

# Quarterly Report

Oct - Dec 2022/23

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## Response Times

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Initial contact is made  
within  
**1 working day**

An average of  
**4 working days**  
for members enrolment

In Dec members were able  
to start their programme  
**1 working day**  
after their enrolment

**100%**

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

Members have  
**immediate access**  
to online resources, and  
public workshops

## Wellbeing Programme

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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  
ability to manage  
their emotions

## 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  
**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

“ I am managing my anxiety and my low moods so much better, I have stopped smoking drugs and have accepted my past traumas. I am happy and looking forward to my future. I have completely changed my life around and I am very thankfully for your support.”

“ The tools have really helped me grow my confidence and self-esteem to build a career I want and progress in my life. Isorropia has helped change my life for the better and I feel that I am now able to cope well with my feelings using the tools and skills I have been shown during my journey with Isorropia.”



Overall satisfaction

“ I am now managing my anxiety much better, and my low moods have reduced. When I started the program, I struggled to find one positive thought about myself, however now I have finished I love the person I am, and I know I have the potential to help others”

## Our Team's Feedback

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