

Hope in the Heart

Practical Guidance For Positive Living



Hope in the Heart empowers and enables people from all backgrounds to improve their lives and the communities around them. By encouraging individuals to accept their challenges and unite with others, Hope in the Heart enables true intrinsic transformation.

Their work is inspired by people who have overcome great challenges to live fuller and more impactful lives. These people also often contribute to their own communities and enrich the lives of others around them. Hope in the Heart aims to:

- Support and empower people of all ages in Cornwall and beyond
- Challenge attitudes that set people apart
- Unite people from different backgrounds
- Demonstrate and celebrate positive change

Tam Martin Fowles of Hope in the Heart is part of the Sustainable Communities Network, and was attracted to the group as it shares a common aim

with her organisation; to celebrate diversity and create dialogue for exploring attitudes that cause division.

Tam also works with Tiny Soul, a Cornwall based social venture that provides 'nurture boxes' for newborns who are born into poverty and abuse. On 6th March, a group of mothers from Uganda have been invited to visit, meet and learn more about mothers in the UK. The event has been setup by Greg Davis of UEW and when Tam learned of the event she offered her support. Tam now has access to new and unused clothing that Tiny Soul no longer has a use for. Through Tam's connections, UEW will now be able to give the Ugandan mothers something to take back with them. This is a fantastic example of how sharing resources can have positive impacts in communities.

A Mind Apart

Working towards social fairness and justice



Social enterprise, A Mind Apart runs creative classes for young people with a performing arts focus. Through after schools clubs, evening classes, events and performance training, young people are empowered to become more confident. A Mind Apart specialises in young people who are not in education and helps them to improve communication and employability skills. Participants also learn how to apply their skills in the real world.

Founding Director, Jodie Marshall set up A Mind Apart in 2008 and has a strong drive towards achieving social fairness and justice in her community. Jodie is committed to improving the opportunities for the young people that she works with, and achieves this by reinforcing participants' self-worth and building their resilience when coming up against

new obstacles in day-to-day life. This creative approach to supporting young people has a proven success rate; with 96% progress and achievement and 100% qualifications achievement rate of participants.

A Mind Apart has now developed an events side to the services that they provide, and is working in partnership with a Latin Dance Group who both sponsor and help run their events in Sheffield and Nottingham. The organisation is also connected to a community in Brazil called Olinda, through Jodie's strong link with the community having worked there during a gap year.

www.amindapart.org.uk

