

Tackling Inequality Fund – Impact Report

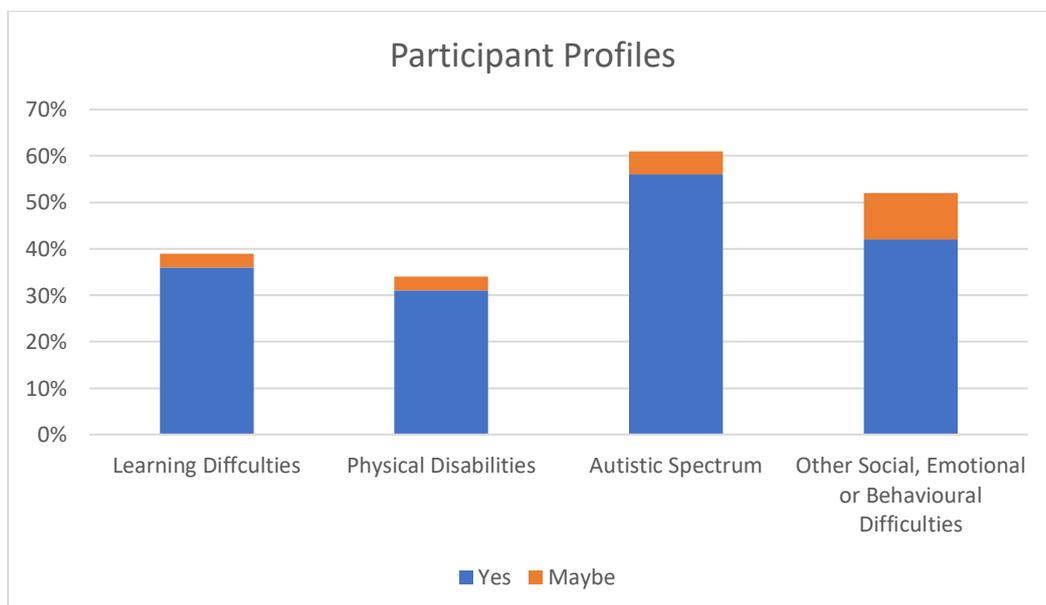
Inner Flame

Between 2016 and 2019, Inner Flame identified an increasing need for mental health support for young people aged 16-24 for whom anxiety is preventing them from fulfilling their potential. A programme was developed to help participants gain a better understanding of their anxiety and provide them with tips and tools they can use to develop effective coping strategies.

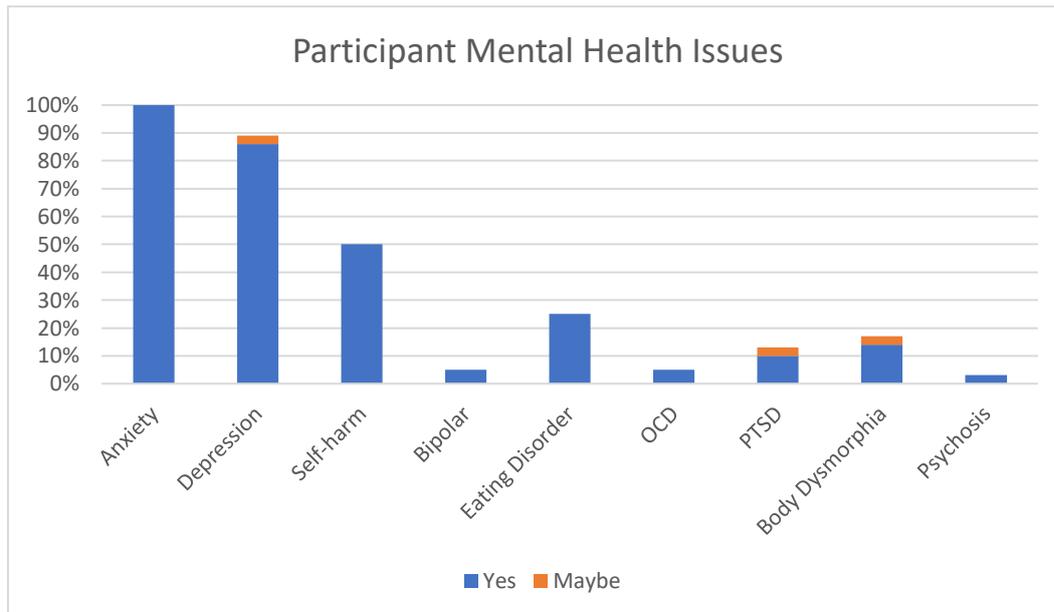
In April 2020 with the start of the first lockdown, Inner Flame adapted their offer and delivered 2 online anxiety programme pilots. This introduced participants to their ‘5 steps to wellbeing’, one of which is movement and exercise. Tackling Inequalities funding made an important contribution to making the project work, alongside investment from other parties.

Each anxiety programme is 8 weeks long, delivering 38 hours of facilitated learning and 24 hours of task and reflection time. The fifth week of the programme is dedicated to the importance of exercise and includes a workout session such as yoga or dance. They were also encouraged to use an exercise journal and/or FITT tracker.

Following the success of the pilots, 7 more programmes have since been delivered. 43 participants started the programmes and 30+ have completed them. The participants reported the following profiles:



They also reported the following mental health issue:



Exit evaluations showed that participants felt optimistic about the future, more relaxed, able to think clearly and felt they now have a supportive community going forwards. 9 Participants progressed on to the Prince's Trust Team Programme, which they would have found unthinkable before the Manage Anxiety Programme.

Some feedback includes:

"I'm less anxious to a point that I'm considering going down in medication, it's something I want to do. I also went down in September. And I can manage a second job without dying and having responsibility and keys without having a break down!"

"Hi Aimee, it's been a pleasure to have you as my teacher. I really enjoy the style of learning demonstrated through zoom and being able to hide faces and msg answers through group chat. Despite Covid19 I think Zoom is the best way I've ever learned anything. I learnt so much from other people and being able to see them has been very helpful."

"I must say I wondered what you had done with my anxious lad, it was fab to see him wander off on his own yesterday, I don't know what you are doing with him but it's wonderful work, thank you so much"

The intention is to keep the core programme online as this suits the participants' needs the best. Inner Flame would like to expand their reach to young people in employment, education and schools thereby reaching a wider age-range, social and geographic area.