



The Enneagram Inside

Registered Charity NO 1192939

Annual Report January 2021- March 2022

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The Enneagram Inside became a registered charity in December 2020.

Mission

Our objective is to promote the rehabilitation of offenders serving in prison, those at risk of offending and ex-offenders for the public benefit by providing programmes based on the Enneagram and designed to create transformations through increased self-awareness, self-compassion and self-regulation in order to develop individual capabilities, competences, knowledge, skills and understanding, and enhance the emotional health and wellbeing of individuals.

Our programme is based on the highly successful work of a US based charity, The Enneagram Prison Project (EPP), founded by Susan Olesek in 2012. For more information see www.enneagramprisonproject.org.

We are a member of the EPP global community who all share a common mission of *'Freeing people from prisons of their own making: using the Enneagram to inspire transformation on both sides of the bars through self-awareness, self-regulation, and self-compassion.'*

Activities

The focus of our work is the development and delivery of in-custody programmes which are based on the 8 session curriculum developed by EPP. Due to the pandemic we were not able to programme in any prison. The prison estate was on lockdown and as we were not able to advance our work in this area. Essentially we have been 'on hold' for the duration of lockdown.

Our programmes are delivered by Guides who are trained and accredited by EPP.

Our focus during 2021-22 was on building our infrastructure and resources:

- Promoting the launch of our organisation and building a community of volunteers
- Governance - The identification key issues that need to be addressed, including the development of a policy and process to recruit new trustees.
- Supporting the recruitment and training of new guides.
- Learning about our criminal justice system and establishing contacts/networking.
- Working with EPP to develop our community of volunteers and our working practices around delivering the curriculum.
- Familiarising ourselves with the EPP curriculum and teaching methodology

All of this work was online.

Activities prior to January 2021.

We spent two years preparing for our charity submission, beginning in December 2018.

Our first year was spent having many conversations with a growing number of supporters and exploring how we might bring this extraordinary work to the UK. We met with a number of individuals and groups and were involved in a series of wide-ranging discussions which included people working in the prison service, Enneagram teachers and students, coaches and business contacts. We had regular meetings with Susan and Rick Olesek (founders of EPP) and their team to

explore how we are aligning our mission, values and objectives with those of EPP while also taking into account the requirements of the Charity Commission and our UK criminal justice system. We focussed on three key areas, training the first cohort of UK Guides, establishing the charity and working with the prison service.

Two of the 'initiating' energies that got this project off the ground **were** Alan Hodgetts and Sam Ewell. Alan was the Managing Chaplin at HMP Woodhill and his dedication and perseverance in securing Woodhill as our training prison was vital for us introducing the EPP curriculum to HMPP. He was an important 'midwife' in the birthing of our work. As a result of his early work with us Sam went onto to complete his Enneagram teacher training with another of our key supporters Enneagram Training UK. Thank you Rosemary, Paul and Heather for your support.

At the beginning of our second year, in March 2019, five UK based applicants began the EPP Guide training programme and the highlight of the training was an opportunity to deliver some of the curriculum in San Quentin to 60 men. It was really inspiring to see the founder Susan Olesek and her team 'in action' and to experience the impact this work can have. To be in such a notorious place and to experience such grace and compassion was truly moving.

This was followed by a week-long intensive training in HMP Woodhill (in Milton Keynes) working with 20 students. We then did another programme in Woodhill in November and a third one at HMP Holme House (Stockton on Tees) in February 2020. In total we have graduated nearly 38 students. The feedback has been extraordinary and has been confirmation that the curriculum is relevant to our prison population and can be a powerful tool for transformation.

Our students' voices

'I was a bit sceptical, I have done many courses and they didn't do much. For me the Enneagram has been a life changing course. I feel really quite moved; that I have a brand new start and see a wonderful, beautiful future for everybody here.'

I spent a lifetime running away from myself with alcohol and drugs and my own fantasy world, doing things that weren't me. At first I didn't want to go back to my childhood, I wanted to run, but I did go back and by the time my pen started writing (my third person bio) it was all coming back. It was like I was walking home. I felt all these feelings and emotions. My parents are no longer here. I am so grateful to reconnect to myself, I have been lost for so long in my own imagination and chaos. Once you have been back and look at yourself you understand; my imagination protected me when violence happened at home. I am grateful for the Enneagram, no one else asks where did it all start, where did you come from. Now I understand what's going on in my head and it's made me a better person.

We currently have two guides-in training who started in October 2020. It is hoped they will complete their training in 2023 by delivering an in custody programme.

Structure, Governance and Management

The Enneagram Inside is a registered CIO governed by its constitution and currently has three trustees.

Charity Name:	The Enneagram Inside
Registration no:	1192939
Address:	2 The Lane, Lower Icknield Way, Chinnor, OX394EP
Trustees:	Christine Adames - Chair Moirra Spence – Secretary Jill Armstrong

Signed on behalf of the charity's trustees.

C. J. Adames

Date: 24. 1. 23

Chair



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01.01.21		31.3.22

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation	199	-	-	199	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	199	-	-	199	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	199	-	-	199	-
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	199	-	-	199	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	199	-	-	199	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	current account	1,254	-	-
		-	-	-
		-	-	-
	Total cash funds	1,254	-	-

(agree balances with receipts and payments account(s))

Agreement Error

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Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval

C J Adames

C J Adames

20.1.23