

Now I'm
looking
forward

It's not
just me

I'm worth
more than the

Annual Report 2017 - 2018

Helpline 01273 622 828

www.riseuk.org.uk

Text RISE02£5 to 70070 to donate £5

R.I.S.E. (Refuge, Information, Support and Education) is a registered charity (No.1065846).
R.I.S.E. is a Company Limited by Guarantee registered in England No. 3425008.

Sanctuary and support in Sussex since 1994

RISE is an independent, Brighton-based registered charity that helps people affected by domestic abuse.

We offer practical help ranging from case-work, drop-ins, direct advice and refuge accommodation for those whose lives are at risk. We also offer counselling and recovery programmes to help help people rebuild their lives after experiencing domestic abuse.

Message from the Interim Chair

I want to start by announcing that Rosemary Friggins, our Chair for the last eight years, has recently stepped down. On behalf of all at RISE I'd like to express my deepest appreciation to Rosemary for her work and contributions to help the charity grow so significantly, in size and in reputation.

I would like to take this opportunity to highlight the incredible work done by CEO Jo Gough and her team of committed and experienced professionals who have continued to show such great leadership in driving the organisation forward. This report demonstrates RISE's ability to deliver innovative, quality and caring specialist services, despite operating in an extremely challenging environment.

And of course I want to express thanks to our supporters - whether you've participated in our 8K race, put some change in a collection box, volunteered on our help desk, or simply helped spread the word, your support is what ensures our sustainability, and allows us to continue to make a critical difference to those in need. Whenever I have a conversation with people about RISE, I am always struck by the warm, caring response and desire to help. It's impossible to put into words how much difference this makes to us.

Next year is our 25th anniversary and we look forward to celebrating this important milestone with you all, and I'm excited to see what the next 25 years will bring.

Beverly Sawyers
Interim Chair

2,777 The number of
adults referred to our
service in 2017 - 18

Message from the CEO



I became RISE's CEO in July 2017, taking up my dream job working as part of a strong movement to end violence against women and girls, children and LGBTQ+ identifying people.

In the last year we experienced both highs and lows. In August 2017 Brighton and Hove Albion FC chose RISE as their charity of the year, starting a fruitful partnership which allowed us to take over a match day and speak to 30,000 fans directly. In October we celebrated the 10th anniversary of the RISE 8K Undercliff Run For Women raising over £13,000. In November we had two generous donations: £92k from a local company and £5k from an anonymous donor. In the same month a group of RISE expert staff began to write a bespoke Recovery Programme which launched in April 2018. In December RISE led a Drum Out Abuse march where we took to the streets wielding pots and pans to show that we will not keep quiet about domestic abuse.

However in December 2017 we discovered that our contract to deliver domestic and sexual abuse and violence services across East Sussex and Brighton & Hove would only extend for six months to March 2019. This was a huge blow as we had expected a one or two-year roll-over on our 3-5 year contract. At the time of going to print we have now secured a further extension to end of November 2019.

As well as reflecting our key achievements over the last year, this report demonstrates our commitment

to Women's Aid Change That Lasts ethos, which underpins all of our front-line work. Change That Lasts places the survivor at the heart of the response, and builds around her needs and the strengths and resources available to her.

It is made up of three main schemes: Ask Me, Trusted Professional and Expert Support, which involve the whole community in taking a stand against domestic abuse. As a Women's Aid Federation member RISE has informed this approach and feels it has close synergies with our vision and values, which you can read more about in the pages of this report. For more information about Change That Lasts, visit www.womensaid.org.uk.

Jo Gough
CEO



Laura's story

Initially my ex was fun, complimentary and encouraging – everything you'd want in a partner. But I realise now that the person he presented doesn't exist. The compliments turned into insults; about my appearance, my interests, family and friends. But I kept thinking that if I changed how I was that things would go back to the way they were at the beginning.

Over time the relationship became so abusive and destructive, I was drinking and using drugs to try and deal with how I felt. I withdrew from friends and family, gave up my job and was emotionally unavailable to my children as I was so pre-occupied with trying to please him. I'd lost all sense of myself, I felt like a shell with nothing inside.

The abuse was mainly verbal but there were peaks of physical and sexual violence that kept me in fear of him all the time. There were times when I thought he was going to kill me, and after one of these occasions I went to the police. However, he convinced me to drop the charges.

“

The culture of shame and secrecy around domestic abuse needs to stop

When I phoned the RISE helpline, I got advice about how to end the relationship and what to do afterwards. Although I was scared I knew I couldn't live like this anymore and I did find the strength to leave.

Since getting involved with RISE I've got a lot of strength from meeting women in the same situation.



© Laura Morgan Photography

Laura's perpetrator would control how she wore her hair – now she can wear her hair up without fear of abuse.

I used to feel so ashamed about being in an abusive relationship, I couldn't believe it had happened to me and felt so stupid. Now I realise how skilled perpetrators are at making you feel worthless and that it's all your fault.

The trauma therapy I had through RISE changed my life. I now feel able to be open with people about my experiences, as I think the culture of shame and secrecy around domestic abuse needs to stop.

53%
of RISE clients
have children

Helpline

RISE operates the only local domestic abuse helpline in Brighton & Hove.

Our helpline number is 01273 622 828.

Our helpline workers are trained to give support, advice and information, and can also let you know about other local and national organisations which may be able to help.

The helpline can be a lifeline for people who may have nowhere else to go for support, and to meet the increasing demand for this vital service we are recruiting and training volunteers to help handle the volume of referrals.

One of the volunteers, Christy, was a former RISE service user. "I wanted to volunteer on the helpline because I've experienced domestic abuse, and know how isolating it is and how frightening it can be to ask for help," she says. "I'm really happy that I can give something back to RISE, and help other people in my situation."

If you're interested in volunteering on our helpline or other areas of RISE, please contact volunteering@riseuk.org.uk.



Nikki's story

Nikki received case work and attended our Peer Support Group, where an art therapy session inspired her to pick up a paintbrush for the first time in years – which had an unexpectedly healing effect.

“Contacting RISE was so unbelievably scary for me, but the staff were warm, welcoming and made me feel safe and listened to,” says Nikki. “I felt they respected me as an individual who was worth something.

When I came to the Peer Support Group I had very little confidence in myself and anything I did. I had no idea what I even liked doing anymore. The art therapy session ended up being the turning point of my life as it helped me discover art. This is an amazing part of my recovery as I can disappear and lose myself in my drawings, it helps me to focus and express myself and my emotions.” Nikki often uses the art room at the Recovery Centre on Preston Park Avenue, run by Southdown.

“If I’m honest, if RISE hadn’t been there and supported me then I don’t think I would be here today. If you’re thinking of contacting RISE, I know that the first phone call is the hardest thing... but pick up that phone because on the other end will be someone warm and welcoming. You will be listened to, and it’s not scary. It’s the best thing you can do.”

To hear Nikki telling her story, visit www.riseuk.org.uk/nikki.



About the Peer Support Group

Our Peer Support Group is a weekly drop-in for women to share experiences and offer support to each-other, facilitated by a RISE case worker. It's an extremely valuable service to people who feel isolated and alone as a result of their abuse, as it allows them to connect with other women who have been through the same thing.

A themed session or workshop also takes place once a month. These have included yoga, drama, arts and crafts, workshops on sleep, keeping safe online and the 5 Ways to Wellbeing.

We would like to thank Mind in Brighton & Hove, the Marta Scott Dance Company, Selina from Facio Workshops, Orange Pod, Hannah from OmRetreats, Georgina from the Lit Up Project and Graham Lewendon from Surrey & Sussex Police Cyber Crime Unit.

We asked some of the women at a Peer Support Group about how they feel now they have left their abusive relationship, and had their answers printed on t-shirts



© Laura Morgan Photography

210

People who last year received group work, such as the Peer Support Group, from RISE.

34%

of people we supported last year had mental health support needs

Refuge

RISE provides crisis accommodation for women and children escaping domestic abuse. This is by way of a refuge - which is a secure and confidential address where people receive specialist support.

Our Brighton refuge has room for 15 families, and last year we opened an LGBTQ+ refuge with a further two self-contained units in the community.

Over the last year we have worked hard to review and develop the support we offer people staying in our refuges. We often have feedback from residents about how lost they feel when they first arrive, having never had to make decisions before and having to do things on their own for the first time.

We've therefore increased the level of support residents receive from our caseworkers, which can include being accompanied to external appointments which can be extremely daunting.

38% of refuge clients have more than one vulnerability, so we have introduced a Navigator role to offer intensive support to people staying at the refuge who have multiple and complex needs.

People often move into the refuge after experiencing high levels of trauma, so we now provide one-to-one sessions to teach residents coping strategies for trauma and have started a self-care group work programme.

Children

We run a weekly club for children, and activities such as Halloween and Christmas parties.

The children's workers provide one to one and group work for children at the refuge and work closely with the health visitor who attends weekly.

Young children require intense work in conjunction with health care, education or social services, to recover and thrive.

Thank you

We would like to thank FareShare who deliver food donations to refuge weekly. Thank you as well to Soundwave for donating new ipads, radios and televisions, and to LEESA for donating new mattresses.

**56 adults &
54 children**

stayed in our refuge last year

67% of refuge clients
last year had
mental health
support needs



Award-winning multimedia and street artist Sarah Gillings, also known as S.o.S. (www.iamsos.com) painted this beautiful mural at our refuge which will be finished and ready to enjoy in the New Year

LGBTQ+

Last year we opened one of the few dedicated LGBTQ+ refuge and support services, partnering with Manchester and London as part of a Government funded project. Brighton and Hove was chosen as one of the 'beacon' sites to which LGBTQ+ people may travel to seeking validation. We hope this will be the start of a national network of LGBTQ+ refuges.

We also marched in the Brighton Pride parade for the first time, which helped us increase our visibility to the LGBTQ+ community.

Our specialist LGBTQ+ worker says: "Abuse in LGBTQ+ relationships can take many forms, such as using someone's gender or sexuality as a basis for threats, intimidation or harm, intentionally using the wrong gender pronouns or denying access to medical treatment or hormones. Acknowledging that any partner, ex-partner or family member is an abuser can

be difficult. This can be made even harder by threats of 'outing' or fear of further isolation. That's why our LGBTQ+ service can be such a lifeline for LGBTQ+ people who are being abused. We understand, and believe you."

Client sexuality
Of clients who have
chosen to disclose
their sexuality, 9.6%
identified as gay,
lesbian, bisexual
or other.

1 in 3

Lesbian, gay, bisexual and Trans people are affected by domestic or sexual abuse and violence

“

I just want to say thank you for the other day, I smiled for the first time in more than I care to think. You really made me feel hope”.

- LGBTQ+ refuge user



The Portal

It was our second year running the Portal service with our partners, cgl and Survivors' Network.

The Portal is a 'one-stop-shop' for people experiencing domestic or sexual abuse and violence in Brighton & Hove and East Sussex. The easy to navigate Portal website ensures that you are never more than one click away from advice and support, whether you are: female, male or a member of the LGBTQ+ or BME communities.

You can also visit the Portal if you are worried about a friend or family member, or if you are a professional supporting someone who you believe is being abused.

Via the Portal, we can offer specialist support for black and minority ethnic women and girls affected by domestic or sexual violence or abuse. This includes those at risk of forced marriage, female genital mutilation (FGM), so called 'honour' based violence (HBV) and other harmful practices.

Teresa is a Support Worker in the Access & Outreach Team (pictured), whose role is funded by the Portal.

"I started working at RISE in October 2017, because I am a feminist and I believe that social change is possible. My work is varied, but mainly I am the 'front door' of the Portal and I deal with requests from both clients and professionals working in the sector.

The most rewarding feeling is when you see that people who have been isolated because of the impact that abuse has on their life feel less alone. And the most challenging part of my role is when we struggle to meet the demand there is on our service."

Thank you to the Associate Commissioners supporting the Portal service.



Portal
You can visit the Portal on
www.theportal.org.uk
or by calling Freephone 0300 323 9985

© Laura Morgan Photography

Big Lottery Community Engagement and Building Project (BLCP)

In 2016 RISE won four years funding to build partnerships and opportunities out in the community, to open up dialogue, increase awareness, build capacity and create safe spaces for all women affected by domestic abuse – from prevention to recovery.

Now in its second year, the project is flourishing.

We've recruited nine Community Connectors – who are domestic abuse survivors that RISE is supporting to develop their own projects to reach their local community. These projects will be unique to each survivor, and based on her skills, strengths, and personal experiences. Current projects include a community sewing project for BME women and a re-design of a healthy relationships tool to suit women affected by domestic abuse.

In October 2017 we launched our Community Research Programme, which is a three year longitudinal study that will trace the journeys of clients coming into our Big Lottery Community project. Four survivors of domestic abuse attended a series of research training workshops and are being given the opportunity to work alongside our researcher; Dr Lucy Hadfield, learning the skills involved to design and conduct a community research project. The project will help RISE understand the needs and experiences of women from marginalised groups and better improve our service.



We gave 55 Ask Me ambassadors across Brighton & Hove and East Sussex domestic abuse awareness training, including how to start conversations on the topic, and challenging some of the myths, stereotypes and victim blaming to increase capacity out in the community.

We know that on average a survivor of domestic abuse will tell five people before she gets the help she needs.

We have supported and collaborated with women with multiple disadvantages – women who are homeless, older women and disabled women - to learn how best to support them effectively.



Ask Me ambassadors after their domestic abuse training

We have started important conversations with BME communities across Brighton & Hove about the ways to address healthy relationships, and how safe spaces can be offered for support in these communities.

If you're interested in becoming an Ask Me ambassador, please email askme@riseuk.org.uk.

Therapy

The RISE Therapy Service offers therapeutic support to women, children and young people impacted by domestic abuse. The service aims to help clients understand what has happened to them and how it has affected their day-to-day life. The therapy helps clients to learn ways to manage how they are feeling, rebuild self-esteem and can reduce the intensity of traumatic memories so that they can begin to rebuild their lives. We offer a range of approaches including person-centred, integrative psychotherapy and arts based therapies as well as trauma-focused therapies.

The service can be helpful for a range of psychological needs including:

- Post-Traumatic Stress Disorder (PTSD)
- Depression or low mood
- Panic, anxiety or stress
- Self-blame and self-harm
- Low self-esteem
- Lack of creativity and motivation



A major achievement last year was our commitment to becoming a trauma-informed workplace. This meant that all staff, even those not delivering front-line services, were given thorough training in how trauma affects the

mind, body, relationships and sense of self, and how therefore to better support our clients and look after our own wellbeing.

Polly Irvin, Head of Therapeutic Services (pictured), said “Clients attending our new Trauma Wellbeing Group often experience shame and confusion about why they responded to instances of abuse and violence in the way they did. For example ‘why didn’t I fight back or run away’. It often proved a real revelation to discover what little control we have over our brain’s defence mechanisms, and the fact that our responses are not our fault.”

We have put together some online resources to help people understand their responses to traumatic situations, as well as a series of breathing exercises to help manage symptoms such as stress and anxiety, which you can see here:

www.riseuk.org.uk/trauma and
www.riseuk.org.uk/selfcare.

Last year we also expanded the Child Therapy Service and now have two part-time children & young people’s therapists.

We also started offering a new type of therapy - an evidence-based approach called EMDR (Eye Movement

Desensitisation and Reprocessing). It’s believed that this treatment is effective because it activates the part of the brain responsible for processing memories, involving a similar process to that which occurs during REM (Rapid Eye Movement) stage of sleeping.

56 adults & 18 children

**received one-to-one counselling last year
(a 12 week course)**

Break4Change

The effects of abuse can be devastating, regardless of your relationship to the perpetrator. RISE has co-developed a unique programme for families where young people are violent and abusive towards their parents / grandparents or care givers. It looks at building respectful relationships where all family members feel safe and valued.

The 10 week programme consists of a young people's group and a parents' group. They run in parallel with each other and include strategies for addressing behaviour, as well as bringing both parties together to focus on non-violence and respect between family members.

We are continuing to see positive outcomes and have now delivered training to organisations across the UK, Oxford, Cambridge, Peterborough, Rochdale, Hampshire and Pembrokeshire. We have also designed and delivered a one-day 'Awareness Training Workshop' aimed at practitioners working with families who identify with Child to Parent Abuse. Surrey requested training earlier this year, where we trained over 200 practitioners.



This training will be rolled out in Brighton & Hove early next year. We are also developing a 1:1 intervention locally, and are currently piloting a holding intervention in Peterborough.

Comments from families who have taken part in the programme include:

“I feel sad after an argument with my nan”

- young person aged 14

“It’s nice to be heard”

- young person aged 15

“It really helped to calm my daughter down, allowing us to talk more”

- parent

“It’s difficult to know if child to parent violence is increasing, or just becoming more widely reported,” says Jane Griffiths (pictured), Break4Change Coordinator. “I think more and more agencies are picking it up, more parents are willing to talk about it so we’re much more aware of it. Interventions such as Break4Change are so effective as it works with both parties, and focuses on communication skills, listening and restorative conversations.”

Raising awareness

With 1 in 4 women a week affected by domestic abuse it's more important than ever to let people know about our services. We also need to challenge the perception that domestic abuse is 'not my problem' and raise money to campaign to keep our statutory funding.

Drum Out Abuse

As part of the 16 Days of Activism Against Gender-Based Violence in December, RISE led a community march through the streets of Brighton to show that domestic abuse will not be tolerated. Ten years after our first Drum Out Abuse march, pots and pans were wielded to emulate the 18th Century practice of Rough Music where villagers would surround the house of a known abuser and bang pots and pans to shame them into change.

Brighton & Hove Albion Partnership

Brighton and Hove Albion FC chose RISE as their charity of the year, giving us a match-day take-over when they played

Tottenham Hotspur at the American Express Community Stadium, allowing us to speak to 30,000 fans about how domestic abuse is #everyonesbusiness. It was a huge honour to be chosen to partner with the Seagulls in their first season in the Premier League.

Appearing on the BBC

Last year the Government announced changes to Housing Benefit that could threaten the continuation of our refuge provision. In response to this, we joined Women's Aid's campaign to protect refuge funding, and our CEO Jo Gough appeared on BBC South East 'Inside Out' to talk about the importance of this vital and specialist service, and the danger posed by the proposed changes.

Fortunately the campaign was successful and the proposal has since been overturned. We would like to thank Ali Golds, named as one of the Independent's 20 most Extraordinary Women of 2017, for taking part in the BBC show.



Mayor's charity

We were chosen as the Mayor's Charity of the Year for the second year in a row, helping us to raise our profile in the city and hold fundraising events in the banquet hall of the Royal Pavilion, the Mayor's Chambers and the Police cells underneath the Town Hall.



- Provide online tools and support to help service users stay safe and manage their recovery
- Raise awareness of domestic abuse / challenge stigma.

The website has been really well received, particularly the interactive components such as the 'Am I being abused' questionnaire which you can see here: www.riseuk.org.uk/amlbeingabused.

New website

Last year we invested in a new website in order to help us:

- Raise funds via online channels and improve our fundraising capacity more generally

We have also introduced a 'professionals' section with resources for people supporting clients experiencing abuse, because last year calls from professionals asking for advice made up a significant number of calls to the helpline.



Companies and community

Last year we received the biggest single donation in our history! RiverStone, a market leader in the insurance and reinsurance run-off industry, called us out of the blue to tell us they were donating £92,000. A spokesperson for RiverStone said “It is an important part of our culture to give back to the local community and we are delighted to be able to make a donation to such a crucial cause as RISE. We are thrilled that the donation will make a real impact to improve the lives of survivors of domestic abuse.”



American Express have supported RISE through their Women's Employee Network (WIN) through bake sales and volunteering at our events.

In the same year we were chosen as Brighton & Hove Albion's charity of the year, we were the nominated charity for Sussex County Cricket Club's Ladies Day. We made nearly £2,000 from ticket sales and a raffle, and enjoyed a lovely afternoon listening to the sound of leather striking willow!

Where Cricket Meets...
LADIES DAY
TUESDAY 23RD MAY 2017 ARRIVE FROM 12PM
SUSSEX V DURHAM DAY THREE, SPECSAVERS COUNTY CHAMPIONSHIP
The 1st Central County Ground, Hove

Come and join us in The Focus Group Boundary Rooms, Hove and enjoy:

- Reception drink
- 2 course lunch
- Afternoon tea
- Guest Speaker: Sally Kettle
First woman to have rowed across the Atlantic east-west, twice.
- MC: Tony Cottee
- Charity Auction
- Best dressed Man
- Best dressed Woman

IN AID OF **Rise** SUSSEX CRICKET FOUNDATION

SPONSORED BY **consortium**

CONTACT US NOW TO BOOK:
Lisa Hogan - 01273 894243 or
lisa.hogan@sussexcricket.co.uk

For more details visit www.countygroundsussex.co.uk/events/where-cricket-meets

Lewes Ladies FC were another sports club who got behind RISE last year, inviting us along to their games for match day collections, and to talk about our work to their supporters. This was a huge honour, as Lewes are the first club in the world to pay their men and women's teams equal pay. In turn we were delighted to support their Unlock the Gate campaign to encourage more people to attend women's football, to increase attendance at games in the hope that other football clubs follow suit.



The Funny Women have been supporting us for over ten years now, inviting us to collect at their monthly residency at the Brighton Komedia. Funny Women showcases the best new female talent,



and with the likes of Susan Calman and Zoe Lyons among their alumni, it's not to be missed!

Local WI the Brighton Belles has supported RISE for the past seven years, following an annual membership vote. "Last year we decided to permanently partner with RISE as our charity," says Alanna McWade, Brighton Belles President in 2017. "The cause is very close to our hearts as we know people who have benefited from your services." The Belles have fundraised for us, baked cakes for events, volunteered at races and donated gifts for clients at Christmas.



As well as your generous donations, your time is valuable to us as well.

Last year, 37 volunteers gave us a total of 5,792 hours. This is the equivalent of three full time workers. Thank you!



© Laura Morgan Photography

The inaugural Wildfire Women Conference chose to partner with RISE last year, donating us 10% of ticket sales and the proceeds from a raffle, as well as inviting our service users to take part in the weekend of inspirational speakers and workshops. "I felt passionate about supporting RISE because of the amazing work they do to support women," said Thea Anderson, one of the event's founders, pictured above. "I believe their services are vital because so many women are still suffering from violence and abuse. Hearing the story of one of RISE's service users was incredibly moving. It really brought home the necessity of the services RISE provide."

If you would like to volunteer for RISE, please contact volunteering@riseuk.org.uk to be added to our volunteer mailing list.

Races

Races

The 8K Undercliff Run For Women is a scenic race along the seashore, alongside Sussex's famous chalk cliffs, from Saltdean towards Brighton and back. 2017 marked the 10 year anniversary of this popular event, and with 420 women taking part it was our biggest race yet. For last year only, we also had a one kilometre dash for ten-year-old girls.

There was a wonderful sense of solidarity with a number of RISE staff members and domestic abuse survivors taking part, including Kate Orrells, a teacher from Brighton, who ran with her mum. "Five years ago my two young sons and I fled an awful situation," said Kate. "RISE helped me through my healing process with counselling. They reprogrammed me. They helped me to find strength and not feel so alone."

£75,889*

The total raised from all races
*this includes registration fees
as well as sponsorship



© David Matthews Photography

Our fantastic runners smashed the sponsorship target of £10,000, managing to raise over £13,000.

Another huge fixture in the RISE calendar is the Brighton Half Marathon. Last year we were a charity partner, and had 137 people running what is known as the 'happiest half', who raised a massive £32,000.

Thank you to the Protein Ball Co for donating vegan protein balls to our runners, and to Zuzana of Z-energy for the energising Zumba warm-up.

As well as taking part in the above races, we're always delighted to hear from runners who have chosen to raise funds for RISE through taking part in other races in the city, such as the Bright10, the Brighton Marathon and the Colour Run. If you're interested in running, or indeed cycling, walking or swimming, for RISE, please visit www.riseuk.org.uk or email fundraising@riseuk.org.uk.

Many companies are happy to match the sponsorship total of employees running races for charity... why not ask yours!



Photography © Nicola Davies

Who do we help?

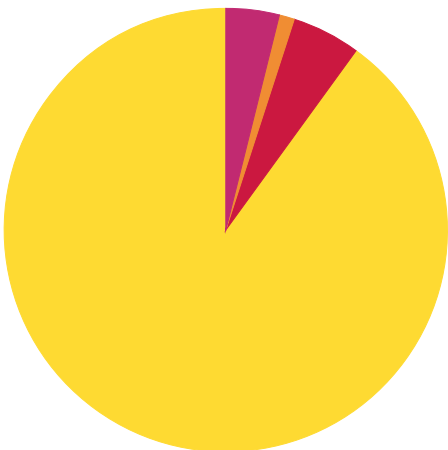
The majority of people who used our services were aged between 31 and 40, and were women.

Client age



- 0-20 5%
- 21-30 25%
- 31-40 30%
- 41-50 22%
- 51-60 9%
- 61-80 3%
- 81-91+ 1%
- Unknown 5%

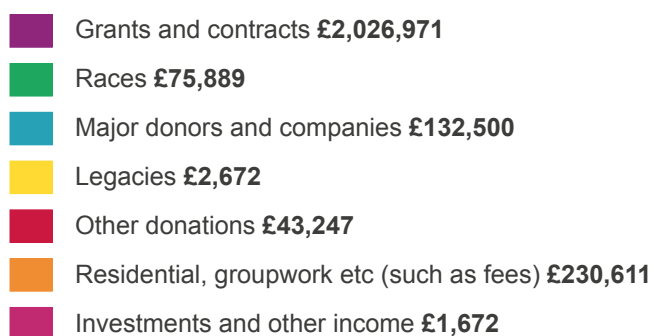
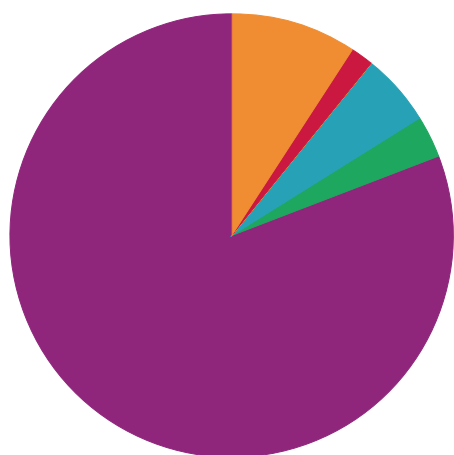
Client gender



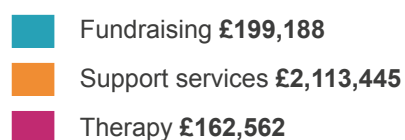
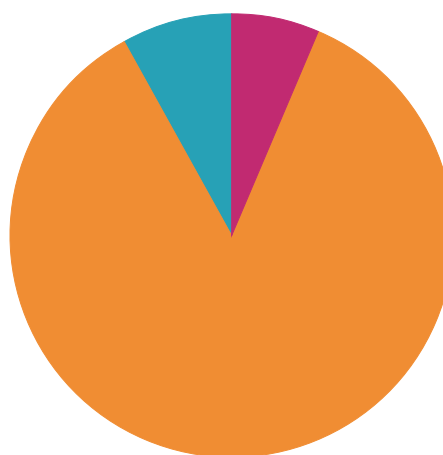
- Women 90%
- Men 4%
- Transgender 1%
- Unknown 5%

Income and expenditure

Income: £2,513,562



Expenditure: £2,475,195





Feedback from clients

“

**I was listened to and believed
by staff at RISE**

– 98% strongly agree or agree

**Staff at RISE have been
knowledgeable and competent**

– 99% strongly agree or agree

Get involved

Without people like you we couldn't continue our vital crisis support, practical guidance and emotional care to help women, families and individuals to rebuild their lives. You can support people to live free from domestic abuse and violence in the following ways:

Donate

Text RISE02£5 to 70070 to donate £5.

Take part in a race

Why not take on a fitness challenge and sign up for a local race such as the 8K Undercliff Run For Women, the Brighton Half Marathon or the HEROES RUN. Visit www.riseuk.org.uk to find out more.

Hold a fundraising event for RISE

Whether it's a film night, quiz, raffle or dress up day, contact fundraising@riseuk.org.uk and we can send you a fundraising pack filled with top tips for maximising your fundraising!

Volunteer for RISE

Visit www.riseuk.org.uk/volunteering for our current volunteer vacancies, or email volunteering@riseuk.org.uk to be added to our volunteer mailing list, and find out about volunteer opportunities as they arise.

If you're worried about your relationship, or about a friend or family member, you can call us confidentially on 01273 622 828. We also run a weekly drop-in at Hove Town Hall, from 10-12 on a Wednesday.

