



# ANNUAL REPORT 2019-2020

Inner Strength Network CIC



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# INTRODUCTION

2019-2020 has been an exciting and challenging year for the Inner Strength Network. CIC. The report represents an overview of our key activities, showcasing the breadth and extent of the work. We are proud to celebrate 7 years of our existence as a Community Interest Company. Throughout this year we have built and maintained effective partnerships with the following organisations:

- Children in Need
- Clarion Housing
- Continuous Professional Development Certification Service ( <https://cpduk.co.uk/directory/profile/inner-strength-network-cic> )
- Fair Train- training volunteers (<https://www.fairtrain.org/>)
- Hate Crime Strategy group
- London School of Economics
- Local Women's Refuge
- Safer Merton Partnership
- MOPAC
- Merton Giving (Merton Voluntary Council)
- Merton Mental Health Forum
- Merton Health
- The Regeneration Project (faith-based community group)
- Various Schools across boroughs
- Wimbledon Foundation
- UK Say No More

What this report will show is that ISN is a dynamic organisation that is providing an essential service to vulnerable families and individuals across Merton and south west London. One of our key priorities for 2020/21 and beyond is to increase the capacity of ISN to provide support to even more women, girls and their families to overcome difficult moments in their lives.

## ISN Board Members



Phil Purkiss



Maureen Bailey



Melanie Monaghan



Jennifer Brown



Paul Bailey

## Comments from the Chair

These ISN is a dynamic, growing organisation that is providing a much-needed service to women and girls across South West London. The impact of ISN is amazing especially given the limited resources and the size of the team. The Headline figures for 2019 are:

- 1200 women and girls supported and receiving coaching
- 793 young people supported
- Working across 6 local authorities to help those in need
- Excellent Resilience and coaching courses supporting 10 schools and universities

Well done to Maureen and her team. We look forward to the work of ISN in 2020 and hearing more powerful stories of transformation for the women and girls that ISN engages with.

Phil Purkiss

## Comments from the CEO

The aim of ISN is to coach, train and support women and girls and their families to overcome difficult moments in their life. We are committed to highlighting social justice issues, working closely with government, schools, and voluntary organisations in improving the lived experience of women, girls and their families.

## Looking Ahead

These are exciting times for ISN! One of our key priorities is to build ISN's capacity to support our clients and their families by recruiting more staff and volunteers to manage the increased waiting list for our service. I remain proud as the founder and CEO and continue to be grateful for our fantastic team. Thank you for your continued support.

Maureen C. Bailey F.R.S.A. LLB

# HIGHLIGHTS FOR THE YEAR 2019-2020

For the last 7 years, the Inner Strength Network has established a track record of providing high quality coaching and support to women, girls and their families who have experienced difficult moments in their lives.

These difficult moments include:

- Surviving domestic abuse including coercive control
  - Child and criminal exploitation
  - Family and relationship breakdown
  - Career rehabilitation and development
  - Managing crisis, including transitions
- 
- The total number of beneficiaries of ISN support is approximately 1200 individual women and girls
  - 150 voluntary organisations
  - Engaged with 6 local authorities
  - Worked with 56 schools and 4 universities.
  - We engaged with 793 young people
  - We delivered 9 resilience programmes
  - We provided 10 supervision coaching sessions for businesswomen
  - We delivered parent empowerment courses for 20 parents
  - We have delivered programmes to 150 BAME at London School of Economics
  - Silver award accreditation with *Fair Train*
  - Accreditation with *The CPD Certification Service*

ISN remains the leading coaching service for providing support to survivors of domestic abuse in Merton

## Report on ISN's Key Priorities



### ***You Are Special You Are Safe (YASS)***

The aims of the YASS programme are to develop individual pupils' confidence, improve their ability to support each other and to promote resilience. The YASS programme is 7-week course which covers subjects like Healthy V Negative Relationships, Self Esteem and Assertiveness, Cyber safety, Issues around overcoming bullies, How to stay safe at home and school, Transition into secondary school, Transition and individual action plan for each student

### ***Girls Empowered to Lead (GEL)***

The GEL Programme was developed by ISN and was funded by Clarion Housing. This is a young person-led, leadership development programme which includes peer support. The GEL Programme supported 12 girls and young women aged 11-18.



***“Thank you so much for helping my child with her self-esteem during an abusive situation. After ISN coaching sessions, she has a newly found confidence and her friends have been surprised about the changes in her too”***

### **The Survivors’ Recovery Programme**

The SRP is a MOPAC funded coaching programme for women who have survived domestic violence. The programme works directly with women and children in a refuge. The SRP also provides coaching and support to women during transition into their new home. We are proud to say that 98% of the women who complete the programme do not return to their abuser.

### **Testimonial**

***“ The coaching has helped me to have my life back because I was not believing in myself, my self-esteem was low, but since the coaching started, I started to believe in myself, focus on the future ”***

***“ In my darkest moments I have really been supported by ISN and I just cannot thank you enough. Now I plan to study at South Bank University and move forward for the good of myself and children***

### **FINANCIAL STATEMENT**

	YEAR END JAN 2020	YEAR END JAN 2019
Unrestricted Income	£788	957
Restricted Income	£42,836	24,985
Reserves	£5,546	2,184
<b>Total Income</b>	<b>£44,731</b>	<b>25,942</b>
<b>Total expenditure</b>	<b>£41,379</b>	<b>29,183</b>

## Priorities for 2020- JAN 2021

To develop and continue to provide a robust regional offer of support with Violence Against Women and Girls (VAWG), CSE, CCE within the context of early help and prevention. (Now moving from reactionary to targeting function)

To have the resources for admin and delivery which is supported by grant application. To develop a traded accredited programme using the train the trainer model which can generate income and expand influence of ISN

## Conclusion

Thank you to all our funders, donors and participants. This year We continue to build inner strength in a community which has become so difficult. We are proud to let the work do the talking, when we experience the change in lives for the better.



### Inner Strength Network CIC

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