

Future Roots Newsletter



Spring

2021

Mud, Mud, Glorious Mud!

Mud is a big part of life at Rylands Farm and that means we have lots and lots of welly boots. Big pairs and small pairs, brown pairs and green pairs, odd ones and holey ones and just like our animals they all need somewhere to live. They have been taking up space in the workshop making it unusable, so thanks to funding we received from the Lottery and Dorset Community Foundation we have a fantastic new Boot Barn



Lets get Physical

Over the winter the maintenance team started the big task of putting the new Trim Trail into position. This fantastic new facility will help us to provide a graduated programme of physical activity and challenges which are suitable for use by all the young people at the farm. Our resident fitness guru Matt has created a series of simple exercises, using every piece of

apparatus, that can take someone from a base level of fitness through to an advanced level.

As Matt says; "exercise and fitness is one of the foundations of good physical and mental health, so I have designed a series of exercises based on callisthenics principles, which provide excellent benefits across the seven components of fitness. Thanks must go to The Lottery, Dorset Community Foundation and the Blue Spark Foundation who funded it. We are really lucky to have the Trim Trail, it's a first class fitness resource."



Shot in the arm for staff team

Due to some great work by the office team, Future Roots was able to secure places for all members of staff to receive a Covid vaccination. The first of the two vaccinations required took place during the last week of January, and will provide an enhanced level of protection to staff members, their families and to Future Roots and allow us to continue working with our Young People. We have stayed open throughout Covid and successfully offered 70 sessions a week to those with greatest needs. This was recognised by the High Sheriff of Dorset, George Streatfield who awarded us a certificate recognising our support for 'those most in need during the Coronavirus pandemic.' He also commissioned a short video called 'Sam: In Too Deep' based on a true story, which highlights the dangers of county lines drug operations to the youth of Dorset.

As with all areas of life Covid 19 continues to affect daily operation at Future Roots. We are continuing with the Covid 19 Procedures that were put in place at the start of the pandemic and have served us so well this far. Like many organisations, we have had confirmed cases within the workplace, but our procedures have been proven robust and the virus was contained within a small workgroup and did not spread to our young people or outside the bubble.



resilience empathy healthy life skills happiness hope achievement self-confidence learning

The Future's Bright – The Future's Jaryn's

In partnership with John Lewis we launched the Futures Programme which was designed to help produce farmers for the future and improve the employability of the participants. Jaryn began the programme in September 2020 to help him find enjoyable work and give him more opportunities, as he explains;

"I wanted to join because I thought it would be fun, and help me to get a job - if I wasn't doing this I'd probably just be stuck in my bedroom playing Xbox."

The programme has given Jaryn the opportunity to gain a variety of qualifications to enhance his employment prospects, covering areas such as first aid and food hygiene as well as practical experience in animal husbandry. Jaryn has also taken to tractor driving like the proverbial duck to water and is according to Jaryn is "the most fun thing on the farm."

Jaryn also had a great hands on experience during lambing at a commercial sheep farm and this was so successful that he has been asked to come back and work part time during busy times. Importantly Jaryn also recognises the inter-personal skills and self- confidence that he has developed on the programme saying; "It has really helped me put myself out there and to talk to people."



Testament to the success of Futures, Jaryn has decided that he wants to pursue a career in agriculture, possibly in the beef industry, due to his affinity with the cattle or working with machinery as an agricultural contractor. Either of these would be a great choice for Jaryn according to Sonya the Futures Mentor; "Jaryn has made great progress since he has been involved with Futures, he's so much more outgoing and he's a natural when it comes to the tractors – I think he has a really bright future in agriculture."

Smurf's Farm Fact



Did you know there are 10 million cows in the UK and everyday they produce enough milk to fill 15 Olympic sized swimming pools?

www.futureroots.net