn't really know what to expect. What attracted me was the idea of change, and something needs to change. When you haven't got a stable family and have to go into the care system for support and family, it feels like nobody cares and you are just bounced around. Using my personal experience, I wanted to help bring about positive changes and spread the word about supported lodgings and how it can literally change your life! I feel so privileged to have had this opportunity of supported lodgings as I have met people that will support me for life! This report is another way of giving back, because I want other young people to experience the same."





BELLA

"As young people, we have been assisting in conducting this research, utilising our own shared and personalised experiences to draft the survey, interview young people, and promote the survey. We have been reaching out to care experienced young people, young people at risk of homelessness, and young people seeking asylum to gather meaningful data. Our aim was to collect their views on supported lodgings and influence change where it is needed."

We hope this report sheds light on the importance of supported lodgings and highlights the positive difference this provision can make in the lives of young people. By sharing our stories and the data we've uncovered, we aim to ensure that supported lodgings are recognised for their value and continue to be a vital resource for young people in need.

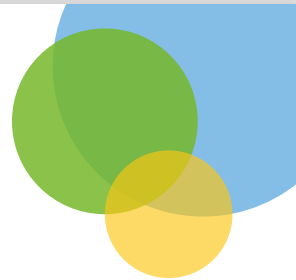
Jess, Will and Bella

A Note from Tarn Bright, Co-CEO of Home for Good & Safe Families

At Home for Good and Safe Families we are committed to standing up for the increasing number of teenagers and young adults in need of a loving, stable, home. We've taken the time to listen to these young people and amplify their voices, which is the focus of this report.

Having been a supported lodgings host, I have witnessed the immense challenges young people can face. Offering a room in our home and embracing a young person as family was a humbling and rewarding experience. The act of giving - whether time, conversation, or shared space - brings unexpected joy. In return, I've gained understanding, insight, and in some cases, lifelong friendships.

We are deeply grateful to the young people who have shared their stories with us. We are committed to standing up for them - not just in a protective way, but in a proactive, empowering one. In standing up, we stand with them. In so doing, we invite you to do the same.



TERMINOLOGY

Throughout this report, we use several terms and key phrases, for which we have provided our own definition below.

Supported lodgings: Supported lodgings is a provision for young people aged 16 or over, whereby they live in the home of a 'host' family, individual or couple.

Host: The family or householder who provides accommodation to young people within a home setting. They can be single or a couple.

Unaccompanied asylum-seeking children (UASC): A person under 18 years old, who is applying for asylum and is separated from both parents, and not in the care of a guardian.

Young People Seeking Asylum: A young person who has travelled from another country and is seeking to live longer-term in the UK. For the purposes of this report, young people seeking asylum refers to both 16 -17-year-olds and young people aged 18 and above, who are applying for asylum and are separated from both parents, and not in the care of a guardian.

Lived experience: Personal knowledge gained through direct, firsthand and day-to-day involvement, rather than knowledge transferred by others.

Care experienced: Any person who is now or has spent any part of their childhood under the provision of the State through the care system.

Care Leaver: A care leaver is a young person between the ages 16-25 who has been in the care of the local authority. A care leaver may have lived in foster or residential care and may leave care at the age of 18 or earlier.

Provider/s: Local authorities, independent agencies or charitable organisations responsible for overseeing local provision of supported lodgings, which includes recruiting and managing hosts, matching them with young people and providing ongoing support to placements.

Supported Lodgings National Network (SLNN): The Network is a collection of providers (both local authorities and charitable organisations) who provide supported lodgings schemes across England.¹

NEET: NEET is used to describe individuals who are Not in Education, Employment or Training.

EET: EET is used to describe individuals who are in Education, Employment or Training.

Moving On Plans: A plan to help young people transition into independence and adulthood. This could be included in Pathway Plans for young people who are legally in care, but also enables plans for young people who are living in supported lodgings but not legally care leavers.

1. <https://supportedlodgings.net>



EXECUTIVE SUMMARY

Headline findings

84%

of young people told us that supported lodgings feels like home.

Young people report that supported lodgings is a really positive option that is effective at providing them with life skills, giving a good balance of independence with support and helping them to feel positive about the future.

89%

of young people told us they have a good relationship with their host.

Young people feel that hosts are teaching them essential skills, take an interest in their life and are consistently around when they need them.

90%

of young people feel more confident in their ability to live independently as a result of supported lodgings.

The skills and support being provided to them through supported lodgings means that young people are feeling positive about the future, their ambitions and their readiness for adulthood.

92%

of young people feel safe from exploitation or being taken advantage of in their supported lodgings.

It is recognised that care experienced young people and those at risk of homelessness are particularly vulnerable to exploitation. However, through close support from their hosts and the involvement of professionals, young people in supported lodgings feel safe and protected from such risks.

95%

of young people want to see supported lodgings available to all young people across the country.

Despite widespread support for this provision, young people identify that there is poor awareness among their peers and the public about this provision. There is an opportunity for the sector and Government to work with young people to address this.

WHAT IS SUPPORTED LODGINGS?

Supported lodgings is a provision for young people aged 16+ whereby they live in the home of a “host” family or individual. It aims to provide a balance of independence and support, with the host responsible for supporting the young person to develop skills for independence and providing other emotional and practical help.

Supported lodgings has grown rapidly in recent years, with the number of local authorities now offering supported lodgings increasing by 38% since 2021.² This rise correlates with increasing recognition of the rising number of teenagers in care and growing emphasis on the need to ensure sufficient high-quality options for these young people.

Supported lodgings is ideally placed to support the needs of three specific groups of young people:

1. 16 and 17-year old children in care and care leavers
2. Young people seeking asylum
3. Young people at risk of homelessness

BACKGROUND: THE RESEARCH

This report, *The Voices of Supported Lodgings*, shines a light on the experiences of young people living in supported lodgings - a form of accommodation that provides a unique combination of independence, support, and guidance in a home setting. Co-produced with young people who have firsthand experience of this provision, the report sets out a picture of the impact of supported lodgings from young people’s perspectives. In doing so, we seek to amplify their voices; both where they describe positive impact but also where they identify that changes are necessary to strengthen supported lodgings across the country.

We heard from hundreds of young people about their experience of supported lodgings through our research:

- **251 responses to our survey**
- **3 focus groups conducted**
- **14 individual interviews held**

2. Home for Good. 2024. *Emerging Insights into Supported Lodgings*.

SUPPORTED LODGINGS: THE IMPACT ON YOUNG PEOPLE

Across our research, young people told us about the far-reaching impact that being in supported lodgings had on their lives. The evidence below paints a picture of a provision that is effective in meeting young people's needs:

84% of young people told us that supported lodgings feels like home.

92% of young people in supported lodgings feel safe from exploitation or being taken advantage of.



85% of young people would recommend supported lodgings to other young people.

95% of young people think that supported lodgings should be available to all young people around the country.

88% of young people feel there is a good balance of independence and support in supported lodgings.

87% told us that their host is consistently available when they need them.



90% of young people told us that they feel more confident in their ability to live independently as a result of their time in supported lodgings.

83% of respondents feel well-supported by the professionals in their life.

89% of young people describe a positive relationship with their host and report that their hosts are teaching them important life skills.

The longer a young person is in supported lodgings, the more likely they are to be in education, employment or training.



Compared to care leavers living in other provisions, young people in supported lodgings are **7-8%** more likely to be in education, employment or training.

Young people living in supported lodgings report positive levels of wellbeing.

SUPPORTED LODGINGS: AREAS FOR IMPROVEMENT

Despite the positive experiences and impact felt by many, young people also identified aspects of supported lodgings that could be improved, based on their experiences.

- **Only 36% of all respondents had heard of supported lodgings before being offered it as a placement option.** This aligns with wider research conducted by Home for Good which highlights that only 30% of the general population have heard of supported lodgings.³ Clearly, there is a need to increase awareness of this provision both within the public and among young people, as some may go on to live in supported lodgings.
- **Around half (53%) of all young people are living with another young person in their supported lodgings placement** and while there are benefits to such arrangements, young people reported that the matching process did not take into account the dynamic between young people living under the same roof.
- **Asylum-seeking young people in supported lodgings report lower levels of satisfaction about the support they receive from their hosts.** This group of young people were less likely to report feeling understood by their hosts. Recent research by Home for Good has found that despite one-quarter of all young people living in supported lodgings being those seeking asylum, 60% of providers do not offer any specific training to hosts on the needs of this specific cohort of young people.⁴
- **Young people in supported lodgings report higher-than-average feelings of loneliness and isolation.** Furthermore, only 36% of young people told us they had spent time with other young people who were living in supported lodgings. Yet for those who were given opportunities to connect with other young people living in supported lodgings, nearly 70% reported that they found this helpful.
- **Young people highlighted a lack of planning and preparation around moving-on from supported lodgings.** They spoke of how their anxiety levels increased when considering moving-on, with many expressing that there was not enough support given when considering their next steps. Ensuring this transition is well planned, co-produced with young people, and initiated early enough to allow them time to process and plan is vital for maintaining the stability provided by supported lodgings.
- **Young people want to share their experiences and help other young people entering supported lodgings to have the best placement they can.** At present, the experiences and expertise of young people is often overlooked but could provide a valuable tool for recruitment, support for other young people and helping to raise the profile of this provision.

3. Savanta Comres. 2021. *Supported Lodgings and Home for Good*.

4. Home for Good. 2024. *Emerging Insights into Supported Lodgings*.

RECOMMENDATIONS

In light of the areas of improvement highlighted by young people, we have devised a series of recommendations to Government and providers delivering supported lodgings on the ground.

RECOMMENDATIONS TO GOVERNMENT

- The Government should publish new guidance⁵ on supported lodgings to support providers in running effective, high-quality schemes. This guidance should:
 - a. Be produced in meaningful consultation with young people with lived experience of this provision.
 - b. Include guidance around best practice matching, which should include consideration of the dynamic between young people where there will be more than one young person living in a supported lodgings placement, as well as the dynamic between a host and a young person.
 - c. Provide a template/best practice examples of 'moving on' planning materials, to enable a smooth transition for young people. This should include conversations about what the relationship between a host and a young person will look like beyond the young person moving on.
 - d. Showcase best practice examples and case studies of young people with lived experience being meaningfully included in the running and delivery of effective supported lodgings schemes.
 - e. Include minimum training requirements that providers should give to hosts, to ensure a minimum quality standard of training for hosts across the country. This should include training on the needs of young people seeking asylum, given the high proportion of this cohort living in supported lodgings.
- The Government should launch a national recruitment campaign, in partnership with the sector, to boost the profile of supported lodgings and inspire and recruit hosts to open their homes to young people through supported lodgings. Providers of supported lodgings should receive additional funding to undertake recruitment activities. This campaign should draw on the experiences of young people themselves to inspire others about the impact of this provision on young lives.
- As part of the development of Regional Care Cooperatives (RCC), Government should introduce a 'Supported Lodgings Lead' within every RCC with responsibility for the regional development of supported lodgings provision, coordination and sharing of resources between schemes and oversight of the sufficiency of placements for young people.



RECOMMENDATIONS TO PROVIDERS

- Providers should consider recruiting lived experience ambassadors who have lived in supported lodgings and are willing to share their experiences and advice with other young people considering it.
- To enable a positive relationship between young people living in the same supported lodgings setting, providers should ensure that the matching process gives space for young people to meet and get to know one another, as part of assessing the suitability of a match.
- Specific training on the needs of asylum-seeking young people should be provided to hosts to enable them to care for this cohort of young people in a culturally sensitive way.
- Young people with experience of supported lodgings should be invited to support schemes in all aspects of running an effective scheme. This could include being part of an interview panel for prospective hosts, participating in home assessments and supporting social workers in explaining supported lodgings to young people.
- Providers should consider establishing peer support groups for young people to enable young people to connect together and share experiences. These groups should be designed to be inclusive and engaging, addressing potential barriers to participation.
 - a. As a priority, providers should establish opportunities for unaccompanied asylum-seeking young people to be connected with others, so that they can receive peer support in integration and language acquisition, as well as making religious and cultural services available.
- Every young person should have a personalised moving-on plan. This plan should be co-created with the young person, their social worker, or support worker, and recorded in a detailed moving-on document.
- Consideration should be given before placing young people in supported lodgings where young people and hosts have minimal shared living spaces within the home. Recruitment and training of hosts should emphasise the proactive and intentional role they are to play in the life of a young person and training for hosts should provide practical tools to enable them to engage in ongoing dialogue and support of the young people living in their home.

5. The last national guidance on supported lodgings was published in 2008 and focused solely on this provision within tackling homelessness.

ABOUT THE RESEARCH

Supported lodgings has grown rapidly in recent years, with the number of local authorities offering supported lodgings increasing by 38% since 2021.⁶

To assess whether supported lodgings is an effective provision, providers, national policy makers and hosts need to be listening to the experiences of young people living in this provision. Furthermore, young people have the right to inform and shape services which impact them, especially those which determine how and where they live and are cared for. We set out to hear from young people about their experience of supported lodgings, to help amplify what matters most to them and encourage policy and practice developments to align with young people's priorities and needs.



Our research included a national survey to gather the experiences and insights of young people with lived experience of supported lodgings across the country. The survey was shared with young people via members of the Supported Lodgings National Network. Providers were asked to forward a survey link, poster and short video with information to young people they support. The survey was shared online, with the option to talk through the questions on the phone, if preferred. This approach was taken to maximise the chances that all responses were legitimately from young people with lived experience of supported lodgings.

After completing the survey, participants were given the option to participate in a follow-up interview. Interviews were 25 – 35 minutes long and took place online. They were led by a researcher and often supported by a young peer researcher.

OUR CO-PRODUCTION APPROACH

The research was conducted on the principles of co-production and collaboration. Young people have the right to be involved in decisions that affect them, including the shaping of policy and services.⁷ Research bodies and the Government are increasingly recognising that young people's voices need to be central to shaping the care they receive. The research project team included three young people who brought current or past lived experience of supported lodgings. Will, Bella and Jess co-produced the entire project, from designing survey and interview questions, to developing recruitment materials, to helping structure and write this report. By bringing their own experiences, they gave invaluable insight into the right questions to ask and ensuring the project was relevant, appropriate, and accessible to young people in supported lodgings.

6. Home for Good. 2020. *Supported Lodgings Freedom of Information Request*. Home for good. 2024. Internal Analysis.

7. United Nations Convention on the Rights of the Child. 1992. Article 12. Available [online](#).

WHO TOOK PART IN THIS RESEARCH?

In total, 251 young people responded to the survey. Some young people said that they didn't live in supported lodgings, and some young people completed the survey more than once. Therefore, 230 responses are included in the findings of this report. All questions were optional, so the number of people who answered each question may vary.

After the survey, three focus groups were conducted, each comprising young people from distinct backgrounds: children in care and care leavers, young people seeking asylum, and young people at risk of homelessness. In addition, 14 individual interviews were carried out with participants from these groups.

PARTICIPANTS FROM ALL OVER THE COUNTRY:



BACKGROUND

In 2019, the media shone a light on horrifying examples of children and young people in the care system being placed in entirely inappropriate settings – caravans, tents, B&Bs and even in canal boats.⁸

In response, Home for Good called on the Government to raise the quality of provision for teenagers and ensure every young person in care received 'Five Star' care.⁹ Recognising that a lack of high quality options available to local authorities was fuelling these practices, we began to explore the merits of supported lodgings – a relatively unknown provision – to provide a family-based but more independent setting which could meet the needs of many young people.

8. BBC. 2019. Care Investigations: Children housed in caravans and boats. Available [online](#).

9. Home for Good. 2020. *Five-Star Interim Report*. Available [online](#).



A. Office of the Deputy Prime Minister. 2003. *Supporting People*. Available [online](#).

B. Department for Communities and Local Government. 2008. *Making a difference*. Available [online](#).

C. [Care system struggling to cope, says children's commissioner | Children | The Guardian](#)

D. [BBC Two - Newsnight, Britain's Hidden Children's Homes: 'Killed in care'](#)

E. Home for Good. 2020. *Five-Star Interim Report*. Available [online](#).

F. Home for Good. 2021. *Brimming with Potential: The case for supported lodgings*. Available [online](#).

G. Department for Education. 2022. Looked after children aged 16 to 17 in independent or semi-independent placements. Available [online](#).

H. Ibid.

I. [Government bans unregulated accommodation for young people in care - GOV.UK \(www.gov.uk\)](#)

J. Home for Good. 2024. *Emerging insights into supported lodgings*.

TIMELINE

2003

Earliest supported lodgings documentation

Earliest known Government documentation referencing supported lodgings. *Supporting People: Guide to Accommodation and Support Options for Homeless Households* (Office of the Deputy Prime Minister).^A

2008

Government guidance for supported lodgings

Making A Difference guidance published by the Department for Communities and Local Government.^B However, this does **not** include guidance for schemes entirely funded by Children's Services used to accommodate children in care.

2018/19

Rising numbers of young people in care

From 2010 to 2018 number of children in care increased by 17% to 75,420 children in care and the number of children in care aged 13 or over rose by 21% between 2013 and 2018.^C Further, in 2019 BBC Newsnight highlighted that since 2009 there had been a 70% increase in the number of 16- and 17-year-olds placed in 'unregistered' accommodation.^D

2020

Five Star Interim Report

Responding to media stories of children and young people in the care system being accommodated in inappropriate settings - caravans, tents, B&Bs and even in canal boats - Home for Good publishes the *Five-Star Interim Report*^E calling for an end of unregulated care & for supported lodgings to be explored as a highly-suitable provision for children in care aged 16+.

2021

Brimming with Potential Report

Home for Good publish *Brimming with Potential*,^F which makes a compelling case for increased investment in supported lodgings provision for young people in care aged 16+.

2022

The Supported Lodgings National Network launched

The *Supported Lodgings National Network* is launched to strengthen the quality and use of supported lodgings provision across the country by sharing best practice, facilitating connections and collaborative working.

2022

Increased use of supported accommodation

Figures show the number of children in care aged 16 to 17 living independently or in semi-independent accommodation increased by 23% since 2021 and more than doubled (130% increase) since 2012.^G During this period, the proportion living independently fell from 17% to 10%, while those in semi-independent living rose from 6% to 26%.^H This means more children in care are now in supported accommodation than ever before.

2023

Government bans unregulated care Government announces a ban on all unregulated care provision for children in care.^I The Supported Lodgings National Network makes significant submission to consultation on regulations ensuring supported lodgings is not regulated 'out of the market'.

2024

Growth of supported lodgings

Data analysis shows the number of local authorities offering supported lodgings to young people has increased by 38% since 2021.^J

2024

The Voices of Supported Lodgings Report

National research undertaken to hear directly from young people with lived experience of the provision so that policy and practice developments are strategically aligned with what matters most to young people.

Through our research over the past five years, we have uncovered that supported lodgings is ideally placed to support the needs of three specific groups of young people who have overlapping but distinct needs.



THEY ARE:

1 16–17-YEAR-OLD CHILDREN IN CARE AND CARE LEAVERS

Over a quarter of children in care are aged 16 – 17 years-old,¹⁰ and many of these young people, along with care leavers, face significant challenges as they transition to adulthood. There are limited high-quality options for accommodating these young people in safe, appropriate places, with a shortage of foster carers able to care for teenagers and huge variation in the quality and support provided within semi-independent and independent settings. As a result, social workers often have limited placement options, leading to young people and care leavers being placed far from their home, family, and support networks. As a result, many feel isolated and can be vulnerable to exploitation and harm. For many care leavers and 16-17-year-old children living in care, supported lodgings has been transformational in enabling them to transition into adulthood and independence with the security of a loving family-based care environment to call home.

2 YOUNG PEOPLE SEEKING ASYLUM

Currently, there are 7,290 unaccompanied asylum-seeking children (UASC) in the care system in England and this number has been rising quickly in recent years, with a 42% increase in the number of UASC in the care system today compared to 2019.¹¹ UASC currently make up 9% of all children in the care system. Importantly, 86% are aged 16 and over and therefore the system has been struggling to ensure that there are enough suitable places for these young people who have experienced significant trauma and displacement, to find stability, safety and love. Many of these young people have experienced trauma in their home country or in the journey they have made to the UK and are faced with the prospect of trying to settle in a country with a different language, culture and customs, all without family or friends nearby. They need support to adjust, to understand how to navigate their local area and to be able to continue their education. By providing a host to walk alongside and support, many providers feel that supported lodgings can be a transformational in supporting these young people with a recent poll finding that 70% of providers believe supported lodgings is a suitable or highly suitable option for UASC.¹²



3 YOUNG PEOPLE AT RISK OF HOMELESSNESS

The final group of young people are those who do not formally enter the care system but present to a local authority as homeless or at risk of homelessness. In 2022-23, there were 119,300 young people who presented as homeless, a 14% increase since 2020-21.¹³ Many of these young people have chosen or been forced to leave their home, often due to instability and challenges.¹⁴ Rather than being accommodated as a child in care under Section 20, many are recorded under Section 17 of the Children Act 1989,¹⁵ despite being under 18. This subtle difference has a significant impact on the support they are entitled to receive beyond supported lodgings.¹⁶

Throughout this report, we will zoom in on the specific experiences of these three groups of young people. This will help us understand how their experience of supported lodgings varies, the distinct challenges they face, and the improvements that they identify could be made.

10. Department for Education. 2023. *Children looked after in England including Adoption*. Available [online](#).

11. Ibid.

12. Home for Good. 2024. *Emerging Insights into Supported Lodgings*.

13. Centrepoin. Stats And Facts. Available [online](#). [Accessed August 2024]

14. Ibid.

15. Children Act 1989. Section 20. Available [online](#).

16. Ofsted. 2024. *A rapid review of evidence on supported accommodation*. Available [online](#).

SECTION 1: THE JOURNEY THROUGH SUPPORTED LODGINGS

WHO IS LIVING IN SUPPORTED LODGINGS?

Supported lodgings serve as a crucial support system for a diverse range of young individuals, offering a blend of care and independence within a host family environment. Our survey revealed the demographic and situational characteristics of those living in supported lodgings, shedding light on their backgrounds and current circumstances:

CARE EXPERIENCE

74%

of respondents have either been in care or are currently in care, while 15% have never entered the care system, indicating they are likely to be young people at risk of homelessness

These statistics demonstrate the versatility of supported lodgings and the safety supported lodgings provides for vulnerable young people in preventing them from slipping into homelessness.

YOUNG PEOPLE SEEKING ASYLUM

23%

of respondents (a significant portion) have travelled from another country to the UK, indicating they are likely young people seeking asylum. Of these, 32% were aged 16 and 17 years old.

A notable cohort of the supported lodgings population comprises young people seeking asylum, who account for 23% of the respondents. The presence of young people seeking asylum accentuates the need for culturally sensitive and trauma-informed care within supported lodgings, as these individuals often face unique psychological and social challenges.

TIME SPENT IN SUPPORTED LODGINGS

40%

of young people have been in supported lodgings for 18 months or more.

When examining the length of time young people have lived in supported lodgings, the data shows that young people at risk of homelessness tend to have shorter stays in supported lodgings, with only 24% living there for 18 months or more. In contrast, 55% of asylum-seeking youth and 46% of care leavers have longer stays, suggesting that these groups may require more extended periods of stability and support.

PLACEMENT HISTORY

22%

of young people (nearly one quarter) had previously resided in different semi-independent accommodation, such as a shared group living setting, prior to moving into supported lodgings.

More than half (54%) of those who have been in care have lived in less than two placements, while 12% have experienced seven or more placements before transitioning to supported lodgings. Many young people (90%) have spent time in foster care, and 12% have lived in a children's home or residential school. A significant portion of young people have been navigating various forms of care environments before moving into supported lodgings.

EDUCATION, EMPLOYMENT, AND TRAINING

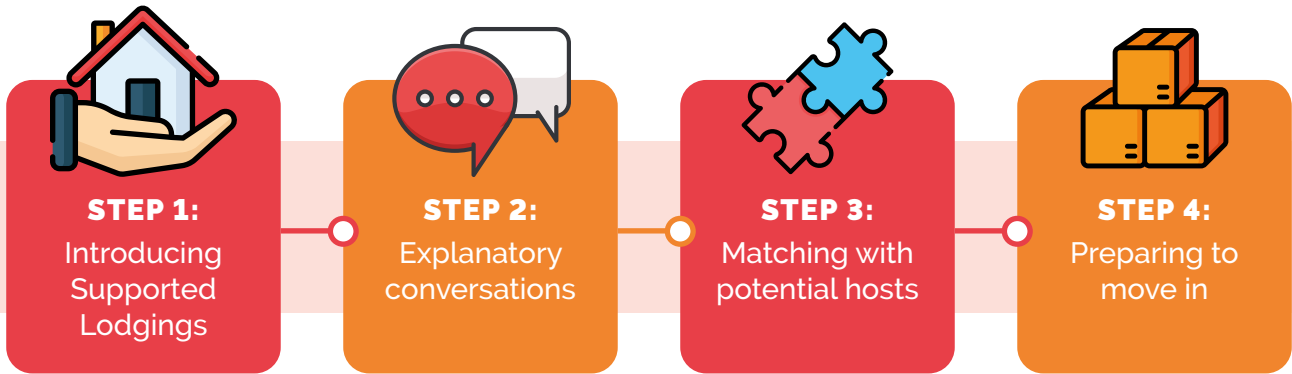
65%

of respondents are currently in education, training, or employment (EET).

Education, employment, and training (EET) statistics reflect a promising engagement level among young people accommodated in supported lodgings. Over half are involved in full-time EET, with 67% of 16 and 17-year-olds actively participating. However, the data also reveals a concerning 24% of young people in this age group who are not engaged in any EET activities.

MOVING INTO SUPPORTED LODGINGS

The diagram below sets out the current journey undertaken by most young people towards moving into supported lodgings. We asked young people about their experiences at each point along this journey to understand where this process could be strengthened.



ONLY
36%
of young people - and just 19% of asylum seekers - have heard of supported lodgings before it was offered to them as a placement option.

Step 1: Introducing Supported Lodgings

Our research revealed significant gaps in awareness of supported lodgings, with only 36% of young people - and just 19% of asylum seekers - having heard of supported lodgings before it was offered as a placement option. This highlights the need for better information dissemination to young people earlier on in their journey for whom supported lodgings might be an appropriate option when they reach 16 or 18.

WATCH:
Young people share about their introduction to supported lodgings.



"[My support worker said] you're going to be moving into supported lodgings and I was like, what is that? I feel like it'd have been great to have some basic, like, just prior knowledge to it all."

Young people felt that hearing from peers with lived experience of supported lodgings would have given them a better understanding from a young person's perspective, rather than just from social workers or other professionals. However, only 23% had met someone with such experience before moving in, and this drops to 9% among asylum seekers. We recommend that providers create opportunities for those with lived experience to share their insights and help others know what to expect.



Step 2: Explanatory Conversations

Despite the initial lack of awareness, 83% of young people felt that supported lodgings were clearly explained by professionals, with a slightly lower rate (77%) among young people seeking asylum. However, 60% of young people expressed nervousness about the transition to supported lodgings, highlighting the need for providers to address these emotions.



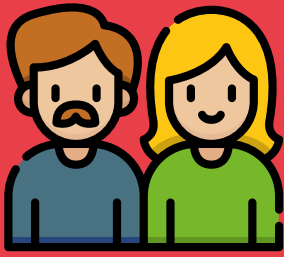
60%

of young people expressed nervousness about the transition to supported lodgings



“I didn’t know what it would like look. So at first I was nervous.”

This sentiment is an important consideration for providers aiming to ease the anxiety associated with such a move. Offering opportunities for young people to hear from peers with similar experiences can significantly reduce nervousness. This approach will likely help young people feel more settled in the early days of a new living arrangement and contribute to placement stability.



54%

of young people (over half) felt they had an adequate amount of time to get to know their host before moving in, but a third of young people (32%) did not feel that this period was long enough.

Step 3: Matching

Over half of young people (54%) felt they had an adequate amount of time to get to know their host before moving in, but a third of young people (32%) did not feel that this period was long enough.

We recognise the enormity of moving into supported lodgings for young people, many of whom have experienced trauma and instability in their recent lives. The process of being introduced and spending time with the individual, couple, or family who will be supporting them and in whose home they will be living for the foreseeable future must be undertaken sensitively and as far as possible, at the young person's pace. Young people shared that getting to a point of feeling comfortable around their prospective hosts often took time:



"We just had the chat, really got to know each other and I was obviously quite nervous at first. I didn't really speak at first but after a few times we got to know each other, and we got used to each other. By the time I moved in, I had no worries about it because we already knew each other. It was really good"

Young people told us about their experience of this matching process being done well, with interactions being gradually built up over time as the young person and the host grew more comfortable with one another.

"I met [my host] at the beginning and then a few times after that. And then I started having sleepovers gradually before I moved in."



We recognise that not all circumstances will enable a comprehensive, well-paced matching process for young people, with many young people presenting to local authorities in crisis moments. And yet, where this process can be undertaken at the young person's pace and ensure the host and young person feel comfortable to live together, we identify that this has a significant impact on the long-term success of the arrangement by providing good foundations upon which the host and young person can build.



"I expected it to be awkward. And you know, there was times where things were awkward because you're in someone else's space, but the host made it feel very natural, I felt like it was homey as well. So, I did feel a bit less awkward about it all and it was less awkward than I thought it would be."

Among all young people living in supported lodgings, 16 and 17-year-olds and young people seeking asylum respondents reported higher dissatisfaction about the length of time they had to get to know their host before moving in (47% and 42% respectively). As such, we encourage providers to consider facilitating extended or more intensive introductory periods for these groups of young people, to set both the host and young person up for success.

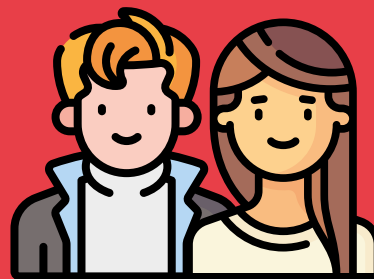


LIVING WITH OTHER YOUNG PEOPLE

Just over half (53%) of supported lodgings accommodate multiple young people simultaneously.

When asked about their experience of living with other young people in supported lodgings, young people often responded positively, expressing that it provided a sense of camaraderie and shared experience.

However, when asked whether their matching process had included meeting and getting to know the other young person already living in the supported lodgings placement, overwhelmingly the response was no.



53%

of supported lodgings accommodate multiple young people simultaneously.

“Like before I moved in there they were like, yeah, one other young person lives there. But I didn’t meet them until I moved in, and it was awkward.”



Step 3: Matching (continued)

16 and 17-year-olds seem particularly likely to be placed in supported lodgings settings with other young people, with 70% of them telling us that they share their supported lodgings with peers. In many ways, such an arrangement can be a positive attribute with the presence of peers offering emotional support, reducing feelings of isolation, and facilitating social integration, all of which are good for young people's wellbeing.



"Realising that it's not just me in this situation and I guess at the same time we could kind of help each other out in a sense. Obviously after relating to the fact, we've been through similar things, same position. And obviously other people learn different things in their supported lodgings, so I feel like we could learn from each other."

However, it is essential that young people are still able to receive the support they need from their host, and that hosts are supported and trained to be able to manage the dynamic of having multiple young people to support in their home. In addition, young people told us that it was important to them that professionals ensured that the young people would live well together, recognising that where this does not happen, it can reduce the positive impact of supported lodgings for young people:

"They need to match the young people. To see if they have similar interests, because if you have a disruptive young person in the household it can start to clash, and you feel uncomfortable"



"It's just considerate to ask the young person - would it be OK if someone else came and lived with you, they're kind-of like this, would that be OK with you?"

Among young people seeking asylum, 52% reported living with other young people in their supported lodgings placement. These young people can face unique challenges around language barriers, understanding British culture and practices, and navigating their local community. Living with other young people seeking asylum, particularly those with similar experiences or from the same cultural background, could be a strength in providing peer support to overcome these particular challenges together.

"If I was alone there, I could be more anxious. But [another young person seeking asylum] was there, and he just calmed me down. So he told me everything about living here. And he gave me really positive feedback about [my host]. So it was really good actually. We started to go and play football together. We started to ride our bikes together. We started to go to gym together in the morning."





However, the role of the host remains crucial for these young people in providing the loving advice, support and practical help they need for the long-term. Young people repeatedly told us that the great strength of supported lodgings is the relationship between hosts and the young person. Peer support cannot and should not be a substitute for the support designed to be provided by a host.

In summary, the experiences of young people highlighted above suggest the need for providers to re-examine their matching process to ensure that it provides adequate time to build a strong, supportive relationship between a host and young person. Additionally, in instances where more than one young person is living with a host, the compatibility between the young people themselves must be taken into account and providers should consider making arrangements for young people to meet as part of the matching process. The success and stability of the placement can depend as much on the relationship between the young people as it does on the relationship between the host and each young person.

Step 4: Preparing to move in

Most young people seem to think they moved into supported lodgings at the right time, with 79% agreeing that the timing was right for them. Interviews revealed that while the age at which they entered supported lodgings usually felt appropriate, there is a need to consider how much support or independence they need from their host. Younger individuals typically indicated a need for greater support in the early stages to help adjust to the arrangement. The overall positive perception of the timing suggests that placements are generally made thoughtfully and appropriately. However, maintaining flexibility to adjust to the specific developmental stages and readiness of young people, particularly those aged 16 and 17, can further optimise their experience in supported lodgings.



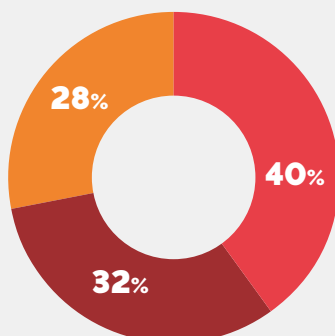
LIVING ARRANGEMENTS

Supported lodgings offer a blend of independence, care and support for young people, providing a unique living arrangement within the home of a host.

Host Demographics

The demographic breakdown of hosts reveals a diverse mix of individuals, couples, and families. 40% of young people said that their host is an individual, providing a one-on-one dynamic that can lead to close, personalised support. Around one-third (32%) of young people have hosts who are families, creating a familial atmosphere that can be especially comforting for some young people. Additionally, 28% of young people told us that their hosts are a couple, providing a balanced environment with diverse perspectives and support. These statistics demonstrate the varying dynamics of each supported lodgings setting, which make the provision well-placed to match with the needs of each young person. It also demonstrates that being a host through supported lodgings appeals to people from a variety of life circumstances and home dynamics.

HOST DEMOGRAPHICS



28% of respondents live with hosts who are a couple.

40% of respondents live with individual hosts

Around one-third (32%) of hosts are families.



The Home Environment

The nature of supported lodgings involves sharing the space within a home with their host, which enables close, regular interaction and support as a young person and host live alongside one another. Young people's experiences reflected the widespread requirement for all young people to have their own bedroom, with 100% of respondents reporting this to be the case.

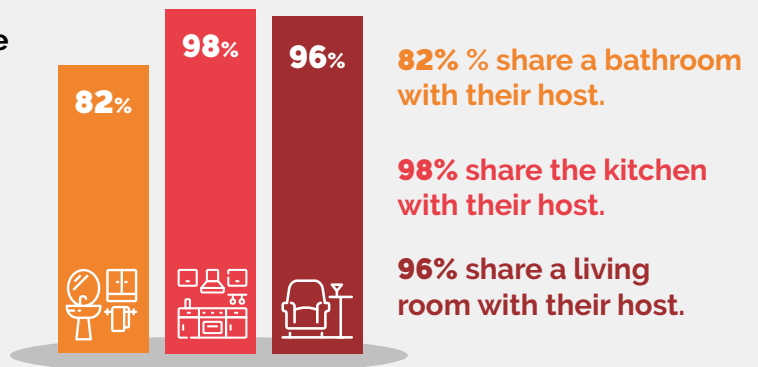
However, young people's experiences highlighted that shared facilities with their host are common, with 82% of young people sharing a bathroom with their host and nearly all (98%) sharing the kitchen. The majority (96%) also share a living room with their host.

The blend of personal and shared spaces aims to balance independence with support, preparing young people for future independent living while providing the security and guidance they need. This arrangement supports the development of practical life skills and the building of relationships within a home setting.

SHARED LIVING SPACES

All respondents have their own bedroom.

The majority of young people in supported lodgings share significant overlapping spaces with their hosts:



MOVING ON FROM SUPPORTED LODGINGS

The transition from supported lodgings to independent living is a critical juncture for young people, often accompanied by a mix of emotions.

Our interviews and focus groups revealed that young people had varied experiences with moving on from supported lodgings. Some felt well-prepared and shared positive stories of successfully moving into independent living, crediting the support and preparation provided by their hosts and support workers.



“Supported lodgings is there to move you on to make your own house. And I think [supported lodgings], it’s like building you up to do your own thing. You do your own washing. You wash your own dishes. It’s like, this is the next step into your thing.”

However, there are many young people who felt under-prepared for this significant change. They expressed a desire for more support and a clearer plan about what moving on would look like and involve. A number of young people expressed that these conversations should commence from the beginning of their journey in supported lodgings, so that they could know what they should be working towards.

“They have not explained what the next step will be or not. I just feel like I’m not ready yet to move.”



“I wish that I was more prepared and thought about moving on as soon as I came into supported lodgings.”

This feedback shows the importance of tailored moving on plans that offer comprehensive support, including practical skills training, emotional support, and clear guidance on navigating the challenges of independent living.

We explore this in greater detail later in the report, in section 3, when considering what young people want to see more of in supported lodgings.



SECTION 2: THE IMPACT OF SUPPORTED LODGINGS ON YOUNG PEOPLE

THE KEY STATS:

92%

of young people feel safe from exploitation or being taken advantage of in their supported lodgings.



84%

of young people said that supported lodgings feels like a home.



69%

of young people said they prefer supported lodgings over other types of accommodation they have experienced.



84%

of young people reported that their host was teaching them essential life skills.



87%

of young people felt that their host was available whenever they needed support or advice.



WHAT YOUNG PEOPLE SAY ABOUT THEIR RELATIONSHIP WITH HOSTS

The relationship between young people and their host significantly impacts the overall experience and outcomes of young people living in supported lodgings.

Our research frequently revealed the substantial benefits of strong, supportive relationships between hosts and young people. When described by young people, these relationships sometimes resembled those of a parent and child, and at other times, a mentor and mentee. Crucially, the adaptability and dynamic nature of these relationships, which can shift to meet the young person's needs depending on their age or support requirements, lead to positive outcomes for their development.



WATCH:

Young people share about their relationship with Hosts



89%

of young people reported having a good relationship with their host

A remarkable 89% of young people reported having a good relationship with their host, rising to 94% among 16 and 17-year-olds and 86% among young people seeking asylum. There is a great deal of satisfaction among young people when considering their relationship with their host. The importance of hosts in creating a positive, nurturing environment was evident throughout interviews and focus groups. A supportive host can make young people feel valued and cared for, which is essential for their emotional and psychological wellbeing.

Additionally, 87% of young people felt that their host was there when they needed support or advice. This figure was even higher among 16 and 17-year-olds at 91%, and slightly lower for young people seeking asylum at 82%. This highlights the hosts' pivotal role in providing guidance and support when needed for young people.



87%

of young people felt that their host was there when they needed support or advice



"She was good at taking me through things. If I'd had a bad day, she would be like, right, we need to talk about this step by step and make sure I don't get too overwhelmed and get caught overthinking and things like that."

RELATIONSHIP WITH HOSTS (CONTINUED)

Furthermore, over three-quarters (76%) of young people felt that their host understands who they are and what they are like as a person. This understanding is crucial for establishing a sense of belonging and trust in the relationship. Young people feeling that their host understands them increases to 82% among 16 and 17-year-olds, but drops to 65% among young people seeking asylum, indicating a need for hosts to develop a deeper understanding of the unique experiences and backgrounds of young people seeking asylum to better support them. This data aligns with recent polling conducted by Home for Good which found that only 40% of supported lodgings providers train hosts specifically to meet the needs of young people seeking asylum.¹⁷ To ensure young people seeking asylum feel understood and equally supported by their hosts as other young people in supported lodgings, greater support and specific training must be provided to hosts.



WE ASKED YOUNG PEOPLE TO DESCRIBE THEIR HOST IN THREE WORDS, WITH “CARING,” “KIND,” AND “HELPFUL” BEING THE MOST FREQUENTLY USED:



17. Home for Good. 2024. *Emerging Insights into Supported Lodgings.*

Daily interactions between hosts and young people further illustrate the depth within these relationships. 65% of young people said they talk to their host every day. Among young people seeking asylum, 69% have daily conversations with their hosts, and this number is higher for 16 and 17-year-olds at 73%. The frequency of these interactions suggests that regular communication plays a vital role in building trust and stability.

However, there are instances where some young people reported having little to no interactions with their host. During interviews, some young people described their relationship with their host as distant, sometimes living in an entirely separate area of the house. Although this may be suitable for some, many young people found this arrangement unwelcoming and difficult.

It's essential to recruit hosts who are genuinely motivated to care for young people and equip them with the tools to express this interest in a meaningful way. When physical separation exists in the living spaces, hosts should be prepared to interact supportively across these divides. This is especially important for 16-17-year-olds and young people seeking asylum, who need hosts actively involved in their wellbeing and development. One young person reflected on the importance of host awareness, stating:

"I feel like depending on the young person, the host should be keeping an eye on that young person to see, if say for example, it's obvious sometimes if a young person isn't having a great time in their life because they're not as human, they're not talking as much, they're not as confident and as a host you should be able to see that."



This highlights the crucial role hosts play in monitoring and responding to the emotional wellbeing of the young people in their care, ensuring that they receive the support they need when they need it. If a host is absent and not having regular communication with the young person in their care, then they are unlikely to be able to support the young person appropriately.

Conversely, another young person reported the sense of belonging they experienced while living with their host and the joy that came with that when their host was intentional and proactive:



"Every time there were people over and obviously, they'd have to explain who I was just randomly walking around every now and then, you could really just see the pride [my host] held every time she spoke about me. And she's like, 'Oh, she's one of our supported lodgings young people,' and I don't know, it kind of warms your heart, really."

A simple act of positive acknowledgment can boost a young person's self-esteem and sense of belonging in a home.

Overall, our research findings affirmed the significant benefits of strong relationships between young people and their hosts in supported lodgings. These relationships offer emotional support, practical help, and stability; crucial ingredients for a successful transition to adulthood and independent living. The care shown by hosts can make a lasting impact, helping young people feel valued, understood, and prepared for the future.

WHAT YOUNG PEOPLE SAY ABOUT THE BALANCE OF INDEPENDENCE AND SUPPORT



91%

of 16 and 17-year-olds believe they have the right balance of independence and support

Supported lodgings provides young people with a unique blend of independence and support, a feature that sets this accommodation apart from foster care and residential care.

This balance is crucial in helping young people develop life skills while still having access to guidance and assistance when needed and is essential as young people transition into adulthood.



"I think a lot of things with foster care was like, they expected me to do what they want to do. I feel you mature, and you grow more [in supported lodgings] because you know that you're doing your own things. So you just feel more comfortable in that way."

Among all respondents, a significant proportion (88%) felt that there is a good balance of independence and support in their supported lodgings. This sentiment is even stronger among 16 and 17-year-olds, with 91% agreeing that they have the right balance of independence and support.

Moreover, 69% of young people also reported they prefer supported lodgings over other types of accommodation they have experienced. This preference affirms the view that supported lodgings is a well-liked provision from young people's perspective. Additionally, 84% of young people said that supported lodgings feels like a home, highlighting the success of supported lodgings in creating a home-like atmosphere. Feeling at home is essential for young people's wellbeing, providing them with a stable, familial, supportive environment during a critical period of their lives.

Ensuring the right balance of independence and support helps young people grow in confidence and self-reliance while knowing they have a safety net. The impact of this balance is evident in the personal growth and development of the young people.

"I'm able to cook, I'm able to do my laundry, I'm able to do all this stuff, whereas I feel like if I hadn't been in supported lodgings, I wouldn't know how to do most of these things."



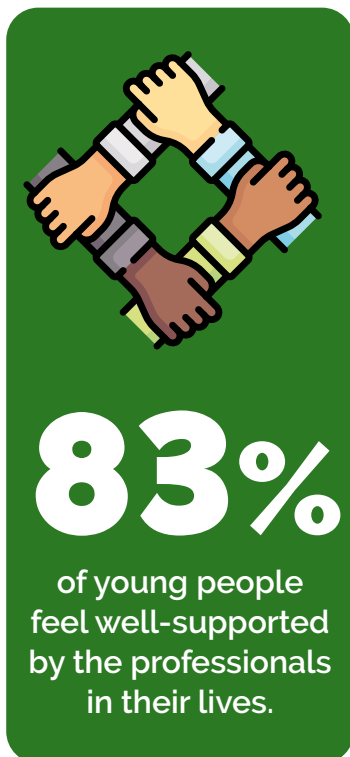
Supported lodgings is unique in balancing independence and support from hosts, creating a home-like environment where young people can develop essential life skills, gain confidence, and prepare for adulthood. The overwhelmingly positive feedback from young people highlights the importance of this provision in supporting young people on their journey towards adulthood and independence.



"I'd say it's made me a lot more independent as a person, a lot more comfortable in myself."



WHAT YOUNG PEOPLE SAY ABOUT THE SUPPORT FROM PROFESSIONALS IN THEIR LIFE



During our research we were keen to understand how young people viewed the professionals in their lives such as social workers and placement supervisors.

These professionals can provide essential guidance, support, and oversight, working with hosts to help ensure that young people receive the care and assistance they need during this stage of life.

We know that typically it is professionals who are the first to introduce young people to the concept of supported lodgings. They play an important role in explaining and introducing the idea, ensuring that young people understand what supported lodgings entails. Additionally, professionals are responsible for matching young people with suitable hosts, a process that requires a deep understanding of the needs and personalities of both the young person and the hosts. Effective matching is essential for the success of the placement and the wellbeing of the young person.

“The professionals involved with me seemed to know the hosts well and they matched me well with my hosts.”



A notable 83% of young people told us that they feel well-supported by the professionals in their lives. This positive perception is particularly strong among 16 and 17-year-olds, with 91% feeling well-supported. Among young people seeking asylum, 78% agreed that they felt well-supported by their social workers or placement supervisors. This data is testament to the commitment and dedication of professionals that young people overwhelmingly feel well supported by them.

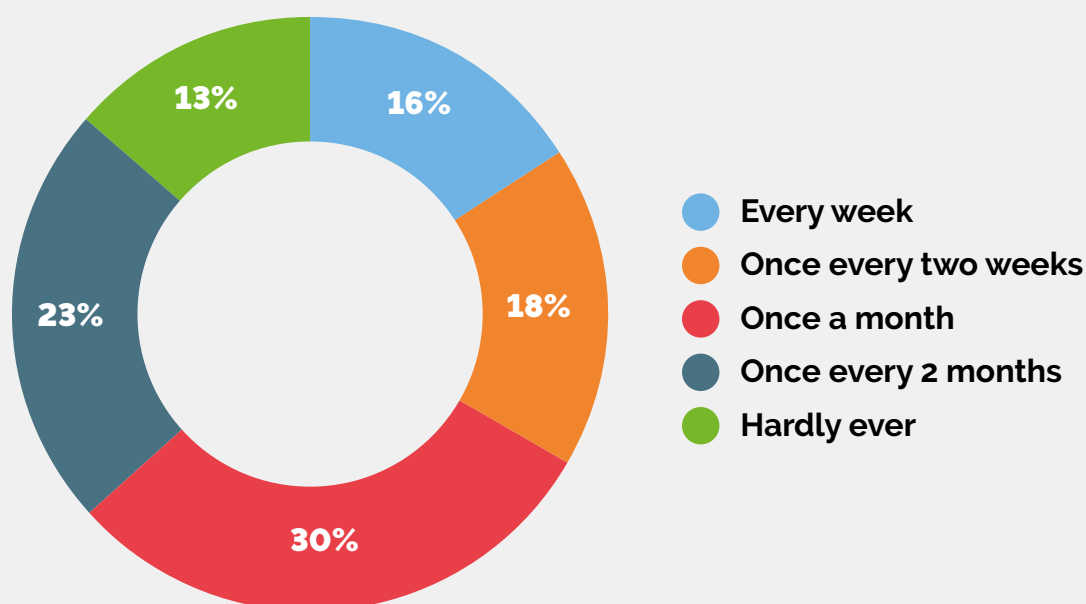


“I think the support workers were really helpful. I had a good relationship with my support worker.”

Social workers and support staff should take encouragement from the effective way they are communicating with young people about supported lodgings and journeying with them towards moving into this provision.

We also investigated the frequency of contact between young people and the professionals in their life.

Our findings reveal significant variation in the frequency of contact:



Currently, monthly contact is the most common frequency, with 30% of young people seeing their support or social worker once a month. This figure rises to 44% among 16 and 17-year-olds and 36% among young people seeking asylum.

Although 23% of young people report only seeing their support worker once every two months, and 13% say they see their social worker or placement supervisor 'hardly ever,' it is important to note that 4 in 5 young people feel they have sufficient contact with their social workers. This suggests that the combination of hosts and professionals supporting young people is viewed as effective by most young people, and the differences in contact frequency may reflect the varying needs of individuals. For instance, some young people who live more independently from their hosts may require more frequent check-ins from their social workers, while others may seek out their social workers more often if they have fewer interactions with their host.

Regular, meaningful interaction with professionals is vital for young people, providing them with the necessary guidance and support. As one young person expressed:

"Having regular check-ins with my social worker makes me feel secure and supported. I know there's always someone I can turn to for advice."



Ensuring that all young people have sufficient and regular access to their social workers or support workers is crucial in maintaining the positive impact of supported lodgings. The combination of hosts and professionals working together for the good of young people in their care plays an indispensable role in the lives of young people in supported lodgings.

WHAT YOUNG PEOPLE SAY ABOUT THEIR WELLBEING



92%

of young people feel safe from exploitation or being taken advantage of in their supported lodgings.

Given the vulnerability of care experienced young people and those at risk of homelessness, this data paints an encouraging picture that the home-environment and close support of hosts and professionals around them are helping young people feel safe from exploitation and being taken advantage of.



"Having been in care, I have often been aware of feeling not safe, but having the support network around me has helped."



On average, the mental health and wellbeing of care experienced young people is lower than among their peers and as such, we were keen to explore the wellbeing of young people in supported lodgings specifically to see if they mirrored wellbeing levels among their care experienced peers in other settings.¹⁸

To help us compare the wellbeing of respondents with their peers in the overall UK population, we used questions from the WHO-5,¹⁹ a standardised international tool used to measure wellbeing. Encouragingly, there was very little difference between the wellbeing levels reported by our respondents living in supported lodgings and the wellbeing of all 18 to 24 year olds in the UK.²⁰

Wellbeing Measure	Survey Respondents	UK Average (18-24 year olds)
Felt cheerful and in good spirits (all or most of the time)	71%	75%
Felt calm and relaxed (all or most of the time)	69%	66%
Felt active and vigorous (all or most of the time)	55%	52%
Recent daily life filled with things that interested them	57%	60%
Woke up feeling refreshed and rested	56%	32%

This table compares the wellbeing of survey respondents with the UK average for 18–24-year-olds based on various measures.

Given that care experienced young people often have poorer wellbeing than their peers, it is significant that those in supported lodgings exhibit wellbeing levels similar to the general population. This positive outcome may be attributed to the supportive family environment and additional resources provided in these settings. Among young people we surveyed, young people in supported lodgings reported higher levels of waking up feeling refreshed and rested compared to the UK average. This suggests that many young people are feeling able to rest and relax in their supported lodgings.

We also asked young people about their experiences with loneliness, recognising that care experienced young people and those at risk of homelessness often face significant isolation and loneliness. Around 1 in 5 (22%) young people reported feeling lonely often or all of the time, with an additional 40% experiencing loneliness some of the time. This highlights the need for supported lodgings providers to address the sense of loneliness or isolation that young people may experience. It is crucial to emphasise the role of a host in this context - not just as someone who provides a room, but as an engaged, supportive companion who builds a sense of belonging and makes young people feel truly at home. It is also vital to consider the other important people in a young person's life, including peers or birth family members and how young people can have safe ways of connecting with such individuals to reduce loneliness and enhance belonging and connection.

18. NICE. 2021. *Looked After Children and Young People*. Available [online](#).

19. WHO-5 Questionnaire. Available [online](#).

20. European Quality of Life Survey. 2016. Available [online](#).

WHAT YOUNG PEOPLE SAY ABOUT THEIR EDUCATION, CAREER AND WORK PROSPECTS

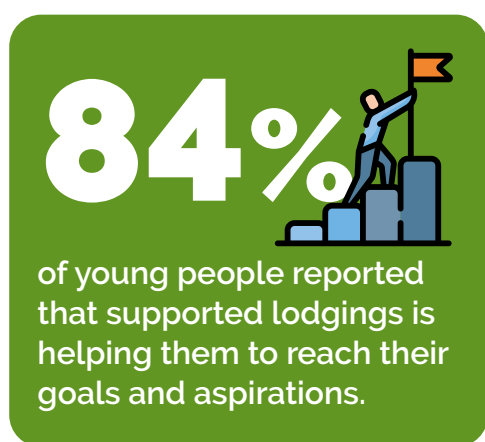
The issue of struggling with education, employment, or training remains a critical challenge faced by many care experienced young people and young people at risk of homelessness.

However, the effectiveness of supported lodgings in helping young people achieve their life goals is evident, with 84% of respondents reporting that this provision is assisting them in reaching their aspirations.



WATCH:

Young people share about their education, career and aspirations for the future



It is noteworthy that for a direct comparison with the entire 19 - 21-year-old care leaver population 38% were not in employment, education or training.²¹ However, among 19 – 21-year-old care leavers living in supported lodgings, this fell to 34%. Moreover, this figure reduced further to 31% among 19 – 21-year-old care leavers who have lived in supported lodgings for over 6 months. Interestingly, the length of time spent in supported lodgings appears to correlate with the likelihood of young people being in education, employment, or training.

Young People Living in Supported Lodgings	NEET (%)	Currently applying (%)
All young people for 0-6 months	45%	33%
All young people for 6+ months	30%	10%
At risk of homelessness for 0-6 months	77%	62%
At risk of homelessness for 6+ months	33%	8%
16-17 year olds for 0-6 months	32%	21%
16-17 year olds for 6+ months	22%	7%
Young people seeking asylum for 0-6 months	40%	20%
Young people seeking asylum for 6+ months	22%	4%

These statistics suggest that the longer young people stay in supported lodgings, the greater the likelihood of young people being in education, employment or training.

The initial high NEET rates, particularly among those at risk of homelessness, underscore the vulnerability and immediate needs of this demographic. However, the noticeable reduction in

21. Department for Education. 2023. *Children looked after in England including Adoption*. Available [online](#).

NEET rates over time suggests that supported lodgings provides a stabilising influence, offering young people the time and support needed to transition into education, employment, or training.

“They used to support me step by step with the things that I think are important for me. Like with college, getting registered in college after two or three days after I came here, finding the best college. And [my host] used to explain and, like, help me with my coursework that they have in college because she knows all the things [about] childcare coursework. They used to help me with that and that was really helpful and supportive.”



The high percentage of young people who stated that although they were not in education, employment, or training, said they were currently applying is encouraging and highlights the ambition and motivation among young people. Many young people spoke of how their host provided them with support when applying for college, university or a job.



“Being in supported lodgings allowed me to take the college course I wanted to take and ultimately the sort of career path that I wanted to take.”

Many young people affirmed the positive impact supported lodgings was having helping them work towards their life goals. For policymakers and practitioners, these insights emphasise the need to especially focus on those critical first six months, ensuring hosts are well-prepared to support young people to take steps into education, employment, or training. While challenges remain, the positive trends associated with extended stays in supported lodgings provide a compelling case for continued investment and support for these essential services.



WHAT YOUNG PEOPLE SAY ABOUT HOW SUPPORTED LODGINGS IS PREPARING THEM FOR THEIR FUTURE



84%

of young people report that their host is teaching them essential life skills.

The development of life skills is a crucial element of preparing young people to move on successfully from supported lodgings when they are ready.

Young people's experiences demonstrated that far and wide hosts are effective in playing the important role of enabling young people to develop life skills within supported lodgings. Our research



WATCH:

Young people share about how supported lodgings is preparing them for the future



uncovered that 84% of young people reported that their host was teaching them essential life skills, with 88% of 16 and 17-year-olds and 80% of young people seeking asylum reporting the same. This positive feedback from young people demonstrates that hosts are entering their role with a clear vision of the practically supportive role they are to play in young people's lives.



"She taught me tricks and things like obviously trousers you wash inside out so they don't get shiny things like this. How to do my laundry properly. Cooking too. I don't eat much things, but she would always teach me because I have to cook some, like in the future for someone. So, she'd always like teach me."

"They're giving me an idea about how living alone could be and how I can budget and manage my money, how I can prioritise my things, like the things that are important for the future"



Additionally, 87% of young people felt that their host was available whenever they needed support or advice. This figure rises to 91% for 16 and 17-year-olds, highlighting the importance of having a support system during this younger age. Among young people seeking asylum, 82% felt that their host was there for them, underscoring the significance of accessible guidance and support. These statistics emphasise the essential role that hosts play in equipping young people with the skills they need for independent living, creating a supportive environment that facilitates their growth and independence.

ASPIRATIONS

84%

have dreams and goals they are working towards.



67%

know what job or career they want to do.



73%

feel excited about the future and what it will hold.



44%

feel scared, anxious and concerned about the future.



62%

feel as though they can make a positive difference in the world.





"I didn't know how to do things, I didn't know how to, it sounds really stupid, but I didn't know how to call up the doctors and make an appointment or how to pick up prescriptions or anything like that. So [my host], she'd come with me to show me how to do those things.

Not just do it for me, she'd do it with me.

So then I knew what was going on. She would often do this thing where she would cook a roast dinner, but then she would show me what she was doing step by step. So then I knew how to cook the roast. And yeah, things like that."

Our research also revealed the aspirations and emotional outlook of young people in supported lodgings. A significant 73% of young people expressed excitement about the future and the opportunities ahead of them. This optimism was slightly higher among 16 and 17-year-olds, with 76% feeling positive about their prospects. Among young people seeking asylum, 71% shared this sense of excitement, suggesting that, despite the challenges they may have faced, many are hopeful about their future.

However, our research demonstrates the mixture of emotions experienced by young people who alongside excitement, also feel concerned about the future with 44% of young people admitting to feeling scared and anxious.

Moreover, 62% of respondents felt that they could make a positive difference in the world. This sentiment was slightly higher among 16 and 17-year-olds (65%) and lower among young people seeking asylum (57%). These findings highlight the importance of creating a sense of purpose among young people in supported lodgings, ensuring they feel empowered to achieve their ambitions when they move on from supported lodgings.

WHAT YOUNG PEOPLE SEEKING ASYLUM SAY ABOUT INTEGRATION IN COMMUNITY, LANGUAGE AND LEARNING

During our research, we heard from many young people seeking asylum about their experiences in supported lodgings.

We focused on understanding their experience of integrating into the community, language acquisition, and their learning about UK life, and how each of these were influenced by living in supported lodgings.



WATCH:

Tahir share his story of living in supported lodgings



Exploitation, Safety and Emotional Support

While 93% of young people told us they feel safe from exploitation in their supported lodgings home, this fell to 86% among young people seeking asylum. The slight drop is unsurprising given the additional vulnerability of this cohort having travelled from another country often with limited understanding of the UK. Despite this slight drop, there remains a high level of perceived safety within supported lodgings, which is critical for the wellbeing of young people seeking asylum, ensuring that they can focus on their personal development without fear.

The emotional support provided by hosts cannot be overstated. One young person seeking asylum likened their host to their mother, saying,



"My mum is very kind, and that's related because [my host], the way she's treating me, reminds me of my mum. She shows me kindness, worries if I'm not eating well or going to bed late, and always considers my wellbeing. [My host] gives me the same feeling that I used to get it from my mum, which is unlimited kindness. That's what I love about [my host]."

This nurturing environment helps young people feel loved and cared for, which is essential for their emotional health and stability.

Community, Education and Cultural Integration

Supported lodgings play a crucial role in helping young people seeking asylum understand and find their place in the new community they live in. This theme will be explored further in Section 3, with accompanying recommendations. One young person shared:

"They still ask me and help me, taking me directly to the mosque because they know that I'm Muslim and I have to pray, especially on Friday. They bought clothes that meet my religious needs and supported me step by step with important things like college registration. They are also trying to help me meet with [people from my nationality of origin] that they know."



INTEGRATION IN COMMUNITY, LANGUAGE AND LEARNING (CONTINUED)

This young person demonstrates how hosts in supported lodgings are able to actively support the cultural and religious practices of young people, helping them maintain their identity while integrating into a new society.

The role of hosts in facilitating education is also significant. Another young person mentioned that their host helped them get registered in college just a few days after their arrival. This prompt support ensures that young people can continue their education without unnecessary delays, fostering a sense of normalcy and purpose.

Living in supported lodgings also contributes to personal growth and independence. One young person expressed,

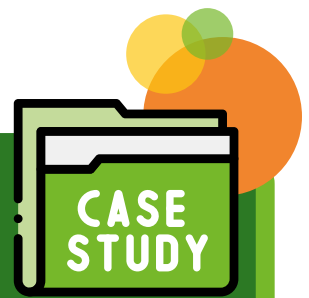


"I don't know how to explain, but when I live with my host, I like my life better and feel I can learn anything by myself."



This sense of self-reliance is a crucial aspect of development for young people seeking asylum, preparing them for future independence.

When we asked young people whether they would recommend supported lodgings to other young people, 88% of young people seeking asylum said they would recommend supported lodgings. This high recommendation rate reflects the overall satisfaction and the significant positive impact that supported lodgings is having on the lives of asylum-seeking young people. It is clear that supported lodgings can offer a safe, supportive, and nurturing environment for young people seeking asylum, helping them integrate into the community, continue their education, and develop independence. The combination of emotional and practical support provided by hosts plays a vital role in the positive outcomes for these young people.



CASE STUDY:

Mariama, aged 19, Young Person Seeking Asylum



"I travelled from Sierra Leone to the UK and now live with my host, her husband, and their two kids. Living in supported lodgings with my host has helped me become independent. I can cook, do my laundry, go shopping, and handle things on my own. My host supports me when needed but also lets me do things on my own.

Safety is a huge benefit of supported lodgings. Living with my host and her family makes me feel secure. If I were living alone, I wouldn't have anyone to turn to on weekends when support workers aren't available. But with my hosts, I always have someone to call if I need help.

Supported lodgings also allow me to stay connected to my home. I can cook my favourite foods and watch movies. My host understands this and sometimes buys ingredients for food I love, like okra or fufu. Once, I even cooked a meal for my host and her family, and it felt amazing to share a piece of my home with them.

Education is important to me, and I'm currently studying Maths and English at college. I struggle a bit with Maths, but living here has helped me to focus on my studies.

I've learned many life skills. I do my own cooking, cleaning, and washing. I am nervous to move out, but I now know how to manage a house and handle things, which makes me feel more prepared.

Supported lodgings have been such a positive experience for me. I'd recommend it to other young people, especially those coming from different countries. Moving to a new country is hard, and having a supportive environment like this helps you stand on your own and understand life in the UK. It's a good idea to stay in supported lodgings for a while before moving out on your own. This way, you won't struggle as much because you've already learned how to manage things.

Overall, supported lodgings have given me the independence and support I needed."

SECTION 3: WHAT YOUNG PEOPLE WANT TO SEE MORE OF IN SUPPORTED LODGINGS

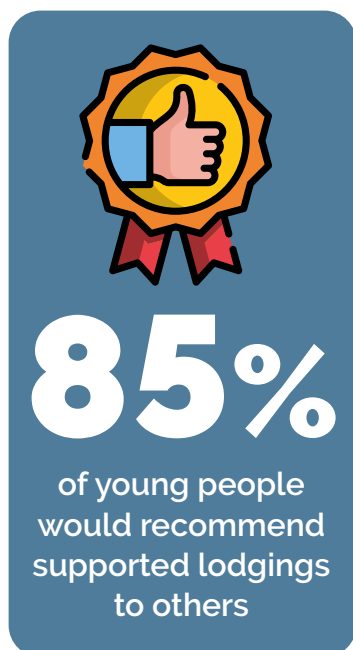
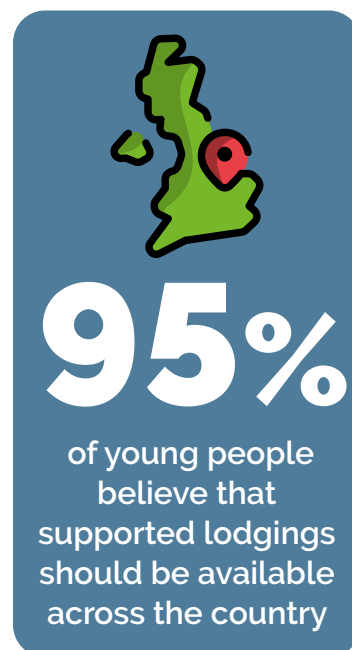
Throughout our research, young people expressed appreciation for many aspects of supported lodgings, yet also pointed out areas they felt needed improvement. The insights gathered from interviews, focus groups, and survey findings highlight what young people want to see more of in supported lodgings.

IMPROVED AWARENESS OF SUPPORTED LODGINGS

The feedback we heard from young people highlighted a strong desire for increased availability and awareness of supported lodgings.

95% of young people believe that supported lodgings should be available across the country, with 85% saying they would recommend supported lodgings to others.

Many young people emphasised the lack of visibility and understanding of supported lodgings.



One young person told us:



"I feel like it needs more advertisement. I just never see it anywhere. If you haven't been in it, you've probably never heard of it."

This sentiment was echoed by another who said:

"Just advertise it, man. That's all I can say because I feel like there's so many young people who are just not suited for fostering because it's so different."



Supported lodgings offer a unique alternative to foster care, providing a stable and nurturing environment for those who might not thrive in a foster family setting. The lack of awareness about this accommodation option means that many young people who could benefit from this type of accommodation may miss out on the opportunity. This same young person described their own experience of instability before moving into supported lodgings:



"I was moving everywhere and had no like, permanence. But as soon as I moved [into supported lodgings], that was permanent, and it was nice and it was just a totally different environment."

Raising awareness is not only crucial for young people but also for recruiting potential hosts. Many young people believe that more people would be willing to open their homes if they knew about supported lodgings. One young person highlighted that many people with spare rooms, especially people whose children have now moved out, might be interested in becoming hosts if they understood the benefits and the positive impact they could have on a young person's life:

"Yeah, I feel like so many more people would open up their homes if they do know about it. I feel like there's so many people with their kids going to university or their kids moving out like they've just got so many spare rooms. And I feel like maybe they would be happy with a little bit of company, with like a little side job. I feel like they would be happy, but nobody knows about it because when I do explain it to people, they have no clue like what I'm talking about."



Another young person wanted to encourage people to become hosts and emphasised the impact supported lodgings can have, not just for the young people but for the hosts as well:



"For people who think that they might want to open up and become a host, 100% do it. Because as I've said, you can change someone's life, and you can help them rebuild themselves and their self-esteem and things like that. To then help them believe that they can go on and pursue bigger things."

The overwhelming support from young people for increased availability and awareness of supported lodgings highlights its effectiveness as a children's social care and housing solution. To maximize the impact of supported lodgings, a new approach to recruitment is needed that enables it to cut through into the public consciousness.

A STRENGTHENED APPROACH TO MOVING INTO SUPPORTED LODGINGS



50%

of young people had never heard of supported lodgings before being offered it.

The transition into supported lodgings is a significant step for many young people, marked by a mixture of excitement, anxiety, and uncertainty.

Our research highlights a wide range of experiences during this crucial phase, revealing both well-managed transitions and those that felt rushed and poorly communicated. A consistent finding across our conversations is the lack of prior knowledge about supported lodgings, which often exacerbates feelings of anxiety and uncertainty.

A substantial 50% of the young people surveyed had never heard of supported lodgings before being offered it. Among those who had some awareness, their understanding was often limited or incorrect. One young person noted:



"It wasn't something I knew a lot about. I basically, like, didn't know anything about it whatsoever."

This lack of understanding can lead to confusion and fear about what to expect, as another young person shared:

"I don't think I got much information about supported lodgings and before I'd even got into my situation, I had no idea what supported lodgings was, if I'm being honest."



The preparation for moving into supported lodgings varies greatly. Some young people reported a positive and gradual transition, involving multiple visits and interactions with their hosts. One young person described their experience:



"At the beginning I met [my host] and then I met [my host] a few times after that. And then I started having sleepovers gradually before I moved in. It was obviously quite nervous at first... but after a few times... we got to know each other and we got used to each other and yeah, it was a lot. By the time I moved in, I had no worries about it because we already knew each other. It was really good."



However, others experienced a lack of information and felt the process was rushed. One young person recounted:

“I had a pre-visit but my social worker at the time never told me anything about it... She mentioned supported lodgings which I didn't really have a clue about. She didn't really explain it well. I just thought it'd be like another foster place... But when we went, we had a pre-visit... she showed me around. She explained it. Like, she was very chill.”



Given these mixed experiences, more consistent preparation is needed for young people moving into supported lodgings. We discussed with young people the idea of introducing lived-experience ambassadors within each supported lodgings provider. These ambassadors, who are either currently living in supported lodgings themselves, or have previously, could offer invaluable insights and support to those about to make the move.

One young person emphasised the potential impact of this approach:



“But me personally, like, it would be great actually to know someone that is in supported lodgings before... It will help me to know how it is living there, how it will be and how [hosts] can support and help me and which kind of support that I could ask [hosts].”

While some young people have positive pre-move experiences with supported lodgings, many face uncertainty and anxiety due to a lack of information and preparation. Introducing lived-experience ambassadors could address these issues, providing young people with the understanding, support, and confidence they need to make a successful transition into supported lodgings.

INCREASED NUMBER OF PEER SUPPORT GROUPS

Where they are established, peer support groups play an essential role in helping young people living in supported lodgings feel comfortable.

Our survey revealed that 58% of young people met and spent time with other young people in supported lodgings either through support groups or co-living arrangements. This figure is higher among 16 and 17-year-olds and young people seeking asylum, with both groups reporting 74% engagement with their peers. For those who spent time with other young people living in supported lodgings, 68% told us they found them helpful.

Young people highlighted the emotional comfort and reassurance gained from connecting with peers in similar situations. One young person reflected:

"It had the impact of knowing and realising that it wasn't just me in this situation and I guess it kind of brought me comfort as well that it wasn't entirely my fault."



This sense of shared experience can mitigate feelings of isolation and self-blame, common challenges for many in supported lodgings. Additionally, peer support can lead to a collaborative environment where young people can learn from each other. As another young person noted,



"We could all kind of help each other out in a sense... we could all learn from each other."

"That peer support group was helpful because there were people in the next step along the way towards independence who are part of that group and who could tell you a bit about it."



A review by the Department for Education showed that peer support is effective in positively supporting the mental health and wellbeing of children and young people.²² This type of support has been shown to help reduce feelings of isolation, improve self-esteem, and foster a sense of community among participants. This evidence further underscores the value of structured peer support groups within supported lodgings.

22. Department for Education. 2017. Peer support and children and young people's mental health. Available [online](#).

The importance of reducing isolation cannot be overstated, with 22% of survey respondents reporting feeling isolated or lonely some or all of the time. Peer support groups could help address these challenges, with one young person sharing their experience, stating:



"I felt less alone when we would do things like meetups with other young people who are in supported lodgings, and I felt less alone and, like, less isolated."

These meetups provided a vital sense of community and belonging, crucial for healthy emotional wellbeing among young people.

Despite the benefits of peer support groups, only 31% of young people who had never participated in a group expressed interest in joining one, with 47% saying no and 22% unsure. Among 16 and 17-year-olds, 30% showed interest, and among young people seeking asylum, the figure was 46%. This indicates a potential barrier to engagement that needs addressing. Young people not involved in peer support groups will likely need encouragement to participate, but once involved will likely react positively.

To maximize the benefits of peer support, we recommend that providers of supported lodgings establish peer support groups which are designed to be inclusive and engaging, addressing potential barriers to participation. Strategies could include:

Awareness and Promotion	Tailored Approaches	Facilitator Training	Flexible Participation Options
Increase awareness of the benefits of peer support groups through testimonials and success stories from current participants.	Develop tailored group activities that resonate with different age groups and cultural backgrounds, particularly focusing on the unique needs of young people seeking asylum.	Train facilitators to manage group dynamics effectively, ensuring a safe and supportive environment for all participants.	Offer both in-person and virtual meetups to accommodate varying schedules and comfort levels.

By implementing these strategies, providers may enhance the overall experience of young people in supported lodgings, helping them feel more connected, supported, and empowered. Peer support groups have the potential to improve the experience of living in supported lodgings.

ENHANCED TRAINING FOR HOSTS

Young people living in supported lodgings have highlighted the need for hosts to receive comprehensive training. This is particularly critical for supporting young people seeking asylum,²³ who face unique challenges.

A recent Home for Good survey of providers revealed that only 40% of providers offer specific training for hosts on the needs of young people seeking asylum, pointing to a significant gap in the care provided.



"I feel like overall the training hosts receive is minimum, there is definitely room for improvement. Hosts need to know how to better support young people."

Hosts should be trained in several key areas to ensure they can provide the best support. Understanding trauma is essential, as many young people in supported lodgings have experienced significant trauma. Training should help hosts recognise and appropriately respond to trauma-related behaviours, creating a safe and supportive environment.



23. Home for Good. 2024. *Emerging Insights into Supported Lodgings*.

Additionally, cultural competency is a critical area hosts must be aware of and sensitive to the diverse cultural backgrounds of young people, including dietary restrictions, religious practices, and cultural norms, to provide a welcoming and inclusive environment. Lastly, hosts should be equipped to support young people in navigating the educational system, aiding their academic pursuits and addressing any barriers they may encounter.

The experiences shared by young people highlight the variability in the support they receive from their hosts. One young person noted:

"They were mostly not really around to talk to. Like, the bottom floor was ours, and the top floor was theirs. So they would come down and [my host] would put the washing out properly or something. But our lifestyles in terms of hosts and being a young person were quite separate."



Disappointingly, this suggests a lack of engagement, something which comprehensive training could address. Another young person appreciated the balance of independence and support, stating,



"I don't fit into family situations, so being more independent but having a support network was ideal. People weren't watching over me, but were kind of watching over me in a way."

This underscores the need for hosts to understand how to embrace the role of host, providing support without being intrusive.

To address these needs, providers of supported lodgings should implement training programs for hosts, focusing on trauma-informed care, cultural competency, and educational support. By ensuring hosts are adequately trained in these areas, providers can significantly improve the quality of care and support offered to young people, creating a more understanding, and supportive environment that ultimately leads to better outcomes for young people living in supported lodgings.

Although some criticism is made of supported lodgings as a provision only suitable for young people who do not present challenging behaviour, there are instances of best practice within supported lodgings schemes where providers have a tiered approach to accommodating young people. In these instances, young people with the highest needs receive support from a multidisciplinary team including a youth worker and a clinical supervisor, while those with lesser needs are accommodated in a standard type of arrangement. This approach enables young people with harder to place characteristics to benefit from the family-based, nurturing environment of supported lodgings.

MOVING ON PLANS WHEN LEAVING SUPPORTED LODGINGS



“They did speak to me about it, but it hasn’t been beneficial. They’re just trying to find the quickest way to get you into a placement ... they’re not actually giving you the steps to get to do that.”

Under the Children Act 1989, a Pathway Plan must be created for all Eligible and Relevant children.²⁴ This plan, based on an initial Pathway Assessment, should ensure the young person receives the necessary support to achieve their goals and transition smoothly into adulthood.

However, our interviews and focus groups with young people often revealed that they were unaware of their moving on plans or felt that discussions with professionals about their future were tokenistic and fell short of the standards and expectations outlined in the Act.

“They did speak to me about it, but it hasn’t been beneficial. They’re just trying to find the quickest way to get you into a placement ... they’re not actually giving you the steps to get to do that.”



Every young person should have a personalised plan to help them move on from supported lodgings. This 'Moving On' plan should be co-created with the young person, their personal advisor, and their social worker or support worker, and recorded in a detailed moving on document.

Young people spoke of how their anxiety levels increased when considering moving on from supported lodgings, while young people who had recently moved on shared mixed experiences. Some young people said they were ready to move into independent living and had received help from their social worker, support worker, or personal advisor. However, many young people said they did not feel there was enough support given when considering their next steps.



“I think when people come into supported lodgings, they should like have a plan of what they’re going to do when they move us straight away.”

Moving on plans should address critical areas such as financial management, employment, independent living skills, and housing options. By focusing on these aspects, the plan can provide young people with the practical tools and knowledge they need to navigate the

24. Children Act 1989. Section 23B. Available [online](#).

complexities of adulthood successfully and reduce the feeling of anxiety ahead of moving on from supported lodgings. Additionally, young people expressed a desire for there to be early preparation and regular reviews as the plan is developed.

"I wish that I was kind of more prepared and thought about moving on as soon as I came in."



Moreover, it is vital that young people are at the heart of the planning and decision-making processes. The moving on plan should not be a static document but a dynamic tool that adapts to the individual's progress and changing circumstances. Overall, a well-structured moving on plan, grounded in the young person's voice and needs, is essential for ensuring a smooth transition to independent living and promoting long-term stability and success.



RECOMMENDED COMPONENTS OF THE MOVING ON PLAN

FINANCIAL MANAGEMENT



- Assess the young person's current financial situation and identify areas where support is needed.
- Provide practical financial education, including budgeting, saving for a deposit, and managing rent payments.
- Explore options for financial support and benefits, such as Universal Credit, and ensure the young person understands these resources.
- Identify barriers to securing housing, such as the need for a guarantor and acceptance of DSS income.

EMPLOYMENT AND CAREER PLANNING



- Help the young person identify career goals and create a plan to achieve them.
- Identify where support in job searching, resume writing, and interview preparation can be accessed.
- Connect the young person with local employment resources and opportunities.

INDEPENDENT LIVING SKILLS



- Ensure the young person understands essential life skills such as cooking, cleaning, and maintaining a household.
- Develop routines and strategies for managing daily responsibilities independently.
- Provide mental health support and resources for those who may struggle with the transition.

HOUSING OPTIONS



- Present and discuss various housing options, including shared flats and independent living.
- Involve the young person in the decision-making process regarding their preferred type of housing and location.
- Ensure the young person understands the requirements and steps to secure their chosen housing option.



PERSONALISED SUPPORT AND PLANNING

- Schedule regular meetings to review and update the moving on plan, ensuring the young person's input is central.
- Allow the young person to express their preferences and concerns, ensuring their decisions are respected.



EARLY PREPARATION

- Begin the preparation for moving on as soon as the young person enters supported lodgings, with initial conversations taking place within the first 3 months.
- Set realistic and flexible timelines that do not pressure the young person to move on before they are ready.



IMPLEMENTATION

- Ensure that social workers and support workers are trained to create and populate moving on plans.
- Develop resources and tools, such as templates and checklists, to aid in the planning process.
- Create a supportive environment where young people feel comfortable discussing their needs and preferences.

By incorporating these components into a structured moving on plan, young people will be better prepared for the transition to independent living, addressing their unique needs and promoting a smoother, more successful transition.

RECOMMENDATIONS

RECOMMENDATIONS TO GOVERNMENT

- The Government should publish new guidance²⁵ on supported lodgings to support providers in running effective, high-quality schemes. This guidance should:
 - a. Be produced in meaningful consultation with young people with lived experience of this provision.
 - b. Include guidance around best practice matching, which should include consideration of the dynamic between young people where there will be more than one young person living in a supported lodgings placement, as well as the dynamic between a host and a young person.
 - c. Provide a template/best practice examples of 'moving on' planning materials, to enable a smooth transition for young people. This should include conversations about what the relationship between a host and a young person will look like beyond the young person moving on.
 - d. Showcase best practice examples and case studies of young people with lived experience being meaningfully included in the running and delivery of effective supported lodgings schemes.
 - e. Include minimum training requirements that providers should give to hosts, to ensure a minimum quality standard of training for hosts across the country. This should include training on the needs of young people seeking asylum, given the high proportion of this cohort living in supported lodgings.
- The Government should launch a national recruitment campaign, in partnership with the sector, to boost the profile of supported lodgings and inspire and recruit hosts to open their homes to young people through supported lodgings. Providers of supported lodgings should receive additional funding to undertake recruitment activities. This campaign should draw on the experiences of young people themselves to inspire others about the impact of this provision on young lives.
- As part of the development of Regional Care Cooperatives (RCC), Government should introduce a 'Supported Lodgings Lead' within every RCC with responsibility for the regional development of supported lodgings provision, coordination and sharing of resources between schemes and oversight of the sufficiency of placements for young people.

25. The last national guidance on supported lodgings was published in 2008 and focused solely on this provision within tackling homelessness.

RECOMMENDATIONS TO PROVIDERS

- Providers should consider recruiting lived experience ambassadors who have lived in supported lodgings and are willing to share their experiences and advice with other young people considering it.
- To enable a positive relationship between young people living in the same supported lodgings setting, providers should ensure that the matching process gives space for young people to meet and get to know one another, as part of assessing the suitability of a match.
- Specific training on the needs of asylum-seeking young people should be provided to hosts to enable them to care for this cohort of young people in a culturally sensitive way.
- Young people with experience of supported lodgings should be invited to support schemes in all aspects of running an effective scheme. This could include being part of an interview panel for prospective hosts, participating in home assessments and supporting social workers in explaining supported lodgings to young people.
- Providers should consider establishing peer support groups for young people to enable young people to connect together and share experiences. These groups should be designed to be inclusive and engaging, addressing potential barriers to participation.
 - a. As a priority, providers should establish opportunities for unaccompanied asylum-seeking young people to be connected with others, so that they can receive peer support in integration and language acquisition, as well as making religious and cultural services available.
- Every young person should have a personalised moving-on plan. This plan should be co-created with the young person, their social worker, or support worker, and recorded in a detailed moving-on document.
- Consideration should be given before placing young people in supported lodgings where young people and hosts have minimal shared living spaces within the home. Recruitment and training of hosts should emphasise the proactive and intentional role they are to play in the life of a young person and training for hosts should provide practical tools to enable them to engage in ongoing dialogue and support of the young people living in their home.



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