

Future Roots

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**CULTIVATING
THE POSSIBILITIES
ENCOURAGING NEW
DIRECTIONS**

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futereroots.net

Future Roots



Established in 2008, Future Roots was the vision of our founder Julie Plumley, who has had a long career in social work over 25 years. Future Roots is a social enterprise; unlike a traditional business, profit is reinvested back into our community for the benefit of young people.

The mission for Future Roots is to provide a safe, positive learning environment for young people, particularly those who are experiencing high levels of adversity.

Future Roots is based on a farm with a therapeutic and emotionally empathic context. The animal assisted, therapeutic intervention enables young people to **engage, develop, and maintain** positive relationships where they have previously struggled to trust adults.

We have supported well over 1,000 young people, using a strengths-based approach to encourage **hope** and develop individual **aspirations**. We are both person-centred and inclusive, adapting programmes to meet

the needs of the young person at the time they are referred and when we review the progress.

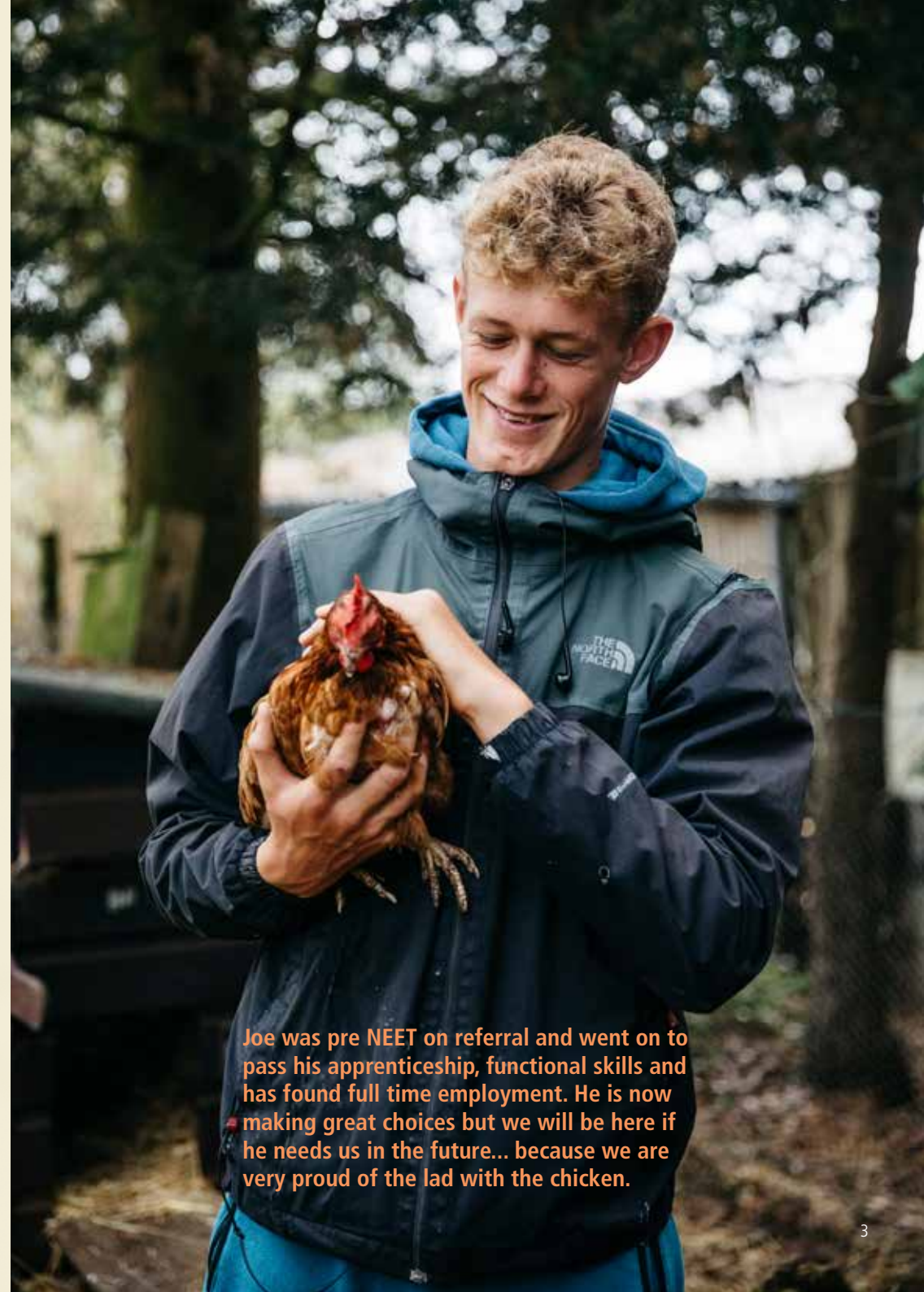
We are proud to mention that to date no young person has been excluded or prevented from attending the farm once they are a participant.

The unique experience of working with a combination of experienced mentors, animals and transferable work skills offers a flexible, person-centered approach that has been proven to resolve or find solutions to many challenges young people may be experiencing.

Director Julie Plumley says:
'our aim is to enable a young person's internal Sat Nav, offering opportunity to experience different learning routes. Enabling young people to pursue life's journey safely and successfully. Our aim is to ensure them to reach their destination no matter how many wrong turns they may take'.

“It's great to have clearer scientific evidence that nature is beneficial for our health and sense of self.”

Rory Stewart, former Environment Minister



Joe was pre NEET on referral and went on to pass his apprenticeship, functional skills and has found full time employment. He is now making great choices but we will be here if he needs us in the future... because we are very proud of the lad with the chicken.

The people we work with

Everyone over the age of 8 is welcome at Future Roots, regardless of individual abilities. Many participants face personal, health or social challenges but our aim is to help overcome these, provide opportunities for learning, focus on achievement and help develop coping strategies and goals for the future. We work with individuals and also with groups including:

Young People and Families participate on an individual basis, in family groups or as part of an activity group*. Relationships are explored, confidence and self-esteem are developed, and future needs and opportunities are identified.

Adults are provided with training and work experience and can gain the qualifications needed to help build careers, change attitudes and secure personal independence.



*Future Roots is contracted by Dorset Council to provide short breaks during holidays and after school activities. We also provide programmes for Dorset Family Matters.

Referrals to Future Roots

We have active referral pathways with schools across Dorset, South Somerset, Bournemouth, and Poole and have contracts and service level agreements with 15/20 schools and academies. We consider partnership working is an essential part of our offer and will attend meetings as often as we can do and write reports as required.

Young people may be referred:

- When they are ambitious to work in a practical work environment and learn new skills (the skills learned are transferable to many other work settings).
- As part of alternative education through schools and educational establishments, where a young person is on the edge of exclusion for any reason and funding has been found. (This can be for therapeutic or accredited programmes or a mix of up to 18 hours a week).
- Through health or social care for anxiety, loss, low self esteem any form of poor mental health.
- When they are non- academic and need other learning opportunities.
- When they are engaging in negative activities outside school.

When young people have accessed a programme, we can also offer work experience or support future college placements for limited numbers.

Our referral pathway is available on request.



QUALITY ASSURANCE

Safeguarding young people is of paramount importance to everyone at Future Roots. The Designated Safeguarding Lead is an experienced and registered Social Worker. In terms of health and safety, we maintain a site free from abuse and bullying and ensure young people are heard. We are signed up to the Dorset equality register.

Future Roots follows the government's safer recruitment guidelines and all staff are supported in their work through a framework of professional development which includes:

- Individual supervision
- Peer supervision and reflective practice
- A team and personal training and development programme
- An annual Performance and Development Review

Future Roots is registered with Ofsted. We have experience of receiving Ofsted visits and have been considered a positive part of schools' provision.

We have a single central register of information, should it be requested.

We are a member of Social Farms and Gardens, who provide an annual quality audit of work through the code of practice, and we hold a Learning Outside the Classroom Quality Badge. We are also a registered NOCN centre (see programmes).

The organisation has a strong and active board of directors who monitor and hold to account the quality standards across all services and safeguarding matters. Future Roots is signed up to the Pan Dorset Safeguarding Partnership. Our policies can be viewed on our website www.futureroots.net

Our food prep area has been rated a 5 by trading standards (2021).

“ I learned to be calm around the animals. I don't want to scare them. I'm normally on the move but now I can relax. ”

A young person on a Future farmers programme

100% of parents saw an improvement in at least one of the following: behaviour, motivation, confidence, communication, independence, positive choices.

“My daughter is a different girl. She is awake and happy since coming to Future Roots.”

A parent during Covid, April 2020



Outcomes

A research study undertaken at Bournemouth University describes the effectiveness of our interventions.

The farm is perceived as an inclusive environment, which results in a significant reduction in self-identified emotional health risks (stress, depression, anxiety) and behavioural regulation difficulties. Outcomes include improved social relationships and coping, increased contact with nature and the natural environment, improved life and work skills and promotes re-engagement with learning and less disaffection with society.

Our Interventions are noted as being 'inspirational, engaging and enabling' (Dr Sarah Hambidge 2018).

Almost without exception, young people make positive progress from Future Roots (either into further education, training or employment) and importantly, with a greater sense of self worth and the confidence to take advantage of new opportunities.

In 2020, 30 young people completed City and Guilds certificates in land-based operations level 1, and over 75% of the young people went on to engage with a further learning course or form of employment.

In 2020 evaluations from parents stated: 100% strongly agreed/agreed that Future roots understood the needs of their child and that their young people felt safe and well cared for.

Our Programmes

The programmes primarily take place at our 30-acre farm but we also offer outreach, out-of-hours programmes for those who are going through more troubled times.

Underpinning all of our work with children and young people is the **Resilience Model**: details can be seen on our website www.futureroots.net. This informs our assessment on what elements are missing from a young person's life and what protective factors they have.



All our programmes are designed around personal goals and outcomes. These are monitored, reviewed and evaluated so that the work can be varied to find the right solution for the ongoing development of the service delivery.

Young people work with us to identify what they consider is good practice and what works for them.

We develop programmes, alter programmes and will take programmes off our provision dependent on what works for the young people.

Enabling young people to make headway is important. Achievements may be small steps or on a grander scale. Both are acknowledged and celebrated.

“ I like the people at Future Roots the best,
it helps to keep me focussed at school. ”

John Nash, former Head of Dorset's Children's Services

We deliver accredited and non-accredited programmes that can be delivered at all levels and ages under 21. They can be one-to-one sessions or in small groups:

- Land-based Operations, leading to a recognised qualification in land-based operations
- Animal care and welfare
- Functional Skills levels 1 and 2, leading to a recognised qualification (NOCN)
- Employability and Life Skills
- Nurture and Therapeutic engagement
- The Dorset Families Matter Programme (individual or) family
- Short Break Schemes – school holiday times for children who have an EHCP
- Health champion level 2
- John Muir awards
- Forest school for primary
- Forest to fire
- Transition
- Employability
- Animal-assisted therapy

More details about our programmes can be found on our website. Individual programme sheets can be requested at www.futureroots.net or by telephoning our office on 01963 210703.

Consultation

Participants, their families, or those who make referrals, are consulted on what is being sought by them. This leads to significant outcomes and change.





The Team

Our team of learning and development mentors are an integral part of the programme delivery and therapeutic structure that Future Roots provides.

Our learning mentors come from a range of backgrounds and bring a rich diversity of skill, knowledge, and expertise to meet the different needs of the young people who come to use our services. Most importantly, the team at Future Roots share common values and belief that all young people deserve the opportunity to learn, grow and build resilience in an environment in which they feel safe and understood.

Team member profiles can be seen on our website www.futureroots.net/about-us/our-team



“The farm is such a relaxed place, even if they do have some rules. They are only there to keep you safe.”

A young person at Future Roots



What people feel about Future Roots and its work

An adult participant said, "One of the reasons I like Adults into Farming at Future Roots is being part of mixed ability groups where staff are completely non-judgemental and treat a person like a person and not a condition."

A grandparent says, "My granddaughter was lucky enough to use this facility and it changed her life."

Jenny (18), said, "Without Future Roots I would be in prison. Now I've completed an apprenticeship and I'm in a full time job."

Another teenage participant at Future Roots said, "It might sound daft, but the donkey and his mum – the way she treated him – made me think about the situation with my mum and dad."

Angus Campbell, Lord Lieutenant of Dorset, said, "I am fully aware of this splendid project and I am delighted to commend it."

Alan Law, Natural England (strategy and reform) said, "There is now compelling evidence to show that contact with nature and the outdoors improves physical and mental well being. Natural England is committed to find ways to help more people access these benefits."

John Nash, former Head of Dorset's Children's Services, said "An effective response to the challenges being faced by people."

A Head of Year, explains "L's attendance was mid 70's but since attending Future Roots it is now 100% and his whole attitude has changed The enthusiasm he shows for Rylands farm has definitely spread to the rest of his work."

Highlights from a recent Phd survey by Sarah Hambidge, included;

Intervention indicated that access to green space and nature, building of trust and fostering a sense of belonging set a course of restoration and ultimately improved the sense of inclusion and wellbeing of participants.

Participants' experiences with the farm mentors were instrumental to the success of the intervention.

The quantitative and qualitative findings showed that Future Roots had a significant effect on the physical, social and psychological health and development of participants.

“Everything about Future Roots is positive.”

John Nash, former Head of Dorset's Children's Services



Getting in touch with Future Roots

You can find all the information you need by exploring our website at:
www.futureroots.net

You can also email us at **office@futureroots.net**

Or call us on: **01963 210703**

Read Alfie's blog on our website



Alfie the
blogging
terrier

A series of leaflets can be made available to provide insights into our work with:

- Young people and families
- Forward through Farming – Adults at Future Roots
- Countrymen UK

The main Future Roots farm sits between Sherborne and Dorchester on the A352 (DT9 5PS)

Future Roots is a Social Enterprise and we've been successfully providing support and direction to individuals and groups for over ten years. We always appreciate donations as this helps us in our work. You can contribute at www.localgiving.com/futureroots

Photographic images courtesy of G Parsons, K Davies

