

Student Number: 2204546

Information Sheet



Introduction

The purpose of an information sheet is to provide the aims, objectives, visions and background of an organisation. This information sheet will be based on Foothold Cymru, Llanelli, with additional information on the roles and responsibilities of the trainee youth worker during their time on placement. Foothold Cymru is a community-based organisation, they are a “social justice charity that empowers communities and individuals to achieve real change” relating to the necessities of life such as food, clothing, education, and well-being support (Foothold Cymru, 2023, np). For the purpose of this information sheet, there will be a focus on two projects, namely, Time Together and Build on Red, as these are the projects the trainee youth worker is involved in.

Background

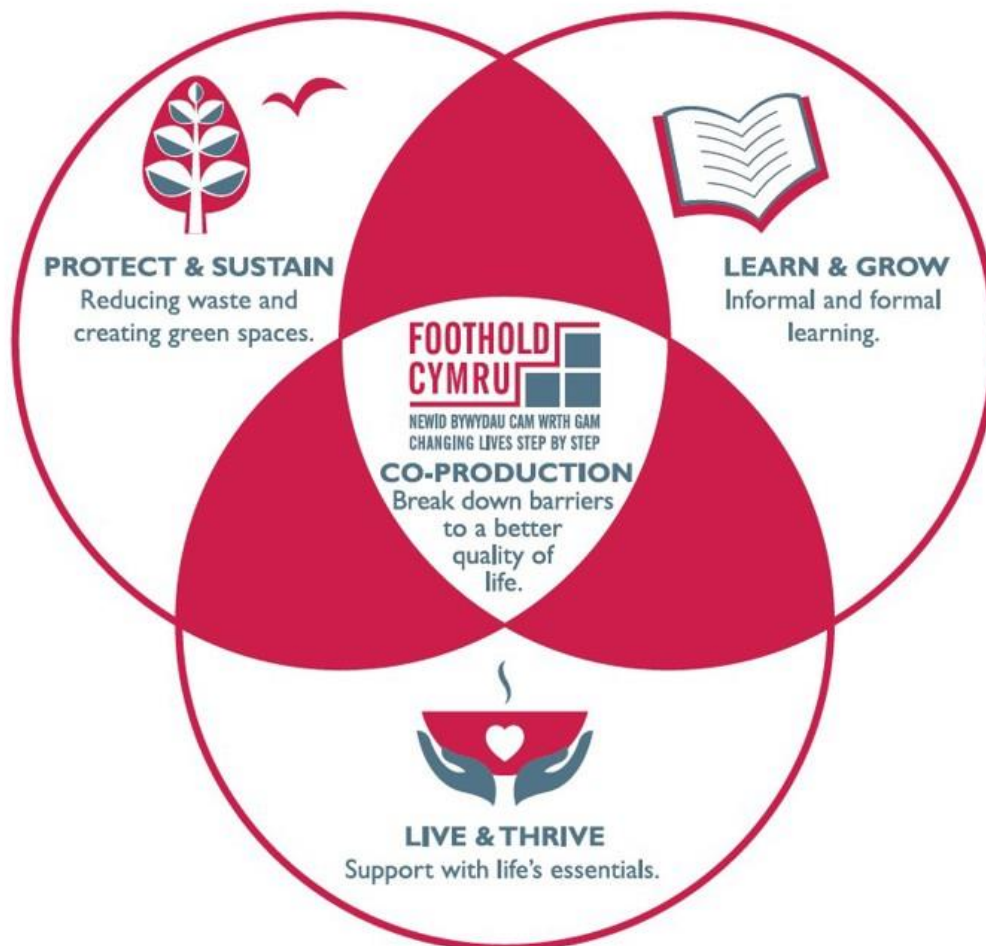
Due to limited research online, the trainee youth worker requested a meeting with the chief executive of Foothold Cymru to gain background information on the organisation. Theodoulou (2023) explained how Foothold Cymru started over 30 years ago as a youth project which focused on youth employment as at the time, a lot of jobs were lost due to Margaret Thatcher. From this a member of the Home Welsh Office suggested that Foothold Cymru becomes a government registered agency, making this the start of how Foothold Cymru got to where it is today. Theodoulou (2023, np) further explained that the support provided from Foothold Cymru to those searching for jobs is the reason for why it exists as “in a community where we have a higher poverty, to combat poverty we need to create well paid jobs”. Theodoulou (2023, np) then made a 5-year plan as they could not be a single-issue organisation if unemployment was improving. The principle which he focused on was “when you are in an area with challenging needs, listen to the people as this makes the organisation better”. Foothold Cymru now cover a whole spectrum of issues based on what the community wants and needs.

Vision

- 1) Live and Thrive**
- 2) Learn and Grow**
- 3) Protect and Sustain**

Foothold Cymru’s vision for Wales is “to be free from poverty with social, economic and environmental justice for all; where people thrive and not just survive and enjoy a decent standard of living” (Foothold Cymru, 2023, np). This vision is achievable through their projects and services and is particularly needed in parts of the Llanelli area which are in the 10% most

deprived areas of Wales for income/employment, education, community safety, and physical environment (Carmarthenshire Public Services Board, 2023).



Roles/Responsibilities

Over the summer the trainee youth worker had a pre-meeting with her learning mentor, Tomlinson, to discuss the roles and responsibilities required at Foothold Cymru. Tomlinson (2023) explained that the role was to help prepare, run, deliver and organise the sessions within the Time Together and Build on Red projects. Tomlinson (2023) explained the responsibilities are:

- Be punctual
- Give notice on time off

- Be helpful and polite
- Follow safeguarding procedures
- Comply with the organisation's rules and regulations

Time Together – Funded by The Masonic Charitable Foundation

Following a recent conversation with a colleague, Lock (2023) stated that the three aims for the Time Together project are:

- Physical wellbeing
- Socialising wellbeing
- Emotional wellbeing

This project runs twice a week and its purpose is for young people to further explore their passions and skills with an opportunity to learn and grow in a different environment compared to their usual home and school surroundings (Lock, 2023; Foothold Cymru, 2023).

To meet the aims, the objectives are based on the activities to support improvements in:

- Physical well-being- over the summer the young people engaged in a Silly Sports Day which included a variety of sports activities. Lock (2023, np) explained how the purpose of it being silly is that it is “not as competitive” compared to a standard sports day at school, resulting in young people potentially wanting to engage more. This was evident in the atmosphere and positive feedback provided by the parents and young people.
- Socialising wellbeing- where parents/carers are encouraged to stay for the sessions, helping to strengthen relationship bonds.
- Emotional wellbeing- Foothold Cymru enable young people to feel inclusive through, for example, activities including drama, cooking, arts and crafts, all suggested by the young people aged 5-14 who attend these sessions. This is a good example of how

Foothold Cymru uphold the Youth Work National Occupational Standards values (CLD Standards Council Scotland, 2019), in particular “Equity, diversity and inclusion”.

Build on Red – Funded by Children in Need

Following a further conversation with Lock (2023), the three aims for the Build On Red Project were confirmed as:

- Self-worth
- Feeling connected
- Resilience

This project runs once a week and its purpose is to de-stigmatise mental health, raise awareness on mental health issues among young people aged 14-18, and creating a safe space for them to access support (Lock, 2023; Foothold Cymru, 2023). During this project, young people have been creating online content, such as videos and blogs, to share their concerns and hopes about mental health. Lock (2023) provided an excellent example of how Foothold Cymru promote Article 12 of the UNCRC (UNICEF, 2023) - “every child has a voice” when a home education group met with James Young from Children in Need to win the funding for this project, putting their ideas into reality.

Examples of how the above aims are achieved via the objectives in this project are as follows:

- Self-worth- the young people recently engaged in a pamper session. This was a way for them to engage in self-care and for them to understand the importance of looking after themselves both physically and mentally.
- Feeling connected- the young people worked together to create a well-being garden to bring them together and to show what young people can do when working together.

- Resilience- staff reminding young people that Foothold Cymru is safe place for them to be supported and express themselves. Expressive being an example of how Foothold Cymru work in accordance with the 5 pillars of Youth Work (Youth Work in Wales Review Group, 2022).

Training available

Foothold Cymru provide training to their staff, and the trainee youth worker has been provided with optional courses including:

- Capacity building training
- Anti-racism training
- Neurodiversity awareness

Summary

This section of the portfolio outlines the aims, objectives, and visions of Foothold Cymru, as well as its background, training, roles and responsibilities of its staff. The information sheet demonstrates that this organisation is a necessity for the community, with all the contributions and benefits that it provides.

Reference List

Carmarthenshire Public Services Board (2023) *The Carmarthenshire We Want*. Available at: <https://www.thecarmarthenshirewewant.wales/media/8164/wellbeing-fact-sheets.pdf>

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Theodoulou, M. (2023) Conversation with Rachael Major, 12 December.

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