

ReRooted



Creating safe spaces for all young people to thrive

Join our learning cohort

What you'll get:

- Improved knowledge about mental health and wellbeing, the impacts of trauma and how this relates to Advantaged Thinking
- Access to learning events, including content tailored to supporting young people with experience of the care system
- Connections to colleagues working in the same field
- Tools & resources to support your team long term
- Opportunities for young people to learn and develop their own wellbeing initiatives



Deadline
to sign up

Friday 5th May
2023

Scan the QR code to
sign up!



Contact ella@foyer.net for
more information

ReRooted

ReRooted is about creating the right conditions in which young people can form strong roots, grow their skills and talents, and have fruitful, thriving futures – whatever their past experiences might be. Our aim is for staff to build the knowledge, confidence and skills to better support young people who arrive in the Foyer, making their time there positive and inspiring, and enabling them to feel safe to put down new roots.



Our Approach

Through a programme that combines skill development, practical resources and community learning, Foyer staff will have the opportunity to strengthen their practice, deepen their awareness, grow their confidence, and build environments that young people can feel safe in, ready to grow. ReRooted grows around **three core ideas** that we believe are central to working with young people in the most effective way:

**Awareness
of mental
health**

...gives staff confidence to respond effectively and work proactively to prevent young people from experiencing crisis.

**Understanding
the impacts of
trauma**

...empowers staff to create spaces that young people trust and feel safe in.

**Advantaged
Thinking**

...enables staff to positively approach any challenges in a person-centred, sustainable and solutions-focused way.

What is a learning cohort?

Each Foyer across the network will be invited to nominate **up to two staff** members to join the ReRooted learning cohort. These staff will progress along the ReRooted journey together, benefitting from each other's experiences, learning from each other's challenges and celebrating each other's successes. As ReRooted builds, we will work closely with staff and young people to illuminate the priorities for learning and development, shaping and co-creating events around the areas of need and aspiration. We will introduce new ideas and creative approaches from around the sector to ensure inspiration is always in the air!

What's the commitment?

The core elements of the programme are outlined below, but the full time commitment will depend on your level of investment in sharing the learning with your staff team. The programme will run from **May 2023 until May 2025**. We encourage staff to join us for its entirety, but we can be flexible should circumstances change.

- ReRooted Learning Cohort overnight residential in June /July 2023
- Young person's residential in August 2023. (We would like a member of Foyer staff to join, however, it doesn't have to be the same staff member who attended the staff residential)
- Supporting the young person / people to design and develop their mental health and wellbeing project, event, or initiative based on learning from the residential.
- Attending ongoing learning cohort best practice sharing events, including additional training (2-3 per year which will be a mixture of in person and virtual)
- Dissemination of learning within your foyer.

About you

- You are excited about the prospect of this professional development opportunity
- You are committed to supporting young people to thrive within your Foyer
- You should be confident to disseminate your learning with your colleagues in a way that works for your setting.
- You have your manager's support for your involvement in the ReRooted learning cohort. This includes freeing up your schedule to engage in the residential, as well as ongoing training and learning events.
- You must be an employee of a Foyer Federation network member Foyer to be eligible.



What's next?

If you haven't already, speak with your manager and team!

Being part of the ReRooted learning cohort is free, as are all related events. However, we appreciate that in these financially difficult times accessing may be challenging. If your Foyer requires financial support to engage please contact ella@foyer.net

Thank you to our funders CHK and UKYouth through their Thriving Minds programme