

# ROOTS FOUNDATION WALES



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ANNUAL REPORT 2020



# CHAIRPERSON'S STATEMENT

It always amazes me how adaptable adults are, how businesses and organisations are and certainly how young people are, and this year has been the year to show our resilience as an organisation and as humans beings in general and whilst it has not always been easy, without each other it would have been much harder.

Little did we know last Christmas when we were hectically preparing for a trip to Luminate in Margam park with our families, or our carers' trip to Bath Christmas market that things would be completely different this year. Little did we know when preparing for our children's Christmas dinner with Becky at the helm with the assistance from the High Sheriff Sally last year, that we unfortunately would be unable to host the same beautiful events as we have done year after year.

However whilst I feel a little sad about this, after all Roots is all about family in its many forms, and families generally gather at events, parties and festivals, I look back with genuine fondness at those memories we made and truly appreciate the time we had with you all and I understand now more than ever the importance of people rather than things.

As an organisation, we have had to think very differently and very creatively in 2020 to ensure young people and carers are kept safe and well but also to ensure that they were not lonely and isolated during these difficult times. I would like to take this opportunity to commend the team for all of their hard work, dedication, passion and enthusiasm and for going above and beyond and working tirelessly in reducing any barriers to participation of our activities.





Setting aside Covid-19 and the numerous lockdowns we have had, this year has had its highs and lows for the Charity. We spectacularly won the Queens Award for Voluntary Service in June, the equivalent of an MBE for groups, we have seen young people transition positively from our Independent Living services, we have experienced loss and ill health amongst our beneficiaries and our supporters and earlier this month it was announced that we had been awarded the Child of Wales Outstanding Charity award.



At this AGM we sadly say goodbye to two long standing founding members of Roots - Amy, our Treasurer, and Nasima - again I would like to thank them for their dedication and passion to the organisation, it is fair to say that none of us expected in 2011 that the organisation to grow so quickly and successfully as it has and it is testament to their hard work and enthusiasm. I know you'll want to join with me in wishing them both the best of luck and best wishes for the future, and we acknowledge without them we would not be where we are today. Thank you.

We also look to the future with excitement and anticipation in regards to our recruitment of new Trustees to the organisation, this has been the biggest recruitment to the board to date and we are looking forward to working with you all in progressing the organisation to the next stages of its development.



Thank you to all of our volunteers who are the backbone to our charity, who understand the issues and barriers our community face and do their utmost to create a positive support network, create a family for both carers and care experienced young people.

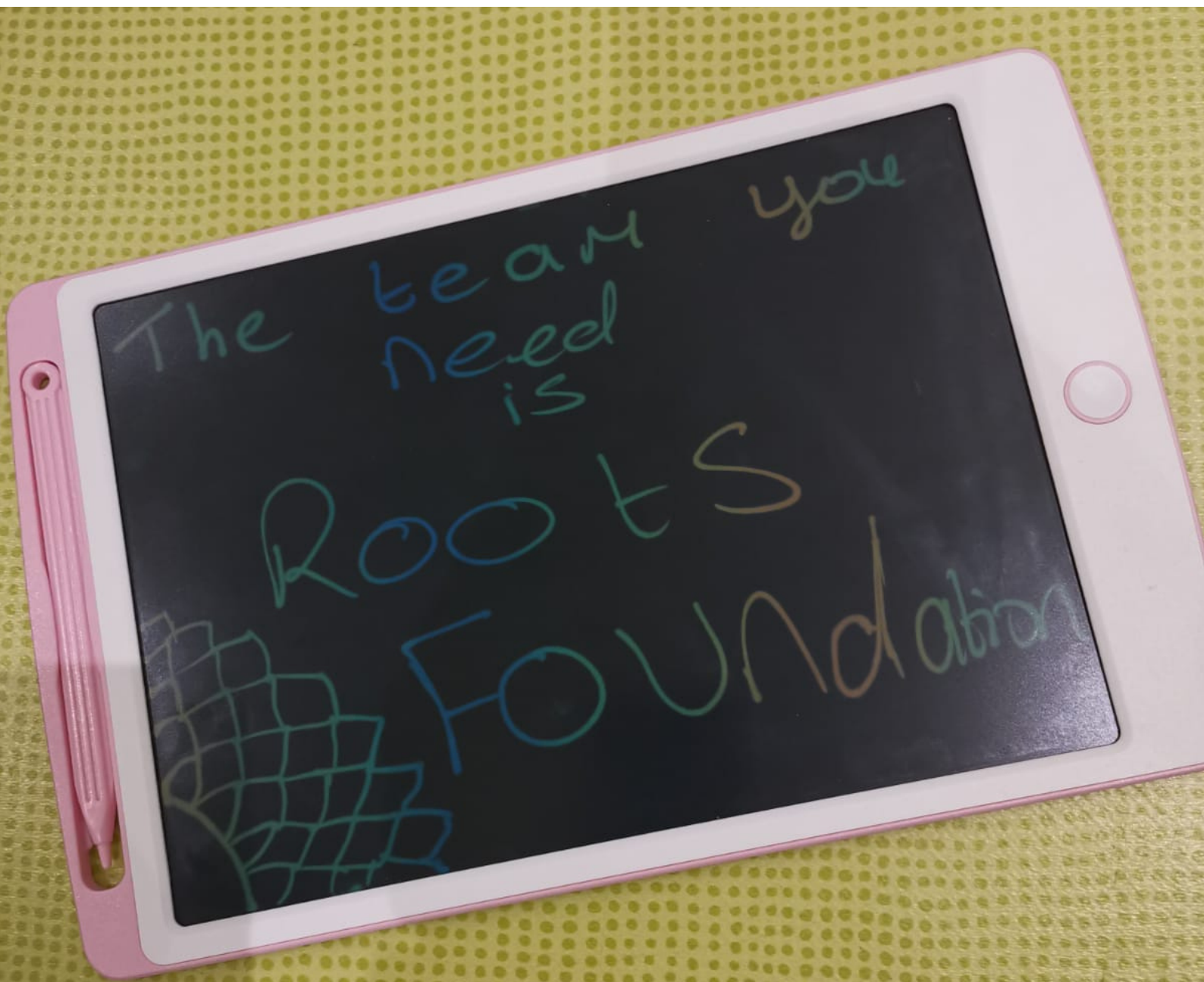
Please never underestimate your role within our organisation - our lived experience is what defines us, makes us unique and what makes us genuine.

I would also like to take this opportunity to thank our funders, Children in Need, National Lottery Community Fund, the Austin Bailey Foundation and The Moondance Foundation for believing in us and what we are trying to achieve and continually assisting us in making a difference to young people's lives.

Finally, I would also like to thank those amazing individuals, businesses, schools and organisations for donating their time and their money to The Roots Foundation Wales, no donation is more important than the other, they all assist in creating the best opportunities and experiences for care experienced young people and their carers and with your support we have been able to make their memories matter.

Thank you.

Emma Lewis  
Chairperson





# PROJECT OVERVIEW

## The Children at Risk of Exploitation (CARE) project

68 children and young people have benefitted from the project this year:

3 = 0 - 4 years

13 = 5 - 9 years

25 = 10 - 15 years

21 = 16 - 18 years

6 = 19 years and over

There are many opportunities for children and young people to take up:

Tailored 1:1 sessions for young people who may have been victims of exploitation or who are at risk.

Children and young people are often referred by social workers or under the CSE protocol. Usually we run through a programme of support suited to what the young person needs and in a way they like to engage. This may be scrapbooking, certificates, verbal sessions, information videos, etc. Following these sessions, young people often transition to our groups.

A weekly group run in partnership with Reaching Wider at Swansea University – young people aged 11 and up have a taste of what University has to offer - sessions have included criminology, Korean dance, media training, 3D printing and animal handling.



**ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED**



Gyda chefnogaeth / Supported by

**BBC**

**Plant mewn Angen  
Children in Need**

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Reg. charity England & Wales no. 802052 and Scotland no. SC039557

A weekly group offering younger people play and craft opportunities with the aim of building safe, happy, trusting relationships.

A weekly over 11s group at Roots - focus on healthy, safe, respectful relationships and education on a range of issues (County lines, CSE, risk management, drugs, alcohol, etc.)

Thursday Night Dinner - Last Thursday of every month for young people aged 16 plus (making and eating dinner together/skills and social opportunity) - only two so far due to Covid-19.

During the school holidays activities and trips are run. Most recently: Luminate at Margam Park, craft session with an artist at Swansea National Waterfront Museum and a meal at Frankie and Benny's.

Covid-19 has been a challenge this year, however contact has continued with the children and young people over the telephone and social media platforms.

Opportunities for positive engagement have been rolled out and taken up - baking activity, Brooklyn sketchbook art project, Time capsule task, activity packs sent out including Pudsey packs. Communication with children and young people picked up on the fact that "hugs" were being missed, so we delivered Roots teddy bears.

Other engagement includes:

BBC radio engagement opportunity – Covid-19

The Fostering Network magazine - contribution by young people about experiences of social media.

Feedback to the Children's Commissioner for Wales and WAG about social care experiences during Covid-19





# PROJECT OVERVIEW

## KISS PROJECT

69 service users reached:

36 children and young people

33 adult carers

- supported the Kinship/SGO Carers Coffee Mornings to continue - after consulting the group on their needs: arranging speakers or workshop facilitators who can address some of the concerns/issues of the carers e.g. family lawyers, benefits advice, and the Grandparents Plus Kinship Care Development Manager for Wales.
- provided 1:1 support for those carers who need more intensive support: from supporting carers who feel their child's placement is at risk of failing - to accompanying carers to meetings/appointments where they feel they need support/advocacy e.g. child reviews, Job Centre appointments, healthcare appointments and chemotherapy treatment..
- consulted the carers on what activities they feel would contribute to their own mental health and wellbeing so we can have a running programme of activities that nurture and support them e.g. yoga, the 3 Principles, Mindfulness, African Drumming, arts and crafts, outdoor learning activities and supporting them to identify any particular training needs..
- supporting the carers to 'have a voice' through their participation with Children In Wales' Kinship Care Development Officer, e.g on the Parliamentary Task Force, and the Welsh Government's Measuring the Mountain.
- started 1:1 support for young people living in Kinship/SGO care: new referrals of young people who are at risk of placement breakdown who are receiving weekly/fortnightly/monthly support as needed - whilst also supporting their carers, and mediation work between them.



- offering '3 Principles: Innate resilience' training to other professionals we work in partnership with so that we can all offer the best support to our young people and their carers, by constantly reminding them of what is 'right' about them, rather than a constant reference to what is wrong or lacking' in them.
- creating holiday activities for young people in kinship/SGO care - with their carers - promoting a sense of Roots community and accessing activities that may otherwise be out of reach to them.
- raising awareness of the mental health needs of our carers, children and young people at the Swansea Bay Mental Health Forum - and raising the Project's profile with Third Sector organisations across the county. We are now included as an organisation and project in the Mental Health & Wellbeing Service Directory for Swansea.
- responding to the coronavirus pandemic and adapting support: check-in phone calls, video calls, WhatsApp carers support group and Zoom groups - ensuring that our young people and carers feel supported through this challenging time.





# PROJECT OVERVIEW

## INDEPENDENT LIVING PROJECT

Since the opening of the accommodation, I have supported five young people. Two of these young people are still currently living at Roots. Three have successfully moved on to live independently. I have been able to support eight young people in total with developing independent living skills. The additional three young people who do not live at Roots have engaged with me through school referrals. Before COVID-19, they were attending weekly sessions at Roots. Since COVID-19, I have maintained contact with these three individuals virtually through phone calls, video chats and messaging.

Before COVID-19, I was co-working with Emma Jones with a Tuesday group of young people aged 11-16, delivering various activities like Independent Living Skills, CSE, Sex Education, Accreditation (Certificates) and talks from other organisations, etc. I have developed a structured formative assessment workbook of independent living skills to ensure the young people have sufficient guidance, knowledge and support to achieve in all key areas. These include personal care, laundry, money management, food preparation, getting around, shopping, etc.



I have produced multiple forms like a referral form, medical and consent form, pen portrait, medication tracking form and trajectory form.

Besides the skills assessment, I have also developed a radar chart to monitor progress, wellbeing and development. This has been crucial in recording monthly progress or regressions, looking in-depth at the young person's wellbeing and support needs. It helps the young person take control of their own goals, attainment and helps to encourage reflective learning. I formalise this in a monthly action plan supported by the worker but led by the young person who has ownership over the plans, making sure they don't interfere with other commitments like school, college, volunteering, work, etc.

I have been responsible for night staff and the rota and enlisting new staff.

Currently, I have been looking at accreditation specifically for the Prince's Trust, hoping to deliver it to our young people.





# FINANCIAL REPORT

Financial Year to 31st August







May our doors be  
wide enough to  
welcome you, but  
narrow enough to  
stop prejudice and  
discrimination.

THE ROOTS FOUNDATION WALES

Accounts

31st August 2020



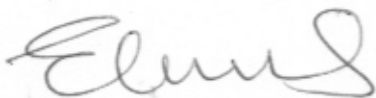
**THE ROOTS FOUNDATION WALES**  
**Income and Expenditure Account**  
**For the year ended 31st August 2020**

	<b>2,020</b> <b>£</b>	<b>2,019</b> <b>£</b>
<b>Income</b>	<u>209,336</u>	95,592
<b>Expenditure</b>		
Staff Costs	125,560	43,889
Volunteer Costs	3,008	3,432
Office Costs	7,402	7,211
Activities	150	2,798
Other Costs	11,017	1,456
	<u>147,137</u>	<u>58,786</u>
<b>Excess of Income over Expenditure</b>	<u>62,199</u>	<u>36,806</u>

**THE ROOTS FOUNDATION**  
**Balance Sheet**  
**As at 31st August 2020**

	Notes	2,020 £	2,019 £
<b>Current assets</b>			
Bank Current Account	109,236	47,058	
Bank Reserve Account	13,022	13,001	
Cash in Hand	1,732	1,732	
	<u>123,990</u>	<u>61,791</u>	
<b>Current liabilities</b>			
Trade creditors/accruals	-	-	
<b>Net current assets</b>		123,990	61,791
<b>Net assets</b>		<u>123,990</u>	<u>61,791</u>
<b>Accumulated Fund</b>			
Balance at start of period		61,791	24,985
Excess of Income over Expenditure		62,199	36,806
		<u>123,990</u>	<u>61,791</u>

The accounts have been prepared based on the records provided to show the organizations position at year ended 31st August 2020



Emma Lewis, Chairperson



**THE ROOTS FOUNDATION WALES**  
**Notes to the Income and Expenditure Account**  
**For the year ended 31st August 2020**

**1 Profit and loss account analysis**

	<b>2,020</b>	<b>2,019</b>
	<b>£</b>	<b>£</b>
<b>Grant Funding</b>		
Commission work	116,010	
National Lottery Community Fund	33,555	
CF in Wales	2,000	
Co Operative		1,856
BBC Children in Need	42,715	51,400
Tesco Ground Work		1,000
	<u>194,280</u>	<u>54,256</u>
<b>Other Income</b>		
Room Hire		29
Donations	8,755	15,362
Sundry		95
Bank Interest	21	15
Events		1,327
Training		2,000
Consultancy	1,200	
Accommodation Rental	5,080	22,508
	<u>15,056</u>	<u>41,336</u>
<b>Staff Costs</b>		
Salaries and Wages	118,732	41,144
Staff Training	1,000	220
Staff Expenses		1,234
Pensions	5,828	1,291
	<u>125,560</u>	<u>43,889</u>
<b>Volunteer Costs</b>		
Volunteer Expenses	3,008	3,432
	<u>3,008</u>	<u>3,432</u>
<b>Office Costs</b>		
Rent and Room Hire	3,000	3,000
Heat, Light and Water	2,084	1,329
Repairs and Renewals		890
Telephone and Internet	1,266	853
Cleaning	665	756
Insurance	387	383
	<u>7,402</u>	<u>7,211</u>
<b>Activities</b>		
Events and Workshops	150	2,798
	<u>150</u>	<u>2,798</u>
<b>Other Costs</b>		
Supplies		192
Laptops Reimbursed	4,423	
Marketing and Publicity		282
Sundry Costs	166	30

**THE ROOTS FOUNDATION WALES**  
**Notes to the Income and Expenditure Account**  
**For the year ended 31st August 2020**

Fundraising		408
Storage	990	
Christmas Festivities	4,146	
Star Assessment Tool	492	
BSL Classes	800	
Gratuities		544
	<u>11,017</u>	<u>1,456</u>



## THE ROOTS FOUNDATION WALES

### Independent Examiners Report on the Accounts

I report to the trustees on my examination of the accounts of the above charity for the year ended 31<sup>st</sup> August 2020,

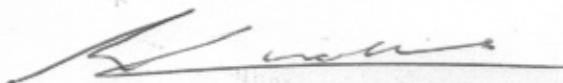
As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145 (5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect

- the accounting records were not kept in accordance with section 130 of the Charities Act, or
- the accounts did not accord with the accounting records, or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Robert Richard Watkins AFA MIPA

28<sup>th</sup> September 2021