



Young People
and Children First

The role of a live-in supervisor

Young People and Children First provides supported housing to 16-25 year old care leavers and homeless. The charity has family sized homes in West Berkshire and provides emotional and practical support to its residents.

'We support our teenagers and young adults so they can lead full, happy and independent lives.'

Live-in supervisors are an integral part of the 360 degree support that our charity provides.

But what is a live-in supervisor and what do they do?

A live-in supervisor is part of what makes our support model so unique. They are volunteers that live permanently in our houses and are the 'parent' figure for our young people. Each of our houses has a live-in supervisor, someone that has their own full-time job and is a source of consistent security and support to our residents.

Our volunteer live-in supervisors go through a vigorous recruitment and training process and have the following attributes:

- Mature, kind, empathetic and considerate
- Discrete, trustworthy and professional
- Engaging and supportive
- Understanding and flexible
- Have experienced of the care system and/or providing child/adult support.

Mandy is a live-in supervisor at Rebecca House. She lives there with three young people between the ages of 16 and 25 who are care leavers or have been homeless.

Mandy said...

'Supported housing for homeless people typically involves being placed in a hostel or other short term shared housing. You don't know the other people that live there. Often large supported homeless hostels have older residents with complex support needs which can be daunting for any young person to be housed with.'

Essentially, especially for a young vulnerable person, living in any shared accommodation is about survival.'





'I myself have lived in a children's home, in foster care and I have been homeless.

I have never known anything like this charity (YPACF) and I'm certain that myself and my siblings would have benefitted hugely from a service like this. The homes, the care and the support that this charity provides is life changing.

At the most basic level, residents here are provided with a warm, comfortable and safe home. The bedroom doors have locks which will make residents feel safer. Your housemates are not changing constantly and the fact that you are not alone creates the feeling of 'safety in numbers'. There is food in the cupboard and the electricity isn't going to just cut out at any time.

On top of this, each resident is paired with a trained support worker and they see each other often and form strong bonds. The young people are helped with tasks such as money management and cooking on a budget. They are supported into education, training, volunteering or employment. They have a 'support evening' every week and get the opportunity to get together and play snooker or cook or order in pizza. The charity takes the residents on a camping holiday every year.

Each of the three houses have a live-in supervisor that has brought in something special. The residents can turn to us. They can rely on us. They can mess up completely out there today and we are there for them when they get home. Sometimes they want to talk and other times I hear the front door close and they go straight to the sanctuary of their bedroom. There's no pressure.

I have four children and four grandchildren and have naturally fallen into a mothering friendship with my housemates. We sometimes cook or watch tv together and we are currently drying out seeds ready to plant them in the garden and grow peppers and strawberries.

It's like a family unit. We talk together about going to college or I nag the youngsters about the recycling!

I'm very happy and settled living here and know that the difference that we are making is huge'.