

Hey am Rash Chand

Fun Facts About Me



- I'm a doctor who somehow manages a full-time job and a community organisation — fuelled mostly by determination and cups of tea.
- Green Roots Connections started because I couldn't find a place where my son felt he belonged... so I built one.
- I'm happiest outdoors — fresh air, green spaces, and a quiet moment can reset my whole day.
- I've learned more about neurodiversity from my child than from any textbook.
- I believe friendships grow best when young people feel safe, accepted, and free to be themselves.
- I never planned to run a CIC, but once I saw the need, I couldn't ignore it.
- I love watching young people go from “I'm not sure about this” to “When are we coming back?”
- My favourite sound is a group of neurodiverse young people laughing together — it means the space is working.
- I'm proof that you can be a professional, a parent, and still feel lost sometimes... and that's exactly why community matters.