

STRENGTH WITH IN ME FOUNDATION

ANNUAL REPORT 2022-2023



A MESSAGE FROM OUR FOUNDER:

2022-23 has been a difficult period for securing grants and funding. The third sector as a whole is struggling due to increased demand. We have gone from securing funding at a rate of 90% to just 35%, as grants for charities have dropped from funding 1 out of 3 applications to only 1 out of 10. Additionally, the cost-of-living downturn has significantly impacted fundraising and donations.

Fortunately, we received vital funding from the National Lottery, the Mayor's Fund, and through generous donations.

With the establishment of the youth board, we now have a clearer and more targeted approach, resulting in workshops designed by young people, for young people. Expanding our digital presence through an online platform has enabled us to reach a national audience more effectively.

Our main fundraising event, held in partnership with the 16 Days of Activism Against Gender-Based Violence, has grown in popularity and support.

However, we are increasingly concerned about the rise in domestic abuse among young people, with individuals entering relationships at a younger age. This, coupled with the negative influence of figures like Andrew Tate, has exacerbated the situation, normalising harmful behaviours and attitudes toward gender and relationships. The growing trend of domestic violence among young people highlights the urgent need for targeted interventions and education.

Our Board of Trustees meets regularly and is keen for S.W.I.M to increase its visibility. By working closely with the board, we aim to create an organisational structure that is both scalable and sustainable.

A MESSAGE FROM OUR FOUNDER:

We've established dedicated work groups focused on fundraising, marketing and communications, and the theory of change. These efforts allow the trustees to leverage their strengths, leading to better outcomes.

Although change is challenging, particularly in the face of financial constraints, this situation has pushed us to innovate and think creatively. I believe these efforts will result in positive outcomes for the charity, and most importantly, for the young people we serve by educating and empowering them to help eradicate domestic abuse.

D. Rhiney

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

BACKGROUND

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.

Founded in 2016 our mission is to reduce the incidence and minimize the impact of Domestic Abuse by teaching young people aged 11 years to 21 years old. how to effectively identify 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.

OUR OBJECTIVE:

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

OUR PLEDGE

- To recognise 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

OUR WORK THIS YEAR:

FUNDRAISING AND FUNDED PROJECTS

This year we received funding from The National Lottery and the Lord Mayors Foundation.

The National Lottery funded our SWIM to SHORE project which was a research and scoping project where we delivered workshops to young people aged 11-21 years old and sort their ideas, opinions and feedback on the information and support they would like to see as part of our ground breaking app. We worked alongside our developers to pull together the information into our planning and design process.

The Mayors Foundation

This funding gave us the opportunity to run a 6-8 week training for young people volunteers through weekly physical workshops and remote online training through the V Together portal (a purpose built platform for working remotely with groups and individuals)

6 months of ongoing support for victims/ potential victims of domestic abuse with the support of peer volunteers

Evaluation session with peer volunteers for feedback and to arrange individual action plans for further career/ educational development

We continue to be the chosen charity for the annual Baton Awards which celebrates pays tribute to some of the most influential and unsung women of colour. The event takes place during The global 16 Days of Activism against Gender-Based Violence calling for an end to violence against women and girls.

YOUTH ADVISORY BOARD

We welcomed two members to our Youth Advisory Board in 2023, Abosede Alaka and Cat Miller.

Abosede's work as a project manager in the charitable sector and Cat advocates for women experiencing domestic violence.

We are confident that their expertise and passion will significantly enhance our initiatives and help us continue to deliver impactful to the young people we work with.

OUR WORK THIS YEAR:

We are confident that their expertise and passion will significantly enhance our initiatives and help us reach our desired outcomes.

LOOKING AHEAD

As we look to the future, we are excited about the potential to make an even greater impact. We plan to:

- Expand our SWIM to SHORE project by integrating the collected feedback into our app and launching it to a wider audience.
- Continue to raise funds to continue delivery in areas of need.
- Increase the number of workshops and programs we deliver in schools across London.

We are deeply grateful for the support we have received from our funders, partners, and the community. Together, we are making a difference in the lives of young people and families to help end domestic violence for all.

THEORY OF CHANGE

Our Trustees have been working hard to draft our Theory of Change which will provide an insight to the work we do at SWIM and be a great resource to the schools, youth provisions and professionals as well as external organisations and individuals who want to work with SWIM. We hope to release this document in 2024.

OUR FINANCE REPORT:

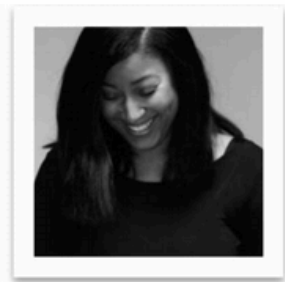
Strength WithIn Me Foundation

Profit and Loss

2 December, 2022 - 1 December, 2023

	TOTAL
Income	
Gifts and Donations Income	51,977.98
Grants	44,884.67
Total Income	£96,862.65
GROSS PROFIT	£96,862.65
Expenses	
Accountancy	1,743.00
Event Expenses	9,220.00
Funding Application	8,870.00
Insurance Expense	256.03
Printing	148.00
Rent and Rates	7,294.00
Sub-contracting expenses	61,731.38
Telephone	6,125.00
Website Expenses	1,000.00
Total Expenses	£96,387.41
NET OPERATING INCOME	£475.24
Other Income	
Cashbacks	29.62
Total Other Income	£29.62
NET OTHER INCOME	£29.62
NET INCOME	£504.86

OUR TRUSTEES:



Mr. Diahanne Rhiney
Founder & Chair

diahanne@swim_dv.org



Claudette Rhiney BSc
Project Co-Ordinator & Director
claudette@swim_dv.org



Daniella Maison BA (Hons) MA
Trustee & Head of Communications
daniella@swim_dv.org



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



**Our aim: to change
actions, thoughts,
culture and beliefs
around domestic
abuse.**

THANK YOU!

Strength With In Me Foundation

Charity No: 1165152



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CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

STRENGTH WITH IN ME FOUNDATION

On accounts for the year
ended

01.12.2023

Charity no
(if any)

1165152

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 01.12.2023.

Responsibilities and
basis of report

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: 28.08.2024

Name:

RITIN BHATIA

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

ACCA (4899146)

Address:

Unit F2, The Pixel Building, 110 Brooker Road

Waltham Abbey

EN9 1JH

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.