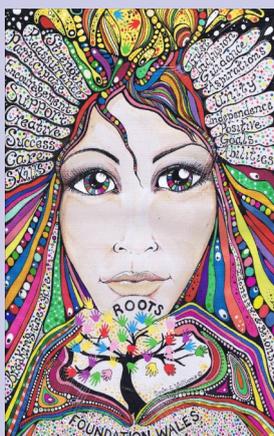




July 2015

Meet the team of Roots

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Emma Lewis—Chair/ Project Coordinator

As co-founder and chairperson of The Roots Foundation Wales, I am always overwhelmed by the progress of the organisation and the outcomes we are achieving - the project originated from the back of our cars, meeting with young people who were hanging out on the streets, involved in anti-social behaviour and drug taking, and it was all volunteer led, we were not too sure if there was a need at that time for a bigger project, but people kept telling us that there was and Roots then became established in

Aug 2011. We now have a building, resources and an amazing team of paid staff and volunteers, who work in the most positive and unique way with our service users, everyone is treated as an individual and the passion, dedication and patience of the team is to be commended. Along with Amy, I manage the Positive Progression Project, which has not long started, but I'm amazed by the progress of the individuals involved already. To make big changes, you always have to start with the smaller stuff, and sometimes people



forget that - I'm okay with working on the smaller stuff, because that's the building blocks in helping people make the positive decisions and choices in their lives and that's what we are all about.

Amy Beckett—Treasurer/ Project Coordinator



I have worked in finance for little under 15 years. During that time I have worked with a wide variety of people and organisations. I have worked largely in third sector

for 6 years, assisting in the application for funding and managing the financial element of projects. Although my past experience of children in care and the care system was limited, when the opportunity arose to become the Treasurer of The Roots Foundation Wales I was very excited to say the least!

My role within The Roots Foundation is to financially

manage all grants received and manage our current Positive Progression Project funded by The Big Lottery. I also offer support and assistance to my fellow committee members and service users in which ever capacity is required. During my time at Roots I have had the opportunity to work with the most wonderful and Inspirational people and it has taken me on a massive learning curve.

Nasima Rahman— Secretary / Admin & Publicity Worker

I have been working in the voluntary sector for the last 14 years and have been involved with Roots since 2011 as a volunteer on the management committee.

I have had first hand experience of working with young people in care and children in kinship care and their carers. Being a young person in care from the Black ethnic minority

community is twice as hard than coming from the indigenous community. They have no sense of belonging and feel even more isolated and bewildered.

I feel Roots will be able to be a bridge amongst these young people and give them a sense of belonging in society general.

My post is to deal with the day to day running of the office and publicise the different projects to the wider community.



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Number of women received accreditation for the moving up course supported by Gemma (Llanelli Women's Aid)



Baby box day out



Superheroes playing pin the tail on the squirrel

Gemma Hartnoll—Committee member/ Training Development Officer



My role at roots is Management Committee Member and also the Training Coordinator. I've been in this role now for coming up to 2 years. My reasons for supporting Roots Foundation Wales sits very close to my heart. My father was brought up in the care system from 3 weeks old, and I know the challenges he faced living in care homes and several different

foster homes. Coupled with my passion for 'making a positive difference to peoples lives' and my personal interest in the fantastic work The Roots Foundation Wales do, I just knew I had to be a part of the passionate cause.

My role is to support my fellow committee members with driving the charity forward in it's developments. And offering my expertise within training, and delivering personal development courses for our beneficiaries. I was also able to introduce a regular drop-in service once a week, and this was an opportunity for our beneficiaries to come along and feel safe and relaxed in a non

judgemental environment. This was the start of something big, from the discussions from our drop-ins we decided to create a board game for people in care and care leavers.

Please spread the word about our fantastic charity which makes a phenomenal difference to care leavers and kinship carers. Keep checking our Facebook page for updates on What's on at Roots!

Emma Lloyd—Committee member/ Volunteer

I am a volunteer at the Roots Foundation Wales. I am responsible for the Baby Box of Care project.

This project was set up to support those who have children in care and for those children who are at risk of being put into care.

The boxes provide basic item's that you would need when you have a newborn.

I myself am a kinship carer who would have appreciated the help when I was looking for help and support when I first became a carer.



Josh Price—C.A.R.E. Development Worker



Hi my name is Josh, I'm 25 and I like being outdoors as much as possible whether this is out walking up mountains, cycling, water sports or attending music festivals during the

summer.

I work with children and young people within the C.A.R.E (Children At Risk of Exploitation) Project at The Roots Foundation. The aim of the project is to educate and encourage young people to think carefully about the decisions they make whilst dealing with situations that may involve exploitation.

During the weekly drop-in sessions we cover areas of exploitation such as substance misuse, positive

relationships, sexual health, the trafficking of young people for the purpose of exploitation and many more.

As I have mentioned I love being outdoors so I like to bring that aspect along to the sessions as well.

This involves a lot of activities like walking the Gower Peninsula, cycling along the mumbles front and water sports.

Matthew 'Dinky' McLaughlin—Youth Worker

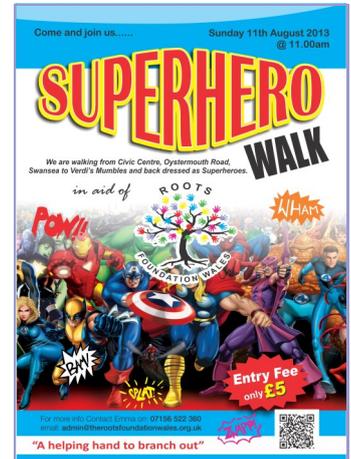
I am a qualified youth worker. I started off volunteering with the Roots Foundation Wales as a youth worker supporting the C.A.R.E. project worker.

I currently volunteer at the community farm and have also volunteered for Ty Fforest community house in the past.

Since volunteering with Roots I have been employed as a sessional youth worker.

I enjoy playing musical instruments and enjoy working with young people.

This opportunity has given me the chance to use my skills in a positive way and given me the confidence to gain new skills.



Alex Waters—Adult Outreach Development Worker



Hi, my name is Alex and I'm the new Adult Outreach Worker. My background is in dramatherapy, counselling, training, sexual health work, and I've worked on more projects than I can remember! All of my work in the past has mainly been about empowering children, young people and adults by helping them raise their

self-esteem and confidence.

How we think and feel about the stuff that happens to us in life is at the root of every other issue we have to deal with, so if you would like some help/support to feel better about whatever you are dealing with – I can help!

If you are a Care Leaver aged 16 or over, I can offer you one to one support (for example, if you want to improve your self-confidence, or access your records, etc) and/or you can join one of the groups that I'll be running. These groups will be fun, supportive, and will help you meet new friends,

enjoy new experiences and feel part of a caring community.

If you are a Kinship Carer (of any age) I can offer you some support too. I'll be setting up a Kinship Carer support group very soon to provide a relaxing space to meet, chat, have a go at some creative activities and form a network of informal support.

I love nature, being outdoors, music, African drumming, creative and healing activities, and comedy...and I bring these in to my work to support individuals, families and communities.



Getting their hands dirty planting their first tomato plant :)

Jan Bouleglhimat—Restorative Practice Development Worker

I'm a Mum of 3 grown up boys, definitely my most challenging work! I'm also a grandmother to a lovely 4 year old lad. I've worked in lots of different settings from youth clubs, schools and criminal justice.

difficult times. I'm looking forward to new challenges in this role using my Restorative work to help relationships work better. My goal is to work with both sides so that bridges can be built to make it easier for everyone.

My heart now lies in restorative work and this has led me to this work. By using my new skills I hope to continue to work supporting people through

As a team I hope we can get out and about to offer people opportunities to feel better about themselves and gain confidence.



Lost deep in thought

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A helping hand to branch out



The Roots Foundation Wales is a creative, innovative and dynamic project with great aspirations. We are independent charity led by a Volunteer Management Committee who have an understanding of the issues, needs and barriers for young people leaving care. Our Committee consists of individuals with a diverse range of skills and experience and a good understanding of the care system.

Our aim is to provide support, assistance and advice for young people leaving care, and individuals who have left care. We offer workshops on finance, cooking, budgeting, health, employment, relationships and parenting. Our goal is to have a state of the art drop in centre based in Swansea which offers a holistic and bespoke services to young people and adults to assist with successful independent living.

www.therootsfoundationwales.org.uk



What's on offer @ Roots

We offer a bespoke service to our clients offering subtle or intensive support, mentoring and supervision on a one to one basis or we can offer group support, we can also offer taster sessions and / or accredited workshops.

Activities and workshops include:

- Finance / Budgeting / Debt
- Cooking / Food / Nutrition
- Health / Hygiene
- Parenting / Relationships / Emotions
- Confidence / Self Esteem
- Employment / Volunteering / Educational support

We can also host support groups and forums on specific topics and issues, offer support, advice and guidance, assist with housing and benefit issues, provide trips and activities for members and clients.

We also provide a translating and interpreting service and cultural advice and support.

Funders



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