



Doncaster Housing
for Young People

IMPACT REPORT 2024

dhyp.org.uk





Doncaster Housing for Young People provides a range of services for young people (aged 16-25) who are homeless or at risk of homelessness.

We support young people to have more secure housing, develop skills, improve well-being and access employment opportunities.

Our services are:

Progressions Project

Support with finding suitable housing, tenancy, benefits and budgets.

Supported Housing

Two houses owned and managed by DHYP, providing accommodation for six young people.

Floating Support

Support with maintaining a tenancy and developing life skills.

Supported Lodgings

A “**stepping stone**” to independent living, with the young person living with a host family.

Wellbeing

Individual counselling and group activities.

Future Pathways

Support with finding employment, apprenticeships, training programmes or volunteer opportunities.

Young Persons Forum

For young people to have their say on our services and issues affecting young people in Doncaster.

“Our Vision

All young people have a place to call home and can fulfil their hopes and ambitions.”

I was delighted when I was asked to become a patron of DHYP.

In my first few months of being a patron, I've seen first-hand the amazing work that the charity does by providing crucial services for young people in Doncaster to help them live independently. I'm looking forward to continuing my work with DHYP and championing them through my work in Parliament.

Sally Jameson
MP, DHYP Patron





Lee Pitcher
MP, DHYP Patron

There will always be a time in our lives where we will feel vulnerable. I can tell you, there is no worse a time I've faced, than when experiencing homelessness as a child.

To leave your home one day, and never return back, can be heartbreaking. Doncaster Housing for Young People is there at that most challenging of times. They provide a safety platform on which to restart, rebuild. That's why it's a dream to be involved with such an invaluable organisation, with a blooming brilliant team, where young adults can get that help, support, encouragement and ultimately, thrive.

A total of **280** young people accessed our services



96

Young people have been supported to access and /or maintain secure accommodation.

I was homeless. DHYP helped me get assisted living and then to move into my own place and made sure I stayed on my feet.



50

Young people have accessed a range of employment, volunteering or education opportunities.

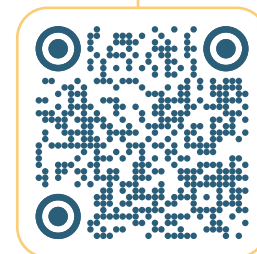
This included 10 young people who have gained a job and 16 young people who have volunteered in the community.



63

Young people have improved wellbeing including 31 young people who accessed our counselling service.

In the counselling, I could bring up anything and actually speak about it rationally and come to a conclusion.



Scan the QR code or visit the link below to watch our Impact 2023-24 video.

<https://www.youtube.com/watch?v=dNCp5PoNi68>



90

Young people have a secure income with 34 young people who have learnt to manage their finances.

I'm in a lot better place now than where I was. I have a better understanding of money and managing my finances. Getting out of my comfort zone and getting the help that I needed has made me feel like I have a brighter future.



58

Young people have increased life skills to live independently including household skills, healthy lifestyles, interpersonal communication and making positive choices.



We have ensured the voice of young people is heard and valued including improving our 'Future Pathways' programme booklet during the Client Scrutiny process and consulting with Doncaster Council about their plans for the City.

"I enjoyed giving constructive feedback to help DHYP."

Destiny's Story

I'm 23 and I struggle with ADHD, life as a whole is difficult as it is and even more so without parents. Most of my life has been chaotic and unsettled and filled with disappointment and abandonment. However, **Doncaster Housing for Young People were a light in my dark times.**

When I was referred from the food bank, I was already at rock bottom; no food, mental health hanging by a thread until I was assigned a DHYP support worker. She found me lost and guided me. I refer to myself as bubbly, loud, funny and kind but no matter if it's a good or bad day my worker would take my rough with the smooth and accept me as I am. She made me feel like I didn't need to change, and I was a lot more capable at handling life than I thought. She's been like the mother I never had. For example, she reminds me of appointments, helps with letters, forms and housing.

I was in a shared house which was not suitable. It was the most daunting, restless and stressful time of my life. I was being bullied by older men and women who antagonised me so that I would leave. However, that was not an option as then I would be homeless. They threatened me, harassed

me with loud music and horrible words, moving and hiding my belongings. This was unacceptable and uncalled for, and it caused my mental health to go through the roof. I had various breakdowns, turning up unannounced to the DHYP office and my support worker always welcomed me with open arms and has never let me down emotionally, mentally or physically. She helped me be more independent and would catch me when I fell.

My worker helped me with my disability PIP review form. She sat with me and went through it and was happy to take time with me as I get easily distracted and procrastinate. No matter what, we always completed things and persevered. She never made me feel like my disability was a problem. She made me feel like it was a superpower, and I was good, different and not a disappointment no matter how low my mental health got.

I was referred to counselling at DHYP. He is amazing, a good listener, patient and made me feel comfortable in my own skin. We have made a lot of progress, and it feels like I understand my messy brain a lot more. He is helping me recognise it so I can cope just that bit more.

When I finally moved into my own place, DHYP helped me with household items through the local assistance scheme which made my life just



Everyone at DHYP is welcoming, warm and like a big family. **Always catering to everyone's needs before their own.**



that bit easier. Even when I have succeeded, they still stay with me. My worker always stands by me and checks up, reminding me of appointments and listening when I'm stressed or upset.

Even when I feel like I've got it all, for some reason my life always seems to go two steps forward and three steps back. But no matter how much I fell back my worker picked me up and reminded me life could be worse and there is always a solution to a problem. It might not be the outcome that I want but it's still a step forward.

Everyone at DHYP is welcoming, warm and like a big family. Always catering to everyone's needs before their own. I feel I have been pulled from the gutter and it's changed my life. I will be forever grateful and will never forget how my support worker treated me and helped to fill a void I lost a long time ago. I have finally found myself after being so lost.

Featured Service

Supported Housing

Our Supported Housing program provides young people with a safe and supportive environment as they take steps towards independent living.

We have six bed-spaces of shared supported housing across two houses. Clients have their own private bedroom and share bathroom and kitchen facilities with a high level of housing management and support provided. Our team work with each young person to develop a personalised support plan. Residents are typically from disadvantaged backgrounds who have been at risk of homelessness or who have come through the care system.

In 2024 **14 Young People**



Accessed our supported housing over the course of the year.

Polly's Story

Polly has just secured her own independent tenancy through Doncaster social housing after living in DHYP's shared house for the past 16 months.

Polly was first referred to DHYP at the age of 19 from Doncaster Council. She was sofa surfing at her Auntie's house after The Doncaster Domestic Abuse Team removed her and her younger brothers from the family home. Her siblings are under 16 and were placed in the care of their grandparents in their two bedroomed house. But there was no room for Polly.

When we assessed Polly it was apparent she had been abused by her Mum for a long time, but was too afraid to report it and didn't want to be separated from her young siblings. Polly was already being supported by the community mental health team and was diagnosed with post traumatic stress disorder and social anxiety disorder. She also had a domestic abuse worker.

We had a space in our shared house which was far away from her mum and we knew that it would be a good place for Polly.

After she moved in, she straight away said

"I feel safe and supported."

During her time in the house, Polly continued with her mental health and domestic abuse support. She also decided to report her abuse to the police, leading to her mum being prosecuted. She engaged with DHYP fully to develop her life and social skills and took part in DHYP's well-being activities to increase her self-confidence. She sees her grandparents and siblings often and is now proud of herself for calling the police about her mum.

When she was emotionally and financially ready, Polly applied for social housing and secured a tenancy through Doncaster Homechoice. She has just moved in and is now receiving support from DHYP's Floating Support service to set up and maintain her tenancy. She says

"DHYP have been great in so many ways and supported me through so much for me to be where I am now."

Outcomes

Supported Housing

Through their personalised support plans, young people are supported with the range of needs they have which may include physical and/or mental health, domestic abuse, drug and alcohol use and poverty. They also usually undertake our Moving on Project that has twelve elements - this prepares clients for independent living and gives advice on coping with any unexpected issues such as a change of circumstance, wellbeing, and isolation, as well as general tenancy issues such as waste/recycling management and utilities.



I have a nice home and feel safe, I have two really nice new friends and support from DHYP.

Young People Say...

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I have met new people and got help to move into my own home. It has made me less anxious.

It has allowed an environment for me to develop my character and be mature without fear. I am more confident and it's had a positive impact on my mental health.



What difference have we made?

Reasons why young people have accessed our supported housing: homeless and sofa surfing, breakdown in relationships at family home, unsuitable rented accommodation, in supported lodgings, leaving bail hostel after a prison sentence.



Length of time in our supported housing:

⬆ From 11 weeks to 2 years 8 months.

Average Time:
11 months, 10 days.



Outcomes
young people have told us they achieve:

Safe place to live, feeling supported, improved finances, improved life skills, ability to live independently, improved communication skills, making friends, improved wellbeing.

5

young people moved on positively:

3

young people to housing association tenancies.

1

young person to commissioned support.

1

young person moved in with partner.

Meeting Housing Standards

In our 2024 Supported Housing review by Doncaster Council, we received the following very positive feedback:

- **Excellent support** 'gold standard' provider.
- **Good practice** model of support.
- **Responsive to needs** of residents including ex-residents experiencing housing difficulties.
- **Focus on move on** and ensuring that residents are 'tenancy ready'.
- **Good quality**, well maintained housing stock.

Featured Service

Wellbeing

Our Wellbeing services support young people through counselling, a wellbeing hub, and outreach facilitation.

We offer **one-to-one counselling** with experienced professionals, plus wellbeing sessions and activities. 31 young people accessed counselling in 2024.

31
YOUNG PEOPLE

19
YOUNG PEOPLE

Our weekly **Wellbeing Hub** provides a safe space for young people to connect, engage in therapeutic activities, volunteer, and fundraise for local causes, creating new skills, confidence, and community spirit. 19 young people attended the Hub during 2024.

DHYP's Outreach Wellbeing Facilitator supports young people at risk of homelessness with emotional support, practical guidance, advocacy, and connections to resources and voluntary organisations, ensuring they receive the help they need to thrive. 22 young people were supported through outreach in 2024, after it began in May.

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YOUNG PEOPLE

Alex's Story

Alex is feeling more confident about living independently now, is in a positive personal relationship and has gained belief to start looking for part-time work.

Alex started their wellbeing support with a DHYP Wellbeing Coach, which included visiting cultural sites in Doncaster such as the Museum, Library, Art Gallery, and The Point. They enjoyed these visits and liked getting active with another person who had similar interests. Their confidence increased and their isolation reduced. After a few months, they transferred to the counselling service and began working on their anxiety, continuing to build up their confidence and self-esteem. Alex's relationship with their family improved and their circle of friends grew, increasing their social connections and outings. Alex felt confident enough to reconnect with an old friend and this relationship has become significant.

Alex is highly creative and enjoys writing and drawing so decided to start a journal using an app on their phone, which they completed daily for about 6 months. They felt they wanted to add more information than the app allowed, so they devised their own chart and records. They have since maintained daily charts regarding their physical health, anxiety, dreams, steps, exercise, sleep pattern and overall feelings for each day. They have also added a sentence to highlight the day. Alex enjoys completing this and brings it to the counselling session each week. They find their diary very interesting and helpful, especially in understanding if there are any patterns or connections which they can work on.

Alex has been supported with benefits applications through the counselling service, and has budgeted, with support, to slowly decrease and clear their debts, which has helped to reduce their daily anxiety. Alex is feeling more confident about living independently now (they currently live in supported housing) and is looking for suitable accommodation to move into. Alex is also in a positive personal relationship reducing their isolation further. They have taken up yoga and are doing some voluntary work for an elderly lady who requires constant care. Alex is supporting the main carer with respite time, shopping, fetching prescriptions from the chemist, reading to the elderly lady and generally offering support when required.

Now Alex has this experience, they have gained confidence to start looking for part-time work.

Outcomes

Wellbeing Service

Through our wellbeing services, young people are supported to improve their wellbeing in a number of ways, including emotional and physical wellbeing, confidence, a sense of belonging, resilience and stability.

Wellbeing Outcomes

For young people accessing our counselling service and those in other DHYP services where wellbeing is identified as a support need, we monitor their wellbeing using the **Shortened Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)***.

In 2024, we had **TEN YOUNG PEOPLE WHO COMPLETED THEIR SUPPORT**. For all of them a significant increase in wellbeing was measured.



We're all similar in a way. We've all been through different things but can relate to each other. And have similar humour about it.

Young People Say...

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We were friendly through DHYP and then at the art group we started talking more and became friends. One art session and that was it.

I am more confident and can be myself.

We got together over Christmas and New Year's Eve so we weren't on our own. We had each other.

It has improved my life!



Before Our Support

6 young people indicated possible mild depression.

1 young person indicated probable clinical depression.



At The End Of Our Support

ALL YOUNG PEOPLE were in the range of positive wellbeing.

7 young people indicated high wellbeing.



Wellbeing Hub & Outreach Outcomes

Outcomes young people have told us they achieve: making friends, having more support, improved mental health, learning creative skills, getting out of the house more, doing social activities they wouldn't be confident to do on their own (e.g. line dancing), for some, more confident to go out on their own.

1 in 5 Children and Young People in England have a mental health problem, but only a third were able to access treatment in 2023.

'It is more important than ever that we all recognise our part to play in raising awareness of mental ill health and what we can do to keep ourselves well, particularly when we are faced with adversity. Doncaster Housing for Young People are an organisation who focus on this. By being a person-centred organisation, DHYP are able to ensure they support each young person to develop the skills and opportunities to help them thrive.'



Laura Arthur
Doncaster Mind CEO



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for young people

Future Developments 2025-26

- **Supported Housing:** Purchase a third house, with funding secured from The Postcode Lottery, creating three additional bed spaces for young people.
- **Wellbeing Services:** Continued expansion with plans to recruit a Wellbeing and Volunteer Manager and explore new partnerships, including spot-purchase wellbeing services.
- **Ofsted Approval:** Pursue Ofsted approval to provide essential support for looked-after 16 and 17 year-olds.
- **Post-25 Transitions:** Actively engage with services that support young people post-25, ensuring a seamless transition beyond DHYP's care.
- **Research and Impact Study:** In partnership with Sheffield Hallam University, conduct research to assess DHYP's long-term impact on young people, including its role in reducing homelessness beyond age 25.



Thank you to everyone who supports our work with young people. Including our staff, volunteers, trustees, funders and supporters, and the statutory and voluntary organisations we work together with.



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Speak with a team member via Social Media.



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