

freedom from domestic abuse



RISE NEWS 2013

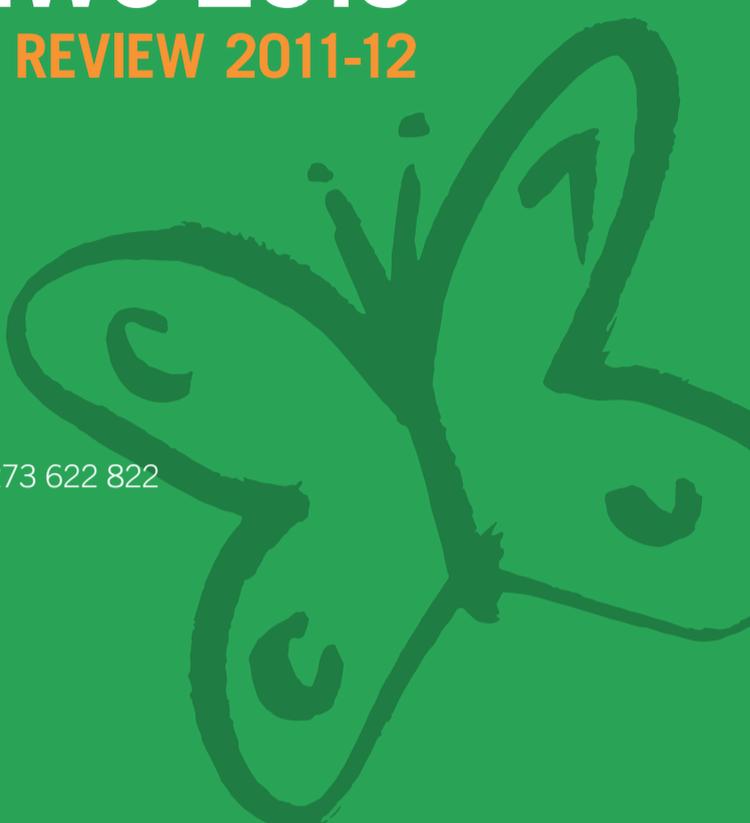
RISE ANNUAL REVIEW 2011-12

(?) RISE Helpline: 01273 622 822

www.riseuk.org.uk

@riseuk

riseuk



ON YOUR BIKE



Squeaky brakes? Chain slipped? Saddle too low? Pop into Sydney Street Bikes, they will often help with your small cycling niggles! They just ask for a donation to the Rise collection box on the desk. Times are undoubtedly tough, but owner and manager Chris says local, independent, traders will always help where they can. Collecting Boxes raised **£1,372** in 2012 - if you can host a collecting box contact fundraising@riseuk.org.uk

It is calculated that the webchats reached **8000** people, with **129** questions asked and answered, and that the Twitter feed reached an astounding **75,000** people. An incredible result with a powerful impact. Seeing the calls appear in your Twitter feed* with such alarming regularity brought home the fact that domestic abuse accounts for **1 in 5** of all 999 calls:

"I think that a lot of people were surprised by the number and type of calls that we received in just one day. This is just the tip of the iceberg given that a lot of abuse is never reported to us. I hope that, as a result of this, people recognise how widespread domestic abuse is, and that there are many people out there who need support."
DI Miles Ockwell

RISE IDVA workers are based at St John's Police Station and offer timely help and support to survivors who report domestic abuse.

Sussex Police also produced a video describing a survivor experience and narrated by 44 staff and officers. <http://youtu.be/OjmmjLiUbOg>

*Tweetathon = Marathon tweeting

*Tweeple = Twitter people

*RT = retweeting

*# = Twitter 'velcro' grouping subjects together

*Twitter feed = 'inbox' for twitter messages

TWEET-ATHON*

We are proper Tweeple* at RISE now, and our RT* fingers were extra busy in December when we joined in the Sussex Police #talktome* Tweetathon. Detective Inspector Miles Ockwell, had a lightbulb moment when he lit on using Twitter to communicate the sheer volume, variety and complexity of domestic abuse 999 calls in any 24 hour period. Tweets went out in real time and were accompanied by Sussex Police and RISE staff doing two live web chats – a completely new experience for us. In just **24** hours the Police received **113** calls, made **24** arrests, recorded **25** crimes with **8** arrests pending. A number of referrals were made to Adult Social Care and Children's Services as a result of calls received.

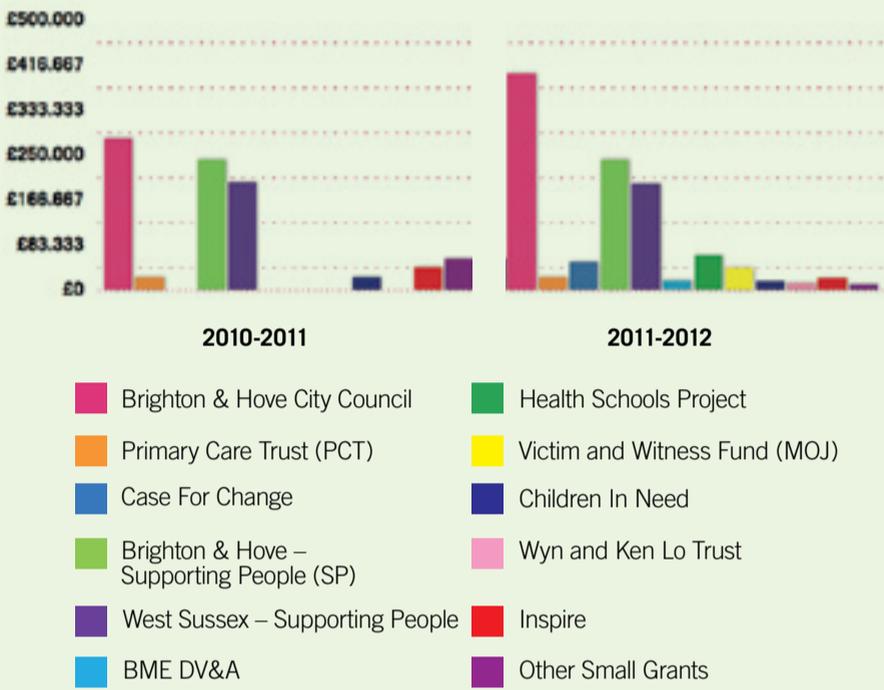


FINANCE

Voluntary Income



Restricted Income



Source: Rise audited accounts, year ending 2012- full accounts available on request.

Voluntary Income	2011-2012	2010-2011	Where used
Donations and Voluntary Income	£37,232	£54,148	Supporting Helpline, COTS, CYPFS, B&H Refuge, West Sussex, North Sussex Refuge and Supporting People (SP)
Activities for generating Funds	£82,725	£21,466	
Investments	£1,815	£2,844	
Brighton & Hove CC – unrestricted income	£95,000	£95,000	
Housing Benefit Income	£174,802	£166,430	Refuge
Other unrestricted income	£1,762	£3,870	
Total Unrestricted	£393,336	£343,791	Where used
Restricted Income	2011-2012	2010-2011	Where used
Brighton & Hove City Council	£400,675	£281,070	IDVA, COTS, Helpline and CYPFS
Primary Care Trust (PCT)	£24,667	£24,667	Contribution towards developing services for women and children who have experienced Domestic Violence
Case For Change	£52,165	0	Funding to pay for the Health Idva based in Brighton A&E.
Brighton & Hove – Supporting People (SP)	241033	£241,003	SP service residential and outreach
West Sussex - Supporting People	195874	£200,374	SP service residential and outreach
BME DV&A	£18,000		
Healthy Schools Project	£63,000		Healthy relationship training and support in schools.
Victim and Witness Fund (MOJ)	£40,830	0	Funding to pay for the Criminal Justice IDVA service
Children In Need	£15,919	£23,587	Child Support Worker
Wyn and Ken Lo Trust	£12,000		Outreach service in B&H.
Inspire	£21,312	£42,366	Work with women offenders at risk of domestic violence.
Other small grants	£10,229	£58,150	Grant for Community work, helpline and Family Intervention Project.
Total Restricted	£1,095,704	£871,217	
Total Income	£1,489,040	1,215,008	

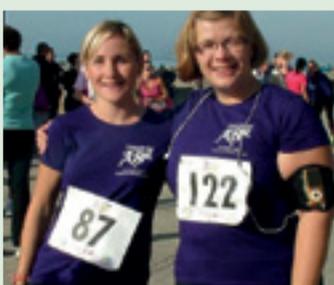
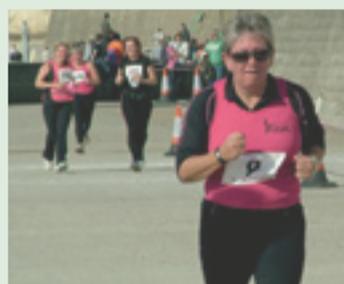
Rise continues to expand in this difficult climate and now has reached an income of £1.489k. Whilst some of this is restricted income to be held to deliver services in 2012/13 the overall growth in both unrestricted and restricted income is a reflection of the hard work RISE has done to promote and develop its services and value for money. Voluntary income generation by the fundraising team increased by over 55%. As a consequence we were able to set aside in our reserves increased funding to be used as seed funding to develop further services.



8K UNDERCLIFF 2012 WALK, RUN, RELAY

Bright sunshine reflected off the chalk cliffs, and a calm, blue, sea greeted our 5th RISE Undercliff event. As always the atmosphere was positive and joyful, as over **300**

people joined together to run, walk or relay to raise money for freedom from domestic abuse. The achievement might be its own reward, but we like to spoil everyone with our famous RISE Goody Bag. This year's event raised the most ever – just over **£15,000!** Thanks to everyone who took part, every penny you raised will help support local families affected by domestic abuse.



A RIVER OF RASPBERRY

Well, that's all we could see at February's Brighton Half Marathon. Runner after runner wearing the distinctive RISE running vest – every single one tackling the 21km challenge to raise money for families affected by domestic abuse. RISE volunteers staffed a water station, and supporters en route cheered Team RISE on to the finish. All this effort raised an amazing **£43,000** – the biggest sum from any RISE fundraising event... EVER! Thanks to everyone who ran, yelled, beat drums and donated – with your help RISE will continue to give vital and urgent help to families in need. Registrations are now open for the Brighton Half Marathon 2014 – www.brightonhalfmarathon.co.uk. Own place or RISE charity place – join Team RISE for the challenge (and the vest!).



BRIGHTON BELLES WOMEN'S INSTITUTE

We are thrilled to be Charity of the Year for the Brighton Belles WI. This being Brighton, they have a special knack of putting a little twist on traditional fundraising. In March they sold popcorn and candyfloss for RISE at the Brighton Tattoo Convention, where somehow they managed to hitch a ride on a fire engine! To become a member, and join in the shenanigans, check them out on Facebook!

THANK YOU VERY MUCH

We owe such a debt of gratitude to so many, it's hard to know where to start. Thank you to all the individuals, schools, companies, associations, churches and groups give such a lot of money, time, gifts and energy to support RISE. We really couldn't do it without you. Extra special thanks this year to:

Albion in the Community	Kemptown Conservative Association
Amanda Myers	Kerry Herbert
Asda Hollingbury	Khrys Kyriacou
Barclays Bank (North Street)	Kimberley Clark
Brighton & Hove Soiree Rotary Club	L'Oreal
Brighton Belles WI	Leanne DeMello
Brighton College	Legal & General
Brighton Dance Flash Mobs	Madelaine Hunter
Brighton Rockers Roller Derby	Maurice Wyatt
Brighton Sixth Form College	Midgie Thompson
Brighton's Finest BUPA	Mr & Mrs Ellis
C&H Fabric	Mrs Levy
Carol Tomkins	Natalie Farmer
Carpetright	New Life Community Church
Cascade	Nicola Davies
Charity Chuckle	Paul Kwatai
City Coast Church	Phyllida De Salis
Crawley Baptist Church	Police Property Fund
Curves Gym	Quenelda Avery
Dawn Paul	Rockinghorse Charity
Eloise Henderson	Rottingdean Conservative Association
Emma Griffin	Sarah Booker
FB Running Club	Silver Sounds
Felpham Methodist Church	Soul of the City Choir
Funny Women	St Bartholomew's Primary School
Gunns Florist	St Bernadette's Primary School
Gyratory Allstars	St Marks Church, Horsham
Hannah Brackenbury	Streetsmart
Harlow College	Studio 57 Clinic
Holy Innocence Church	Sussex Beacon
Horsham Lions Club	Sydney Street Bikes
Inner Wheel (Horsham)	Varndean School
Jane Geerts	Waitrose Horsham
Jubilee Library	Whitecliffs Cafe

This is a non-exhaustive list – to include everyone who contributed to RISE's work this year would take the whole newsletter and then some! Huge thanks to all of you for your commitment to our shared vision of Freedom from Domestic Abuse.



RISE LIVING LIBRARY

The RISE Living Library continues to astound people from across the county. Our Living Books told stories from their lives of surviving domestic abuse, substance misuse and recovery and of living with HIV. Readers were visibly moved by personal tales of tragedy and courage.



It is impossible to borrow a living book and come away not having learned something new, or had a preconception gently challenged. A report can be found on our website and we will be at the Jubilee Library, Brighton 27-29th November 2013. Join us – you won't regret it.

ONE BILLION RISING FLASH MOB



Responding to calls to join the global One Billion Rising event in February, RISE volunteer Madelaine Hunter and Brighton Dance Flash Mobs produced Brighton & Hove's contribution to raising awareness of violence against women and girls. Over **100** people practised a routine to a Tina Turner medley, then performed in front of the unsuspecting general public.



Picture: Hannah Brackenbury

Our CEO Gail Gray, the city's new Violence Against Women and Girls Commissioner, James Rowlands and Caroline Lucas MP joined with over 100 others to shake their funky stuff! We can't work out which were more fun – the rehearsals or the performances! View the video: <http://youtu.be/LyQ1PKI-3k4>



Picture: Hannah Brackenbury

BIG LOTTERY WIN!



Well, technically, we didn't win the Lottery but it really feels like we did! In July 2012 we had confirmation of a grant from the Big Lottery Reaching Communities Fund. The funding will help pay for Outreach workers in the Adult and Family Service, a part time Counselling Manager and a part-time Volunteer Co-ordinator. We know how important long term care and support is to help families overcome the effects of domestic abuse. This grant lets us expand the counselling service, recruit volunteers and support women and children living in the community. We have to admit to a lot of shrieking and doing little dances around the office when the news came through!

CAN YOU HELP?

Volunteers give so much time and expertise to RISE – we wouldn't be able to function without them. From marshalling and cheering at runs, to helping with admin. From counselling to working on the helpline, each volunteer hour adds £9.30 of value to RISE. We calculated this added up to over **£24,000** of support in 2012 The Big Lottery funding gives us more capacity to recruit and support volunteers. We value the fresh perspective and added value volunteers bring to RISE, and will support them to gain new skills and experience.



Volunteering for RISE at Asda Hollingbury

The RISE Volunteer Co-ordinator will be posting roles on the website, promoting them on Twitter and Facebook, and generally shouting about them from rooftops! To register interest, and to join our volunteer mailing list, please introduce yourself at volunteering@riseuk.org.uk. We look forward to working with you!

AND THEN WHAT?

Experiencing Domestic abuse isn't something you can overcome quickly. **For me, washing dishes is a nightmare because my brain starts thinking and questioning, wondering, reliving and mostly, getting annoyed.** It's a very tiring process to go through. Because of the nature of the emotional abuse I experienced, I left my relationship feeling confused and out of touch with reality. Every day since then has been a journey, taking a step back to who I used to be, developing my self-belief and confidence that I am someone who is pretty awesome!

I needed to turn my negative energy into something positive so I was thrilled when RISE asked me to coordinate the One Billion Rising project for

Brighton & Hove. It was just what I needed and, with the support of Brighton Dance Flash Mobs we did it! It was an amazing day and reinforced that, in a personal capacity, I can achieve my goals, people will listen to me and value what I have to say and that there is a tremendous understanding about violence towards women and children.



Since then I have spoken in front of a 230 strong audience at the East Sussex Women of the Year lunch (posh)! It seems if you have the confidence to say 'yes', doors will open. You can meet people who believe you, and believe in you, and your life can take extraordinary turns. I have now been invited to lunch at the House of Lords this summer! Obviously this doesn't happen to everyone, but volunteering with RISE has shown me so much about myself and I'm happy to be able to give something back. **It's great that we're a part of one another's journey.**

Madelaine
RISE Service User and Volunteer. Survivor.

JUMPER JOY



Staff at BUPA International in Brighton raised money by wearing their most Christmassy jumpers to work for a donation. The **£150** raised was matched by BUPA to make a brilliant total of **£300** to RISE. What a fun way to spread Christmas cheer!

RISING TO THE OCCASION

My children and I moved to Brighton to start a new life. We had hope and trepidation in equal measure in our hearts, me and my little family. We had brokenness and a history and pain in our past. We made a life here, found friends and a school and places we like to hang out. We started to mend a little bit.

Then we found RISE who have helped us to heal from our wounds. At RISE we were listened to in many different ways. Through our words and our tears, through our play and our fears. Each of us has been nurtured, given space to grieve and let go, and each in a way that is right for us an individual. We felt respected and loved and cared for as people, and as a family, and our relationships are being saved because of this love.

At RISE we found out that pain can get less, and brokenness can be mended, and lives that have been shattered can be rebuilt. We know that children are strong and brave and that mummies can become daddies and still be mummies. Above all, we know that our family is strong and has a future. A bright and happy future.

Sam, LGBT Service User, Children's Group User. Survivor.

SPECIALIST SUPPORT FOR THE LGBT COMMUNITY

LGBT people experience domestic violence regardless of age, class, disability, gender identity, caring responsibility, immigration status, race or religion. LGBT people can find it hard to talk about domestic violence.

Acknowledging that any current or ex-partner or family member is an 'abuser' is hard, and this can be made harder by threats of 'outing' or because of fear of further isolation, but there are agencies and people who can help and support both you and the 'abusive' person. Our LGBT Service can be reached via the Helpline, the website, direct at lgbt@riseuk.org.uk or on 07581 466 438.

EDITORIAL GAIL GRAY, CEO

This past year has been one of mixed blessings. A successful Big Lottery application and some generous donations allowed us to increase our service provision in Brighton & Hove and also to increase our overall income. However, our tender for a West Sussex Outreach service was unsuccessful, and we sadly said goodbye to our wonderful West Sussex Outreach Team. The learning from this process will strengthen our approach to future tenders.



Gail Gray. Running the RISE 8K since 2008!

We are delighted RISE staff have been seconded into both the Brighton & Hove Children in Need service and SE Ambulance Service. They are using their expertise to support and advise professionals there to improve their responses and practices to survivors of domestic abuse. Also a new Partnership Advocacy post has been funded by Sussex police from the proceeds of crime, a fitting way to support the victims of crime!

In the continued spirit of partnership, RISE IDVA service were involved with the successful Sussex police Tweetathon in December 2012. I was privileged to be on the panel with our PCC Katy Bourne along with the Chief Constable of Sussex police.

Huge thanks to outgoing Chair, Jean Spray, for her support and guidance over the last 5 years. I am happy to say she is remaining a RISE trustee.

A warm welcome to our new Chair, Rosemary Friggens. We look forward to working with her to build on Jean's legacy of good governance, and strong foundations.

RISE's reputation as a provider of quality services is down to the dedication and hard work of the RISE Board, staff and volunteers and I thank them wholeheartedly. A special thank you to all our supporters and donors who have raised money so creatively to help keep services going.

Finally I applaud the survivors and activists who have generously shared their stories and let people know that RISE is here to help.

Gail Gray
CEO

NOTES FROM THE CHAIR

This is a special annual report for me as I am standing down as Chair of Trustees this year after 5 great, happy and challenging years. The economic climate continues to be hard and I know this affects everyone who comes to RISE for help and support, our staff, and all our partner organisations. Over the last 5 years I have seen the work and reputation of RISE consolidate and grow in the city, across Sussex and further afield. This is due to the excellent and inspired leadership of Gail Gray and the hard work, professionalism and integrity of the staff who work to provide the vital services for those who need us.

The women on the Board of Trustees continue to be a strong, wise and hardworking group who give their time and expertise generously and, with a new Chair, will be refreshed with enthusiasm and ideas to ensure the future of RISE. I look forward to contributing to that future. RISE needs to be there for women and those they love and care for. Let all of us, survivors, staff, partners, funders and supporters make sure of that.

Jean Spray
Chair of Trustees

ON THE MEND

It's hard getting my head around the fact I was in an abusive relationship. He didn't give me a black eye, or put me in the hospital, and I didn't look like any other those poster images you see. I'm confused that he did so much damage but didn't lay a finger on me. **Children say 'Sticks and stones may break your bones but names will never hurt you'. Well, that's just not true.**

Our relationship had become impossible so I broke it off. Then the harassment started. Hundreds of threatening and abusive texts and calls. I went to the Police and he was given a warning. Then he seemed to change. He begged for another chance, said he couldn't live without me and agreed to get help and have counselling. I wanted to believe him – we had a life together and I wanted it to work. But they were empty promises and, tired of being put down, called names and belittled, I left again.

The abuse escalated. He bombarded me with texts, called me constantly, yelling violent threats and abuse. I became frightened of my own shadow. My family supported me to report the harassment. It was such a relief when I did. **That's when I met the RISE IDVA. She was amazing. She supported me through the whole legal process, explaining what things meant and how it all worked.** She helped me make a safety plan and seemed to know when to call and what I needed. She was there for me when I was feeling particularly low.

He was convicted but it's not over for me. I feel the affect of his abuse every day. I was working for his family so I lost my job. My parents helped support me financially as I got back on my feet, not easy for them as they're pensioners. Some areas of the city are off limits as I may bump into him. I had to turn down a job in the area he lives. I suffer from anxiety, have had panic attacks and send friends into restaurants first just to check it is safe. This isn't what I want my 'normal' to be. My IDVA has put me in touch with the RISE Outreach Team. I know that healing will take time, but I am confident, with their help, things will look very different for me in the future.

Rose, IDVA Service User. Survivor

Rise
8K
UNDERCLIFF RUN FOR WOMEN 2013
Running for local families affected by domestic abuse.

Brighton // Sunday 6 October 2013 // 10.15am
For entries and enquiries visit www.riseuk.org.uk or email: fundraising@riseuk.org.uk

RUNNING FOR RISE

STOP PRESS! Rise has been chosen as local partner charity for Brighton Half Marathon 2014! This will be our third year in this enviable spot, and we look forward to an even larger contingent of Team Rise runners.



To join Team RISE email: fundraising@riseuk.org.uk

Rise
8K Undercliff Walk For Families 2013
Sunday 6th October 2013 - Brighton // 9.15am
Walk to raise money for local families affected by domestic abuse
For entries and enquiries see our website: www.riseuk.org.uk or email: fundraising@riseuk.org.uk

PSST! HOLD THE DATE

2014 is a very special milestone for Rise – it marks our 20th Birthday and we are definitely going to celebrate! Rise Event Elves are currently busy in the Planning Mine – more information will be with you soon.

SERVICE SUMMARY STATS 2011-12

In 2011-12 RISE supported **1,163** individual clients. **801** adult clients were supported in Brighton & Hove, and **251** in West Sussex. RISE offers a holistic service within Brighton & Hove, supporting clients in many ways, and an Outreach and Refuge Service in West Sussex. We had **1,302** separate service engagements with clients across all RISE services, **964** in Brighton & Hove, and **275** in West Sussex, representing a year on year increase.

WHO ACCESSED RISE IN BRIGHTON & HOVE AND WEST SUSSEX?

1087 Adults engaged with RISE. during the April 2011 - March 2012. **1398** engagements were made with individual RISE services, illustrating that many clients use more than one service. **160** individuals over 18 years identified as an ethnic minority. **34** individuals over 18 years identified as Lesbian, Gay or Bisexual. **3** individuals over 18 years identified as transgender. **8** individuals were adult male. **8** individuals were over 65. **96** individuals identified as having a disability. **247** individuals disclosed mental health issues. **60** individuals disclosed issues with drugs. **86** individuals disclosed issues with alcohol.

BRIGHTON & HOVE COMMUNITY OUTREACH AND FAMILY SERVICES

COFS supported **231** women and children in a variety of ways including: Healthy relationships programmes in schools; low cost counselling sessions; drop in and support groups; parenting and family groups and domestic abuse training.

HELPLINE

The RISE Helpline is open during office to answer calls from the public, clients and professionals. The Helpline is a primary access to RISE Brighton & Hove services and we work hard to maintain funding for this vital service. RISE Helpline handled **2409** calls in 2011-12, supporting **688** clients. RISE Helpline experiences consistent high demand, demonstrating its value year on year.

BRIGHTON REFUGE

The Brighton Refuge Service supported **48** women and **59** children in **15** separate units. This service offers an enhanced, and unique service, supporting women with highly complex needs due to mental health or substance misuse. This requires specialist workers and time. The service continues to provide emotional and practical support to clients after they leave as they settle into new accommodation.

INDEPENDENT DOMESTIC VIOLENCE ADVISORY SERVICE

The IDVA service received **270** referrals, of which **255** clients worked with the service. The engagement rate for IDVA is **74%**, significantly higher than CAADA's estimated **65%**. The service is split into a number of specialised roles: the MARAC or High Risk IDVAs, the Criminal Justice IDVA, the LGBT Advisors, and a Health IDVA based within the A&E department of the Royal Sussex County Hospital.

WEST SUSSEX SERVICES

NORTH SUSSEX REFUGE

North Sussex Refuge Service supported **22** women and **21** children in its **7** units. The service continues to provide emotional and practical support to clients after they leave and helps them settle into new accommodation.

WEST SUSSEX OUTREACH

West Sussex Outreach started the year supporting **48** clients, received **361** referrals and supported **226** new clients, which represents an engagement rate of **63%**.

