

Our Roots Community Interest Company



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Our vision.

To become a strong and vibrant community organisation that brings together the community we serve in order to bring about social and health change.

Mission

“Passionate about Community development, cultural integration, social cohesion, health and wellbeing”.

Motto

“Today’s dream tomorrow’s reality.”

Message from Volunteer Chair Patrick Kwesiga Regd. MBACP

I am honoured to have been the Non-Executive Chair of the Board for the last 8 years. Like my colleagues in the board, we dedicate our spare time, resources and professionalism as volunteers to give back to the community. We believe in the philosophy of a developed community as the cornerstone of social integration and wellbeing.

We believe that the roots of our society are in developing the children, young people and strengthening family values. We therefore approach our work from the social-psychological boosting where key social developmental values form the pillars of our approaches. Such values include:

- Working to feed yourself and the family;
- Helping people and communities;
- Respect for old people and leaders;
- Create and recreate humankind through the family
- Institution;
- Staying safe and promoting wellbeing through being active and supporting each other in crisis and misfortunes;
- Self-belief, self-actualisation, identity, cultural beliefs and self-confidence.
- Self-contentment yet positively striving to achieve;
- Keeping well, reaching out for help and support in times of physical and psychological needs mostly through trusted networks like families and friends.
- Spirituality as a way of connecting with nature and creation;
- Parents protecting and looking after their children and young ones like the traditional mother hen protecting its chicks from the kite.
- Promotion and fighting for fairness, justice and rights.
- Synergy through working together, partnerships and Consortium work.

Finally and most importantly, Our Roots is not just an organisation that employs people or volunteers; it is a community of people including professionals who wish and are passionate about building a better today and informing a proud tomorrow. We are in it together. You are welcome to join and support Our Roots.

About us

Our Roots is a community interest company (CIC) that started as an organised Community Group. It rose out of the work of Community Development Workers of the then South Birmingham PCT based at Midland Heart that was delivering the government's Delivering Race Equality (DRE) programme for mental health.



Our Roots Community Centre and Hub

Our Roots launched its community Hub comprising of a community restaurant, children's play village, events gardens and a youth hub to support in children and youth development.

The Hub also comprises of therapy rooms for counselling and a function room for dance fitness sessions and can be hired to accommodate up to 50 seated people. The Hub was launched by the Deputy Lord Mayor of Birmingham, Carl Rice, on 1st July 2017.



Legal Structure and operating structures.

In October 2010, Our Roots was registered as a Community Interest Company (CIC): a social enterprise that grew naturally out of community need to have an organisation that is owned by and understands its community.

We offer services that directly benefit the community such as Counselling and emotional health, health promotion, mental health, early detection and prevention of entering unwanted systems and behaviour such as crime, mental ill-health and a sense of hopelessness; we also support the efforts of the government and local authority of creating a better, bigger society with family, social and national values. We do this by adopting the delivery of responsive services, in a community but professional environment.

Model, Operating Structure and Business Principles

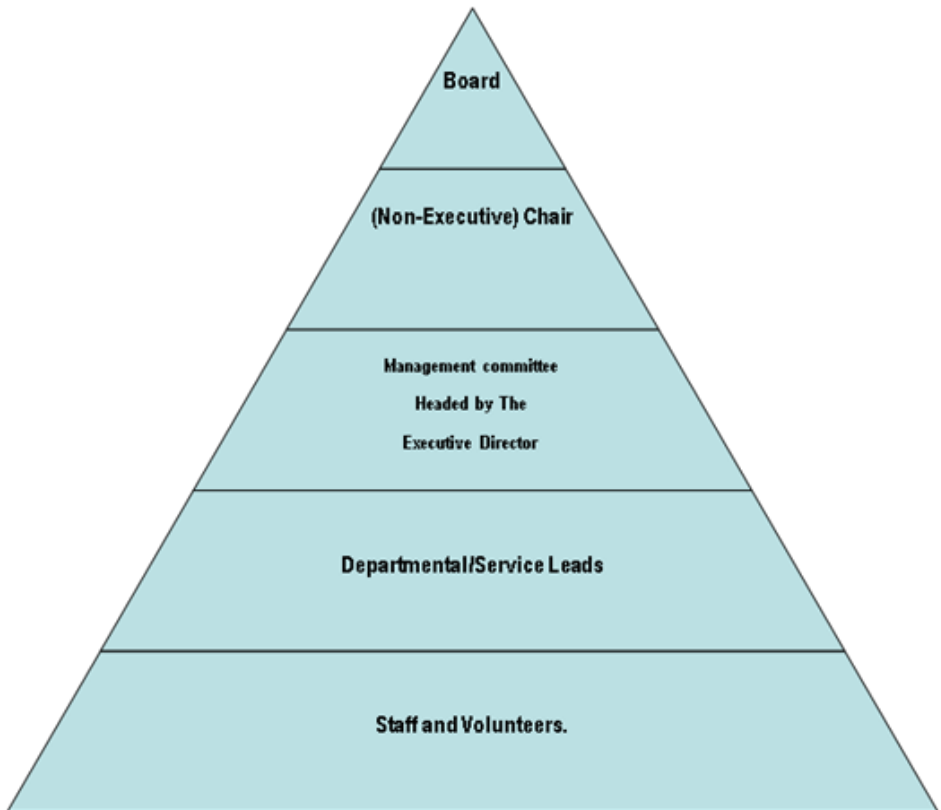
We engage in community development and promoting mental health and wellbeing. We also look at empowering and promoting social integration and cohesion, resilience, achieving in education, cultural development, identity and sense of belonging, as part of building self-esteem and confidence.

Our model of work adopts a community approach where we have a community of individuals coming together to develop a service. For this reason, we will have so many different services started according to the expertise and interest of different people grouping together to serve the community and society.

Our work methodologies also include music, dance, drama, theatre and social group activities. We also run reading groups; write and perform drama, music, poetry and other literary and artistic forms of education and information sharing; and developmental social networking. We can be commissioned and contracted to deliver educational, entertainment and cultural programmes, and partnerships working that meet with our aims.

We engage in the promotion of community health, advice, guidance and information in the field of health, mental health, housing, new communities, asylum and refugees settlement, volunteering and cultural exchange. We also provide onsite and community-based counselling and mental wellbeing promotion/interventions.

Our Roots Organisation structure.



Our Services

1. Children Holiday and Saturday Club

The Saturday and Holiday Club for Children, young people and their Carers provides:

- Behavioural and good citizenship Counselling in the area of good manners and citizenship development.
- Training, skill building and volunteering for young people through mentoring by volunteer professionals:
- Support groups of young people helping each other through “mutual aid and social action” in learning and physical activities.
- Dance-for-fitness aimed at keeping families active/fit.

Benefits:

- Good manners and progressive citizenship and right attitude that is recipe for social and cultural integration.
- Learning and educational uptake will ensure children will achieve academically and have an interest in career development becoming a “blessing to society”.
- Exercise and keep active and fit
- Beat low mood and anxiety
- Socialise and have fun
- Learn and share.
- Maintain and Improve wellbeing.



The Saturday and Holiday Club Structure.

Activity	How done
First 2 hours Educational	Homework from school/IXL online. Teenagers are supported to do: Homework and school projects; IXL practice; Book-based Educational support.
30 minutes: Civic and psycho-social development.	Mentoring: Get special people to talk to the teenagers Listening to teenagers' needs. Civic Education: I.e. getting them interested in the news. Reading newspapers etc. Talk about- Hygiene, manners etc.
45 minutes: Talent and fun	Teenagers can be encouraged to play, sing and dance together or join the rest of the children in talent development.
30 minutes: Dance to Fitness and Movement Therapy	Join the rest of Our Roots family for dance-for-fitness and exercises.

2. Dance Music and Fitness Therapy (DMT)

This is a program aimed at the community to keep fit and improve their well-being thru dance. DMT also helps to maintain a sense of feel good but also releases stress, anxiety and depression.

Aims and objectives of Dance Music Therapy.

- Exercise and keep active and fit
 - Beat low mood and anxiety
 - Socialise and have fun
 - Learn and share dance moves.
- The theory of DMT is based mainly upon the belief that body and mind interact. Both conscious and unconscious movement of the person, based on the dualist mind body premise, affects total functioning, and also reflects the individual's personality. Therefore, the therapist-client relationship is partly based on non-verbal cues such as body language. Movement is believed to have a symbolic function and as such can aid in understanding the self. Movement improvisation allows the client to experiment with new ways of being and DMT provides a manner or channel in which the client can consciously understand early relationships with negative stimuli through non-verbal mediation by the therapist.
- Through the unity of the body, mind, and spirit, DMT provides a sense of wholeness to all individuals. The body refers to the "discharging of energy through muscular-skeletal responses to stimuli received by the brain." The mind refers to "mental activities such as memory, imagery, perception, attention, evaluation, reasoning and decision making." The spirit refers to the "subjectively experienced state of feeling in engaging in or empathically observing dancing."
- Dance therapy works to improve the social skills, as well as relational dynamics among the clients that choose to participate in it to better improve their quality of life. Through this form of therapy clients will gain a deeper sense of self-awareness through a meditative process that involves movement, motion, and realization of one's body. Dance therapy is different from other forms of rehabilitative treatments because it allows creative expression and is more holistic, meaning it treats the full person: mind, body, and spirit



- Dance Music and Fitness Therapy



- Learning Instrumental music during holiday club



- Children Performing at the Launch

3. Improving Access to Psychological (wellbeing) Therapy Service (IAPT)

We deliver this programme as part of the Living Well Consortium (registered as Birmingham Mental Health Consortium) as commissioned by the three Birmingham NHS Clinical Commissioning Group (CCGs) to deliver psychological well-being interventions. Working with the Consortium we also deliver IAPT programme for Forward Thinking Birmingham (FTB) for 14 – 25 Psychological and Mental well-being support.

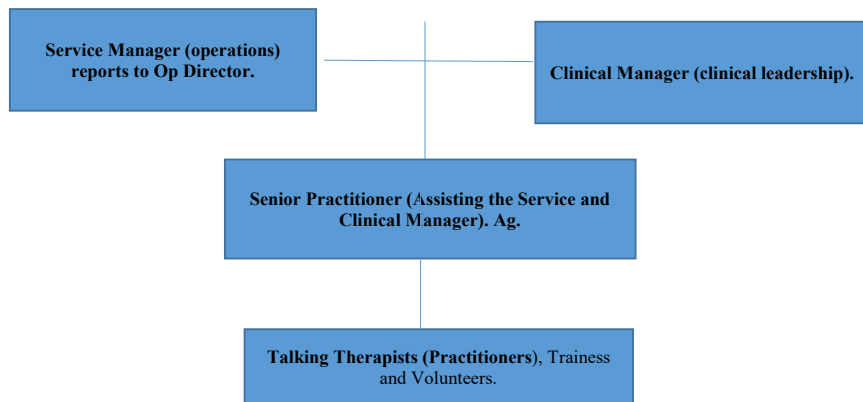
Project / Activity	Aims and objectives	How it will be done
Wellbeing workshops	Promote wellbeing. Build resilience Building coping strategies Create a sense of wellbeing. Recreate humanness in clients.	Build the story and plot around the Five Ways to wellbeing which are: give, learn something new, be active, take notice and admire everything good around you and connecting with people within your networks. All done according to the abilities of the clients (physical, mental, intellectual and emotional).
Reading for wellbeing.	Promote wellbeing, socializing, having fun and peer-to-peer sharing of experience of recovery, coping and wellness through reading and storytelling.	Get reading books, clients' written materials such as poems and short prose. Discuss the meanings and interpretation of these stories and how people in the group relate with the message. From the discussion generate coping and recovery mechanisms and how to build resilience.
Group learning/psycho-education. Mostly for young people but can be tailored for adults.	Build awareness around common mental and emotional problems and how to deal with them.	The key facilitator delivers a 15-minute talk around common mental health problems such as depression, anxiety, anger management and stress and then asks the group to discuss how they can achieve and maintain their positive wellbeing.

Relaxation and Yoga.	<p>Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. Distressing and relaxation of body, mind and spirit (meta-physical).</p> <p>The physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple in contemporary times.</p> <p>Yoga is also used as a complete exercise program and physical therapy routine. Yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. There's some evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains – including lower back pain – depression and stress.</p>	<p>Relaxation to the sound of music and restful talk-through occasioned by guided imagery and serene words. Body movements and posturing where necessary depending on the ability of participants.</p>
1-2-1 counselling including counselling for depression, CBT, couple-counselling and psychotherapy.	Offer in-depth and personalized support for psychologically distressed clients including low and high intensity psychotherapy.	1-2-1 or couple sessions with clients at their Centre, GPs, at our venues or at home for those seriously home-bound upon risk assessment.

NB:

- All of our practitioners are qualified and experience psychotherapists, Behavioural activators or Wellbeing Facilitators with accreditations.
- All sessions are a minimum of 1 session; an average of 4 and a maximum of 10 sessions.
- Session are 15 minutes to an hour.
- There must be someone in the group scoring a certain measure of anxiety and depression.

IAPT Service Structure:



Our Roots CIC psychological wellbeing services report of clients by age – band (10yrs) seen for a period of 01/04/2017 - 31/07/2017 (4 MONTH), filtered by referral date.

Grouped by Client -> Age – band (10yrs)

Client -> Age–band (10yrs)	Count	Percent
Under 16	249	34.02%
16 – 25	331	45.22%
26 – 35	22	3.01%
36 – 45	19	2.60%
46 – 55	20	2.73%
56 – 65	12	1.64%
66 – 75	8	1.09%
76 – 85	29	3.96%
86 – 95	33	4.51%
Over 95	9	1.23%
10 Client -> Age – band (10yrs)	732	100%

Results are correct as of 31/07/2017 21:30:00

Our Roots CIC psychological wellbeing services report of clients by ethnicity seen for a period of 01/04/2017 - 31/07/2017 (4 MONTH), filtered by referral date.

Grouped by Client -> Ethnicity

Client -> Ethnicity	Count	Percent
A: White - British	219	29.88%
B: White - Irish	4	0.55%
C: Other White Background	4	0.55%
D: Mixed - White and Black Caribbean	11	1.50%
E: Mixed - White and Black African	1	0.14%
F: Mixed - Any Other Mixed Background	6	0.82%
G: Asian or Asian British - Indian	9	1.23%
H: Asian / Asian British - Pakistani	33	4.50%
I: Asian / Asian British - Bangladeshi	8	1.09%
J: Asian / Asian British - Other background	5	0.68%
K: Black / Black British - Caribbean	14	1.91%
L: Black / Black British - Other background	2	0.27%
M: Chinese	3	0.41%
N: Any other ethnic group	10	1.36%
O: Not Stated	404	55.12%
15 Client -> Ethnicity group listed	733	100%

Results are correct as of 31/07/2017 21:30:00

4. Elderly Service



Psychological Wellbeing and Feel Good Therapy for The Elderly.

We have tailored our Psychological Wellbeing service to meet the needs of house-bound and elderly care homes residents where we reach to them. We deliver interventions IN THEIR SETTING such as Dance Music movement therapy, light exercises and elderly music to remember where they are made “alive” to their moments back in time. We also take performances to them as part of “liven up” activities.



5. Adult Services

Part of what we do is to engage with organisations, groups, communities and individuals to promote wellbeing, resilience and have dialogs in any themed discussions that affect people's lives and development such as the below picture of Men of Menorah and grace workshop.

6. Our Roots Centre

Youth Hub

We have a computer suite mainly used for our youths. It is equipped with modern computers with 24-hour internet access. It helps the youth and younger kids to learn and improve their ICT skills.

Office

The Centre also houses Our Roots main office where all the planning and operations are carried out. Our office computer that is password protected keeps Our roots important documentation.

Counselling Rooms

The centre has two counselling rooms where wellbeing one to one and group sessions are delivered.

Function Hall

Our more than average sized community hall houses the Saturday and Holiday clubs for children The Hall is also booked and used by the entire community.

Our Roots Village

Our very large garden comprises of a large all-season heated marquee that is venue for larger functions – both internal and external.

Children's Play Area

Our Roots children's play area is home to an extra-large trampoline, slide and personalised bouncy castle among others.

Barbeque Stove

The Centre has an extra-large roofed barbeque stove that can be used for barbeque for a very large number of people.



7. Our Community Restaurant

Our Roots Restaurant on ground floor provides a variety of foods and drinks from different communities and cultures: Caribbean, African grills, English and ethnic tailored dishes.

8. Our Community Events

- **Sports**

- **Indoor Games** – Our Roots Children participate in all sorts of indoor sports activities. This is usually in hired School Sports Halls. These games take place in winter.



- **Outdoor games** – Our annual out door games usually in a selected park is always a day our children look forward to. They are joined by parents and volunteers in exciting competitions that end up in medals and trophy lifting at the end of the day.



- **Premier League games**

Whenever we afford. We take our children to watch Premier League Football games.

- **Holidays**

Holidays and excursions are an integral part of Our Roots in delivering our promise. The children have an opportunity to go away for holidays for days. This is also an important event on our calendar because the parents also enjoy these holidays as a community. The Children explore and interact with others in a far-away area and different environment.



Some of the destinations we have been include. Trecco Bay (South Wales) Wemmys Bay (Scotland) Weston Super Mare (Somerset) and Tour of London. We have also had an opportunity to know our city On the Birmingham City Tour Bus.





Quality Assurance

Our Practitioners are registered with professional bodies that ensure the quality of our services. These include British Association for counselling and Psychotherapy, the British association for Behaviour and Cognitive Psychotherapies. These bodies have got strict ethical frameworks.

All our staff and volunteers and board members are DBS checked and have level 2 or 3 Safeguarding Training and undertake relevant Continued Professional Development (CPD) in the area of their work. Our Roots has a pool of professionals that volunteer their time to support the professional programmes and standard of the organisation. Such professionals include, social workers, educationalists, medical nurses, Community Psychiatric Nurses (CPN), psychotherapists etc.

Partnerships and Consortia

The organisation has partnership with Job Centre Plus such as Handsworth job centre+, twelve schools where we deliver psychological wellbeing programme to support stress management, anxiety, depression, and emotional health problems associated with teenagers and youths.

Our Roots also partner with faith groups such as churches and temples, APM – Provider of employment services in Birmingham among others.

Our Roots is signed up to and is a member of the Birmingham Mental Health Consortium trading as the Living Well Consortium. This 35+ member consortium brings synergy in developing Birmingham's mental and psychological wellbeing through 4 main wellbeing blocks of:



PREVENTION:

Work on the philosophy of mental health promotion that aims at education, empowering, behavioural change and medical partnership.

WELLNESS:

Promote an environment and collaborative work that promotes mental wellbeing by working alongside member organisations in health promotion, housing, family support, addiction, employment, education, positive healthy lifestyle changes, etc.

RESILIENCE:

Adopting individual organisational models that promote resilience: what makes you well, how you assess triggers, where do you access help and support and how responsive to your needs the services are. This calls for continued surveillance of the community's changing needs.

RECOVERY:

Delivering a healing service that recognises the medical, spiritual, social and interpersonal aspects of the individual. This includes adopting and adapting academically/NHS qualified and accredited/approved approaches and models of psychotherapy, psychology and counselling.

Monitoring and Evaluation processes.

We monitor our services and effectiveness through periodic customer feedback. We also monitor recovery through various measures such as PHQ9 for depression, GAD7 for anxiety, Good manners monitoring forms for child growth and behaviour, and wellbeing measure for general wellbeing. We also conduct external evaluation where evaluation reports are conducted by professional agencies on our behalf.

Equality Commitment

All of Our Roots services can be accessed by anyone interested regardless of their diversity.

We comply with the Equalities Act 2010 that expects not to discriminate against any person due to their: Age, Disability, Gender reassignment, Marriage and civil partnership, Pregnancy and maternity, Race, ethnicity or nationality, Religion and belief, Sex and Sexual orientation.

Our Roots Sponsors

We have received funds from different organisations since 2009. These include;

- NHS South Birmingham and Birmingham City Council in 2009 that supported our early diversion of BME from entering the criminal and Justice System project.
- Birmingham and Black city community foundation
- Heart of England community foundation that support on Saturday and Holiday club from 2012-2016
- Postcode community trust.
- Award for all Big Lottery Fund.

We have very recently been funded to support Saturday and holiday clubs components by BBC Children Programme for 3 years.

TESTIMONIALS

“Sounded simplistic but it has left us feeling we ought to think simple in order to do and behave big!”
Men’s wellbeing group after a series of “man up” workshops that promote a positive look of manning up

“Strange how i used to think the world is about to collapse on me: these sessions have reminded me i have a big future to take care of... and everything is in my hands... i am glad i accepted this therapy!”

A college student who was supported in anxiety counselling sessions

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