

Quarterly Report

April - June 2022/23

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www.isorropia.uk



Response Times

Initial contact is made
on the
same day
or
next working day

An average of
8
working days
from initial contact to
induction

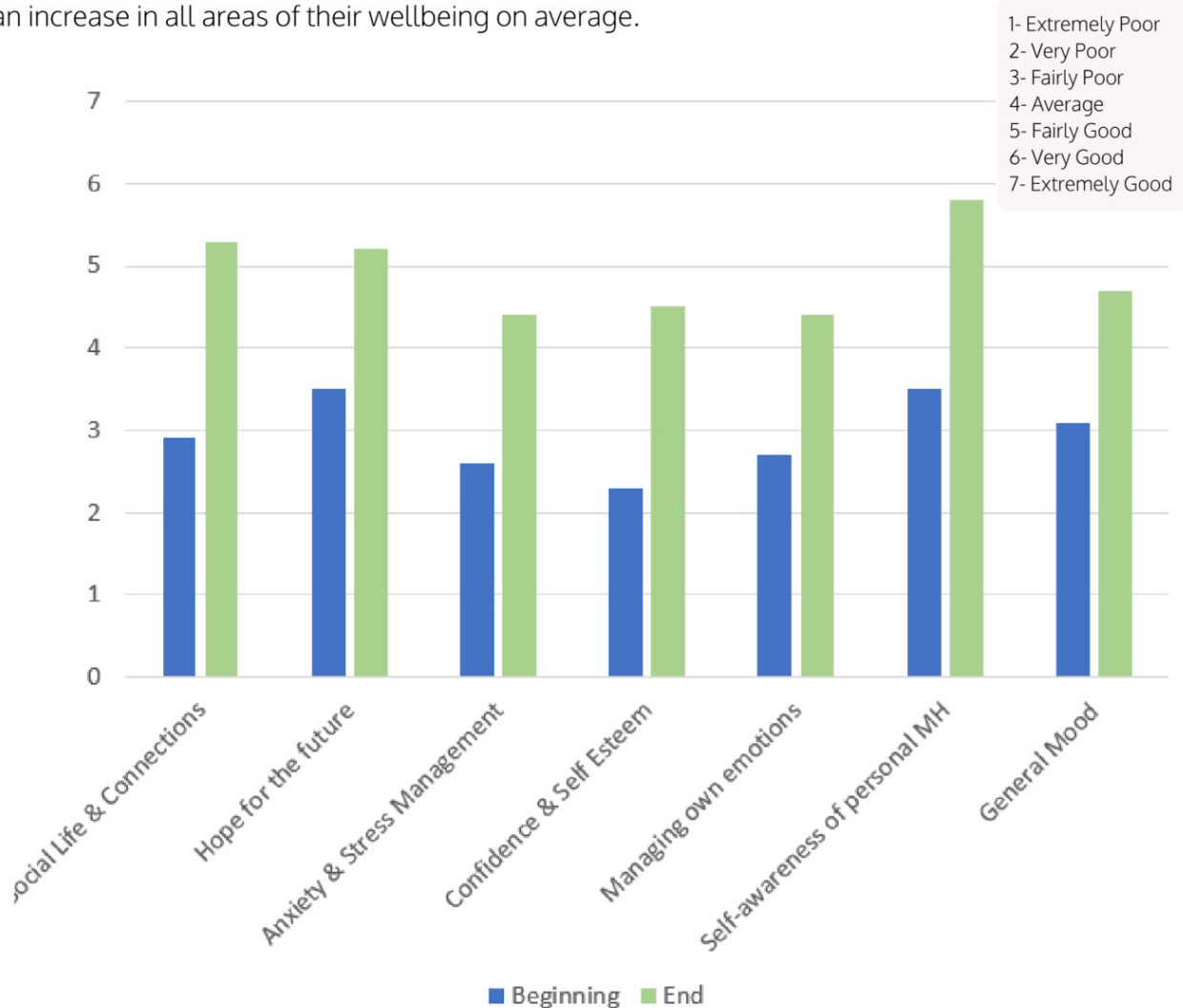
An average of
4
working days
to start their programme

100%
of members who joined
Isorropia Foundation have
the opportunity to complete
their own Wellbeing Guide

Members have
immediate access
to online LIVE sessions,
resources, and public
workshops

Wellbeing Programme

Through engaging with the Wellbeing Program members reported seeing an increase in all areas of their wellbeing on average.



Workshops

Develop a Healthy & Balanced Lifestyle
 Confidence & Self-Esteem
 Planning Your Wellbeing
 Effective Communication
 Loneliness Awareness
 Anger Management
 Mastering Anxiety
 Stress Awareness
 Men's Health
 Inner Critic

Over
110
 face-to-face
 workshops

The Gift Lite
 Top-up Sessions
 Wellbeing Planning
 Fear of Getting Well
 Emotional Regulation
 Overcoming Low Mood
 Gift Follow-Up Sessions
 Forgiveness & Letting Go
 The Gift Foundation Course
 Navigating Healthy Relationships

Partnerships



RCS Employment

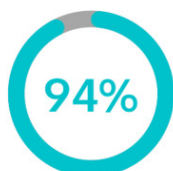
Safeguarding
 Children



Member Feedback



of members said they
 would recommend
 Isorropia to others



Overall satisfaction

“Group work has always been my living nightmare, I’d always not take anything in because I worry in my head what to say. Isorropia is a breath of fresh air - again so motivating”

“My Journey with Isorropia has been life-changing. I am more positive, active, joined lots of social groups that I thought I would never do. I have signed up to courses on mental health and horticulture and feel I can manage any challenge that comes my way.”

“I have benefited from connection and the honesty and authenticity from the group dynamic which has encouraged me to open up throughout the process. I am managing my emotions better over the last few months. Engaging with the program has saved my life”.

Our members said this...

The "Foundation Course felt intense, more time was needed and some debrief time at the end would be helpful."

"Volunteers to be more aligned with Wellbeing Coaches and even more Volunteer Training."

So we did this...

- Foundation Course Lite option was introduced to support those who may not be able to sit through two full days.
- Foundation Course content has been reduced to allow more time for discussion and debriefing.
- Volunteers now have access to all Isorropia's internal and external training, in addition to the existing mandatory training for volunteers.
- Supervision and group reflection is available to Volunteers to improve practice.
- Volunteers are invited to all Team Wellbeing Days and Quarterly Feedback sessions to promote consistency and a professional approach.

Our Team's Feedback

