

Hello,

Welcome to **Week 12 MSCOS**. Please check out this week's news, features and of course, our online pages and [discussion forums](#). You can find all of our previous weekly updates [here](#).

This week we are proud to feature our first **MSCOS expert online forum** on [Finding Purpose in Life and Self Actualisation](#) which was devised and chaired by **Ruth Aguele** of the [MSCOS Research Advisory Board](#).

This week we would like to thank **Carole Murphy, Anta Brachou and Diem-Tu Tran** of **St Mary's University Bakhita Centre for Research on Slavery, Exploitation and Abuse** for their expertly *curated* 3-day conference [Modern Slavery: Research, Creative Practices & Innovative Interventions](#). A diverse range of speakers brought valuable perspectives, encouraging a vibrant exchange of knowledge and ideas. We would also like to thank **Rachel Sterling of Sophie Hayes Foundation** who provided us with information on the [Sophie Hayes Foundation Employability Programme](#) (featured below).

THIS WEEK'S FEATURE



Finding purpose in life and self-actualisation

Our focus in **Week 12** is on [Finding Purpose in Life and Self-Actualisation](#), which was the subject of our first **MSCOS community of practice online expert forum** on 17 May. This core outcome was highly significant for survivors who participated in the original [MSCOS academic study](#) and was described by them as being entirely individual to each person rather than proscribed for them by professionals or services. We selected it for our first forum, because rather than a '*final outcome*' to be achieved after all other needs are met, [Finding purpose in life and self-actualisation](#) represents the fundamental basis of recovery, well-being and integration, requiring the awareness of professionals from the outset.



Ruth Aguele, member of the MSCOS Research Advisory Board says:

*"When I was asked to devise and Chair the MSCOS online expert forum on **Finding purpose in life and self-actualisation**, I had this wave of nervousness and anxiety rush through my body because it was something new to me and the last time that I tried to co-design a workshop with an organisation it did not end well.*

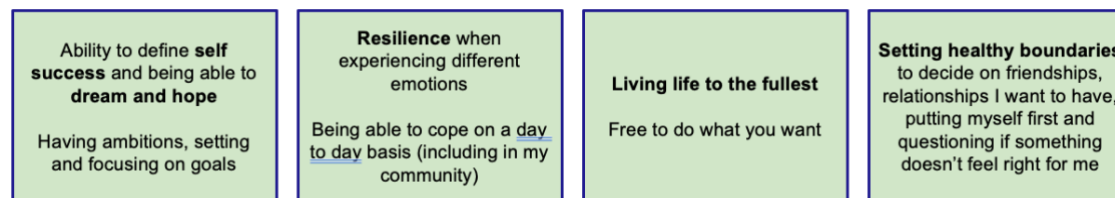
*In designing this forum, **I felt it was important to look from the inside-out, rather than outside-in**. The reason for this is because we are often told that we need to achieve things that others can see. Finding purpose in life and self-actualisation is something that should start with you. To begin the discussions, we organised ideas, research and experience into the themes in the green boxes (below).*

To have been able to plan the forum and decide upon how I wanted the workshop to be framed was exciting. It made me realise that times are indeed changing, and it re-confirmed the vital role survivor leaders have in the movement. It was amazing to have 3 co-facilitators; knowing that they were present to support kept me very calm and relaxed throughout.

*I wish the workshop could have gone a little longer to have given more time for the discussions, but overall, I was very happy with the whole experience. After the forum I received some feedback from members that the forum was very useful and different to 'the usual'. **They said it had helped them to think deeply rather than on the surface, and they wished there were more opportunities***

for survivors to lead forums like this. Survivor leaders need to be given opportunities and support to be part of this sector as we have experience and knowledge that cannot be bought or studied. The **MSCOS** project has given survivors the opportunity to lead, rather than being at the back or hidden.”

Look out for more information coming soon from our forums on: [Finding Purpose in Life and Self-Actualisation](#).



[Access to education](#)

SOPHIE HAYES
FOUNDATION

[Sophie Hayes Foundation](#) is an independent organisation in the UK that solely focuses on helping women survivors of modern slavery build confidence through coaching and skills development that leads to education, employment, and independence, helping them to achieve sustainable freedom. **It provides coaching and development programmes to remove barriers to freedom, including vocational work placements, internships, volunteer opportunities, training, and formal education.**

Rachel Sterling, Enrichment Employability Programme Coordinator of Sophie Hayes Foundation says:

“Our mission is to reach the thousands of women survivors of modern slavery in the UK today to shape a better future for themselves. We are committed to creating a society that views and treats these women with respect, leading to a better society for us all. For so many of our participants, this programme provides a plan for their future despite their current circumstances, a well needed routine and social group to connect with. In my role I have the privilege of seeing our survivors grow in confidence and self-esteem over the year that they are with us. One of our clients said, ‘at the first meeting I thought, how am I going to do this? I had all those sorts of thoughts in my head, but now I don't give up and I keep pushing myself, I am very proud of myself, and I know now I can look for a job.’”

[DID YOU KNOW?](#)

If you've joined our mailing list recently, over the last 12 weeks we have covered a variety of outcomes, highlighting best practice models and frameworks. You can access them all [here](#).

Please forward MSCOS to any colleagues or network connections that you think may be interested in our work, and they can sign up to receive newsletter invites via our contact form [here](#), or by a direct email to mscos@kcl.ac.uk.

The MSCOS Community of Practice content is designed and directed by Queenie Sit and Rachel Witkin.



[Working with core outcomes as a set](#)



[Secure & suitable housing](#)



[Safety from any trafficker or other abuser](#)



[Long-term, consistent support](#)



[Trauma-informed services](#)



[Finding purpose in life and self-actualisation](#)

