

ISN INNER
STRENGTH
NETWORK

INNER STRENGTH NETWORK

STRONGER NOW IWD EVENT & AWARDS



**Inner Strength Network Celebrates 10 years
7 MARCH 2023**

**ISN Celebrates
10 years**

ISN INNER
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NETWORK

**INNER STRENGTH
NETWORK
STRONGER NOW
AWARDS 23
7 MARCH 2023**

**MERTON CIVIC
CENTRE, LONDON ROAD
SM4 9SG
10-2pm
LUNCH PROVIDED**



Mayor of Merton



**International Speaker
Bishop Elect Vassell**



Councillor Stringer



Shea Soul



**Zoe Gallen
A personal perspective**

HAPPY

Birthdlay

**TO YOU
INNER STRENGTH
NETWORK CIC**



**MELANIE MONAGHAN
CHAIR OF BOARD**

ISN is 10! What an amazing 10 years of achievement it has been.

I remember first meeting Maureen in Vestry Hall and finding her passion and enthusiasm inspiring which has translated into the work of ISN. Now we celebrate 10 years and thank all the inspiring women and girls who have contributed to ISN's success.





MAUREEN BAILEY
FOUNDER & CEO

WELCOME

We at Inner Strength Network would like to thank everyone who have supported the Inner Strength Network across 10 years. Thank you for every woman and girl, every referral, fund, donation, volunteer, board member and our amazing team.

In a time of great concern around the issues relating to violence against women and girls (VAWG) we are delighted to still be adding our voice on women's issues today.

We are proud to have been consulted on;

Women's safety from New Scotland Yard after the Everard case
Training leaders in schools on how to speak with students on race issues after the Floyd case
Training doctors and NHS staff on having difficult conversations around domestic abuse and safeguarding
Supporting UCL on the VIP Review around hate crime
Delivering Psychological Safety for leaders on how to stay well as they help others and the list goes on.

We thank all those who have supported our campaigns such as;

The "WE WON'T STAND FOR IT" Campaign aimed at recognising misogyny as a hate crime
The "I AM" Campaign aimed at every woman celebrating their worth
The "LCC" Campaign aimed at raising self esteem in black women
The White Ribbon Campaign 2020 which involved men saying no to domestic abuse

We are proud to have been the first organisation to have started coaching women of domestic abuse and recognised it as a tool to support women.

We continue to provide placement opportunities for schools and universities some of which have included the following;

Kings College London
London School of Economics
Goldsmith University
Kingston University
Bayes Business School
UCL

This vital work must continue

Let us celebrate the women today in our awards ceremony and celebrate yourselves for still being here.

Thank you to Merton Council for hosting the venue this year

Thank you to the ISN team
Anjee
Josephine
Eli
Camz
and of course our ISN Board

Maureen

HAPPY 10TH ANNIVERSARY FROM SOME OF OUR ISN GIRLS

ISN INNER
STRENGTH
NETWORK



I'm stronger now than before because when people didn't believe in me I pushed through.

Congratulations on making women stronger for the last 10 years!



I'm stronger now because I learned that hope can set you free.

Congratulations on changing our (women's) history!



I'm stronger now because I'm more confident than ever!

Well done for changing people's lives!



I'm stronger now than ever before because I've pushed through all the hardships

Congratulations on changing womankind for 10 years!



I am stronger now because I've listened and I've learned. Congratulations!!



I am stronger now because I have achieved the things I wanted to by practising. You've done an amazing job to help women and girls know they're special!

HAPPY 10TH ANNIVERSARY

ISN INNER
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NETWORK



Adviser

I am proud to say I have been there from the very beginning, on the ground floor. The women and children who have been helped by this CIC is absolutely phenomenal! I've had the pleasure of hearing first hand the stories of recovery and personal transformation. I have witnessed the Inner Strength Network grow from an idea to an organisation that helps such a wide and diverse range of people from a variety of backgrounds to overcome difficult moments in their lives. I am so proud and well done.



Board member

Happy Birthday! ISN!!

How wonderful and amazing is that!

What a fantastic achievement Maureen with a brilliant team beside you.

Who would have thought how inspiring and supportive you have been to the women and girls in the community including me and your staff! We need to celebrate guys! Well done!!!



GIRLS EMPOWERED TO LEAD GROUP

I am stronger now because I have realised I am worth every little or great thing that I do.

Congratulations to Inner Strength Network!

You guys have helped me through my ups and downs. 10 years and strong!

PROGRAMME

FRIDAY 7 MARCH 2022

INNER STRENGTH NETWORK 'STRONGER NOW' EVENT IN CELEBRATION OF INTERNATIONAL WOMEN'S DAY

- 10-10:15** Refreshments and Networking
- 10:15** Welcome by Maureen Bailey (CEO of Inner Strength Network)
- 10:30** Keynote speech video
Councillor Eleanor Stringer
- 11:15** Activity
- 11:30** Speech from Zoe Gallen (a personal touch)
- Song by special guest Shea Soul
- 12:15** 10 year presentation
Comfort break
- 12:30** Mayor of Merton
- Arts Award** (made impact using art to support community)
- Lucy Award** (this woman has shone light in the community)
- Inner Strength Award** (overcome challenges and still rises)
- Young Woman of the Year** (new-found confidence)
- Inspirational Woman of the Year**
(significant contribution to services relating to woman)
- 1:30** Lunch and Networking

Standholders include;
Salvation Army
Police Stand
IDVA



Mayor of Merton will officiate the 10 year special awards



Zoe Gallen

Zoe Gallen is the Domestic Abuse and VAWG lead for London Borough of Merton. Zoe has worked in the Domestic abuse & VAWG field for 17 years. She set up the domestic abuse partnership, VAWG partnership. Zoe started working in this field supporting the domestic homicide reviews and supporting the partnership meetings and now has a strategic role with the responsibilities of managing the VAWG strategy and action plan, managing the multi-agency risk assessment conference, managing local service contracts and DHR's. Ensuring survivors safety and sharing knowledge is Zoe's priority.

Zoe Gallen is the Domestic Abuse and VAWG lead for London Borough of Merton



Councillor Stringer
Women and Girls Cabinet
member

“Eleanor Stringer is the Deputy Leader of Merton Council and a Wimbledon Labour councillor. As the Cabinet Member for Civic Pride, she has political responsibility for community safety, including tackling violence against women and girls, as well as being the lead on equalities and diversity. She was previously responsible for Children and Education, including providing support for schools and families during the pandemic. In her non-political roles, she has worked for many years in the charity sector funding projects supporting disadvantaged children, and is a trustee of a homelessness foundation.

Tackling misogyny, preventing male violence and addressing gender inequalities are all top priorities for Eleanor.”



Bishop Elect Andrea Vassell
International Speaker on healthcare
education

She is a Registered Nurse, Theological Scholar, Pastor, Conference Convener and Facilitator.

She serves as the Social Justice and Witness Taskforce representative to the NJA Council. Most recently represented TFAM at the Whitehouse with other religious leaders in a roundtable discussion on reproductive rights after the leaked SCOTUS decision to overturn Roe v. Wade and at the Biden Administration commemoration of the passage of the Inflation Reduction Act

In 2017 she founded Keeping Our Girls in School (KOGIS)- a program that provides menstrual hygiene products to girls experiencing period poverty in Nairobi, Kenya. She believes that no girl’s education should be interrupted by her period. In 2019 B. E. Vassell founded the Wawa Aba Womanist Leadership Institute, a program designed to teach womanist theology and leadership skills to emerging leaders in East Africa.

SHEA SOUL

Shea is a professional singer/songwriter writer and vocal coach who has worked in the music industry for over 20 years. Collaborating with many music artists, producers, and self claiming industry gurus, she has faced multiple incidents of misogyny and abuse of power. She is passionate about speaking up against it, and encouraging women to trust in themselves, and own their rights as equal human beings.

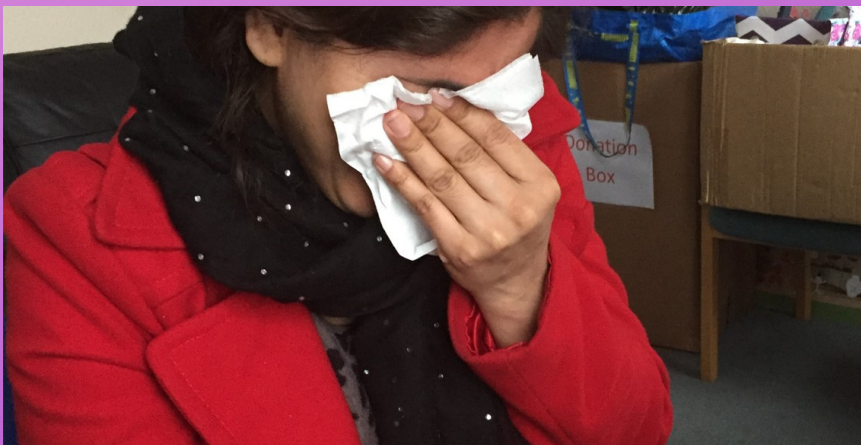




Doreen Lawrence supports ISN launch event at Waterloo Action Centre
2012



First set of girls on our leading ladies programme
2012



Start to coach women and girls at the local refuge
2013



Child exploitation course YASS means You Are Safe, Special recognised by Public Health Merton
2014



MALORIE Blackman works with ISN ON OUR LEADINLADIES PROGRAMME

MALORIE BLACKMAN speaks at ISN's leading ladies programme at KINGS COLLEGE UNIVERSITY
2015



Maureen is interviewed on housing issues related to abuse



WIMBLEDON TENNIS interview ISN CEO about its work



ISN SUPPORTS START UP and receives highly commended entrepreneurship and innovation recognition



ISN CEO CHAIRS THE HATE CRIME COMMITTEE WORKING WITH SCHOOLS AND THE POLICE AT EVENTS

2019

INNER STRENGTH NETWORK CONTINUED THROUGH THE PANDEMIC WITH IMPACT

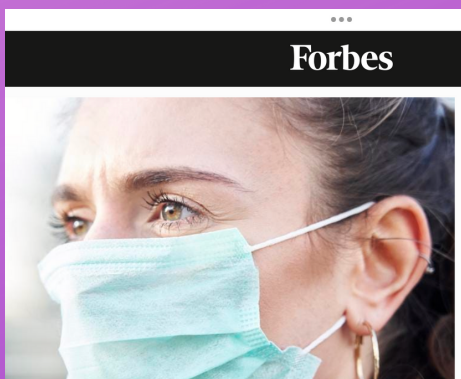
2020-2021



ISN SPEAKS TO
EMBASSY TO
SUPPORT WOMAN
TO GET BACK TO
THE UK TO GIVE
BIRTH



BBC Recognises ISN
DURING covid for
MAKING A
DIFFERENCE IN THE
COMMUNITY



ISN CEO WRITES
ARTICLE IN
FORBES
MAGAZINE ON
MENTAL HEALTH
DURING CRISIS



CHILDREN AND
WOMEN'S COACHING
CONTINUES ON LINE

VICE World News

How Women Are Dealing with the 'Double Pandemic' of Coronavirus and Domestic Violence

Domestic violence was the single most reported category of violence worldwide from January to May 2020.

VICE MAGAZINE
INTERVIEWS ISN
SURVIVORS ABOUT
THE DOUBLE
PANDEMIC

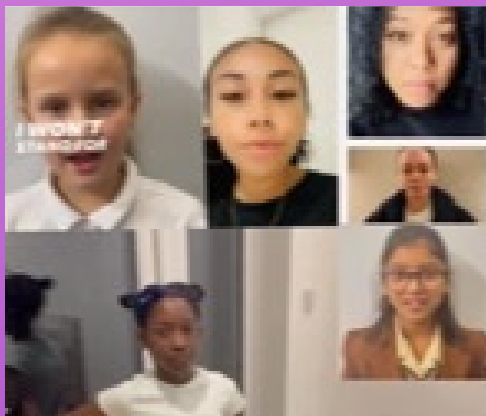
INNER STRENGTH NETWORK CAMPAIGNS

THE WHITE RIBBON CAMPAIGN



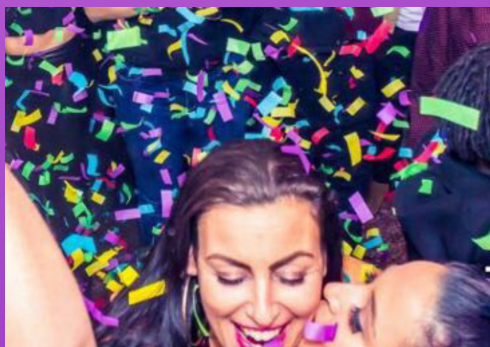
ISN RECEIVES
VIDEOS FROM MEN
PLEDGING WHAT
THEY WILL DO TO
END VIOLENCE
AGAINST WOMEN

THE MISOGYNY CAMPAIGN



THE "WE WON'T
STAND FOR IT "
MISOGYNY CAMPAIGN
REMINING THAT WE
DON'T HAVE TO
ACCEPT THE HATE

THE LOVE ,CELEBRATE ,AND COMMEMORATE CAMPAIGN



THE
LCC CAMPAIGN
REMINING WOMEN
TO
LOVE,
CELEBRATE
AND COMMEMORATE
WOMEN

THE " I AM " CAMPAIGN ABOUT WOMEN LOVING THEMSELVES



INNER STRENGTH CONTINUE TO OFFER FREE ONE TO ONE COACHING FOR CHILDREN AND WOMEN WHO HAVE SUFFERED ABUSIVE SITUATION

We also deliver business coaching for leaders supervision coaching and more .

To refer please email
anjee@innerstrengthnetwork.com Mon,Tues, Thur
camz@innerstrengthnetwork.com Mon,Tues, Fri
maureen@innerstrengthnetwork.com



**WE HAVE NOW
LAUNCHED THE
WE THRIVE
PROGRAMME
FOR VICTIMS OF
DOMESTIC ABUSE
WHICH IS BOTH
ONLINE AND
FACE TO FACE**

Contact

camz@innerstreng
thnetwork.com if
you want the link
to be sent to you



**I can
achieve
anything I
set my
mind to.**

WE THRIVE

ISN
INNER
STRENGTH
NETWORK



ISN
INNER
STRENGTH
NETWORK

**Love the skin
you are in**

Coaching at Inner Strength Works

COACHED BY INNER STRENGTH NETWORK, YASMIN SHARES HER AFFIRMATIONS FOR COMBATING NEGATIVE THOUGHTS

From one survivor to another:

My affirmations for combating negative thoughts, to read on low days.

- You are capable
- Your depression and anxiety do not define you.
- Don't compare yourself to others, we are all on our own journey
- You tend to focus more on your failures, but you have made great progress in the last year
- Remember – recovery is not a straight line, there will be ups and downs
- One bad day doesn't cancel out all your progress, it's just a bump in the road
- Thoughts are not facts – just because you think things are hopeless, that doesn't mean it's true, there is always hope
- Isolating yourself never makes you feel better – talk to someone you trust
- No-one should live in fear
- You deserve a life free from abuse
- You are worthy of a happy life

Written by YASMIN RAZZAQ



THE INNER STRENGTH AWARDS

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THANK YOU TO ALL OUR PARTNERS



London Community Foundation

MOPAC VAWG

Wimbledon Foundation

Children in Need

Wimbledon Village

Merton Connected

Merton Giving

Cost of living Fund

The Regeneration Project

London School of Economics

Ignite University

Kings College University

Kingston University

Goldsmiths University

Ursuline School

Cricket Green

St Marks Primary School

Cricket Green

Ashton Jazz Academy



Hestia

Comic Relief

Clarion Futures

Our confidential funders

Thank you to the whole team

MOPAC

MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME



THANK YOU TO ALL OUR SPONSORS



**19 Manor Road, Wallington SM6 0BW ·
020 8773 3548**



HEALING HANDS
THAI SPA

THANK YOU TO ALL OUR SPONSORS



Bill's

TURTLE BAY
Caribbean social

THE OLD VIC



Activity Notes

10 YEARS CELEBRATION



**In recognition of International
Women's Day**

WE CELEBRATE THESE
real women and girls
WHO HAVE OVERCOME

Carla

Amalia

Joanna

Rayleigh

Najla

Alison

Satsuki

Delrose

Stacey

Anda

Jade

Arwa

Sara

Lisa

Kaylee

Emma

Lina

A

Widdad

Hasna

Lucy

Jennifer

Emma

Lina

Sarina

Rio

Aisha

Sara

Reet Caur

Emy

Maryann

Sarina

Rio

Aisha

Sara

Reet Caur

Zarah

Marina

Behnaaz

Ramadan

Jackie

Zarah

Eli

Faitha

Kim

Chloe

Annette

Ava

Natasha

Mimoza

Khra

Mulan

Aisha

Asqa

Tamana

Ebony

Emmy

Sabat

Inava

Tamiyah

Iara

Victoria

Pinki

Scarlett

Lina

Marjarna

Maria

Ava

Jenny

Sara

Tasha

10 Black Women Inventors



**Marie Ban Brittan
Brown USA**

From Queens , New York. Invented in 1996 a system that used a camera which slide into and look through four peepholes in her front door as a home Security System, Co-Inventor in 1966



**Candice Carty
Williams UK**

A marketer, author & journalist in 2016 she invented & launched the Guardian 4th Estate BAME Short Story Prize, is a Penguin Books Write Now mentor & contributes regularly to Refinery29, BEAT Magazine, Guardian Guide and i-D.



**Marian R. Croak
USA**

Developer of voice-over Internet protocol holds over 135 patents and is in Women in Technology International's hall of fame, that recognizes remarkable achievements in tech.



**Lisa Gelobter
USA**

Developer Shockwave, a technology that formed the beginning of web animation & serves at the Whitehouse as Chief Digital Service Officer with the US Department of Education.



**Dr Shirley Jackson
USA**

Dr. Shirley Jackson is an American physicist who created developments in the telecommunication space including the touch-tone telephone, the portable fax, caller ID, call waiting, and the fiber-optic cable.



**Claudia Jones
UK**

A pioneering journalist & a political activist, in 1958, she launched the West Indian Gazette - an anti-racist newspaper campaigning for social equality founder of Notting Hill Carnival



**Sarah Boone
USA**

Boone's 1892 invented the board featured a narrower and curved design, making it easier to iron garments, particularly women's clothing. Boone's design would morph into the modern ironing board that we use today.



**Sasha Ellese Gilbert
UK**

A health and beauty influencer who co developed in 2022 Nala's baby natural no chemical skincare products for new-borns upwards, with sensitive and eczema prone skin



**Mary & Mildred
Davidson**

Mary & her sister Mildred patented many practical inventions. invented the sanitary belt. , a moisture-resistant pocket for the belt. Later while disabled from multiple sclerosis, the toilet-tissue holder.



**Sarah E Goode
USA**

Became one of the first African American women to patent an invention: a folding cabinet bed in July 14 1885 (before ikea existed)

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