



ReRooted

Impact Report

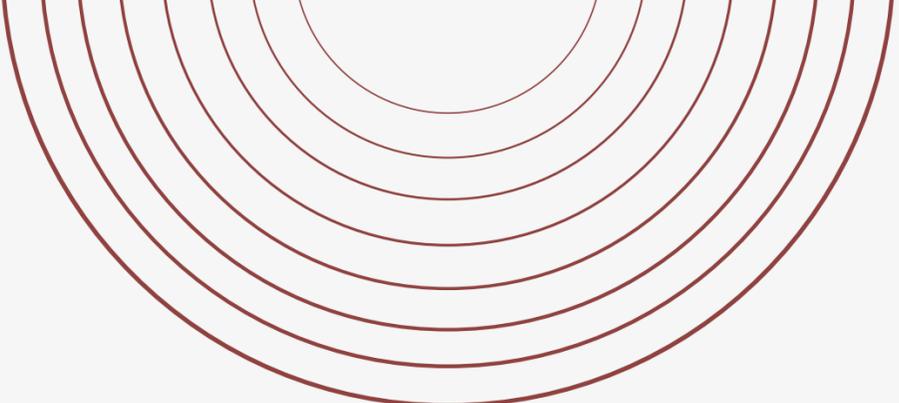


What is the ReRooted programme?

In recent years, our members have highlighted an upward trend in the level of support young people need when living in a Foyer. This is often because they have experienced significant adversity in their early lives. For example, 20% of young people living in Foyers have left care and 18% have experienced the justice system.

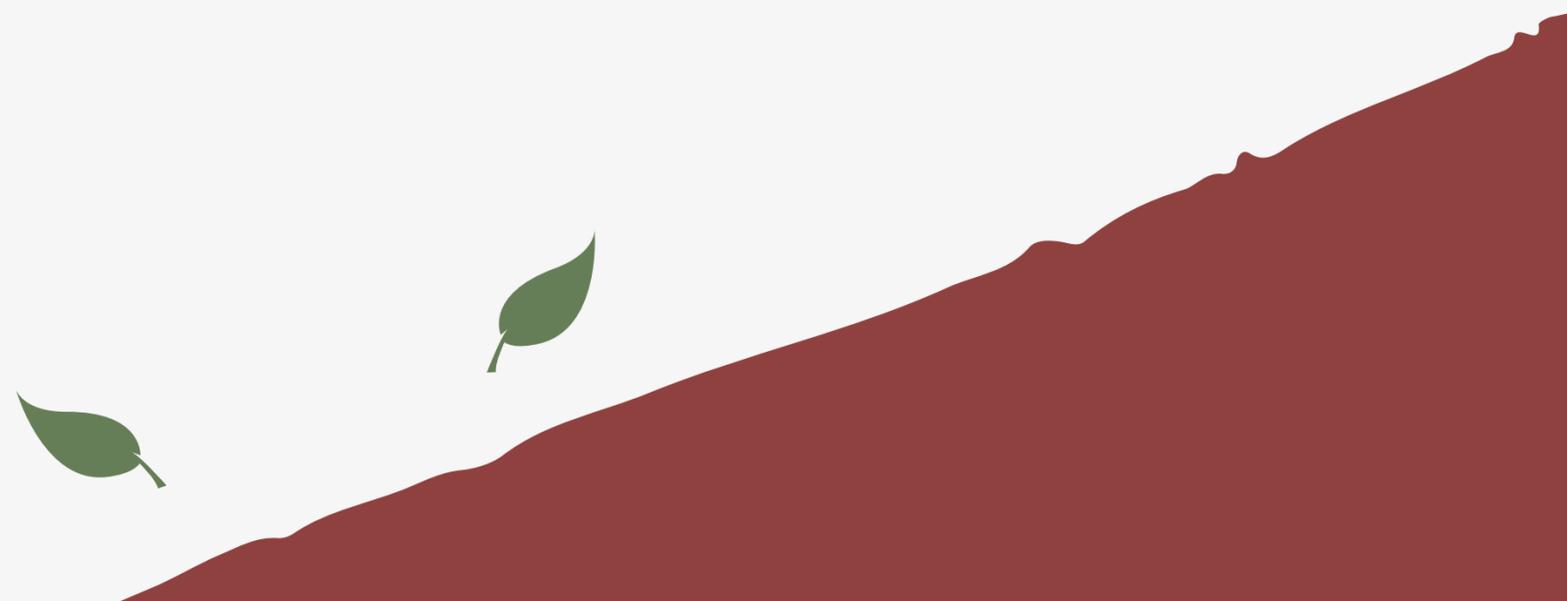
We hear from young people that **they would like better support with their mental health, and staff report feeling a lack of confidence and knowledge to respond to this need.**

Supported by funding from **UK Youth's Thriving Minds fund and the CHK Foundation**, the ReRooted programme set out to build staff 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.



65%

of young people living in Foyers experience mental health challenges.



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Part 1:

Programme Overview & Active Ingredients Framework



Programme Overview

ReRooted was grown around **three core ideas** that we believe are central to working with young people in the most effective way:

-  **1 Improving knowledge and awareness of mental health:** giving staff confidence in their ability to respond effectively and work proactively to prevent young people from experiencing crisis.
-  **2 Having greater awareness and understanding of trauma:** empowering staff to create spaces that young people trust and feel safe in.
-  **3 Developing an Advantaged Thinking practice:** enabling staff to positively approach any challenges in a person-centred, sustainable and solutions-focused way.



ReRooted Learning Cohort

The Learning Cohort formed the core of the ReRooted Programme. Composed of 20 Foyers from across the UK, it gave both staff and young people access to a range of **learning opportunities, training sessions, in-person events and co-production activities over three years** - all centred around better supporting mental health and wellbeing in Foyers.

The Learning Cohort provided an important foundation for other ReRooted activities:



Network wide events/training

Widening learning and training opportunities to the whole Foyer network, wellbeing focused network events offered spaces to share best practice and training sessions were in high demand!



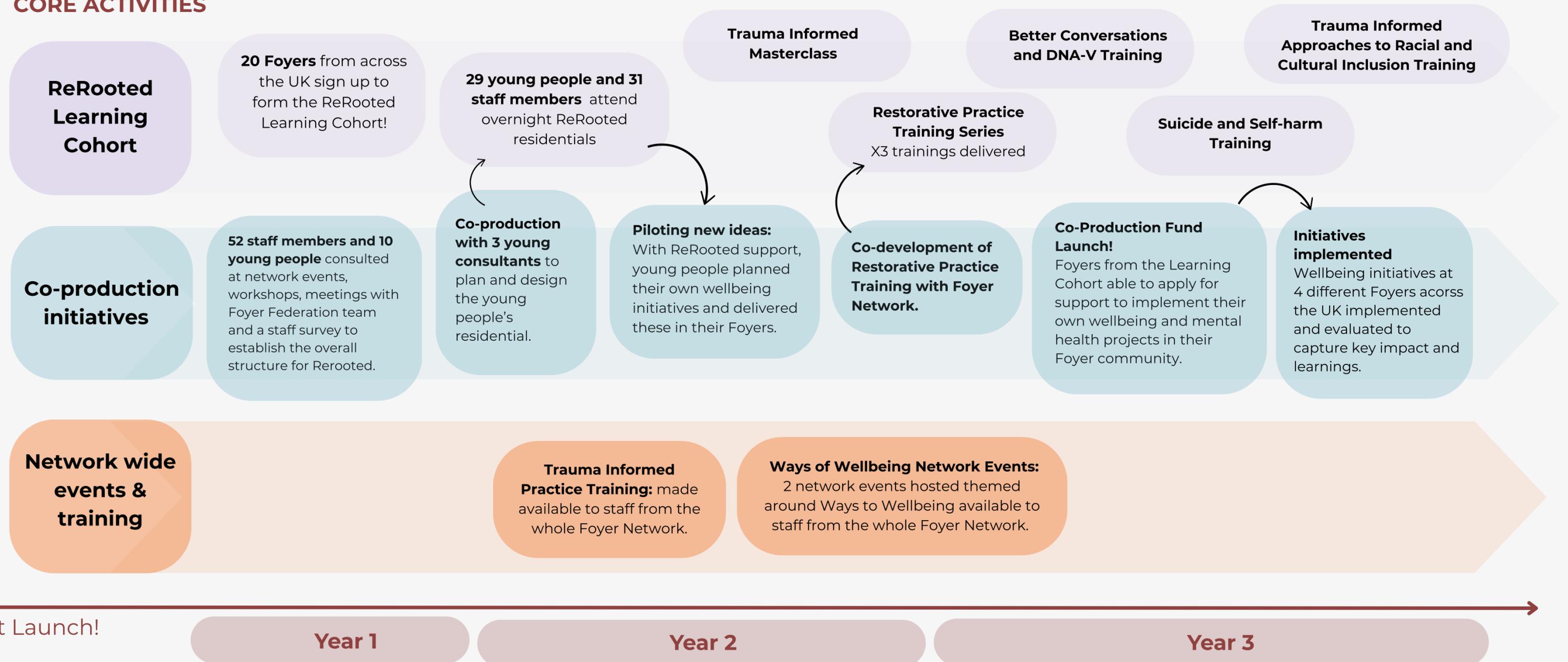
Co-Production Initiatives

Four Foyers from the ReRooted Learning Cohort were supported to run a project or initiative aimed at supporting wellbeing and mental health of their Foyer community, putting learning from the programme into action.

Programme Timeline

Over 3 years ReRooted has evolved and developed flexibly, responding continuously to feedback and learnings from staff and young people.

CORE ACTIVITIES



Project Launch!

Year 1

Year 2

Year 3

Evaluating Impact: Active Ingredients Framework

To help us reflect on the impact of the ReRooted Programme throughout this report we use the **Wellcome's Active Ingredient Framework.**

Developed by researchers this framework outlines the **key 'ingredients' of mental health interventions** that make a difference for young people aged 14-24 worldwide.

The ingredients in the framework are diverse and can be used in various combinations depending on the unique needs of each individual. **In other words, there is no one perfect recipe!**

Adapting to ReRooted and Foyer Context: We've used an adapted version of the Active Ingredients framework, which includes some additional elements (**in bold**) we identified as important within the specific context of Foyers and young residents.

1-

Behaviour & Activities

Interventions that:

- Increase engagement in positive activities (like arts or physical activities)
- Promote relaxation techniques to better manage stress
- **Increase engagement in new activities and experiences**

2-

Beliefs & Knowledge

Interventions that:

- Develop a sense of agency through social action
- Improve their sense of purpose and mattering
- Promote an improved view of self (increase confidence/self-esteem)

3-

Brain & Body

Interventions that:

- Improve sleep wake cycles
- Improve overall nutrition (access to healthy eating)

4-

Humans Connections

Interventions that:

- Reduce loneliness
- Improve overall connections to peers, friends and helpers (for example Foyer staff members)

5-

Cognitive & Attentive Skills

Interventions that:

- Improve management of emotions
- Increase self-compassion
- Reduce repetitive thinking and increase feelings of hopefulness

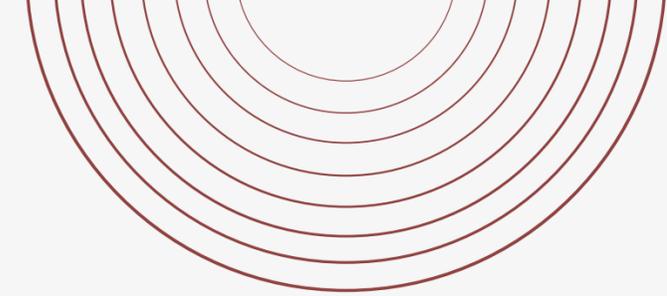
6-

Socio economic factors

Interventions that:

- Improve access to green spaces
- **Improve access to a wider variety of wellbeing activities and supports (enabled by removing financial barriers)**

The Active Ingredients Framework + Advantaged Thinking



“ Overall, *Feel Good Friday (ReRooted wellbeing initiative)* and *Advantaged Thinking* go hand in hand. The idea of promoting achievements, inspiring possibilities, understanding ability and recognising qualities are the motivation.

-Foyer staff member

Advantaged Thinking

Advantaged Thinking is a way of seeing and doing that consciously challenges negative expectations, blind spots and limitations within our social system.

The Foyer Federation developed Advantaged Thinking as an approach to challenge and take action against the prevailing deficit-based culture and services commissioned and delivered to young people.

Beliefs & Knowledge

Interventions that:

- Develop a sense of agency through social action
- Improve their sense of purpose and mattering
- Promote an improved view of self ((increase confidence/self-esteem)

Cognitive & Attentive Skills

Interventions that:

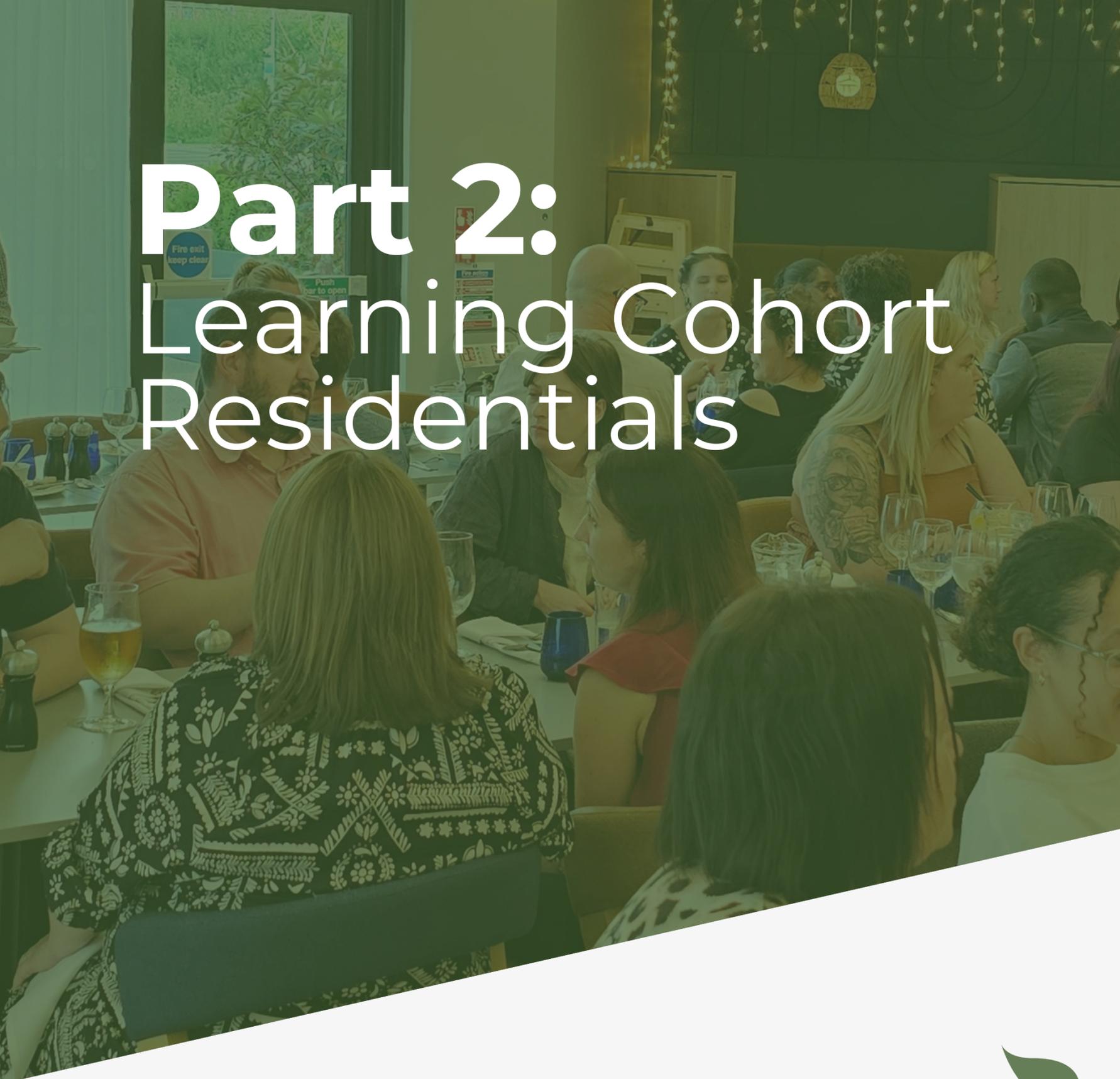
- Improve management of emotions
- Increase self-compassion
- Reduce repetitive thinking and increase feelings of hopefulness

Active Ingredients

In particular, the active ingredients **Beliefs & Knowledge** and **Cognitive & Attentive Skills** are closely linked with an Advantaged Thinking approach as they outline interventions that improve young peoples' view of themselves and reduce negative thinking patterns and models. During ReRooted, pairing an Advantaged Thinking approach with wellbeing activities in the Foyer community often amplified the positive impacts of such activities.

Read more about how Foyers implemented their own co-produced wellbeing initiatives supported by ReRooted in Part 4 of this report..

Part 2: Learning Cohort Residentials



Staff Residential

Attended by **31 members of staff from 20 Foyers**, this two-day residential kicked off ReRooted and created an opportunity for staff from different Foyers to connect, share experiences, and build positive relationships to enhance their practice and personal well-being.

A range of **activities** cultivated connection, learning and new knowledge through some specific training workshops:

Training

Trauma Informed Practice training and Interactive training on the Selfology resource from [States of Mind](#)

Connection & Sharing

Connection-building activities included group discussions, reflective exercises, and a quiz

Practical takeaways

Staff were paired with a 'Comrade' from a different Foyer to set goals and reflect on their learning afterwards. They also received a take-home 'Selfology' tool with practical wellbeing tools for young people.



It was so good to meet others who had the same issues.

-Staff member

"It was so insightful but yet so fun at the same. . .I can't wait to see what the future holds for foyers!"

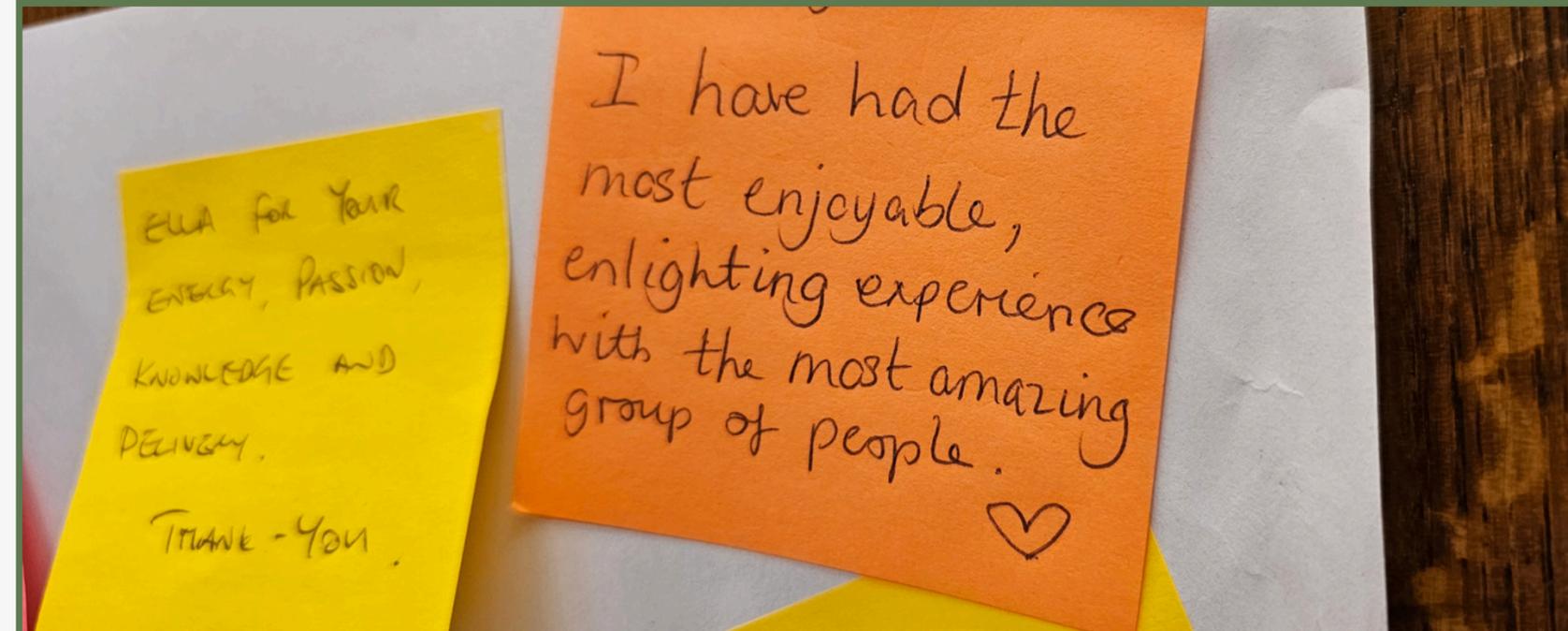
-Staff member

"Thank you to everyone for giving different perspectives on caring and how to do the job."

-Staff member

"It was really engaging and eye opening to the possibilities ahead of us."

-Staff member



Young People's Residential

The ReRooted young person's residential was attended by **29 young people** from different Foyers across the UK and was focused around connection, learning and fun.

Residential activities included:

Workshops

Workshops on a range of well-being topics such as taking ownership over mental health, asking for help and managing anxiety and trauma and techniques for self soothing.

Mindfulness sessions

Guided meditation sessions and nature well-being sessions.

Connection

Activities to encourage positive connection time - including a campfire and marshmallow roasting!

Designed for young people, by young people

The ReRooted residential was co-produced by a planning group of young people who convened with The Foyer Federation to design a program of activities to run across two days. Some young people from the planning group also led sessions, presenting training and workshops on well-being topics that mattered to them.



Young People's Residential Impact & Feedback

Connection → Active Ingredients →

The residential created a safe and fun space for young people to meet other residents from different Foyers and make positive lasting connections. It also encouraged them to think about the importance of connection and positive interactions in managing their mental health and well-being.

Humans Connections

Interventions that:

- Reduce loneliness
- Improve overall connections to peers, friends and helpers (for example Foyer staff members).

Confidence → Active Ingredients →

For many young people, attending the residential was a new and at first daunting experience. Having the confidence to speak to new people and engage in different activities, was something they felt proud of themselves for doing afterwards.

Through various workshops and activities young people also built confidence in how to manage their mental well-being better - for example learning techniques such as breathing and drawing as ways to feel calmer when experiencing stress and anxiety.

Beliefs & Knowledge

Interventions that:

- Develop a sense of agency through social action
- Improve their sense of purpose and mattering
- Promote an improved view of self (increase confidence/self-esteem)

Cognitive & Attentive Skills

Interventions that:

- Improve management of emotions
- Increase self-compassion
- Reduce repetitive thinking and increase feelings of hopefulness



Post-residential Continued Impact

In the last session of their residential, young people reflected on their learnings and started thinking about how they might action these both in their own lives and their Foyer communities. To spark some of this continued action, the ReRooted programme supported each Foyer group to plan and implement their own small well-being initiative or event back at their Foyers.

A whole range of activities were initiated:

Connections & New Experiences

Foyers planned novel experiences, from trips to the local ice rink and escape rooms, to visiting other Foyers so that young people who had met on the ReRooted residential could connect again in person.

Foyer Space Transformations

Several Foyers implemented plans to upgrade and improve their physical Foyer spaces-for example redesigning and painting communal areas or buying new furnishings and lighting to create better calming sensory spaces.

Nature & Green Spaces

Other Foyers increased access to nature both in their Foyer and outside - going on a series of hikes in a local nature area or creating better garden spaces at their Foyers. **See the spotlight of Verve Place for an example of this** →



Spotlight:
Verve Place, Warrington



Outside we've got fences going around, a whole car park and it's just not private, you get people looking in, you get people talking to you. You don't really want that, you want home -a place to chill out and actually feel like we can relax in our garden.

- Young Resident at Verve Place

Young people at Verve Place implemented a project aimed at transforming their outside space into a more private, relaxing garden area for residents. With plants, pots, outdoor lighting, and additional seating, they created a new welcoming space which was bright and calming.

Socio economic factors

Interventions that:

- Improve access to green spaces

Led by young people the project provided an opportunity to take ownership and control over their physical environment, and in doing so their well-being.

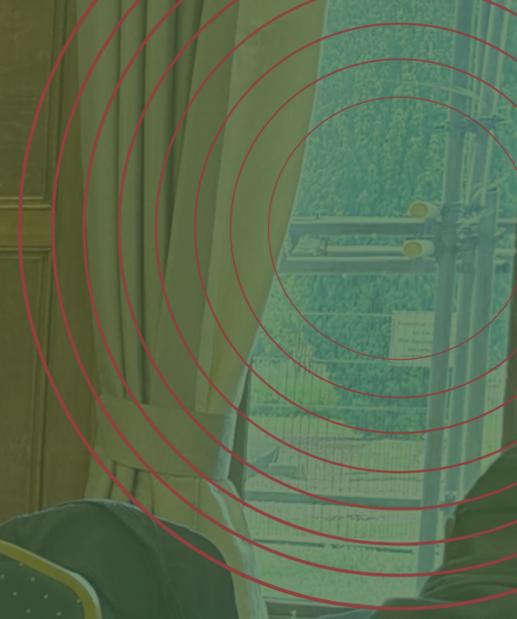
Beliefs & Knowledge

Interventions that:

- Develop a sense of agency through social action



Part 3: Learning Cohort Training and Wider Network Events



Rerooted Learning Cohort Activities

Training topics were chosen and developed by Foyer staff members from the cohort and wider network and are all underpinned by an Advantaged Thinking approach - **centering young people's strengths and resources rather than deficits and circumstances.**

Better Conversations & DNA-V (Discoverer, Noticer, Advisor, and Values) training.

This approach has a proven track record of supporting young people to make choices driven by the things most important to them.

I valued gaining skills and knowledge that I can use with young people to aid development and support.

Suicide and self-harm webinar training

This webinar training explored the complexities surrounding suicide and self-harm, including the underlying reasons why individuals may engage in self-harm or have suicidal thoughts.

Cultural Competency, Anti-racist Practice

This training provided a comprehensive 3 part training series on Cultural Competency and Anti-Racist Practice, focusing on how factors like socioeconomic status and gender interact with race, ethnicity, and culture to shape unique experiences and challenges.

Restorative Practice Training

Restorative Practice shifts the focus in moments of conflict or challenge from a punitive lens to a focus on how to restore the harm caused and work in a person-centered way to reach resolution.

The restorative meeting worksheet has helped me to gain skills for my role.

Trauma Informed Practice (TIP) Training

TIP is an approach to working with people based on the understanding that experiencing trauma can have a significant impact on thoughts, behaviours and potential health outcomes. This training equipped staff members with additional skills and confidence to integrate trauma-informed approaches into their practice.

Ways to Wellbeing Network Events

Open to the whole Foyer network, ReRooted hosted two Ways to Wellbeing Events in London and Manchester. These events were **focused on staff members' own well-being** and facilitated activities and discussion on:

Compassion
Fatigue

Advantaged
Thinking
approach to
self-compassion

Best practice
sharing and
new idea
cultivation

Positive staff feedback showed that events like Ways to Wellbeing:

Provide practical skills and strategies to staff members to better manage their own individual well-being and in turn, their team members and young residents.

Provide reassurance, enthusiasm and new ideas cultivated through meaningful connections and sharing with staff from other Foyers.

Provide a reflective space away from the everyday work routine. Permission is given to think, learn from others and imagine fresh new ideas to implement back at their Foyer.



In terms of what I am taking away, I am going to try and create a wellbeing plan, even if it's just small, like writing down one positive thing that happened in my day or week.

-Foyer staff member



I enjoyed the reflective aspect to understand the common difficulties and practice, especially related to self-compassion.

-Foyer staff member

Part 4: ReRooted Co-Production Projects Case Studies and Learnings



Co-Production Projects: Activity Overview

The ReRooted Co-Production fund gave 4 Foyers the opportunity to launch their own well-being initiatives. Accordingly each Foyer, in collaboration with their young residents, implemented a range of activities **aimed at positively impacting the mental health and well-being of their Foyer community.**

Activities →



Cooking and healthy eating activities



Gardening and improvement of new outdoor spaces in the Foyer



Physical activities



Improving indoor communal Foyer spaces to be more relaxing and welcoming



Mindfulness/meditation activities



Arts activities



Access to new and fun activities, such as animal therapy sessions, karaoke nights and trips outside the Foyer.

Active Ingredients →

1-

Behaviour & Activities

Interventions that:

- Increase engagement in positive activities (like arts or physical activities)
- Promote relaxation techniques to better manage stress
- **Increase engagement in new activities and experiences**

6-

Socio economic factors

Interventions that:

- Improve access to green spaces
- **Improve access to a wider variety of wellbeing activities and supports (enabled by removing financial barriers)**

Through the ReRooted Co-Production projects young people **increased their overall engagement in positive activities** and enabled Foyers to try out **new types of well-being activities.** This crucially broadened the choices available to young people to enhance their wellbeing, in many cases removing financial barriers that would have otherwise made some activities inaccessible.

Co-Production Projects: Impact Overview

Across all 4 participating Foyers, the most significant impacts shared were:

Increased Confidence and Self-esteem

Increased confidence was an impact reported on across Foyers. Often this was through access to new experiences where young people felt proud of themselves for overcoming initial uncertainty about participating.

Active Ingredients
→

2-

Beliefs & Knowledge

Interventions that:

- Develop a sense of agency through social action
- Improve their sense of purpose and mattering
- Promote an improved view of self

Increased Positive Connections

Every Foyer described how their well-being activities increased positive connections between young people, staff members and in some cases, the wider community.

Active Ingredients
→

4-

Humans Connections

Interventions that:

- Reduce loneliness
- Improve overall connections to peers, friends and helpers (for example Foyer staff members)

Reduced feelings of stress and anxiety

Every Foyer commented on the importance of activities that supported young people to feel less anxious and learn and experience different techniques for relaxation and calming.

Active Ingredients
→

5-

Cognitive & Attentive Skills

Interventions that:

- Improve management of emotions
- Increase self-compassion
- Reduce repetitive thinking and increase feelings of hopefulness

The following section includes detailed case studies of the wellbeing initiatives implemented by each Foyer!

Case study: YMCA Cheshire

With support from the ReRooted programme, YMCA Cheshire's project aimed to improve young people's engagement with art and creativity. They undertook different arts-based tools and activities to support young people to explore, express, and work through emotional or mental challenges they were experiencing. A young volunteer was also recruited to work collaboratively with residents to plan and deliver sessions.

'Be Chilled and Crafty'

Bi-weekly arts and creativity sessions with young residents. Sessions ranged from jewellery making, glass bottle art, mask making, pebble painting and more. All activities shaped from young people's requests and ideas.

Artist Collaborations

Two professional artists delivered workshops with young people. This included a workshop with Cherie Grist to facilitate the design of a mural which is now visible in Crewe. Artist Carrie Reichardt delivered a ceramic workshop and outputs from will contribute to a ceramic mosaic which will be displayed in the town.

Arts & Heritage Trips

Young people took a trip to the British Ironwork Centre, a metal sculpture with pieces that provoke thinking about global issues.

Young people and staff also organised an overnight residential to Bristol, focused on exploring the city's thriving arts scene. Activities included an arts focused walking tour of the city and a visit to 'Wake the Tiger' the UK's largest immersive art experience.

"Seeing the art mural in town when it was finished made me feel dizzy like a little child, I was proud of myself it reminded me that you can do anything you put your mind to."
Young Resident



Impact: YMCA Cheshire

Behaviour & Activities

Increasing engagement in arts activities and new experiences...

Increased Confidence, Pride and Self-Esteem

Beliefs & Knowledge

Taking part in new experiences, like going on trips outside the Foyer, Young People reported feeling initial trepidation. Once this was overcome however they recalled how proud of themselves they felt for doing something beyond their usual comfort zone.

Young people also reported gaining a sense of pride and increased confidence through creating in the Chilled and Crafty workshops and more widely for their contribution to the mural, which became a permanent public fixture, visible in the community.

Reduced stress and improved emotional regulation

Cognitive & Attentional Skills

Young people shared that arts activities helped them to express their emotions and manage their mood, reducing feelings of stress and anxiety.

Improved connections and reduced isolation

Human Connection

As all these ReRooted activities took place in a group setting, connection occurred as a natural part of the process. Young people reported improved social connections and reduced social isolation following arts session and connections were further strengthened on the trips outside the Foyer. Contributing to the mural also helped young people form a sense of identity and connection to their local town, fostering a stronger sense of community.

"I was really proud of myself going to Bristol. At first I was really anxious but it surprised me how friendly everyone was."
Young Resident

"I was ecstatic about making the art. It opened doors for me to try something different, and I felt accomplished at the end."
Young Resident

"[Sessions have] been better than I expected, It's helped to calm my mind, I felt calmer after and it brought out my inner creativeness."
Young Resident

"The be Chilled and Crafty Club has made us all feel like part of a group and less lonely."
Young Resident

Case study: Bath Street Foyer Hereford

Hereford Foyer's ReRooted project- 'Grow, Cook, Eat' focused on promoting health and well-being through elements of gardening, cooking and social inclusion.

'Grow, Cook, Eat'

As part of their 'Grow, Cook, Eat' initiative, Bath Street Foyer Hereford transformed their outside space, building beds for growing vegetables and installing a greenhouse and a barbecue.

Young people were involved from the outset, organising materials for gardening and assembling the greenhouse. Throughout the development phase, discussions were held about sustainable practices, focusing on environmentally friendly approaches to gardening.

Members of the wider community were also invited to volunteer on the garden project and work alongside young residents, sharing their knowledge about gardening and helping to shape a plan for 2025 planting. During the summer of 2024, young residents and staff hosted a BBQ in their new garden space, inviting community members who had volunteered. In the future the Foyer are planning to offer gardening as an official hands-on activity for residents to promote physical movement and healthy cooking.



Impact: Hereford Foyer

Behaviour & Activities

Developing a community garden project...

Increased skill building and a positive sense of ownership

Beliefs & Knowledge

Taking the lead on the practical set up of 'Grow, Cook, Eat' gave young people a positive sense of ownership and responsibility. Not only did it offer a space to learn valuable life skills like cooking and gardening, the process of leading the project itself provided valuable opportunities for teamwork- and a product at the end that young people felt proud of.

"We encouraged young people to take the lead in shaping the gardening and cooking activities, giving them ownership and fostering a sense of responsibility."
Foyer Staff Member

Increased opportunities for connection - within the Foyer and the community

Human Connection

Engaging volunteers from the local community to work on the gardening project fostered positive intergenerational connections and knowledge sharing between young people and members of the wider community. Gardening also promoted teamwork and collaboration between young people themselves and volunteers. Preparing and sharing meals together as part of the 'Grow, Cook, Eat' project increased social connection between young people in the Foyer, promoting a sense belonging.

Improved young people's knowledge and approach to nutrition and healthy eating

Brain & body function

Growing and cooking fresh produce improved young people's knowledge and ability to make healthier choices for their diets. These lessons and experiences could have longer term impacts on young people's nutrition once they move on from the Foyer.

Increased access to green space

Socioeconomic factors

Developing a transformed garden space with multiple functions encouraged young people to spend more time outside. Staff reported that before residents tended to spend most of their time inside whereas with the new garden project, they had a new relaxing space to use, whenever they wanted a quiet space to take a break.

Case study: Coops Foyer

Through ReRooted Coops Foyer extended an existing well-being initiative called Feel-Good Fridays in their Foyer. Feel-Good Fridays aims to improve both mental and physical health whilst creating opportunities for young people to extend their skills set and social circle. As the project continued to grow, a new focus also emerged around improving mental health through self-care and mindfulness.

**“Having Feel Good Fridays has..
.improved well-being for YP and Staff
but also [created] a new sense of
community, togetherness and
friendship.”**

Lisa McWalters, Coops Foyer Manager

Physical activities with a focus on mind & body

Physical activities included Mixed Martial Arts, Boxing, HIIT Workouts, Walk & Talks and self-defence. MMA sessions also included reflective conversations about learning styles and how to embrace learning disabilities when picking up a new skill.

Activities for self confidence and expression

As part of Feel Good Fridays, Coops Foyer hosted a range of activities themed on building self-confidence. Some of these included building personal safety keyrings, journaling session, healthy relationship discussions and crafts sessions to promote expression.

Mindfulness & Relaxation Activities

Delivered by staff and external well-being practitioners, activities included sound bath meditations, a number of different style meditation sessions, pamper days, nutrition sessions, a variety of healthy breakfasts and animal therapy sessions.



Impact: Coops Foyer

Behaviour & Activities

Increasing engagement in a range of well-being activities...

Increased positive connections within the Foyer community and beyond.

Human Connection

Working with external wellbeing practitioners enabled residents to establish new community links with future opportunities as possibilities. For example being invited to visit the gym classes of the MMA instructor who visited the Foyer. New experiences, like animal therapy saw both young people and staff navigate a new shared experience together resulting in young people being more comfortable speaking with staff and seeing them as more approachable.

Increased access to channels for expression and relaxation

Cognitive & Attentional Skills

Young people reported that engaging in craft activities helped with expressing and processing feelings that were hard to articulate in words. After taking part in relaxation classes like sound baths and meditation, young people reported feeling calmer and less stressed and anxious.

Increased young people's confidence and positive image of themselves.

Beliefs & Knowledge

Not only did engaging in new activities boost young people self-confidence (by overcoming their initial anxiety about trying something new) but conversations facilitated by staff and practitioners during activities focused on recognising young people's strengths and achievements. Working with the same practitioners overtime also built young people's confidence to engage in activities.

"[Coffee and Cake Sessions] not only allowed the residents to explore a new skill but helped to reduce isolation as they met new people and established a connection to introduce themselves to the foyer community."

-Foyer Staff Member

"Through...art therapy our young people were able to express feelings in a way that might have been difficult with words"

-Foyer Staff Member

"I feel anxious a lot, this helped and is so easy to do, thanks"

- Young Resident

"We have seen significant improvement in not only engagement in new sessions but also in the confidence of residents in sessions."

-Foyer Staff Member

Case study: Ludlow Foyer

With support from the ReRooted programme Ludlow Foyer was able to explore a range of well-being activities, from expanding arts based talking sessions with staff to purchasing things to improve the physical Foyer space, including a new outside space.

Mindfulness sessions

New yoga mats enabled the Foyer to start running weekly mindfulness sessions. Sessions included yoga and sometimes pilates free for anyone to join.

Outdoor Space Project

Young people and staff developed a new inviting outside space where young people could build a garden to grow their own healthy produce and have an appealing outdoor space to relax and spend time in outside but close to their Foyer.

Draw & Talk

With new arts equipment existing 'Draw & Talk' sessions were expanded. These sessions are 121 with staff and provide unstructured space and freedom for young people to open up about mental health issues, while using arts and sensory materials like sand trays, pens and journals to process and express themselves.

Improving indoor spaces & activities

Through ReRooted support, Ludlow Foyer made significant improvements to their communal Foyer spaces and improved the variety of activities available within the Foyer space for young people. Based on young people's input they purchased sensory equipment, bean bag chairs, artwork for walls and new games.

"[The ReRooted programme] will allow us to broaden the number of activities that we can offer at the Foyer."

Ludlow Foyer Staff member

Impact: Ludlow Foyer

Behaviour & Activities

Expanding activities and improving communal Foyer spaces...

Improved social connections and interactions within the Foyer community

Human Connection

By developing the quality of physical space in communal Foyer areas, staff reported observing improved connections and activities taking place in these spaces between young people. Having young people spend more time in these areas reduced overall social isolation, for example spending all their time in their rooms alone.

Reduced anxiety and promoted relaxation during 121 interactions with staff members

Cognitive & Attentional Skills

Young people reported that engaging in craft activities helped with expressing and processing feelings that were hard to articulate in words during 121 sessions with staff members. After taking part in relaxation classes like sound baths and meditation, young people reported feeling calmer and less stressed and anxious.

Increased access to green space and healthy food choices

Brain & body function

Socioeconomic factors

The new garden project created a peaceful and relaxing space for young people, enhancing their access to green areas near the Foyer. It also provided opportunities to grow healthy produce and develop valuable cooking skills.

"[Rerooted programme activities] have allowed more interactions to take place in a more relaxed environment and allowed the young people to engage in conversations whilst playing a game or completing arts and crafts activities."

Ludlow Foyer Staff member

"Staff members have feedback how it has been lovely incorporating the games into 121 sessions and how beneficial they feel it has been for young people."

Ludlow Foyer Staff member

Part 5: Final Summary

Hypo

ONE STEP AT A TIME

Healing time

- Mindfulness
- RPS
- Peer support
- Debrief

Boundaries time.

- Shift has
- Emails off
- co-terminating
- allocation of responsibility

Check ins

- acknowledgement of others

Success stories

- feedback
- recognition

We can do things together.

PROGRESS not PERFECTION

Away day

- Front out Friday

Holidays & Respite time

Hypo



CELEBRATE SUCCESS

REFLECTIVE PRACTICE

TEAM AWARDS

WALK

COFFEE

MINUTE MINDFULNESS

OBJECTIVE

build taller

Rule

able

Time

Quick





Co-production fund: Learnings & takeaways

Well-being initiatives should extend to both staff & young people

Staff from participating Foyers emphasised the importance of considering staff well-being when designing their initiatives, making activities accessible to both staff and young people to participate in together. At Coops Foyer, shared activities like animal therapy and meditation helped build trust between staff and young people, ultimately encouraging young people to seek more support from staff.

Tapping into local community resources: initially time intensive but a valuable long-term investment.

A key learning shared by Coops Foyer, who tapped into well-being services in their local community was that introducing new suppliers into service delivery can be a lengthy process. However once in place, the relations built with trusted well-being practitioners in their community provided a valuable pay off: providing young residents with mindfulness and meditation activities with practitioners who they trusted and could continue working with in the future.

Staying flexible and responsive to the needs of young people

Staff from participating Foyers reflected on the need to work flexibly and be adaptable when implementing their well-being projects. While these kinds of projects can be time consuming to plan and implement, being open to changes that respond to the evolving needs of young people and new residents is important, particularly when Foyers are experiencing a high turnover of residents.

Integrating an **Advantaged Thinking** Approach to well-being initiatives



Participating Foyers were encouraged from the outset to take an Advantaged Thinking approach to their well-being projects: i.e focusing on strengths, opportunities, and positives rather than only seeing risks and challenges. Taking this approach often boosted the overall quality and impact of their well-being initiatives:

- **Involving and empowering young people in planning and implementation:** All Foyers involved young residents, or empowered them to take the lead, in the planning and implementation their projects. This created a positive sense of ownership over projects and emphasised what young people could achieve through their own strengths, ideas and new skills.
- **Integrating a strengths and learning mindset during activities:** At Coops Foyer during Mixed Martial Arts sessions the trainer shared some of their own experiences with the physical and mental benefits of fitness as a neurodiverse person. This opened up a comfortable space where residents reflected on their own learning styles. Overall this approach encouraged young people to focus on their potential and reduced negative ideas and self-doubt about participating in the activity.

Final Summary

Through ReRooted activities both staff and young people benefited from multiple areas of the Wellcome Active Ingredients Framework:

Beliefs & Knowledge

Young people: Increased their confidence and pride in themselves through different ReRooted activities and gained a positive sense of agency through co-producing activities and taking more control over managing their own well-being.

Staff: Increased their confidence in managing their own well-being and through a range of training the well-being and mental health needs of young people in their Foyers.

Humans Connections

Young people: Increased positive connections with their peers, other staff members and sometimes wider members of their communities through ReRooted activities, reducing overall isolation and building an awareness of the importance of human connection to well-being.

Staff: Increased their connection to young people in their Foyers through ReRooted activities and through trainings and network events built stronger connections with other staff members from other Foyers.

Cognitive & Attentive Skills

Young people: ReRooted activities such as arts activities and mindfulness sessions improved young people's ability to process their emotions and better manage anxiety and stress.

Staff: Through training and knowledge sharing, staff gained practical skills to better manage their own well-being and increased their awareness of how integral this was to supporting young people with their mental health.

Brain & Body

Young people: Increased their access to healthy foods through gardening projects and gained skills in cooking nutritional meals.

New Activities & Novel Experiences:

Adaptions to an active ingredients framework for Foyers and Young People.



Young people had the opportunity to experience new activities (through ReRooted) they have never had access to before now.

-Foyer Staff member

The Active Ingredients framework recognises the importance of **increasing engagement in positive activities** however we believe a significant detail to add is the role of **new activities and experiences**.

Foyers participating in the ReRooted Co-production fund saw that the novelty of experiences often amplified other benefits, such as boosting young people's confidence and fostering feelings of pride as they overcame initial hesitation to try something new. Accessing different types of new wellbeing activities also broadened young people's choices, enabling them to explore the kinds of activities that supported them best.

As access to new activities and novel experiences is often enabled through financial resources, we've also included it in the Socioeconomic factors part of the framework. This is especially relevant in Foyers, where financial barriers often limit young residents' access to activities and services that enhance their wellbeing and mental health.

Behaviour & Activities

Interventions that:

- Increase engagement in positive activities (like arts or physical activities)
- Promote relaxation techniques to better manage stress
- **Increase engagement in new activities and experiences**

Socio economic factors

Interventions that:

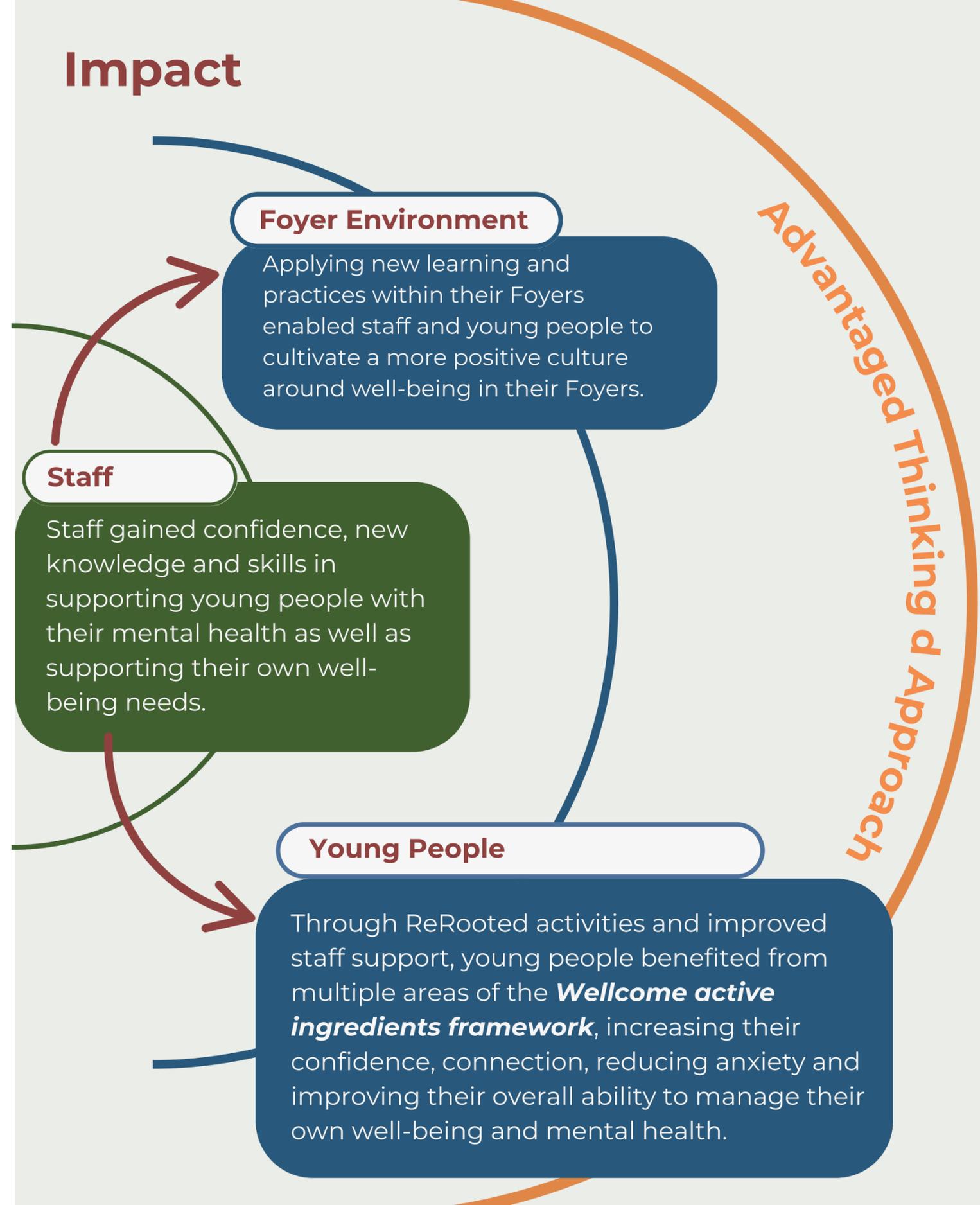
- Improve access to green spaces
- **Improve access to a wider variety of wellbeing activities and supports (enabled by removing financial barriers)**

Final Summary

ReRooted's primary aim was to **build staff capacity**, empowering Foyer staff members to better support young people living in Foyers, enabling them to feel safe to put down new roots.

Over 3 years, ReRooted **delivered staff training** on a range of well-being and mental health topics, grew a supportive **learning community** and provided **practical opportunities** to try out well-being focused initiatives in multiple Foyers.

Overall, ReRooted shows the positive impact and importance of investing in staff capacity as a vital starting point in creating a Foyer environment where young people feel supported to manage their mental health and well-being. This goes hand in hand with an Advantaged Thinking approach.



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