



# ANNUAL REPORT

## 2021-2022

## A MESSAGE FROM OUR FOUNDER

Adapting to change following Covid-19 was difficult however, we continued to work on updating our online presence in order to support young people across the country. The number of calls we received continued to increase while the world tried to get back to some normality. As previously reported calls via our helpline from young people had gone from 30 calls per week to 263 per week during lockdown and remained consistent for us in 2021-22.

Fortunately, we received funding from ..... and were able to respond to the additional calls and offer a safe space for young people who were experiencing and/or witnessing domestic abuse which had escalated due to the closure of schools and youth facilities.

The charitable sector was under pressure as voluntary sector organisations were seeking additional resources to support the various needs of people nationwide from mental health to the cost of living crisis. We were not exempt from this, which was tough on us financially as an organisation. However, we continued to make the necessary strategic changes to meet the high demand and deliver a quality service to those in need.

Planning ahead we have a focus on digitalising our presence through an online platform. Plans to partner with an organisation already delivering to schools in this way, to create a licenced training platform will ensure that Healthy Relationship training for professionals and workshops for children will roll out nationally within the next 2 years. We will continue to deliver in person where possible but, this development means that we can reach more young people in an effective and cost efficient way.

We look forward to launching our platform shortly and are excited about what this means for us and our users.

Our Board of Trustees meet regularly and are keen for S.W.I.M to increase our visibility, working closely with them our aim is to create an architecture for the organisation that is scalable and sustainable.

We are excited to have commenced plans for the recruitment of our Youth Advisory Board who will provide the much needed feedback on our work and give insight on the ground of what young people, parents and educators are experiencing. Statistics on domestic abuse affecting young people are almost non-existent and do not give a rounded view of the real challenges and impact on children's physical, emotional and mental health. We feel it is important that we work with those who are in these spaces to stay abreast of the real life experiences of those we seek to serve. The Youth Advisory Board will also support us with fund-raising and campaigning to raise awareness of domestic abuse and its affects on young people.

As we venture into this new space we hope that you will continue to support S.W.I.M as we move into this next part of our journey by educating and empowering young people to help eradicate domestic abuse.

D. Rhiney

Dr. Diahanne Rhiney PhD  
S.W.I.M Foundation Founder

# CONTENTS

01 Introduction

02 Our Approach

03 Our Objectives & Work

04 Engagements & Achievements

05 Looking Ahead

06 Finance Report

07 Our Trustees & Team

# Introduction

## Who we are

Strength With In Me Foundation (S.W.I.M) is a non-profit organization, providing comprehensive intervention in response to the prevalence of Domestic Abuse. Our mission is to reduce the incidence and minimize the impact of Domestic Abuse by teaching young people how to identify effectively toxic relationships through our workshop programmes, events and services. We also train and educate professionals to deliver workshops for young people on healthy relationships and best practice for working with young people who have experienced or are experiencing domestic abuse.

**S.W.I.M** is the acronym for our pioneering approach to Domestic Abuse, '**Strength With In Me**' which highlights our purpose – to equip young people with the emotional tools to make informed relationship choices which we believe will contribute to combatting the Domestic Abuse pandemic from an emotional educational standpoint.



## Our Approach

**S.W.I.M's** approach is designed not solely as a reaction to an existing crisis, but one which primarily aims to grasp the issue and take charge of the actions, thoughts, cultures and beliefs which may make us vulnerable to being the victims of Domestic Abuse.

We understand that as individuals we cannot control the behaviours and actions of others however, at **S.W.I.M** we dare to believe that we have the strength within us to be well equipped upon entering any kind of relationship, to confidently ascertain what we are worthy and deserving of and to actively seek out positive relationships.





01

### Cross Government definition;

Any incident or pattern of incidents of controlling, coercive, threatening behaviour, Abuse or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality (Mar 2013).

02

### Legal definition;

Refers to violent acts committed by a family or household member against another, such as child abuse or the mistreatment of one's spouse. Domestic Abuse can refer to physical harm inflicted on a member of a household or family, by another member of the same household or family.

03

### Domestic abuse is;

defined as the abuse of one person by another within an intimate or family relationship. It is the repeated, random, and habitual use of intimidation to control a person. The abuse can be physical, emotional, psychological, financial and/or sexual. Domestic Abuse knows no boundaries and neither does it see age, race, class, religion, or gender.

## S.W.I.M

has a multi-disciplinary team approach in response to educating and empowering young people. The team consists of mental health therapists, social workers, behaviour change specialists and behavioural mentors, teachers, and a research team.

Our campaigns all have the same agenda: to raise awareness, to highlight those hidden by shame and stigma but also recognise **controlling behaviours**, a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour as well as **coercive behaviours**, acts or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.





## 03 Our Objectives

01

providing education and support to enable young people aged 11-21 years old, affected by domestic abuse to manage the emotional, physical, social, and financial effects on their lives .

02

raising public awareness of domestic abuse issues and the effects on children and young people, both generally and in relation to their social exclusion, by undertaking research and advising agencies on best practice.

03

providing workshops, forums, advocacy, and information to young people to break down the barriers of social exclusion caused by domestic abuse.

04

providing workshops in schools and youth groups to empower young people to identify and foster healthy, safe relationships to prevent the likelihood of them becoming socially excluded as a result of domestic abuse."



### Strength With In Me

S.W.I.M TEACH YOUNG PEOPLE WHAT  
HEALTHY RELATIONSHIPS ARE TO HELP  
END DOMESTIC ABUSE.

[www.swim-dv.org](http://www.swim-dv.org)

@swim\_dv

[www.givey.com/strengthwithinme](http://www.givey.com/strengthwithinme)

## OUR PLEDGE

- To **recognize** that Domestic Abuse is a pandemic which affects us as a global community and accept a wider responsibility for emotionally arming ourselves and others
- To **isolate** new and unspoken methods of Domestic Abuse
- To **intervene** early on in processes which draw individuals towards violent relationships
- To **create** a community which actively seeks to instil emotional tools to both prevent new incidents of Domestic Abuse and heal survivors



## Engagements



### The Baton Awards

On 24<sup>th</sup> November 2022 the Baton Awards returned for it's first in person event since Covid-19. S.W.I.M are the featured charity for this annual event which pays tribute to some of the most influential and unsung women of colour and engaging in a wider public debate about the powerful role and talents of women of colour in society today and the positive social change that will enable these women to prosper.



### United Nations

#### Day of the elimination of violence against women

Held at Buckingham Palace Gardens on 29<sup>th</sup> November 2022 this event welcomed individuals and organisations across the country who work tirelessly to highlight, support, campaign and provide services for women who have been affected by violence and abuse.



### Multicultural Business & Community Awards 2022

**S.W.I.M** were honoured to be nominated for an award at this year's event.

The MBCC awards is a non-profit organisation. Their mission is to focus on the people that make a difference in both the business and the general community. People who go out of their way to help others selflessly without wanting any praise or thanks. This is the platform where those people can be recognised nationally for the incredible work they do for the country.



## The S.W.I.M App

With funding from The National Lottery Reaching Communities Grant we ran focus groups and started the development of our ground-breaking app which is in the early stages of development. The first app of its kind designed specifically for young people.

S.W.I.M's app is being designed as a free to download mobile app, providing support, emergency assistance and information to anyone who may be in an abusive relationship or those concerned about someone they know.

## NCFE Accreditation

We continue to work towards becoming accredited by NCFE. The NCFE accreditation service is a National Awarding Organisation that will give our workshops a benchmark quality standard (benchmarked against the framework to reach awarding organisation standards), that will add value to our propositions and also provide evidence to third parties, e.g., funders, local authority education bodies, about the quality of the learning we offer.

## Youth Advisory Board

We were pleased to start the important work of recruitment to our Youth Advisory Board in 2022 and continue to onboard members who are committed to advocate on behalf of young people to review our educational and training workshops, be ambassadors in promoting our work, support fundraising and introduce contacts and resources to the organisation. We are confident that introduction of this Board will support our efforts to reach our aim to have healthy relationships as part of the educational curriculum nationwide by 2025.

## National Youth Conference

Plans are underway to run our first Youth Conference in 2023 to listen to the voices of young people who have been affected by domestic abuse and help statutory and third sector organisations gain a better insight into the impact of domestic abuse in childhood and the importance of educating children from an early age.

*Come and S.W.I.M with us.....*





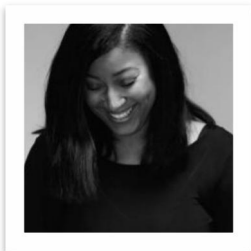
## Strength WithIn Me Foundation

### Profit and Loss

2 December, 2021 - 1 December, 2022

	TOTAL
Income	
Gifts and Donations Income	71,861.26
Grants	23,650.00
<b>Total Income</b>	<b>£95,511.26</b>
GROSS PROFIT	<b>£95,511.26</b>
Expenses	
Insurance Expense	249.98
IT & Software	2,000.00
Office Expense	11,848.00
Printing	140.00
Rent and Rates	3,120.00
Sub-contracting expenses	63,053.00
Telephone	3,675.00
Website Expenses	2,406.00
<b>Total Expenses</b>	<b>£86,491.98</b>
NET OPERATING INCOME	<b>£9,019.28</b>
Other Income	
Cashbacks	12.55
<b>Total Other Income</b>	<b>£12.55</b>
Other Expenses	
Accountancy	651.00
<b>Total Other Expenses</b>	<b>£651.00</b>
NET OTHER INCOME	<b>£ -638.45</b>
NET INCOME	<b>£8,380.83</b>

## 07 Our Trustees & Team



**Dr. Diahanne Rhiney**

Founder & Chair

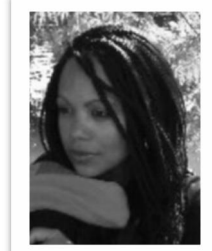
[diahanne@swim\\_dv.org](mailto:diahanne@swim_dv.org)



**Claudette Rhiney BSc**

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**Daniella Maison BA (Hons) MA**

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**Serena Walker**

Trustee & Events Organiser



**Kenny Imafidon**

Trustee & Deputy Chair



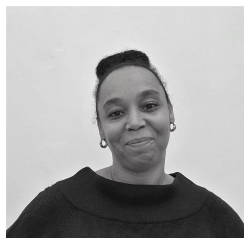
**Warren Powell**

Trustee & Treasurer



**Paula Rhone-Adrien**

Trustee & Family Law Specialist



**Serena Nalty-Coombs**

Governance & Project Manager



# THANK YOU!

**Strength With In Me Foundation**

**Charity No: 1165152**



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Section A

Independent Examiner's Report

Report to the trustees

STRENGTH WITH IN ME FOUNDATION

On accounts for the year  
ended

01.12.2022

Charity no  
(if any)

1165152

Set out on pages

Responsibilities and  
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 01.12.2022.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of Association of Chartered Certified Accountants (ACCA).

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

01.10.2023

Name:

RITIN BHATIA

Relevant professional  
qualification(s) or body  
(if any):

ACCA (4899146)



**Address:** 2A, St. Johns Buildings, Frien Barnet Road  
London  
N11 3DP

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

*(This area is for the examiner to use to provide details of any items that the examiner wishes to disclose. It is not to be used for the charity's response.)*

*(The examiner's signature and name should be provided in this area.)*

*(The examiner's relevant professional qualification(s) or body should be provided in this area.)*