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Needs Analysis

This project focuses on homelessness in Swansea as there has been an increase in individuals being homeless over the years. (Swansea Council, 2024) Only last year it was estimated that in Wales there were 116 people that were sleeping rough (Welsh Government, 2025) and there have been many homeless presentations over the years with figures in 2023 to 2024 being just below 4,500 and had been predicted at the time to be a similar figure in 2024 to 2025, showing that homelessness is an issue that needs to be solved. (Swansea Council, 2024) Due the cost of living going up it is putting many people at risk of becoming homeless due to household bills becoming too expensive for people to pay putting pressure on people who may already be struggling with prices and it is only going to get worse as time goes on if no one does anything about it. (Crisis, no date on website)

Firstly, there are many ways that cause people to become homeless such as there not being enough security in their jobs. This means if they are becoming at risk of unemployment, they may take up any job that may be a contract that is only zero hours. This means that they may receive inconsistent shifts which could suggest that they may not get an income for long periods of time, this could cause them to miss payments such as rent or make it difficult to save up enough money to buy a home. Another reason that people may become homeless is that the budget that was being provided for services for welfare and mental health has decreased, this has made individuals having to wait a long time to be provided with treatment which is allowing their living situation to get worse over time which will eventually lead to homelessness. (St Martin in the Fields, no date on website)

Also, relationship breakdowns and death of family and friends can lead to homelessness as they do not have the same network of support which can lead to becoming reliant on alcohol due the grief they were suffering with which can lead to poor housing that is not secure. This means that they could cause them to fallout with other family members making them less social with people which could eventually lead to loneliness. (Ross-Houle et al., 2017) Next, domestic violence could cause individuals to become homeless as they may run away from those households for safety reasons and as they had to flee quickly, they may not have had time to think out finance so they fall into homelessness. There not being enough support for individuals leaving institutes can cause homelessness. This is because there is not enough suitable support for them to get employed or find a home when they have been discharged meaning that they will

become homeless and may struggle to change the situation that they are in. (Murphy, 2025)

There are many consequences of homelessness such as stress and uncertainty as they have no permanent housing. This can make new mental issues or make already existing mental health conditions worse. This can impact their future as they are unable to create a life for themselves or relax into a home environment. (Crisis, no date on website) Also, stigma could be a challenge for individuals who are homeless as it can be embarrassing and lower their self-esteem as they would not feel accepted in society. (Amanda-Hill Dixon, 2023) Another effect of homelessness is that it is a challenge to find employment. The reason for this is that since they do not have a reliable housing situation, hygiene becomes a problem which does not look good at interviews for work and the stigma that could be associated with being homeless may prove to become a challenge as this may make employers not consider their application. (GiveWithConfidence, no date on website)

The Housing (Wales) Act 2014 is a national standard to try and reduce the number of individuals that are homeless as it puts a higher pressure on the authorities to tackle this issue in a certain time frame. (Swansea Council, no date on website) The focus on this act is to avoid scenarios that are critical by having earlier interventions. This means that homeless people can be assisted sooner so they can be provided the help that they need earlier than they would have otherwise. (age Cymru, 2025) Another national standard that helps the homeless is the Homeless and Social Housing Allocation (Wales) Bill. Under this bill they will increase the accessibility of services that are available for the homeless as well as giving priority to whoever requires these services the most. This bill also states that the social housing should be allocated to the individuals who need the housing more than anyone else. (Welsh Parliament, 2025)

Gaps in services

There are gaps in the services provided to help reduce homelessness in Swansea. One of these gaps is cost, the reason for this is because of the increasing numbers of individuals that require accommodation urgently. This increase was caused by the pandemic. The authorities had put individuals into bed and breakfasts, and the price was £7.2 million from 2025-2026. This links to another issue of there being not enough houses for homeless people to move into and due to this issue, the individuals are not being provided with the support that they need. (Youle, no date on website)

Next, according to the Audit Wales report that was put out in 2025, if the councils are finding ways to decrease the demands of homeless people needed to be put into temporary accommodation there is a risk of these becoming long-term when they were supposed to be short-term, this will have a negative impact for these individuals as they are not being provided with support for positive outcomes for the future and do not feel

safe and the quality not being at a good standard. This means that individuals have decided that they would rather be homeless than live in the temporary accommodation. Also, the council are spending a lot of money providing the individuals with accommodation, but they are not making sure that it is meeting their needs. (Audit Wales, 2025)

Another gap in the services available for homeless people is lack of equality in healthcare services as they are made to feel uncomfortable as they may feel that they are standing out from everyone else that could make them have a negative association with these services. Also, there is evidence that staff could have negative attitudes toward homeless individuals especially if they are having problems with substance misuse. This may lead to them not wanting to return to these services. (Bradley, Garwood and Hobbs, 2014) In addition to this, services could be focussing on intervening much earlier as they are only responding when it is an emergency when it could have been prevented much earlier if they could have gotten the support that they need. (Centre for Homelessness Impact, 2024)

Furthermore, accessing online services may be an issue for individuals experiencing homelessness. This is because they may not have access to phones consistently or not having enough access to the internet making it difficult to get in contact with these services that could be helpful to support them. This could be frustrating as they may not be able to navigate the apps to find the resources that they need. (ecco, 2025) There is an issue with being able to keep the mobile phones charged as they may have no access to electricity, this means if they set an online appointment to a service and the phone run out of charge, they will not be able to attend it. Since we are in a world that is moving towards public services and job hunting being online, homeless people may miss opportunities as more jobs are expecting people to send in resumes and are required to upload files which may not be possible for people who are homeless. (Flament, 2026) Also, homeless people in Swansea may not want to seek help from services due the stigma surrounding it. This is because they may be ashamed of asking for help. This could lead individuals to become depressed if they are not willing to get support from these services. This can be apparent in public services as they had used language that was found to be dehumanizing to people who are homeless. (Amanda-Hill Dixon, 2023)

Plan of action

There is a clear need to support for individuals who are homeless in Swansea. For this project the focus will be on providing cooking lessons in the central part of Swansea. There should be a welcoming space and staff to help them to relax as we do not know their situation. After they have learnt how to cook, they are able to sit down and chat to other individuals that are taking part in the course. Furthermore, some of the days there could be workshops held to train and develop hospitality skills. This is important as it

can provide them with opportunities to get into employment with the knowledge that they need. (Cook For Good, no date on website). This course would be held twice a week across eight weeks.

There are many benefits of running cooking classes for the homeless. One of these benefits is that it can help to boost confidence as they are learning a life skill by being able to create meals that can be made on a budget. Secondly these lessons could help individuals develop independence as they are being provided with education if they never had any experience in the kitchen before. Due to lack of money individuals experiencing homelessness are likely to be eating unhealthy options as they are cheap, this means that it is beneficial for them to learn how to make healthy dishes that are not expensive and can use it to find healthier ingredients so that they can improve their health. (food matters, no date on website) Another reason that this could be beneficial to homeless individuals is creating bonds with other people in the class as it helps to build friendships which will improve their well-being as they will not be in social isolation. (The Salvation Army, 2026)

Success Criteria

The aim of this project is to provide individuals that are suffering with homelessness in the central part of Swansea on a time scale of twice a week for eight weeks to teach them cooking skills, training for opportunities for jobs and sit down with others taking these lessons to have a chat. The reason why is because they can learn vital cooking skills that could help them throughout their life especially people in temporary accommodation to learn how to cook on a budget. (steelplan kitchens, 2020) To measure the success rate will be how many people attended the classes and see if there is a change in their confidence. They could also be provided with a questionnaire to see how the participants felt about these lessons and what they have learnt in the process. This is achievable as all you need to provide is a suitable cooking space and basic equipment for them to use. These lessons should help to empower people to create their own food and create a safe space where they can be relaxed as people who are in hostels do not feel they are safe in their own kitchen. (Quaker Social Action, no date on website)

Participation

An important part of getting people to participate is motivation. The reason that motivation is crucial as it can show individuals that they are valued and promotes inclusion. This means that a safe space has been created so people are more likely to get involved. (Improvement Cymru Academy, no date on website) One way to motivate homeless individuals in Swansea to participate in the cooking classes is by making them free. The reason for this is because they may already struggle to afford food and other essentials. This means if the individuals are on a tight budget so cannot spend

money on an activity, they can still attend as they do not have to pay for these cooking classes. (homeless hub, no date on website) Another way that could promote participation of homeless individuals to take part is by making sure that they have a voice, this is crucial as their needs and outcomes of these classes can be considered so that they feel that they are being heard. Next, by creating a safe environment it will encourage homeless individuals to participate as they would know that they are safe from being harmed. This is important as it will reduce fear and improves the chances of building trust. (Swansea Council, 2024)

Barriers

There are many barriers that could affect participation for individuals who are homeless such as if they have any health conditions such as heart disease. The reason that this may be a barrier as they may struggle to participate and may feel like they are not included. Also, individuals that are homeless may face emotional barriers such as anxiety. This may reduce participation as they may not be confident enough to participate with could cause feelings of isolation. (Care Learning, 2025) Furthermore, transport could be considered a barrier as they may face issues with the expense and access of transport. This could lead to a lack of participation in this project as they would have no way of turning up if they are not nearby. (Wilson, 2022) Another barrier that needs to be discussed is disabilities. This is because if an individual with a disability that requires them to be in a wheelchair if the building where the class is being held has steps to get into the building they then cannot participate. (Coleman, 2024)

Conclusion

In conclusion, homelessness is an issue in Swansea that could be caused by a variety of factors such as domestic violence and the cost of living crisis which can lead to financial issues. Also, providing cooking classes to individuals that are homeless could be beneficial as it can help to boost their confidence and develop skills. This would be successful as they are learning important skills that could get them into employment, to motivate people who are homeless to take part in this project is to make the classes free to join and create a safe space for everyone while considering the barriers that could impact participation such as transport.

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