

Quarterly Report

July - Sept 2022/23

01983 217791



hello@isorropia.uk



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
5
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 having noticed improvement in the following areas:



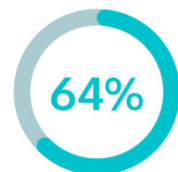
of Graduates report
general improvement
across all area's of
their Wellbeing



of Graduates report
to be coping with
anxiety better



of Graduates
recognised an
improvement in their
overall mood



of Graduates
expressed feeling
more hope for the
future



of Graduates now
feel more socially
connected



of Graduates now
feel more confident
with improved self-
esteem.



of Graduates
recognised an
improvement in their
overall mood



of Graduates
enrolled in education,
volunteering or
increased work hours

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

112
workshops
this quarter

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



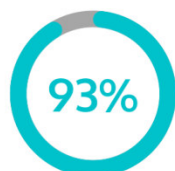
Isle of Wight
Volunteer
Centre



Member Feedback



of members said they
would recommend
Isorropia to others



Overall satisfaction

“ The program has helped me to find my ikigai and also helped me to understand that my relationship has been toxic and gave me the power to make the changes to benefit my mental health”.

“ The program has been great and very beneficial, and I am managing my wellbeing much better. The coping tools, skills, and connection I've gained from the groups have bettered my expectations and I feel that this service is exactly what the island needs.”

“ I am so grateful for this service and how much it has helped me. I can talk about my mental health and feel supported. It has been an amazing experience and I would highly recommend Isorropia to anyone struggling with their mental health. Most importantly my relationship with my husband and son are so much stronger now. Thank you.”

Our Team's Feedback

