

inSpire in Action

Biannual Impact Update: 1 January- 31 June 2021

Thanks to the generosity of our incredible supporters, inSpire has soared to new heights over the past six months. Implementing new culturally responsive programs across every single inSpire focus area, we're finding new ways to help victim-survivors build brighter futures.

FOOD SECURITY

Our inSpire Emergency Relief Project has evolved into the new Kinfolk Community Grocer - an ongoing service for inTouch clients.

20 inTouch families experiencing extreme financial hardship restock their fridge and pantry each week - free of charge!

Groceries provided are fresh, local and culturally appropriate.



"This means SO much to me! The groceries are really helpful and so fresh! I have all the ingredients to cook my kids favorite meals."
- Kinfolk Community Grocer recipient



84
women and
children
supported



The inSpire School Holiday Excursion program was launched and 32 women and children bonded over an outing to the Melbourne Zoo making new friends and happy memories.



An Eid celebration was added to inSpire's calendar of community events. Families shared in a festive feast, traditional coffee ceremony, played games and created a mural of hope together.



"It was wonderful meeting and seeing people in person... for me it is so important to get together, socialise and have some relief and therapy from the isolation, especially this year."
- inSpire Eid event attendee

SOCIAL CONNECTION

MOTHER & CHILD RELATIONSHIPS

9 new scholarships were awarded to families experiencing financial hardship with children undertaking dance classes, music lessons, sports and swimming classes alongside their peers.

inSpire Community Music Groups were launched for women with young children. Families came together with a skilled music therapist to sing, play and learn.



"My daughter used to be very quiet at home. Now, she interacts more and started to look happier than before. She eagerly waits to attend the sessions and her confidence has increased!"
- inSpire Community Music Group participant.



inSpire Mentoring was launched. Women are paired with community mentors from multicultural backgrounds for six months of support.



6 women were supported into meaningful employment in the health, community services, hospitality and aged care industries.



15 inSpire Micro-Grants were awarded to women, removing financial barriers to further education and workforce participation.



"To be financially stable, bringing up my children and showing them women are strong and can work - it gives me hope."
- inSpire Employment Skills Workshop participant

ECONOMIC INDEPENDENCE



Her Future. Her Way.

inSpire programs help women move past their experiences of family violence to establish their independence, build their confidence and create a future of their own making.

Clients' Goals: A Snapshot



Sophia's Story



Navigating the job market is confusing at the best of times, but for women from migrant and refugee communities who have a recent history of family violence - it can feel almost impossible...

This is exactly how Sophia* was feeling in April this year. Holding two bachelor's degrees from her country but only a small amount of work experience in Australia, she was applying for job after job but felt like she was getting nowhere.

Each time Sophia received a letter of rejection she asked for feedback and notes on how she could improve her application to be more competitive and what professional development she should undertake - but she got a different answer every time. Confused about how to move forward, Sophia felt stuck, unsure of how to make the right decisions for her personal circumstances.

To make matters worse, the stress of waiting to hear on the outcome of her visa application was really starting to take a toll. With so much time alone at home to think about all the worst-case scenario's, Sophia* was feeling incredibly anxious.

When inSpire launched our mentoring program Sophia was one of the first women to put her hand up. *"This was exactly what I needed! Help from someone who had been in my situation and works in my sector that could provide trusted advice on the best path to take."*

Six weeks into the six-month program, Sophia has already met with her mentor four times! Together, they are working to define and achieve her career goals - building her confidence and mapping her future - together.

"My mentor is helping me evaluate the opportunities I have and come up with creative options for fast-tracking my career in Australia. She really understands my situation, the challenges I am facing with my visa, and how hard it is to get the right information. Thanks to her feedback, ideas and advice I feel like can make these big life decisions with confidence."

While this program is in its infancy, we're already seeing positive outcomes. *"The thing that excites me most about this program is how well each mentor and mentee is matched."*

While this program does not guarantee jobs, I can already see the tangible and intangible benefits are meaningful. Creating this community of women supporting women, providing critical opportunities for victim-survivors to build their professional networks and learn life-long skills really will make a difference." - Mawsufa, inSpire Project Officer

*Names have been changed to protect the privacy of individuals.

Learn more
and support
our vital work at
intouch.org.au/inspire