



## Cinnamon Network's Incubator Programme nurtures brilliant, start-up social projects that help communities meet real needs.

### Context:

Cinnamon Network has a vast pool of knowledge on key social challenges and the fundamentals of great community work. They cover everything from young people's mental health to building effective partnerships and volunteer protocols. Each year Cinnamon run a competition to find the very best projects which are then invited to join a two-year Incubator Programme. Over the course of 24 months, participants receive training and coaching to help their project develop the foundations it needs to grow. In the last 10 years, Cinnamon have helped more than 35 projects through the Incubator Programme. Many of those have gone on to become established charities working across the UK.

The Incubator Programme, provides teaching and coaching support from industry professionals who help charities to develop key areas, including: finance, human resources, governance, and leadership as well as marketing and promotion.

The Trusted Executive Charitable Foundation (TTECF) has been supporting the Cinnamon Network Incubator Programme since July 2022 with grants totalling £16,000 (@Sep23).

### January 2024 Update:

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#### TTECF meeting the delegates....

On 23 January Craig from TTECF had the privilege of attending one of Cinnamon's Incubator Programme residential workshop sessions.

Leaders from across the 2022 cohort presented how their involvement in the Incubator Programme had impacted them and their project over the last twelve months. Projects included:

- Domestic violence: supporting survivors (women & men);
- Youth mental health for those at secondary school particularly those with acute anxiety;
- Suicide prevention amongst young men;
- Support for women and men who have experienced still birth or are struggling to conceive;
- Specialist counselling and psychological support for people who are disadvantaged and in distress;
- Ongoing support for widows: helping them come to terms with their loss and changes in their circumstances;
- Female Genital Mutilation/Cutting (FGM/C) & Gender-Based Violence: UK-based survivor led support, advocacy and education.

Many of these leaders have experienced life challenges which inspire their passion to help others in similar circumstances. In many cases they have the vision and passion but lack self belief and the tools necessary to succeed: *"Cinnamon Incubator has brought a strong sense of value and worth" "use comparison for motivation."*

A common theme across all the projects is a deep desire to transform the lives of people in their communities; to bring hope and healing to those in deepest need.

The Cinnamon Incubator Team provide a highly effective training and coaching programme which is hugely appreciated by delegates. This was evidenced by twenty-two (22) former participants ("alumni") choosing to attend part of the residential workshop at their own expense.

*The Incubator Programme team at Cinnamon Network are coaching the leaders of social action projects creating significant change across the UK. They consistently deliver a highly effective programme with humility and kindness which encourages openness, honesty - and trust- amongst delegates. Their input directly impacts project leaders' ability to transform the lives of those often considered least in our society. All of these aspects are part of "the Nine Habits of Trust" (<https://trustedexecutive.com/nine-habits-of-trust>).*