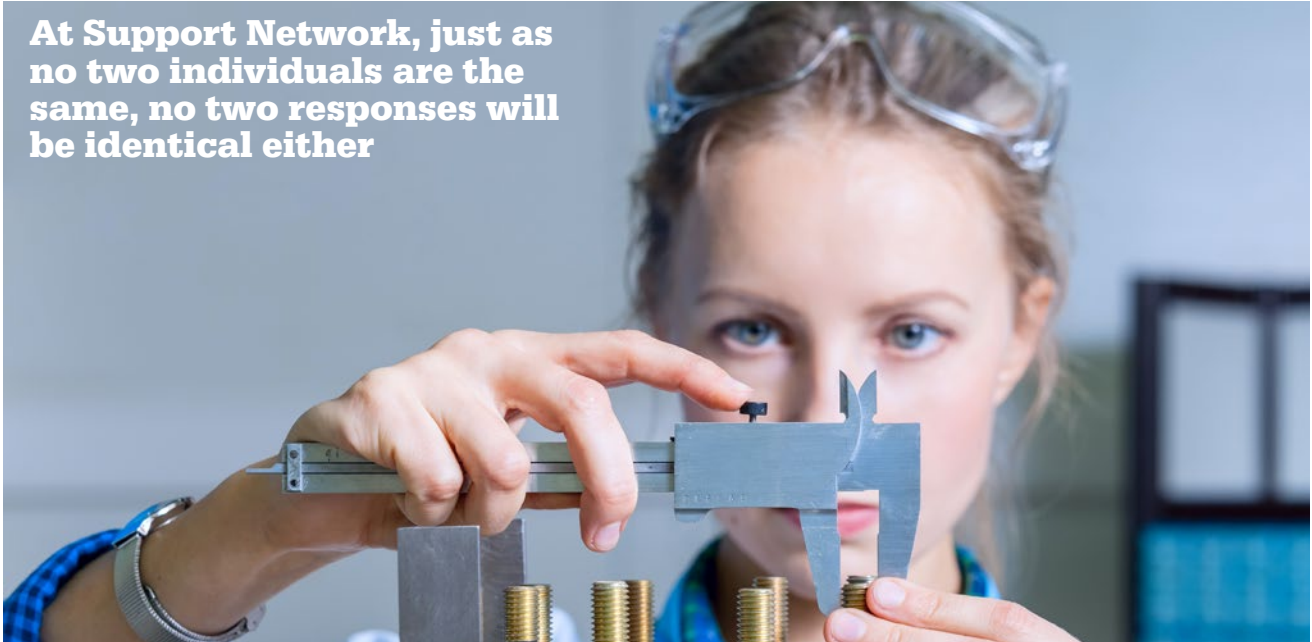


ENGINEERED FOR THE INDIVIDUAL

At Support Network, just as no two individuals are the same, no two responses will be identical either



SUPPORT NETWORK

Institution of
**MECHANICAL
ENGINEERS**

In these complicated and challenging times, Support Network continues to provide the reassurance of financial, specialist and a range of practical assistance for IMechE members and their families.

At Support Network we like to approach each enquiry, each request for help, each situation, in an individual way. Whilst we offer a range of services and grants, we do not think that these are the only solutions, nor that 'one size fits all'. We always do our best to listen closely and to work with members and their families to find an approach to meet their specific needs. Consequently, just as no two individuals are the same, no two responses will be identical either.

Tailoring the help we provide is one of key approaches and values, as is the taking of time – time to talk, time to visit, time to work things through, and time to let our help make a difference. Our team of volunteers – all IMechE related – again provided invaluable help to other members. This peer to

peer approach is no longer the norm in our sector, we are proud that this is one of our priority values – enabling members to help other members, wherever they are in the world and at whatever stage of their study or career.

“Oh my goodness!! You have made me burst into tears ! Wow!! Thank you for your incredible kindness - I am so very moved by this gift of counselling support for my daughter. We never thought that we would be able to get enough help for her, we can really look forward to the future with hope now...”

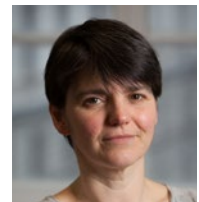
Last year we introduced regular webinars on varied financial and wellbeing subjects, as a type of 'in time' approach, with popular topics including 'Food for the Mind', 'Tax Tips', 'Understanding Anxiety', all of which can still be viewed from our website archive. We did this not only to find different ways to support

mental health (our counselling grant awards in 2022 were more than four times the level they were in the previous year), but to also enable members to come to the webinar subject in their own way, and at a time best suited to them – we noticed that many more viewings occurred at a different time to the live event.

Our foundation funding work initiated and progressed more STEM related projects, thereby using engineering and IMechE member support to improve lives and reach many more communities around the world. We are now working across three additional Sustainable Development Goal areas: zero hunger; gender equality and good health and wellbeing. This work will continue into 2023 with a greater focus on education projects.

Similarly in the year we commenced looking at taking an ESG (environment, social, governance) approach to our investments and signing up to a climate change commitment.

We are always interested in receiving feedback and suggestions on what we do. Your thoughts would be most welcome.



Chief Executive of Support Network, Anni Broadhead

New Trustees bring wider experience and perspectives



Al Peasland, CEng FIMechE

Al has been a Mechanical Design Engineer, has held commercial and technical roles within Formula One and is currently the head of Commercial and Market with a global leadership organisation. He has been a Support Network volunteer since 2021.

"Having lived through the global pandemic and consequent uncertainties I had taken some time to reflect and ask myself what I really wanted to do.

I joined Support Network. It took only one call with an applicant to confirm that I was in the right place. It's an incredibly rewarding experience to be able to meet and engage with fellow members and then be the conduit to the help that they very much need.

I have spanned many sectors during my career and undertaken many different roles. I've spent a great deal of my career in a commercial and marketing capacity, alongside engineering.

I think the diversity of experience and skillsets on the board is a fantastic asset to Support Network. There is an environment of friendship, trust and safety; it means everyone can contribute and bring their own views and ideas.

My vision for Support Network is one of growth, plus how we elevate the organisation's visibility, both amongst members and other professional institutions.

Before joining, I knew very little about Support Network, that lack of awareness now gives me more focus to help ensure

no other members are as oblivious as I was.

As a Volunteer who has two roles, I get to see and contribute at both ends of the organisation. The decisions we make at the top level have direct impact on how we help. Having this appreciation helps me to make a more informed contribution.

I'm inspired by what Support Network achieves, and extremely proud to be a small part of it".



David Price, CEng MIMechE

Graduating in 1975, David worked as an Engineer and Manager, specialising in the automotive sector and composite materials development. He has been a Visitor for Support Network since his retirement in 2018.

Support Network provides security and comfort to those in difficulty, via an ever-increasing range of initiatives. My fellow Trustees are enthusiastic contributors to these processes, and I am proud to be able to assist. I am keen to see the introduction of further charitable initiatives both in the UK and internationally, all of which will help to raise the profile of Support Network and ensure it is seen as a vital safety net for members worldwide.

"...I finally have the job that I have been longing for. More importantly I wanted to personally thank you for helping me so much. I can't begin to describe the relief this grant support and coaching has brought me. I genuinely haven't slept so soundly in so long. I look forward to my career and no longer have the weight on my shoulders.."



Harshitha Manjula Rajappa, Young Member Trustee

Harshitha is in the third year of her engineering degree. She has been awarded several scholarships including the IMechE first year undergraduate scholarship 2021.

"My decision to be a part of Support Network was to contribute to the wonderful community of engineers at IMechE and represent the views of a student of colour as the youngest trustee to be on the board"



Jodie Howlett, EngTech MIMechE

Jodie is a Space Systems Engineer with the UK Space Agency providing detailed technical oversight on a variety of UK-supported space missions and projects. Jodie has been volunteering with the IMechE since 2015.

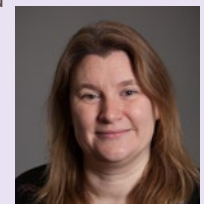
I joined to give something back

"I joined the Support Network as Trustee for two main reasons: 1) to develop new skills in governance and strategy, complementing my professional development objectives, and 2) to give something back. Both of these ambitions are being realised and I'm really excited to see where my role as a Trustee will take me."

"I have always felt that Support Network is an important contributor to the welfare of engineers, be they older retirees feeling isolated and under-valued, or younger engineers suffering from poor mental health, financial difficulties or unemployment. Working as a volunteer visitor and more recently as a Trustee, I have seen first-hand how

Staff view: Helping in many different ways

I joined Support Network in late 2019 and from the beginning was delighted to see that we could offer more than just financial support where needed. Over the past few years we have seen a continued increase in requests for assistance from people with more complex situations. We regularly add counselling, employment coaching, a parenting helpline, legal advice and specialist disability advocacy to our grants and loans support. It is much more effective to shape assistance in this way. In 2022 we added financial and wellbeing webinars to this support package which allow us to widen our reach and offer a preventative service.



Laura Clyne, Operations Manager

INVESTING IN GLOBAL ENGINEERING FUTURES

SUPPORT NETWORK

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The foundation funding stream of our work enables us to use our resources in a wider context to inspire and improve lives through engineering. Since expanding our charitable objectives in order to do this, we have funded organisations working in a STEM related way in the areas of international development, education, and/or engineering innovation – areas chosen to also align with the objectives of the IMechE.

During 2022 we made awards to either support second phase/follow on projects or to enter new areas and themes, including addressing aspects of climate change and making our first foundation grants in Latin America.

Supported projects included:

- Enabling ocean plastic waste management through beach plastic retrieval and recycling into vacuum formed plastic products in Watamu (Kenya)
 - Improving wellbeing through the construction of a school sanitation unit Tarnos School (Kenya)
 - Commencing building a science laboratory at Tarnos School (Kenya) to enable enhanced STEM education
 - Supporting young people into self-employed business by establishing a motorbike repair business and micro-finance loan scheme for start-ups in Fort Portal (Uganda)
 - Establishing educational organic vegetable growing to be used for school meals in Fort Portal (Uganda) for HIV/AIDS orphans and children in poverty
 - Promoting gender equality co-operative agricultural smallholdings (Argentina)
- The foundation funding stream of our work enables us to use our resources in a wider context to inspire and improve lives through engineering**
- Protection of wetlands and promotion of environmental education in Entre Rios (Argentina)
 - Enabling local communities to preserve and promote biodiversity to reduce the impacts of lithium extraction (Argentina)
 - Opening new branches of disability customisation/occupational therapy charity Remap in the Centre of England region, supported by an additional Regional Coordinator (UK)



Foundation funding is currently focussed on nine of the UN's Sustainable Development Goals



“2022 has been a tremendous year at Ecologia and for our Tarnos School partner project in Kenya, thanks to you! Together with Support Network we have achieved a great deal. Without your belief in them, and your generous funding, none of this would have been possible.

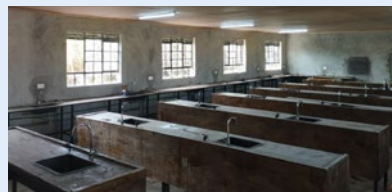
Tarnos School in Kenya has greatly benefitted from the new sewerage system and ablution blocks that we installed, and as a result the



Ecologia Youth Trust

students are experiencing better health and well-being. The Junior Secondary students are looking forward to their science lessons in their brand new Science Laboratory built by Support Network.

This will enable Tarnos school to offer a larger number of students, both girls and boys, to enrol in the new Junior Secondary level of education with an emphasis on strengthening and enhancing Science, Technology, Engineering and Mathematics (STEM).”



Support Network has invested in Remap as their use of engineering techniques to customise life changing solutions for people is such a close fit to our own approach - they also focus on individual needs.



Together we have helped people like Brian, a wheelchair user, to achieve what was previously beyond them. Remap produced a raised balcony to overcome the geometrical restrictions of Brian's room, which finally helped him to enjoy his outside space.

MEMBERS' SUPPORT IN 2022

Individual stories

Ade approached us after a long period of homelessness following separation. He was also on sick leave from his work as an engineer surveyor due to receiving bowel cancer treatment and was only receiving state benefits as his company sick pay had expired.

We helped to find and secure a new home through providing a rental deposit and also bought essential white goods and bedroom furniture so that his young children could visit and stay over. We provided a winter warmth grant and made regular visits whilst Ade completed his treatment. Once Ade was stronger our volunteer suggested that he join a local gym to increase his social interactions. He is now on a phased return to work, and life is improving: **'Thank you for being there for me during this very tough time, I'll never forget your help.'**

Mo reached out to us when her husband suddenly passed away. She wanted to work reduced hours to be there more for their teenage children whilst they all came to terms with their loss. We provided bereavement counselling, and also specialist parenting support when one of the children started to experience anxiety. Through this process the family realised that they felt they needed to make a fresh start and relocated to be nearer some good friends: **'Thank you for supporting us through this huge change in our lives, we are now more hopeful for the future.'**

Wellbeing support

22 respite, personal aid call alarms, and care costs grants were paid to carers to take a break for themselves, or time away with the person they care for.

107 counselling grants to help manage mental health difficulties.

165 social visits, calls and online contact made by our volunteers.

228 first time contacts helped with their problems

847 wellbeing webinar viewings

Practical help

9 health, disability, autism & dyslexia related costs or access to specialist support

31 sleep support programmes provided to tackle the underlying causes of poor sleep

58 employment coaching and CV specialist referrals to help members regain work.

145 used the legal helpline & downloadable factsheets for advice on tax, probate, housing etc

Financial assistance

6 secured loans either issued or increased helping members make repairs or disability-related adaptations to their homes.

10 parenting support and children's activities for families to keep going during difficult times.

13 newly-qualified grants assisted new graduates and apprentices transitioning into work.

21 student and apprentice grants helped student and apprentice members to focus more time on their studies.

49 housing and repair payments given to members in need

102 of our grants were international, paid to members in 14 countries

138 Breathing Space grants to help pay members' essential bills in times of financial stress.

167 Fuel and Winter Warmth grants given to older members on fixed incomes to pay fuel costs.

825 grant payments in total (up from 751 in 2021)

5,059 financial webinar viewings.

To discuss how we might be able to help

you or someone you know, please email supportnetwork@imeche.org or text/call/leave a message on **07552 669160**

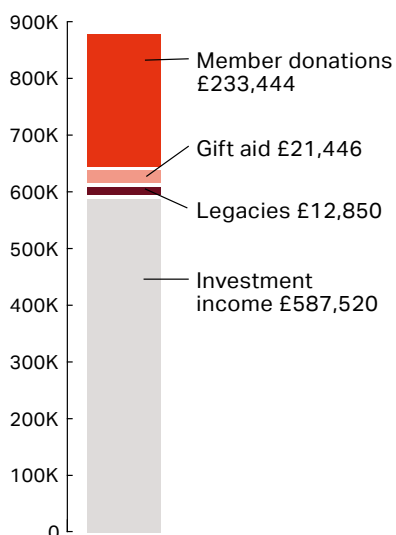
For more about us:

www.imeche.org/supportnetwork

To view the full 2022 financial statements and activities report visit www.imeche.org/support-network/governance

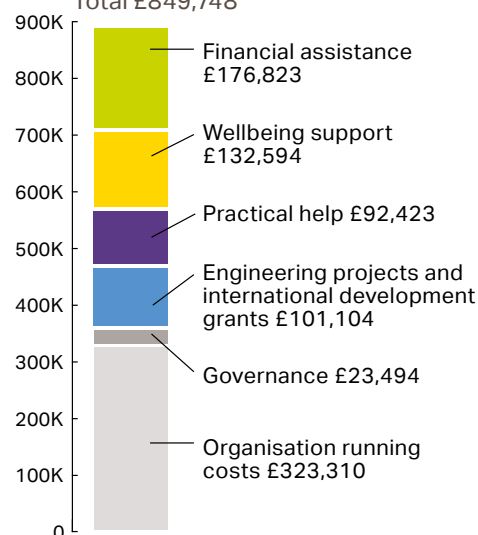
Income

Total £855,360



Expenditure & support

Total £849,748



Even during the cost of living crisis

people often find it difficult to ask for help. You can help by encouraging IMechE members who are under pressure, over stretched, and/or who have mental or physical health needs (of their own or their family), to contact us. Nobody needs to face problems alone – and our help is at hand.

Your intervention could make all the difference.

Trustees, Officials & Professional Advisers 2022

Chair

Bruce Dagley CEng MIMechE

Deputy Chairs

Anne Woodbridge CEng FIMechE (until July 2022)

Christian Young AMIMechE (until July 2022)

Treasurer

Andrew Rowland CEng MIMechE

Other Trustees

Farah Baksh

Christine Clark CEng MIMechE (until July 2022)

John Cornforth CEng MIMechE

Tony Frater CEng MIMechE

Jodie Howlett EngTech MIMechE (from July 2022)

Harshitha Manjula Rajappa (from July 2022)

Chukwuma Onunkwo CEng MIMechE

Al Peasland CEng FIMechE (from January 2022)

David Price CEng MIMechE (from October 2022)

Chris Taylor FEng CEng FIMechE (until July 2022)

Eur Ing Elisabeth Wilson CEng MIMechE

Chief Executive & Company Secretary

Anni Broadhead

Auditors

Kingston Smith LLP,
Devonshire House, 60 Goswell
Road, London EC1M 7AD

Bankers

National Westminster Bank plc,
38 Strand, London WC2N 5JB

Charity Solicitors

Bircham Dyson Bell, 50
Broadway, London SW1H 0BL

Property Solicitors

Withers LLP, 20 Old Bailey,
London EC4M 7AN

Investment Managers

CCLA Investment Management
Cordea Savills LLP
Fidelity International
M&G Investments
Schroder & Co Ltd

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PHOTO BY THISISENGINEERING FOR UNISPLASH

**Adapting support to meet
member needs**

**SUPPORT
NETWORK**

Institution of
**MECHANICAL
ENGINEERS**

**Annual Review
2022**