

SAMEE Newsletter



August edition!



WE ARE NOW OPEN



To Referrals



FOR OUR

MENTORING ALTERNATIVE PROVISION

A SPACE TO BELONG!!!

We empower young people to thrive through building confidence, creativity, and helping them engage with their futures!

We provide a safe, welcoming space where young people can be themselves, build relationships and thrive!

WE CAN SUPPORT YOUNG ADULTS WHO USE:



Makaton



AAC/CIP



BSL

WHAT WE OFFER



Bespoke support designed around the individual



Monthly careers meeting with a qualified level 6 careers advisor



Monthly wellbeing meetings with a qualified trauma-informed counsellor



Supporting wellbeing, independence, and self-esteem every step of the way



INTEREST-LED LEARNING



Digital Art



Gardening



Baking



Photography



Tech



Ventriloquist



Nail Tech



Jeweller



Sports



And More....

Get in touch if you want to find out more!



cassie.lammas@sameecharity.org

- FOCUS ON WELLBEING, CONFIDENCE & CAREERS
- FLEXIBLE, BESPOKE LEARNING
- SUPPORTING YOUNG PEOPLE TO RE-ENGAGE WITH LEARNING
- EXPLORE EMPLOYMENT, SELF-EMPLOYMENT, AND TRAINING OPPORTUNITIES

SAMEE Newsletter



August edition!



Update from our newest SAMEE Mentor - Asha Colla

Hey guys, my name is Asha and I'm one of the newer mentors here at SAMEE, and I'm still so thrilled about it. I started with the Discovery Programme back in May and am now working with the Internship Programme as well. SAMEE harbours a network of people, all who align with wanting the interns to succeed and there is a real sense of community here that I have never experienced within previous positions.



Seeing the developmental process of ideas and level of detail that goes into supporting our mentees is astounding. To watch them fill with confidence and grow as people can transcend hope for their futures, which makes this a pretty perfect job to be in!

Do you want to find out more about any of our programmes?

We have a dedicated team that includes staff and beneficiaries who are more than happy to go out and chat to schools, students, parents, and local councils to discuss all things SAMEE and self-employment! Sianell and Rob (alongside some interns) attended three schools within one week this month, so please get in touch if you would like us to come out and speak to your students about self-employment! Give Sianell a message on sianell.white@sameecharity.org to find out more information!

Discovery Programme

Steps into Self-Employment

Supported Internship

Steps into Self-Employment

SISE Programme

Steps into Self-Employment

DEBSS Programme

Disabled Entrepreneurs Business Start-up Service

SAMEE Newsletter



August edition!



Spotlight on our DEBSS Programme

Heather, who has ME/CFS, joined us as a self-employment mentee in 2025 after being made redundant from her full-time job as a change manager and deciding to start her own business. She has been working alongside SAMEE mentor Pat. She now runs the Ivatt Editorial Consultancy, offering editorial services dedicated to fantasy fiction, and has a steady roster of clients to round off her first year as well as having a stall at London Book Fair 2026. She's currently focusing on raising her business profile further by speaking at industry events, running writing workshops and editing. She's also recently started her own self-publishing journey for her debut portal fantasy novel, *Of Blood and Ink*.



My calls with Dan during the planning and preparation for my first market were beyond helpful. While he couldn't paint nails for me, his help with business cards, domains, linktrees and everything in between helped me sort all the things I have no idea about! When I started with him I didn't even have a brand name or logo! His support really was so appreciated.

Quote from Dan - "She has come a long way in a very short time, when we started chatting 2 months ago she wanted to run a nail business, we discovered this had 2 elements, train to be a nail technician but she didn't have funds for the course. Second avenue we discovered was painting nails to stick on.

We have come up with a brand and she took the plunge last weekend to have a market stall for the first time. In the build up to this we've (mostly her) has created all the promo materials and painted over 300 nails to create a pick n mix board for people to select their own sets from. She has also created a Folksy and Etsy account, set up a payment system, bought her own domain (which we are forwarding to her link Tree page)" <https://www.artclubnails.co.uk/>



SAMEE Newsletter



August edition!



Spotlight on our DEBSS Programme

Jane has been working alongside SAMEE mentor Rachel. I felt a bit depressed when I retired from teaching two years ago. We moved to Weymouth, which was a fantastic decision, but I was a bit stuck, especially as I had a really worrying health diagnosis and was facing some scary treatment.

However, this whole experience has opened so many doors for me; staying home to recover meant I had time and head space to put pen to paper and write the children's novel that had been burbling in my head for years.

I cobbled together my story in chunks, as the mood took me. I am not a disciplined writer. It works better for me if I let my brain cogitate and do a bit of historical research. Although one idea came while I was lying in a pool! Luckily, I can call on my 40 odd years in teaching, so have first-hand knowledge of what catches kids' imaginations and the different topics they love. Elsie and Eddie Gable are the result of spending time with so many fantastic Kids!

I was very surprised to be taken up by Pegasus publishers and have waited for a year, on tenterhooks, going back and forth through the proofreading and editing process, choosing book covers, writing the blurb and agreeing the final product. During this time, I realised that my new career was being a writer and that I had no idea how to proceed in a business sense!!

I was so fortunate to have been referred to SAMEE and working with my brilliant mentor Rachel Fox. She has guided me through writing a business plan and all the crazy stuff that goes with it. Her clear head and methodical approach helped me to crystalise next steps: website, social media, accounting etc. She also latches on to any ideas I have that she feels are good business opportunities and keeps me focused on them, including joining the SAMEE writers' group online. Thank you!



For more information my website is:
janehowie-lee.com
Instagram: [jane.howielee](https://www.instagram.com/jane.howielee)

'The Gable Twins' Egyptian Escapade' by Jane Howie-Lee has now been released and is available to order from Amazon, Waterstones and other online book outlets.

SAMEE Newsletter



August edition!



Spotlight on our DEBSS Programme

I was introduced to the SAMEE Charity while looking for support during my transition from employment to self-employment for the very first time. Naturally, I had a lot of apprehension and nerves about taking such a big step, but from the very beginning SAMEE provided me with an incredible amount of support. They not only helped ease my anxiety about making the switch, but also gave me invaluable first-hand knowledge, experience and insight into what it takes to run a successful business.

Dan, in particular, has always made me feel that no question was ever too much to ask. His warm, approachable and reassuring energy and nature has given me the confidence to navigate the many challenges that come with starting a business. Whenever I felt uncertain or overwhelmed, he was there to offer thoughtful guidance and gentle direction, always helping me get the very best from my new venture as a self-employed hairdresser.

With so much time dedicated to supporting me, Dan was able to sift through what often felt like a mountain of new challenges and provide advice that was tailored to my individual circumstances. His guidance has been instrumental in helping me build both my confidence and my business. I can't praise his support enough.

I genuinely don't believe my transition into self-employment would have felt anywhere near as manageable without the support of SAMEE. If I ever meet someone beginning their own self-employment journey, I wouldn't hesitate to recommend SAMEE. Their encouragement, expertise and belief in the people they support make a real difference, and I'm incredibly grateful for everything they've done for me.

Now, three months into self-employment, I can honestly say I feel far more confident in both running my business and making decisions for its future. Thanks to the support and guidance I've received from SAMEE, I've been able to focus on what I love most: creating beautiful, bespoke colour for my clients while building a business that reflects my values. As someone who takes great pride in continually learning, investing in high-quality products and delivering the very best experience I can, having the reassurance and knowledge from SAMEE has allowed me to move forward with confidence and concentrate on growing a business I'm proud of.



<https://www.lockhairartistry.co.uk>

SAMEE Newsletter



August Edition!



Recent News!

SAMEE Clubs!

Did you know SAMEE now offers clubs for beneficiaries on any of our programmes!

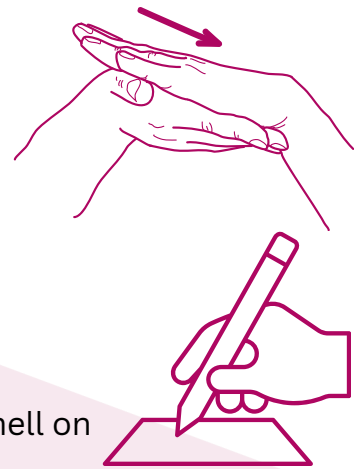
These are:

British Sign Language - Held virtually online every week!

Gardening - Held at SAMEE HQ in Bournemouth every day!

Writers Group - Held virtually online every week!

If you would like more information on how to join these, please contact Sianell on sianell.white@sameecharity.org



Brownsea Island work experience continues!

LC was more confident this week and as we joined up with the Ranger and team, he got involved with the group, introduced himself to some of the volunteers. He also joined in with me as we had a few brief chats with visitors waiting in line for the boat home.

The picture where he is walking back as a 4 doesn't quite capture how he independently connected with that group of volunteers and chose to walk back with them rather than behind them.

I have also been encouraging him to be more assertive with some decisions, leaving it to him to decide where we should sit on the boat or for our drink in the cafe -this Wednesday was the first time with me he took the lead and said "we could sit here"

Both LC and LH worked really hard. LC commented on how he felt more secure and structured by arriving earlier to get the beginning of the assigned work.

LH and I had a casual conversation about his work.



SAMEE Newsletter



August Edition!



First Year Intern goes on Radio!

First year intern LM was invited to go on air with Hope FM alongside Young Person Lead Rob, Work Liaison Officer Diana, and his mentor Errol!

LM's Website- <https://lmaccessibility.co.uk/>

Check the interview out below!



<https://player.autopod.xyz/1406548>



Thank you!

Thank you to the following people for coming in and chatting to our interns!

Mark Painter - Colour Guards
Howdens Insurance

Opportunities



Volunteering!

Would you like to get involved in SAMEE?

We are always on the lookout for volunteers to help on our internship team and office team.

We are also on the lookout for anyone who wants to come in and spend the day with our interns as a guest speaker!



Contact us on 01202 424477 or
sianell.white@sameecharity.org for further information!

SAMEE Newsletter



August Edition!



Upcoming Events

Come and Join us!

Come and join us!

We will be at
The Gather Space
in Poole Dolphin Centre
5th August
10am - 4pm



Volunteering!

Would you like to get involved in SAMEE?

We are always on the lookout for volunteers to help on our internship team and office team.

We are also on the lookout for anyone who wants to come in and spend the day with our interns as a guest speaker!



Contact us on 01202 424477 or
sianell.white@sameecharity.org for further information!