



freedom from abuse & violence

Summary Annual review 2021/2022

www.riseuk.org.uk

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Who are we?

RISE stands for Refuge, Information, Support and Education.

RISE is the Sussex domestic violence and abuse charity that's worked for **27 years** to end all forms of violence and abuse against women, their families and those identifying as LGBTQ+.

Our vision is '**Freedom from Abuse and Violence**'

The four strategic aims below demonstrate our sense of direction. These are part of our five-year strategic plan that we developed by listening to staff, survivors, stakeholders and our board



In **21/22** we supported **828** adults and **141** children across our services
The average number of calls to our helpline increased from **110** per month to **152** per month an increase of nearly **40%**

Message from our Chair Kim Turnbull James



I became Chair of RISE at the beginning of 2022, having been a Trustee since 2019. The Board year began with a recruitment drive for new Trustees.

We are excited for the future of RISE. The support we have received, over a period that has been particularly challenging for RISE, has been heart-warming and generous.

The value local people so clearly see in what RISE is doing has given us confidence for building our capacity for supporting those who need us. We plan to acquire refuge accommodation again, providing some of the much-needed safe space for women, and their children, who are driven from home by the actions of their partners.

We want to get better working premises for the crucial support groups, therapy and counselling we provide and whenever funds are available we will fully utilise them to expand what we can do. Jo Gough (CEO), Kate Dale (DCEO/COO) and the RISE Leadership Team have such energy and capability for taking our work forward that I have no doubt we will be able to achieve our plans for the future.

The Board want to express our appreciation for all our staff and volunteers. It is a cliché, but also true, that they make RISE's great work with survivors a reality. Thank you. Lastly, thank you to all our survivors who have put their trust in us; we are here for the long term to work with you. You are not alone.

Kim

Message from our CEO, Jo Gough

It's fair to say that 2021/22 was a difficult year for RISE.

After 26 years of securing council funding for our innovative work, RISE suffered the loss of a large contract to deliver the local Refuge and casework. This left us struggling to survive as a local expert charity. We started the year much smaller and with much less security. Our Board agreed a budget and plan and we set to rebuilding.



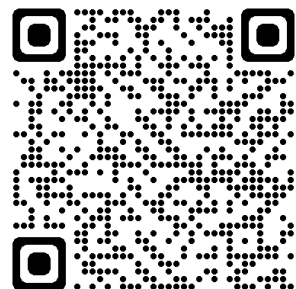
This year we have demonstrated that we can be **bold**, **brave** and **radical**. We stood up for, and alongside, survivors, providing holistic and strengths-based services for women, children and LGBT people.

This impact report provides you with a small slice of some of the best bits of our year. It represents the resilience of a small charity taking on a mammoth task and winning. I hope you find this a powerful and uplifting read and that you will stay part of the RISE Family for many years to come. We cannot do it without you.

Thank you.

Jo

To donate and support us scan this QR code
or visit us at www.rise.org.uk



Survivors campaigning to save RISE

In February 2021, RISE lost its main council contract and funding.

We were overwhelmed by support from the local community and want to thank the organisers of RISE Up campaign.

Rise Up created a website, did local and national media interviews, developed a social media strategy and even held a demo.



“

“As service users, we know how amazing and needed RISE is. We couldn't let this decision go unchallenged... So, we started an online petition asking Brighton & Hove to reconsider their decision”
Nicola Bengé and Ali Ceesay

”

The petition hit a nerve locally and over **30,000 signatures**. It was full of personal testimonials from RISE Service Users and concerned local people. It was the largest petition in history ever presented to Brighton & Hove City Council.

<https://brightonriseup.wordpress.com>

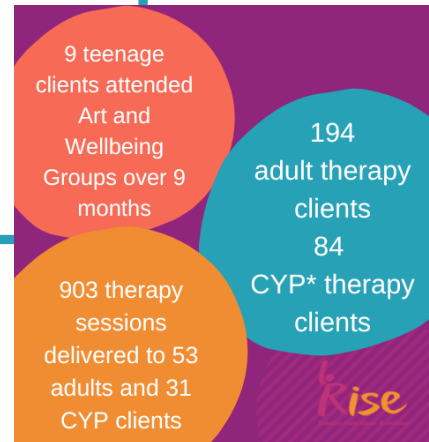
Therapy, Counselling & Wellbeing Groups

RISE offers special services to help adults, children, young people and families affected by domestic abuse.

“She is autistic and the therapist has adapted how she works to align with my daughter’s needs. This meant she happily went to sessions. In other services, they expected my daughter to adjust her needs to fit them. The Therapist has been fabulous. My daughter has felt very comfortable with her, and the therapist has been flexible and creative finding ways to communicate that felt comfortable for my daughter.”

Delivering remotely and in person psychosocial, peer support, wellbeing and recovery groups
RISE reached **494** survivors this year.

Total adults supported on at least one group = **204**
Total children supported on at least one group = **290**



Helpline and Casework

Helpline is at the core of all our work. **77%** survivors self-referred to our services this year. The trained volunteers on helpline are supported by a professional caseworking team.

“

Overall, I'm really thankful to everyone at Rise. From the first telephone call, therapy, Sarah and Beki, and everyone I've spoken to, everyone has been great and I've felt like I've had someone on my side. No one has ever doubted my story, which has been important to me. Rise has been brilliant!

”

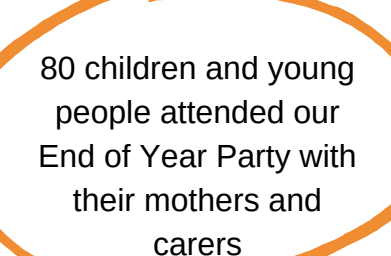
A total of **483** people were helped through helpline and one-off enquiries. **77%** of helpline contacts were self-referrals and **23%** from professionals.

RISE Helpline Volunteers tell us about, “the sheer scale and range of domestic abuse cases that RISE deals with”, and that volunteering at RISE involves working with and learning from inspirational women from all walks of life and every kind of background.



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Our parenting support is now available  

A large, hand-drawn style orange oval that frames the text inside.

80 children and young people attended our End of Year Party with their mothers and carers

One has to mark and to be asked in the newspaper "Is a new act

“ I'm making good friends with women going through similar stuff to my situation and its really helping. ”



Housing

Safe and suitable housing for survivors continues to be a key priority for RISE and we are delighted to report that this year our Housing Team expanded.

“

My RISE Housing Caseworker has been extremely understanding, helpful and felt the pain and struggle I was going through, not many people have that desire and drive to help another the way she has, I can't thank her enough. We need more people like her to help and guide the vulnerable people in our society. I got a lot of help from many people, but she was the driving force behind much of the help I received and now I am in more stable place with the needed support to help myself and give my children a better future.

”

The Safe Homes Project, Sanctuary Scheme, and the Housing Independent Domestic Violence Advocate.

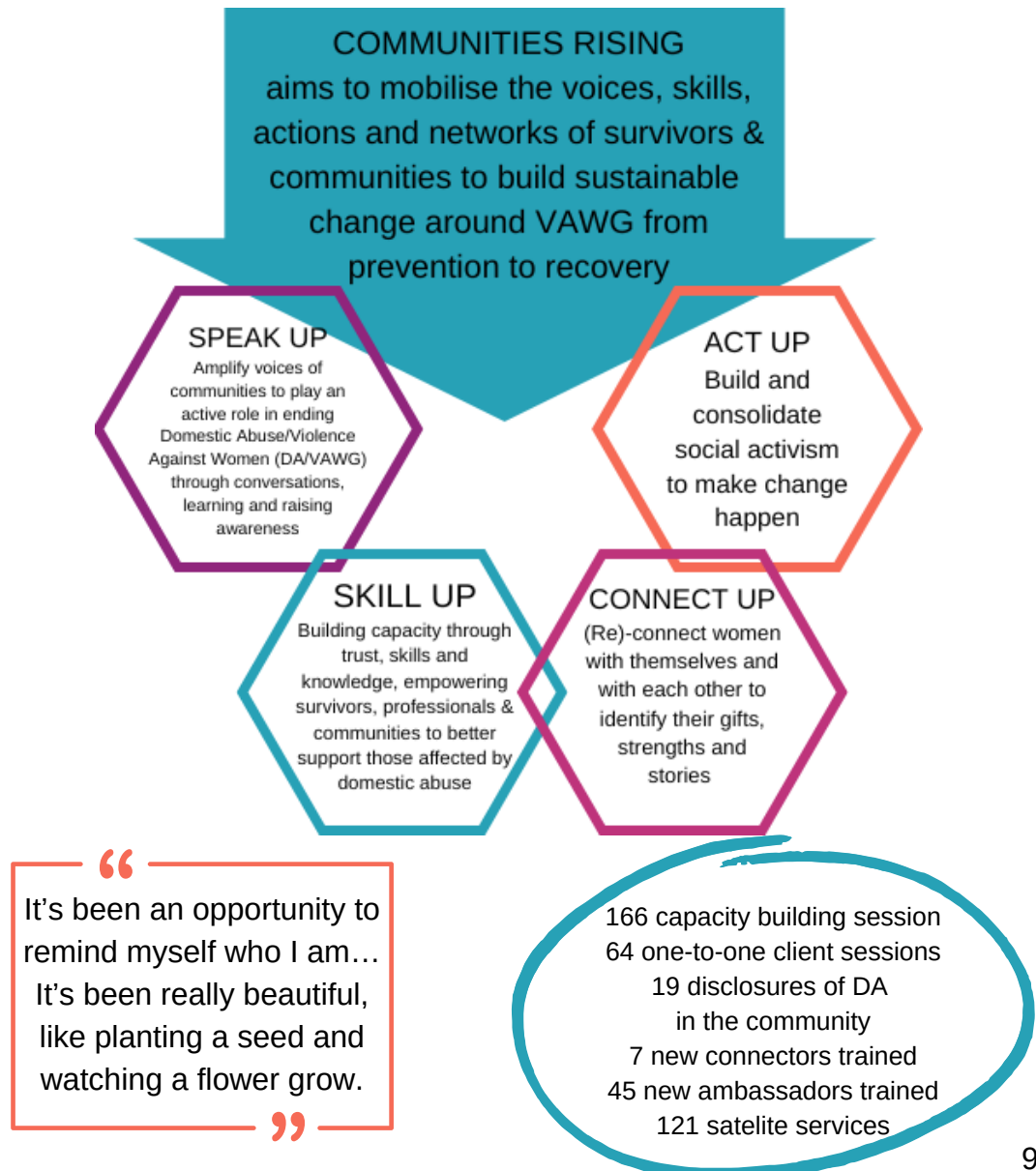
In response to the barriers for survivors who are fleeing and who require safe and suitable accommodation, RISE launched the Sanctuary Scheme in May 2021. Working with a local locksmith and a global organisation to supply video doorbells survivors stay safely in their own homes.

RISE LGBT service worked with 37 clients 38% Gay, 31% Lesbian and 23% Bi. This includes 11 Trans and 6 Non-binary identified survivors to access group work and housing support.

80 Households supported
13 households with
security and safety
repairs

Communities Rising

Communities Rising began in September 2021. It aims to mobilise the voices, skills and networks of survivors and communities to build sustainable change around VAWG from prevention to recovery.



The words of Survivors

I finally realised that I was in an emotionally abusive relationship when, when he moved on from blaming me for my late husband's suicide, to threatening that he would call social services and have my children removed if I did not do what he said.

Even at this point it was hard for me to understand that his behaviour was abusive, because I'd become so conditioned by him to see myself as the problem.

Through the support of Rise, Refuge and female friends who have been in similar relationships I came to understand the insidious way in which abuse works.

Rise were amazing in supporting me in dealing with the police and the courts, enabling me to get a non-molestation order to keep me and my daughters safe.



Fundraising Success

Fundraisers are the oxygen of RISE and we would like to take this opportunity to sincerely thank each and every person who has supported us throughout the year, despite the challenges that the Covid-19 pandemic presented. Our supporters found many and varied ways to raise funds to support our work - here are just some examples from this year's wonderful fundraisers.



On Facebook, fundraisers asked for donations, often instead of birthday gifts. Collectively, they raised over £7000 for RISE



A huge thank you to Star Properties and every person who gave generously through our Amazon wishlist for Christmas 2021!



300 runners registered and well over 250 finished the full 8K, raising an incredible total of over £25k for RISE!



Flo Powell and the team at Midnight chose RISE as their charitable partner and donated a massive £4,000



A.C.T donated a percentage of ticket sales from their performance of Lucy Kirkwood's play 'Maryland' at the Lantern Theatre in Brighton, in association with the Royal Court Theatre Director Janette Eddisford. They also collected donations on the day, and donated a total of £823.29



We were delighted to be chosen as one of three charities to be supported by Steven Grimley-Taylor and the team at Thonk who instead of a Black Friday sale did a charity appeal and donated £2,000.

“

Midnight chose to support RISE because of the important work the charity does locally to support people affected by domestic abuse. We understand that sadly this situation is increasing, and RISE therefore needs more support.

”

“

We're all very happy to contribute to RISE here at Thonk, thanks for all the great and important work you do.

”

We would also like to thank all of grant-giving funders whose commitment to survivors has meant our services continued:

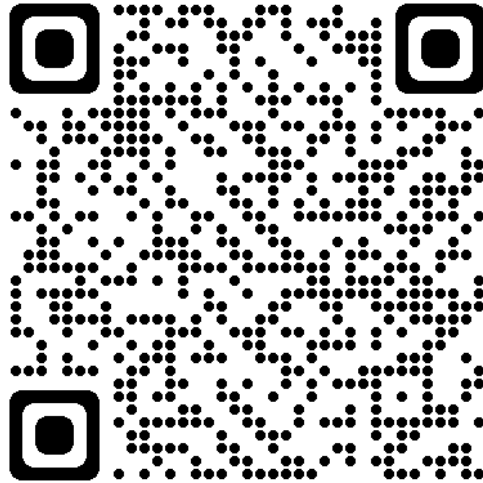
Over £23K from 139 donations via The Big Give Women and Girls Campaign

Over £146K from our Major Donors


The Musk-Burton Family Trust, Ambergate Charitable Trust. The Dodgson Foundation, Charles Hayward Foundation, Ernest Hecht Charitable Trust, Brighton & Hove City Council, The National Lottery, Children in Need, East Sussex County Council, Sussex Police and NHS, Ministry of Housing, Surviving Economic Abuse, Local Government and communities

If you're thinking of fundraising for, or donating to RISE, and would like us to help, for example by promoting your event on our social media channels and on our website, we thank you in advance, and would be delighted to help. Email us at fundraising@riseuk.org.uk

To donate and support us scan this QR code
or visit us at www.rise.org.uk



To learn more about
the contents of this report
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[www.rise.org.uk/impact-
report-2022](http://www.rise.org.uk/impact-report-2022)

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Rise

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