



Roots Ltd -

Training and Consultancy
that makes a difference !



Training by
Roots Ltd in
partnership with
Peter Pang.



Roots Ltd is an independent, not for profit, social firm. Our training uses our first-hand experience as African Caribbean people with learning disabilities. We are part of the Ethnicity Training Network. Our role plays, quizzes and information sheets help to make information easy to understand. We can offer a variety of training and consultancy to meet your needs, including:

- ◆ **Diversity**, and the challenge of racism
- ◆ Awareness of, and stopping, **Disability Hate Crime** (next date 26th September 2012)
- ◆ **“Your Heart Matters”** ... being active, health checks, eating well, stress and relaxation
- ◆ **Speaking up for yourself**
- ◆ **“We Mean Business”** - Setting up your own business
- ◆ Coping with **bereavement** and loss



Roots Ltd

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