

Roots and Shoots



nature & nurture since 1982

Annual Review 2019



I am delighted to report that this year has once again exceeded all expectation with the numbers of students and schools using our facilities as well as our charity and not-for-profit clients who use our meetings venue, making Roots and Shoots a very busy place indeed. Apple Day this year was without doubt our best and most colourful yet with a magnificent parade through Kennington that enthralled our many visitors at the event.

As a local, London-based charity we have collaborated with many other local organisations, charities and local businesses, including Archbishop's Park, St John's Waterloo and Bee Urban. These learning and employment opportunities across south London for our students widen their world and life experience in a very positive way. This year has also seen us spread across the 'Doorstep Green' in Fitzalan St to use the neighbouring facilities at Lollard Adventure Playgrounds for extra classroom space to cope with our expanded number of School Links students.

On our main site this year we have added a new 'Summerhouse' to our group of core educational buildings, funded by generous donations. This is no ordinary summerhouse as it is fully insulated and fitted out as an all-year-round resource room for art therapy, counselling and speech and language therapy for the benefit of our students. At our allotment in Brixton we have added a new, large shed for cooking activities and a cob oven which has allowed our students and the School Links students to make delicious breads and homemade pizza. We also now have a very local allotment at Penton Place where students have the opportunity to cultivate vegetables of their choice at evenings and weekends.

The environmental education project 'Natural Roots' continues to work with Pennard Plants: we had a very successful Potato Day in February. This link also enabled one of our students to work at the Chelsea Flower Show in May. We will continue this collaboration with Chris Smith (RHS Master Grower at Pennard Plants) to provide talks next year for local gardeners and allotment holders regarding growing food with the added challenge of climate change. Froggy Day in March was also popular with local families. Extensive work has been carried out on-site to provide improved habitats for bees and butterflies. Our gardens this year have never been more beautiful, attracting many diverse beneficial insects to the floral borders maintained by our students.

To maintain our large site we very much depend on corporate volunteers helping us with a wide range of tasks. We have had 35 groups in total undertaking activities from making habitats for mining bees to sorting and shredding a ton of waste paper in our archive room.



I would like to thank all the Roots and Shoots staff for their professionalism in providing the high quality of education and associated services across our charity. From education to cookery to site maintenance, it is all done with very good humour and commitment. We are also fortunate to have experienced and highly skilled Trustees who share the vision and support the work of the charity, led by our dynamic Chair Valerie Stapleton. Roots and Shoots is in a good position to thrive and grow in 2020.

Linda Phillips MBE, Director

This has been a great year for Roots and Shoots, maximising the full potential of our contract with the Education Skills Funding Agency. Students have left us this year with the skills, qualifications and confidence to take them forward in life. The attendance of those and our new students has been very good, and their achievements have been excellent.

The students are supported by a very hardworking and dedicated 'Team Roots' on the Study Programme, through the education enhancement programmes, on internships, with the catering staff and all those managing and caring for the buildings and our landscape. Part of this team is the Board of Trustees who as

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both be missed.

always give their continued support to me and the development of the charity, and are the "Guardians of our organisation". My personal thanks as always to Linda, the Director, for her dedication and commitment: she has been awarded the Associate of Honour by the RHS, a lifetime achievement award for horticulture. Also to the Board of Trustees, the managers and all the staff for their hard work and support. Finally, a warm welcome to all the new staff that have joined us this year. Together we will move successfully forward into 2020.

Val Stapleton, Chair of Trustees

Finishing our 2018/2019 programme with a flourish we were pleased to see all students completing their expected outcomes across the accredited areas. In July 2019 a large number of students finished our full time programme. This was an emotional time for all and much planning and support was aimed at ensuring this transition was as good as it could be! We pride ourselves on being a stepping stone to bigger and better things and all of our students who left did so in excellent fashion, either completing the Study Programme or Supported Internship. The majority went on into Further or Higher Education with some accessing mainstream and others continuing in a supported environment. We were particularly pleased with a handful of students continuing their passion for floristry at a higher level.

Our full and part-time programmes continue to evolve and, with the recruitment of eight new staff over the summer, September 2019 was an exciting time for the Education Team.

Looking ahead to 2020 we intend to consolidate our core strategies whilst also increasing the quality and outcomes of the services.

Core Strategies

- Keeping the environment at the heart of everything we do;
- Recruiting a team of skilled and passionate staff with different backgrounds;
- Increasing the number of quality 1:1 support sessions;
- Sustaining quality links with key local partners;
- Increasing our voluntary and paid work outcomes.

We continue to recruit between 35-40 students onto the full-time programmes (Study Programme and Supported Internships) and 55-65 school-age pupils onto the part-time School Links Programme. We are very proud to be actively working with so many brilliant young people.

Intern/Work Placement programme



Henry (left) and Alex (right) working as catering interns in the kitchen. Sophia joins the team (centre) with Phillip, chef and Constance, catering assistant and mentor. Phillip describes working with catering interns on the Magpie Kitchen/Hall Events page.



The Horticulture intern group have been working at Rosendale Allotment on, for example, bramble removal for a new thorn-free blackberry bed using no-dig and deep-mulching methods. We have also been harvesting the herbs, cut flowers and fruit and veg., such as raspberries and chard. Cooking and eating outdoors using the cob oven and the shed are very popular and include fire-making and the use of the storm kettle. We are renovating a herb bed in Harleyford Rd Community Garden and are planning regular work at Hyde Park's 'The Look Out' environment centre and at St Luke's Hub, Kennington after autumn half term. The intern group has had work placements with Eddy cooking at Blackfriars Settlement, Jermaine and Kristian at St Johns Church on gardening, Kristian with Philip in the Roots kitchen, Sam with bike hire firm 'Mobikes', Tayla with 'The Flower Lady' Elaine in Herne Hill and the whole group gardening each week in Archbishop's Park. Eddy and Joel went on intensive courses for a CSCS card: always a good asset when working outside.



Alex continues her work placement at Archbishop's Park with other students and staff. Her Fridays just wouldn't be the same without this. Harry is at Lollard Adventure Playground, Kristian was at the Battersea Flower Station and Stanley was at Marks and Spencer.

Study Programme: Retail

This year a unit covering **Workplace Health and Safety Requirements** in a Retail Environment explored types and causes of accidents and emergencies. The class was presented with a range of situations in which they identified types of accidents with possible reasons for their cause. They were challenged to come up with examples of their own. They then visited Patterson Health and Co. Pharmacy, Millers Store and The Black Prince Pub to speak with managers about the health and safety procedures they have in place. Practising manual handling procedures was very beneficial for learners, enabling them to know why this helps with safety and when they should ask for help. In other retail outlets, e.g. Pret-a-Manger and Sainsbury's, they discussed with the manager circumstances that could lead to emergencies or accidents.

Learners engaged in a range of learning methods – speaking and listening, writing, discussing and role-playing for determining when they should seek immediate help from an emergency service and then following their instructions. They chose details for location, situation, witness, offender and which emergency service was required, when completing an incident form. This included when to call 101 instead of 999 and undertaking risk assessments.

Excellent one-day work placements followed: Temi Johnson at Café Bistro, Liban Abdikadir and Mateo Villacis went to Millers General Store and Fiona Dupont and Lucy High in Lambeth Pharmacy. They followed organisational procedures for reducing health and safety risks, using safety equipment, lifting and handling goods safely in a retail environment and identifying who could provide advice.





The Shop: After our grand re-opening in October 2018, the shop has gone from strength to strength. Fourteen students and Supported Interns have worked in the shop and have been trained on the till, in customer service, food hygiene and using the coffee machine. All learners at R&S have been involved in making products to sell such as greetings cards, lavender bags, painted flower pots and dried flower bouquets. All these have proved very popular during our regular Friday opening and at busy events including Apple Day and Froggy Day, alongside products from local artists, plants grown on site, vintage garden tools, garden supplies and seasonal items for Valentines, Halloween and Christmas. Our freshly brewed coffee and delicious cakes baked by the Supported Interns in the kitchen with Phillip, our Chef, are the outright best sellers.





Study Programme: Horticulture & Floral Design

Despite changes in the **Horticulture** staffing students have made a lot of progress since Sept 2018, noticeably in the public open space we call the Cellini Orchard. This year the border along the main building wall has been transformed. From autumn onwards the horticulture students cleared the remaining pyracantha and old scraggy rose bushes, before mulching with mushroom compost and planting out with perennials and autumn-sown annuals. Joe's School Links groups also contributed to this border making it a colourful, pollinator-friendly boundary to the orchard. Work on the replanting of the big, central oval bed continues with the jungle of perennial sunflower, alkanet, bindweed and couch grass tackled by corporate volun-

teer groups, cleared by the students, mulched, then weeded again. After weeding, the students worked hard preparing the soil, getting a fine tilth, raking level and consolidating before covering with fabric to further suppress the invasive weeds. Linda and Sarah plan this to be a cut flower bed to provide flowers for the Floristry group.

All these activities have contributed to various City & Guild Unit Assessments. The plant nursery has kept the students and school groups busy watering, seed sowing, pricking out seedlings, taking stem cuttings and potting up to provide flowers, herbs and vegetables used around the site or sold. Lots of the vegetables in the raised beds have been used by Phillip in the kitchen as well as for fresh, tasty picking.





This coming year in horticulture we are aiming for all our students to achieve a Diploma, Certificate or an Award. Since September we have learnt new skills including maintaining tools, lifting the drains and clearing away debris, planting out new plants and preparing the ground for planting and studying soil profiles to learn what lies below the surface. Next term will involve us working alongside the Royal Parks on a Learn to Grow project in Hyde Park and we plan more visits to horticultural experiences in and around London. Our students are very conscious of their surroundings and they are very keen to maintain this beautiful environment they are privileged to study in.

Our **Floral Design** students are working towards their C&G Level 1 Award in Floral Design. As part of their coursework, they make bouquets, floral table arrangements, vase and jam jar arrangements and seasonal wreaths to sell in the R&S shop and for display in the main building and meeting rooms. They also study Colour Theory, Visual Balance and Texture and Use of Line.

Their displays were, as in previous years, also a key input to the St John's Flower Festival. An additional experience this year for our Floristry and Horticulture students was the invitation to take part in British Flowers Week. Working alongside top British Florists they helped to create floral installations in the Garden Museum. At least once a year there's a trip to Covent Garden Flower Market to enable the students to experience the hub of the floral industry. They arrive early to look at the wide range of flowers and sundries before buying what they'll use back at Roots and Shoots - along with flowers and other materials they gather from around the site. Also with the Horticulture students, the Floristry group went to RHS Hampton Court Flower Show to explore the inspiring Floral Marquee and other amazing floral displays. After this varied, busy course all students graduated with a pass or higher.



Study Programme: Employability

All our study programme students complete a City and Guilds qualification in Employability which focuses on skills for the world of work. In these lessons we have been covering a wide variety of subjects ranging from Personal Finance to Healthy Living. The students particularly enjoyed the Enterprise Activity unit, where they worked in teams to research, choose and make products to sell in the R & S shop.

They made amazing products with a focus on recycling and repurposing, including greetings cards, hand-painted terracotta pots, tin can succulents and jam jar flowers. Most of the products sold out within days! Whilst studying the Healthy Living unit the students embraced new experiences such as attending a Mindfulness, Meditation and Yoga session, as well as growing from seed and harvesting salad leaves, which they enjoyed eating. We are also studying Interview Skills and the students are learning all about the latest interview techniques, whilst having fun role-playing in the classroom.

School Links Programme

Joe, Jamie and Jane work with groups from Lansdowne, Platanos, Highshore and Turney schools with a variety of activities centred around employability, horticulture and environmental education. This year Joe writes: 'We planted up a new vegetable garden at Lansdowne school with plants that we grew from seed at Roots and Shoots, then harvested some lovely salad, greens and potatoes which we ate! This is the first year I've taught

a group from Platanos, but I'm already getting their to used great sense of humour!'

The groups also work on the beds and borders in the Cellini Orchard.



Educational Enrichment



ticipate in as wide a range of different activities as possible. Shown here is carol singing at St. Paul's, sailing at Surrey Quays (left), multisports cricket, rounders, football, tennis and badminton, BMX biking, and board game activities including a sports day (right) and drama workshops at Southwark College (below). Yoga and music continue on Mondays. As well as exercising unexpected parts of the body the programme helps students build confidence and find previously unrecognised resources









Our grandest joint festival:

APPLE DAY & Plenty

In past years our Apple Day and the October Plenty festival, for which we build the Corn Queene, have been at each end of October. This year, Sonia Ritter, who directs the Lions part, approached us to see if we might join the two festivals into one grand day. After some serious site preparation work (see the 'volunteers' page), we built the Corn Queene in the greenhouse ready for mounting on

the old Fred Tappy Lambeth Market Barrow (far right).



The day begins with the crowning of her imperious highness, the Corn Queene. Then we gather at the gates before setting out.



First, we have to get to the start of proceedings - up the Kennington Road to the Imperial War Museum. Here, Sonia begins the celebrations in the Tibetan Peace Garden.







and





Susana and Alex on the Roots banner / performance outside IWM / the Hobby Horse challenge! / the Procession: getting started / across the park / the Queene crosses the road / down the Lambeth Walk - doing the Lambeth Walk - OI! / China Walk waving.





at the national collection, Brogdale



Apple Day



in Gayle and David's orchard, Usk Valley



more dancing!



buying and selling

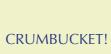




corn dolly making

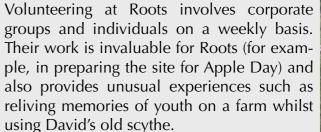


more dancing!





Volunteering





"I was very keen to find a place where I could garden alongside more experienced gardeners for my own enjoyment but also to learn and gain hands-on experience. I have been extremely fortunate to work with David and Sarah: true professionals and educators who take every possible opportunity to pass on knowledge and experience. I have always admired dry-stone walls and being part of the building team has allowed me to fulfil an ambition. I met John who was to instruct us; I also met Serafina and Joel (R & S students). While we built the wall we built a good relationship. John modelled the tasks and he gently guided us while encouraging us 'to look and try' and 'to look again and try again'.

I look at plants and my surroundings now in a different light. My understanding of them as living organisms has changed and developed. I have learnt to engage with our natural surroundings with patience and respect. I have also learnt to take the time to have things done properly.

After volunteering at Roots and Shoots I made the decision to join a RHS Level 2 Horticulture course which I have successfully completed. I am due to start a second RHS course in the Principles of Plant Growth, Propagation and Development. I would ultimately hope to apply for horticulture tutor positions and I definitely have the confidence to join and be part of a team building a dry-stone wall." Susana Céspedes

"Volunteering for Roots and Shoots has given me so much: it was at Roots and Shoots that my interest in gardening was crystallised as well as the desire to pursue horticulture as a career. Volunteering at Roots has expanded my skills and experience in many areas. For example, I began helping, and eventually leading, environmental education sessions for primary and nursery school groups. Roots and Shoots has been amazing for my personal development and I really cannot thank David, Sarah, Linda, and Roots as a whole, enough for everything they have given me, whether it be advice, reading material or general support and encouragement." **Poppy Jones-Pierpoint**



a conversation with Berry-man, Holly-man and Oak-man!



coming across Berry-man - and Pomona - in the Wildlife Garden

Our landscape: Cellini Orchard and Brownfield Habitat project



There has been a lot of work out here this year. The ground is cleared of bindweed ready to build the drystone wall, left; the work-space set up with re-used stone; John Holt starts work with students and volunteers.



Careful planning and consideration is needed when choosing and placing stone. The wall nears completion, though it needs capping: slabs donated from Chelsea Flower Show are cemented in place as seating. The final wall with workers, Susana, Serafina, Joel.





Pat adds to the design by laying more of the slabs in front of the wall as an attractive path (in extremely hot weather). The wall and the main building of Roots complement each other beautifully.



Planting of beds by students in the orchard was varied, attractive and very bee-friendly. Also in the open space we planted a memorial espalier-trained pear tree. It is supported on a structure of sweet chestnut coppice poles (collected from Wilderness Wood in Sussex).





Behind the wall volunteer groups began building the shingle and sand habitats for mining bees and digger wasps.



Conference/Meeting venue

Magpie Kitchen

As this goes to press, we are well into our third year of working with Roots and Shoots interns in the kitchens and catering at Roots and Shoots. The students work alongside Carlene, Constance and myself, helping to produce, cook and serve lunch for the various hall and room bookings. Users this year have included DEFRA, Macmillan, WaterAid, Natural England and The Green Register. The students' work does not stop there, as the afternoons are taken up with each student getting to cook what they like, to take home and enjoy with their families and carers.

We are also into our sixth year with our ever-popular social dining club, 'Magpie Kitchen', continuing our culinary and cultural tour of the EU 27 member states. Highlights this year have included Leonardo Da Vinci

in Italy, Freud and Austria and Rothko and Latvia. We most recently celebrated the 350th anniversary of Samuel Pepys' last diary entries, below. Going into next year we will continue our EU culinary journey, complete with post-dinner talk and of course, in full costume.

Phillip Costen, Chef.



The Roots and Shoots Community of Staff, Trustees and Friends:

The Senior Management Team in 2019 are: Linda Phillips MBE, Director; David Perkins, Environment, Education and Gardens; Matt Brownlee, Operations Manager; Angela Barredo, Education Manager; Issy Okonta, Bookings and Office Coordinator;

Andrew Scott-Bolton Administration Coordinator; Maureen Lishomwa, Admin. Coordinator; Sarah Wilson, LSA, now Horticulture and Gardens; Lila Veltze, Employability Tutor; Anita Gwynn, Functional Skills Tutor; Elizabeth Ing, Horticulture/BASE tutor/LSA; Elaine Fisher, Floral Design Tutor; Joe Brand, School Links/BASE Tutor; James Drabble, School Links Tutor; Jane Higginbottom, School Links/BASE Tutor; Amanda Rew, Horticulture Intern Tutor;

Reshma Mahendra Retail Tutor; Tarik Ali, Senior Job Coach; Nancy Gilini, Speech and Language Therapist; Cressida Brotherstone, Counsellor; Kevin Enright, Yoga; Georgina Philip, Music tutor; Brenda Foulds, Staff Development and Drama Tutor; Sam Morris, SEND Coordinator; Madeleine Dunn & Kara Danielle, LSA and Job Coach;

Learning Support Assistants: Marcus Pindelski, James Brown, Daniel Sampson, Olcay Demir, Michelle Williams, Roksana Trzecinska, Ruth Morgan, Mathilde Griffin, Vally Gesthuysen, Val Revelle, Sebastian Bailey, Shalim Ali, Saleem Nujjoo, Megan Martin, Sarah Garcia, Tace Bayliss, Anthony Carry.

Phillip Costen, Chef, Student Intern Tutor; Carlene Johnson, Constance Mabiala, Catering Assistants/ Mentors; Cristina Villena, Magpie Kitchen; Ginette Biampandou, Cleaning; Pat McLoughlin, Premises Officer.

Our diligent Trustees are: Val Stapleton (Chair), Michael Mitchell (Treasurer), Vic Willmott, Glenda King, Graham Cocking, Darren Coghlan, Jacqui Thomson, Martha Macdonald.







Extra thanks to our special friends and volunteers who give so freely of their time and support:

Catey Hillier, Tony Danford, Ian Parker, Prim Campbell, Lindsay Swan, Brenda Foulds, Kurt and Ruth Geiger, Raymond Alli, Maggi, Ricky, Greg, Ian Carruthers; Hector Bellamy and QBE (funding for summerhouse, above). The Tuesday group volunteers in the greenhouse: Brenda, Nikki, Christine, Fan;

Ludo, (Apple Day), David and Gayle Whittingham (Apples from the orchard); Chris and Mike at Pennard Plants; Georgia and Klaudia, Ron Latham (straw bales, Apple Day).

Many thanks to **Volunteering Matters and Benefacto** for organising the corporate volunteer groups.

John Holt, London School of Dry-stone Walling, for his tutoring and cooperation on the dry-stone wall project. In the Wildlife Garden: Susana, Maria, Poppy, Mary Jo and Sally. In the Heritage Apiary: Corrine and Sharon.

Annual Review by David P with the help of Sarah.

Photography by David P; Sally, David W. (Apple Day); Sasastro (Apple Day: all her photos can be seen here: https://www.flickr.com/photos/sasastro/albums); Greg Mavungu; other staff, friends and tutors.



I just want to say a few words about our dear friend, David Sawyer, who has been a rock for Roots and Shoots since 1994 when he came into our lives at our then rather run-down site in south London. It became evident that although we needed a book-keeper we could not actually afford one so he offered to volunteer his accountancy skills for our charity. David devotedly came twice a week from Brighton to Victoria enduring the uncertainty and irregularity of Southern Region trains to wrestle with our finances in my often freezing cold office in the old WWII hut. His ledgers were immaculate, accounting to the last

penny in meticulous detail, but with his good sense and encouragement we have slowly built up the successful charity that we have today.

David's manner through the many years I have known him was always of gentleness laced through with a keen sense of humour and dry wit; he knew all our students and was held in great affection by all who knew him. His attention to detail was reflected in his high ideals and true Christian spirit. He became one of our first trustees in 1997 when we became an independent charity. He staunchly stood by us throughout many upsets and financial uncertainty and delighted in our eventual success with new buildings and educational facilities.

> David was awarded the Bank of America's Local Hero Award in 2011 and eventually, after us applying for a few years, he received his much

> > deserved MBE in 2017. What made David outstanding has been his deep sense of love and compassion for his fellow human beings - this translated into practical action, not just for our charity, but in the way that he has helped so many people, in both local and national organisations, in Brighton and beyond.

> > > Linda

Statement of Financial Activit the period 1st April 2018 to 3	Period 1.4.18 to	Year Ended			
		Unrestricted funds	Restricted funds	31.8.19 Total funds	31.3.18 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM Donations and legacies Charitable activities	2 5	851,214	-	851,214	619,963
Charitable activities		3,378		3,378	12,213
Wildlife Garden		2,647	-	2,647	-
Other trading activities	3	394,767		394,767	208,951
Investment income	4	218		218	70
Other income		6,865	-	6,865	12,824
Total		1,259,089	-	1,259,089	854,021
EXPENDITURE ON					
Charitable activities	6				
Charitable activities		1,277,099	-	1,277,099	700,539
Other			46,410	46,410	32,760
Total		1,277,099	46,410	1,323,509	733,299
NET INCOME/(EXPENDITURE)		(18,010)	(46,410)	(64,420)	120,722
RECONCILIATION OF FUNDS					
Total funds brought forward		307,290	921,206	1,228,496	1,107,774
TOTAL FUNDS CARRIED FORWARD		289,280	874,796	1,164,076	1,228,496

The accounts cover a 17 month period rather than the more usual 12. This means that, at last, we align ourselves with the school year - as Education is our primary purpose! The accounts show a small loss despite much larger income. Record student numbers this term augur well for the current year.

Michael Mitchell, Treasurer



This is an extract from the pa audited Roots and Shoots www.ppk-accountants.co.uk accounts. For a full copy TO please contact the Director.



921,206 874,796	1,228,496	1,107,774	Notes	Unrestricted funds £	Restricted funds £	2019 Total funds £	2018 Total funds £
			12	6,602	874,797	881,399	931,031
URRENT ASS ebtors ash at bank and			13	135,222 216,395 351,617	(1)	135,222 216,394 351,616	292,250 135,364 427,614
REDITORS mounts falling of	due within one y	vear	14	(68,939)		(68,939)	(130,149)
ET CURRENT	ASSETS/(LL	ABILITIES)		282,678	(1)	282,677	297,465
OTAL ASSETS IABILITIES	S LESS CURR	ENT		289,280	874,796	1,164,076	1,228,496
ET ASSETS				289,280	874,796	1,164,076	1,228,496
UNDS nrestricted funds estricted funds OTAL FUNDS			15			289,280 874,796 1,164,076	307,290 921,206 1,228,496

* Vocational training for young people * School links programme

* Environmental education for schools and the wider community

* Urban biodiversity, sustainability and conservation action

* Small conference/meeting/training centre for hire * Events and Exhibitions



Roots and Shoots

provides training for young people from inner London. We aim to give them the skills and self-confidence that will equip them for work. Alongside this we involve local schools and the wider community by maintaining our site as an important green space and environmental resource.

We value people. We encourage staff, trainees, volunteers and all others involved with us to work together, enabling us all to fulfil our potential.



hames

