

Organisation Name		Reference code (for office use only)
Be Inspired Youth & Community CIC		2026-05-YWG03
Organisation Address		
22 Thornton Crescent Coulsdon Surrey CR5 1LH		
Website Address		
https://beinspireduk.co.uk/		
How did you hear about the Triangle Trust		
Word of Mouth		
Please describe your organisation's purpose in one to two sentences		
Be Inspired is a grassroots organisation with 10 years' experience supporting young people affected by serious youth violence, criminal exploitation & harm. We deliver trauma & gender-informed mentoring, group work & therapeutic support, including specialist female-led provision for girls at risk, building safety, resilience & positive futures.		
Type of Organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
No		
Community Interest Company	Registered Companies House Number	Date Registered
Yes	10606980	2016
Social Enterprise	Has your organisation been awarded the Social Enterprise Mark?	Year Awarded
No		
Grant Summary		
A trauma-informed programme supporting 120 girls aged 11-18 at risk of entering the criminal justice system from exploitation, violence and gangs. Through female-led group work & 1:1 mentoring, we will build safety, resilience, positive pathways, reducing harm & preventing first-time offending across 3 London boroughs.		
Please describe your principal beneficiaries.		
Our main beneficiaries are girls aged 11-18 who are either already involved in the criminal justice system or are at significant risk of entering it. This includes girls affected by gang involvement, criminal & sexual exploitation, county lines, school exclusion, & care experience, many of whom are from Black & other minority communities & are too often overlooked by mainstream youth justice & safeguarding services. Be Inspired Youth & Community CIC is not a by & for women & girls organisation; however, we are an established issue expert organisation with a strong track record of working with girls affected by serious youth violence, exploitation & offending risk. This project will be led & delivered by an experienced female team & includes specialist female-only provision designed & shaped by girls & female staff with lived experience, ensuring our approach is gender-responsive, trauma-informed & culturally competent.		

Please describe the specific local needs of the young women and girls you work with that this project will address

Maximum 4000 characters

BE Inspired works across Croydon, Merton & Sutton supporting girls aged 11-18 who are at high risk of exploitation, violence & entry into the criminal justice system. Many of the girls we support are known to safeguarding, Youth Justice or education services, while others remain hidden within peer groups, relationships & community contexts where harm is normalised & overlooked.

BE Inspired currently supports around 700 young people annually across our services, approx. 25% (175) of participants being female, engaging with mentoring, therapeutic, employability & community-based provision.

Across all three boroughs, we have seen a significant increase in girls presenting with complex & overlapping needs linked to serious youth violence, criminal exploitation & trauma. Girls engaging with our services commonly experience gang association, county lines exploitation, unhealthy or coercive relationships, school exclusion or non-attendance, poor mental health, social care involvement & trauma. Many are also affected by domestic abuse, sexual violence & unsafe family or community environments.

A significant proportion of the girls we support are from Black & minoritised communities & are navigating multiple forms of inequality & systemic disadvantage. Many have experienced violence or exploitation from a young age, yet their needs are frequently misunderstood or minimised within systems historically focused on boys & young men. We are increasingly seeing girls become involved in violence & exploitation through mixed peer groups & relationships with older males connected to gangs or criminal networks. Girls are often groomed into carrying weapons or drugs or becoming victims of sexual exploitation linked to criminal activity. However, these experiences are frequently hidden. Girls are more likely to mask distress, internalise trauma & present as coping, meaning risks are often missed until harm has escalated significantly. Many girls are therefore criminalised or viewed through an offender lens before being recognised as vulnerable & needing specialist support.

Over recent years, we have also seen girls' needs become increasingly complex & acute, including greater direct involvement in peer conflict, weapon carrying & female-led groups, often shaped by coercion, trauma & retaliation. Alongside this, we continue to see hidden harms through exploitative relationships, online contact & emotional dependency, where risks are not always visible at referral.

This reflects wider concerns identified by safeguarding partners. Research by Merton Local Authority highlighted concerns including sexual harassment, grooming, unhealthy relationships & coercive peer & romantic pressures affecting girls locally.

Across all boroughs, there remains a lack of specialist female-only provision for girls affected by violence & exploitation. Existing youth violence interventions are often mixed-gender & shaped around boys' experiences of offending, meaning girls can struggle to engage safely or disclose abuse, coercion & trauma. Local services are experiencing significant demand & long waiting lists, while girls are frequently less visible within referral pathways & safeguarding responses.

Croydon has identified violence against women & girls as a strategic priority, reflecting increasing concerns around gender-based violence & exploitation locally. In the first quarter of 2026, Croydon Police identified violence against women & girls as the highest recorded crime category, highlighting the scale & urgency of these issues locally. This project will address these needs through specialist female-led, trauma-informed provision designed around the experiences of girls affected by violence & exploitation. Through trusted female-only spaces, intensive mentoring & wraparound support, girls will

build safety, emotional resilience, healthier relationships & positive long-term pathways, reducing the risk of exploitation, harm & entry into the criminal justice system.

What are the key outcomes you will be seeking to achieve for young women and girls either at risk of offending or who are already caught up in the criminal justice system?

(Maximum 3000 characters)

The key outcomes we are seeking are that girls are safer, more resilient to exploitation, violence & offending risk, & less likely to enter, or become further involved in, the criminal justice system. Our outcomes are informed by Be Inspired's Theory of Change & Outcomes Framework, which focuses on reducing serious youth violence, exploitation & offending risk through improved relationships, wellbeing, safety & positive pathways. Our existing girls-focused provision has already demonstrated measurable improvements across involvement in violence, wellbeing, social & emotional capacity, & trust & relationships.

For the girls involved in this project, we will focus on the following core outcomes:
Reduced risk of offending & involvement in violence. Girls will better understand risks linked to gangs, county lines, weapon carrying, peer conflict & exploitation, helping reduce involvement in harmful behaviour, unsafe peer networks & offending.

Increased safety & reduced exploitation. Girls will be supported to recognise coercion, grooming, unhealthy relationships & exploitation, including pressure from male peers or gangs. They will build protective relationships, develop safety plans & know how to access help earlier.

Improved emotional wellbeing & resilience. Through mentoring & group work, girls will strengthen emotional regulation, confidence, coping strategies & self-worth.
Stronger trusted relationships & positive peer connections. Girls will build safe relationships with female youth workers & peers, reducing isolation & increasing trust in supportive adults & services.

Improved engagement in education, training & positive pathways. Girls who are excluded, outside education or at risk of exclusion will be supported to reconnect with education, training, employability & wider opportunities.

Greater voice, agency & self-advocacy. Through co-designed activities & discussions, girls will build confidence to express their needs, make safer decisions & develop a stronger sense of identity & aspiration.

Success will mean girls are safer, less vulnerable to exploitation & better able to move away from violence, harmful relationships & offending risk. We expect girls to demonstrate safer responses to conflict, reduced aggressive behaviours, movement away from weapon carrying & reduced association with harmful peer networks. For girls referred through Youth Justice pathways, we aim to prevent further offending during engagement with the programme.

We also expect increased emotional wellbeing, confidence & trust in supportive adults, alongside improved engagement with education, training or wider support services. Around 50% of participants are expected to progress into wider Be Inspired provision following the programme, including therapeutic support, employability programmes, mentoring or positive community activities, helping sustain long-term change & reduce future risk.

How will you track the impact you are making?

(Maximum 3000 characters)

Be Inspired uses a structured outcomes framework & Theory of Change to track the impact of our work with young people affected by violence, exploitation & offending risk.

Our monitoring approach combines quantitative & qualitative evidence to ensure we can measure both progress & lived experience change for girls engaging in the project. Each participant will complete an initial baseline assessment at the start of their journey, exploring areas including safety, wellbeing, trusted relationships, emotional resilience, exploitation risk, harmful behaviour, education & future aspirations. Reviews are then completed at key points throughout the intervention, typically every six weeks, enabling staff & young people to reflect on progress, identify emerging risks & adapt support where needed.

Assessments are informed not only by the young person, but also by mentors, youth workers, &, where appropriate, wider professionals & trusted adults, including social workers, schools, & parents/carers. This creates a more holistic understanding of risk, progress & protective factors, particularly for girls whose experiences may be hidden or difficult to disclose.

All mentoring & casework activity is recorded through our secure case management & outcomes system, enabling us to track engagement, safeguarding concerns, referrals, progression & outcome development over time. Staff complete risk assessments, case notes & outcome reviews throughout the intervention, with regular management oversight, supervision & safeguarding discussions built into delivery.

Alongside formal monitoring, we place strong importance on capturing girls' voices & experiences. Feedback will be gathered through reflective conversations, group discussions, co-production activities, case studies & participant feedback. This is particularly important when working with girls affected by trauma & exploitation, as trust & relationship-building are central to meaningful engagement & progress.

We will measure progress against key outcomes including improved emotional wellbeing, increased safety, reduced exploitation risk, improved trusted relationships, greater engagement in education or training & reduced involvement in violence or harmful peer networks. Longer-term progress & sustained engagement with positive pathways will also be monitored where possible through ongoing relationships & partnership working. This approach enables us to evidence meaningful change whilst remaining flexible, trauma-informed & responsive to the complex realities faced by high-risk girls.

What are the key activities you will undertake with this funding to achieve these outcomes?

(Maximum 3000 characters)

Funding will support a specialist female-led programme, including staff with lived experience, combining structured group work, intensive mentoring & wider wraparound support delivered through a trauma-informed & gender-responsive approach.

The project will deliver weekly female-only group sessions in each borough, using trusted, accessible community venues carefully selected to reduce travel barriers & minimise risks linked to gang association, peer conflict or territorial issues. Sessions will create safe spaces where girls can build relationships, reduce isolation & explore issues affecting their lives. Activities will combine group discussions, sport, drama, creative & wellbeing activities to support emotional regulation, confidence, resilience & peer connection.

Group work themes will include:

- healthy & unhealthy relationships
- exploitation, grooming & county lines
- gangs, peer pressure & conflict
- emotional wellbeing & regulation
- identity, confidence & self-esteem
- online safety & social media
- safety, decision-making & aspirations

-education, employability & positive futures

Activities will be co-designed with participants wherever possible, ensuring sessions remain relevant & responsive to girls' lived experiences. We know from our existing girls-focused work that many girls engage more successfully when activities are relational, strengths-based & shaped alongside them.

Alongside group provision, girls presenting with higher levels of risk or vulnerability will receive targeted one-to-one mentoring, therapeutic & wraparound support focused on building trust, increasing safety, strengthening emotional resilience & helping girls navigate exploitation, peer conflict, harmful relationships & offending risk. We recognise some girls may initially engage through mentoring before progressing safely into wider group activities once trust & safety have been established.

The project will also include ongoing safeguarding, contextual risk management & multi-agency working with Youth Justice, safeguarding, education & exploitation partners. Group safety will be managed through risk assessments, peer mapping, information sharing & regular review processes.

To reduce barriers to engagement, food will be provided within sessions & travel support offered where needed.

Girls will additionally access wider opportunities through Be Inspired's broader provision, including therapeutic support, employability activities, positive community activities & leadership opportunities, helping sustain engagement & progression beyond the funded intervention, supporting girls to move from crisis & risk towards stability, aspiration & leadership.

How many girls will you be working over the course of the grant?

120

Does your proposed project already exist or is this a new piece of work?

If this project is already operating, please describe how you will build on what you have achieved to date.

If this is a new piece of work, please explain what this funding will enable you to do differently.

(Maximum 3000 characters)

This project builds on our existing girls-focused provision & learning from our 2-year VRU Stronger Futures programme, primarily delivered in Croydon. Through this work, we developed strong relationships with girls affected by exploitation, serious youth violence & offending risk, while testing approaches to engagement, mentoring & female-led group provision.

Through previous delivery, we have already seen girls strengthen emotional regulation, reduce harmful peer associations, move away from weapon carrying, engage more positively with education & independently use safety plans to reduce involvement in violence & exploitation.

This funding would enable us to move from smaller-scale girls provision to a more structured, specialist & consistent girls pathway across Croydon, Merton & Sutton, strengthening our female-led provision for girls affected by violence, exploitation & criminalisation.

Learning from previous delivery has directly shaped this programme. One key learning was the importance of embedding girls' voice & co-design throughout delivery, ensuring girls help shape activities, discussions & progression opportunities rather than simply

attending provision. Female participants, lived experience staff & youth voice representatives have helped shape elements of the programme design. We also recognised many girls disengaged from interventions that moved too quickly into activity delivery without first establishing trust, safety & relational consistency. This project has therefore been designed with flexible engagement & additional relational time from the outset.

All girls will be supported to identify an appropriate progression pathway, either within Be Inspired or through wider specialist/community partners. Based on current girls-focused provision, we expect around 50% to progress into wider Be Inspired programmes, including mentoring, therapy, employability, leadership & community activities. We also anticipate 3-5 girls progressing into our Youth Alliance Panel, helping shape services & strengthen youth voice within wider safeguarding & violence reduction work.

What expertise and track record do you have to be able to deliver this work successfully? Please specifically mention your expertise linked to gender and trauma informed approaches.

(Maximum 3000 characters)

BE Inspired has extensive experience delivering specialist support to young people affected by serious youth violence, criminal exploitation & offending risk, including girls already involved in, or at high risk of entering, the criminal justice system. Across Croydon, Merton & Sutton, we work closely with Youth Justice Services, safeguarding teams, schools, exploitation teams, social care, police & wider violence reduction partners, supporting girls identified through both statutory & early intervention pathways.

Our expertise is rooted in a relationship-based, trauma-informed & gender-informed approach. We understand that girls affected by violence & exploitation often experience harm differently from boys, including through coercive relationships, hidden exploitation, sexual violence, peer pressure, emotional dependency & criminalisation linked to trauma & survival. Too often, girls are seen through an offender lens before being recognised as vulnerable, exploited or traumatised. Our approach responds to this by focusing on trust, safety, consistency & support that reflects the realities of girls' lives.

We have a strong track record of engaging girls with complex & overlapping needs through mentoring, therapeutic support, female-only group work & wider wraparound provision. Our girls-focused programmes include Stars & Sisters & Boxing Bravehearts, alongside targeted mentoring, wellbeing activities, employability support & safe community-based provision. These services create spaces where girls can build trust, strengthen identity, improve emotional regulation & explore healthier alternatives to violence & exploitation. Our Outcomes Framework shows measurable progress in areas linked to safety, wellbeing & offending risk. We have supported girls to reduce harmful peer associations, move away from weapon carrying, respond to conflict more safely, improve relationships, engage positively in education or employability, & build healthier support networks. Our delivery team includes experienced female Youth Intervention Workers with expertise in serious youth violence, exploitation, contextual safeguarding & youth justice, including staff with professional & lived experience. This combination of frontline expertise, cultural competence & trusted partnership working means we are well placed to deliver this work safely, credibly & effectively.

Does your organisation have existing knowledge and expertise working across the criminal justice system?

(Maximum 3000 characters)

BE Inspired has extensive experience supporting young people affected by serious youth violence, criminal exploitation & offending risk, including girls involved in, or at risk of entering, the criminal justice system. Our practice is rooted in a trauma-informed,

contextual safeguarding approach that recognises the complex relationship between exploitation, violence, victimisation & criminalisation.

We work closely with Youth Justice Services, safeguarding teams, social care, education providers, police, exploitation teams & community partners across multiple boroughs. This includes supporting girls already known to Youth Justice, as well as girls identified through safeguarding, education & exploitation pathways before offending escalates. Many of the girls we work with are referred through multi-agency processes where risks linked to violence, exploitation, gangs, school exclusion or offending have already been identified. Our Serious Youth Violence & Criminal Exploitation Strategy provides a structured framework for high-risk intervention, combining specialist mentoring, therapeutic support, peer mapping, contextual safeguarding, risk assessment & multi-agency information sharing. This allows us to create tailored intervention plans that respond to different levels of need & risk, including girls vulnerable to exploitation, criminalisation & serious harm. A key strength of Be Inspired is our team. Our female practitioners bring extensive frontline experience of working with high-risk young people, alongside cultural competence, trusted community relationships & a strong understanding of the realities facing girls affected by violence & exploitation. Our staff include practitioners with both lived & professional experience, enabling us to build credibility with girls who may distrust services or feel judged & misunderstood by professionals. We know that meaningful engagement depends on trust, consistency & practitioners who understand both the safeguarding risks & the social realities young women are navigating.

We also understand the gendered ways girls experience criminal exploitation & offending risk, including coercive relationships, mixed peer groups linked to gangs, county lines activity, hidden exploitation, weapon carrying & peer conflict. Too often, girls are viewed through an offender lens before being recognised as vulnerable or exploited. Our approach is designed to challenge that pattern by centering safety, trust, understanding & long-term support.

Alongside direct delivery, we contribute to wider violence reduction efforts through partnership working, information sharing, peer mapping & community-based intervention. This helps identify emerging risks early, strengthens multi-agency responses & supports girls before offending escalates.

Please explain how the grant will be spent and include a topline budget with brief explanations

(Maximum 3000 characters)

The grant will fund the delivery of a specialist female-led programme supporting 120 girls across Croydon, Merton & Sutton who are affected by violence, exploitation & offending risk.

1. Weekly Group Sessions: £14,400

150 female-only group sessions delivered across three boroughs (one session per borough per week over 50 weeks). This cost covers staff time for planning, preparation, delivery, administration & follow-up support. Sessions will provide safe spaces for girls to explore issues including exploitation, violence, healthy relationships, emotional wellbeing & positive futures.

2. Intensive 1:1 Mentoring: £18,000

Delivery of 400 hours of specialist 1:1 mentoring for girls presenting the highest levels of risk linked to exploitation, serious youth violence & offending. Support will be tailored to individual needs and may include safety planning, crisis intervention, advocacy, emotional wellbeing support, engagement with education or training, and coordination with safeguarding, Youth Justice & wider support services. This cost includes delivery, preparation, case recording, supervision & multi-agency working.

3. Project Management & Safeguarding Oversight: £3,500

Management oversight of referrals, allocations, supervision, safeguarding, partnership working, monitoring, evaluation & reporting.

4. Activity & Co-production Budget: £4,800

Resources and activities for group sessions. Activities will be shaped through co-production with participants, ensuring delivery remains engaging, relevant & responsive to girls' needs.

5. Travel & Subsistence: £1,250

Support for participants facing financial barriers, ensuring travel costs or lack of food do not prevent engagement.

Total Project Cost: £41,950

Additional co-production time, partnership engagement and wider progression opportunities will be contributed through Be Inspired's existing resources and wider programme infrastructure.

Who will be responsible for overseeing and delivering this work?

(Maximum 3000 characters)

The project will be overseen by our female Team Manager, a qualified Social Worker & Designated Safeguarding Lead (DSL) with extensive experience in safeguarding, trauma-informed practice, contextual safeguarding & multi-agency working. Working closely with local Violence Reduction Units & safeguarding partners, she will oversee delivery, risk management, safeguarding decision-making, partnership working & staff supervision across the programme.

Delivery will be supported by three experienced female Youth Intervention Workers (YIW) with specialist expertise in serious youth violence, exploitation, trauma & mentoring girls & young women affected by harm & offending risk. All staff are trained in safeguarding, contextual safeguarding & trauma-informed practice & are experienced in managing disclosures, peer conflict, exploitation concerns & emotional distress within community settings.

The team combines both professional & lived experience. One YIW previously engaged with Youth Justice Services as a young person before later working within Youth Justice for over ten years & now holding a senior role within a London Violence Reduction Unit. This brings valuable insight into criminalisation, safeguarding, risk & long-term change, strengthening our ability to engage girls with authenticity, credibility & trust. Another YIW is a young mother with lived experience of gangs & exploitation & currently leads our female empowerment work, including Stars & Sisters. She brings strong skills in relational engagement, mentoring & supporting girls around confidence, identity, wellbeing & future aspirations.

Our third YIW has over ten years' experience within education & community settings & is currently studying for a BA in Criminology. She brings particular strengths in safeguarding, group facilitation & supporting girls within school & community-based environments. The team will be supported through regular reflective supervision, safeguarding oversight, case reviews & clear escalation pathways to ensure safe, consistent & high-quality delivery for girls with complex & high-risk needs.

How do you plan to continue this work once the grant ends?

(Maximum 3000 characters)

This project is designed as part of Be Inspired's wider long-term commitment to strengthening specialist provision for girls & young women affected by violence, exploitation & offending risk. Rather than operating as a standalone intervention, the programme will sit within our broader mentoring, therapeutic, employability & community-based offer, enabling girls to continue accessing support beyond the funded period.

Based on our current provision, we expect around 50% of participants to progress into wider Be Inspired programmes following engagement with this project, including mentoring, therapy, employability, leadership & positive community activities. All girls will be supported to identify ongoing progression pathways, either within Be Inspired or through wider specialist partnerships.

The funding will also help establish a more structured & recognised girls pathway across Croydon, Merton & Sutton, strengthening referral relationships with Youth Justice, safeguarding, education & violence reduction partners. We anticipate this will strengthen future partnership opportunities & support longer-term sustainability. Alongside delivery, we will use learning, outcomes data & participant feedback to strengthen future funding applications linked to violence reduction, safeguarding & VAWG priorities. Our long-term ambition is to embed & grow a dedicated girls & young women pathway within Be Inspired's wider offer, ensuring girls continue to access trusted, gender-informed support beyond this grant period.

Will you be receiving funding from any other sources for this project?

(Maximum 3000 characters)

No. The funding requested from Triangle Trust would fund the project in full, with the exception of a £1,950 annual shortfall, which we are confident of raising through our existing challenge events.

Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.

Yes

Reason why not all staff have DBS checks.

Total funding requested in this application (£30,000 to £100,000 with a maximum of £50,000 in one year)

£80000

Proposed grant start date

11/23/2026

Proposed grant duration in months

24

How much funding is required each year?

Year 1

£40000

Year 2

£40000

Year 3

£

What was your organisation's expenditure in the most recent financial year?

£397222

What was your organisation's annual income in the most recent financial year?

£435244

What value of unrestricted reserves did your organisation have at the end of the most recent financial year?

£63000