



Annual Report 2016 - 2017

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 RiseUK

RISE Board of Directors are pleased to present their Annual Trustees' Report, together with the financial statements of the charity for the year ending 31st March 2017. These are also prepared to meet the requirements for a Directors' Report and Accounts for Companies Act purposes.

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.

RISE, PO Box 889, Brighton, BN2 1GH 01273 622 828

Notes from the Chair



Rosemary Friggens

RISE Chair of Trustees

On reflection, 2016-17 has been a challenging year for RISE. We have seen a major increase in demand for our services, as have many other voluntary sector organisations. At the same time, public sector and statutory funding has not kept pace with the need. RISE remains committed to delivering the highest quality, specialist, domestic abuse service and has been working hard to maintain standards.

The good news is that, hand in hand with the high demand, awareness of domestic abuse and violence is growing fast. In addition, the law has been enhanced to cover coercive control so that emotional and psychological abuse is recognized and we start to acknowledge that abuse is not just physical. The subject is a priority for our police force and there has also been media attention. If, like me, you are an Archers fan, you will have a very clear understanding of coercive control and the devastating impact.

RISE continues to attract widespread local support. Please keep viewing our website and continue to offer your help in all the different ways possible: time, skills and expertise, talking about our work, funding, donations of useful things etc. This is really appreciated and you can be confident that it makes a difference.

The early part of 2017 brought the news that our long serving CEO, Gail Gray, was stepping down from her role. She will be hugely missed. Gail led the development of RISE from a small

relatively unknown charity to where we are today. I would like to thank her for her passion, vision and relentless energy.

I'm delighted that we have successfully recruited to the role and would like to welcome our new CEO, Jo Gough. Jo brings a wealth of experience and has a thorough knowledge of RISE and the sector, having been our Head of Quality and Business Development for 4 years. We are confident that she will be a great asset.

On behalf of the Trustees, I would like to thank all our supporters, service users and their families, staff, volunteers and service partners for their help, motivation, enthusiasm and contribution to our vision of freedom from domestic abuse.

Rosemary Friggens



RISE Trustees (from left) Helen Carpenter, Jean Spray, Anne Marie Harrison with outgoing CEO, Gail Gray at the Mayor's Boundary Walk

CEO's Report



Jo Gough, RISE CEO

(Appointed 2017)

This year I want to dedicate my report to RISE Staff and Volunteers – the RISE Family.

Our staff are exceptionally gifted and capable with a wealth of expert experience. Most importantly they deal, day in and day out, with the most difficult issues with an abundance of humanity. I am humbled by their commitment and skill. Our service users talk about the persistence staff show in advocating for their rights; how encouraging they are; how they build confidence; and that they are knowledgeable, strong and confident. Despite challenging increases in demand for our service (74% increase) our feedback shows that 95% of clients felt listened to and 93% felt that staff at RISE are knowledgeable and competent.

This year was our first running the Portal Service with our partners, cgl and Survivors' Network. It has been exhilarating working with new colleagues across East Sussex. The simple format of our new Portal website www.theportal.org.uk has proved to be very successful and survivors across the county are able to ask for support easily.

We sadly said goodbye to a long standing member of staff as we withdrew from the contract for our West Sussex Refuge. The refuge, we are pleased to say, is now in the capable hands of a sister organisation, Safe in Sussex.

Our volunteers give so much and add extra layers to our support offer. They provide legal

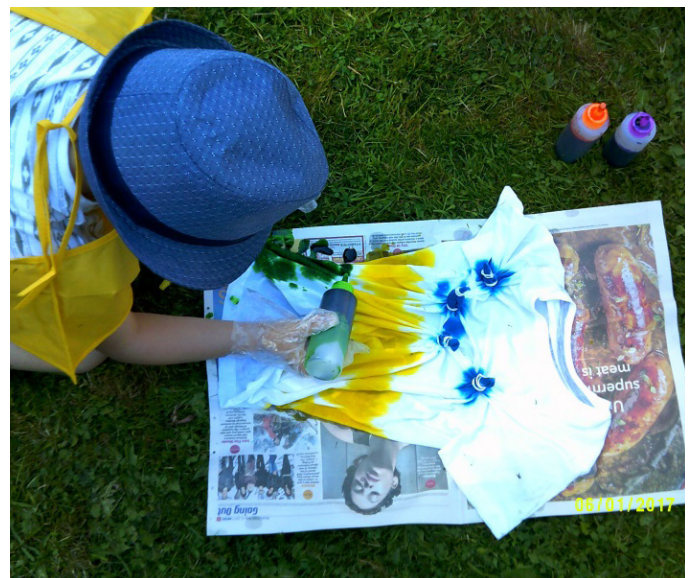
expertise, child care, reception support, group work and help us bring in much needed funds through our community events and challenges. The total volunteering hours in this period was equivalent to two full-time workers.

During this year we also recruited 5 people to the new Helpline Volunteer role which, at going to print, is proving an essential 1st contact point for people coming to RISE.

I want to send a warm welcome to all our new staff and volunteers and a big thank you to our RISE Family.

I'm fired up and relishing my new role as RISE CEO and look forward to leading the organisation into a future free from domestic abuse.

Jo Gough



Summer crafts in the garden at the RISE Refuge

Allison's Story



In 2015, Sussex University graduate student Allison Smith suffered a horrendous and sustained attack from her then boyfriend, a lecturer at the same university. He was charged with assault, criminal damage and assault by beating on 24th September 2015. He was found guilty on the 20th June 2016 and sentencing followed on 13th July. During this time, despite the charge, he continued to lecture Sussex University.

RISE supported Allison throughout the trial. She was determined that, after the outcome, she would take this issue to the press to raise awareness of domestic abuse and to pressure Sussex University to look at their domestic abuse policies to that students in future would have more protection.

The story broke in the Guardian newspaper in August 2016 and was quickly picked up by other national and local press and radio. RISE helped Allison negotiate the terrifying tsunami of press attention and to tell her story when and how she wanted to.

As a result of her stepping forward the incoming Sussex University Vice Chancellor, Professor Adam Tickell, commissioned an independent review from Durham University's Professor Nicole Westmarland. The findings of the review were published in January 2017 and, as a result, Sussex University is implementing concrete changes in the way it deals with allegations domestic or sexual abuse on campus.

Allison's bravery in not only holding her perpetrator to account through the gruelling court process, but also in sticking her head above the parapet and speaking up for other survivors, is awe inspiring.

Her actions have affected root and branch change in the way Sussex University protects its students, and the campus is a safer place because of her.

This is her story, in her own words.

"Trying to find your voice or build up strength to leave an abusive relationship is hard enough on its own without the fear of an impending trial and an intimidating process ahead of you. My IDVA at RISE was there from the start to support me and help to erase the fears and concerns that would constantly build up each and every day.

I had never given evidence before, I didn't understand the process and was terrified of being in a room with my abuser again. It was an utterly confusing and terrifying time but my IDVA truly felt like my second mum, there to comfort me when I had weeks where I didn't think I could see any of it through.

I was lost in limbo waiting for the trial, in so much pain and carrying a lot of stress on my own every

single day, but I always knew that when I spoke to Charlie each week she would somehow manage to make me smile and declutter my head for at least a few hours even through the distress.

On the day of the trial my IDVA felt like more of a mum to me as I didn't want my family or friends to see me in distress or be in the same room as my abuser that day. I knew it would be too much for them to see and I knew that I would worry too much about their pain - I needed to focus on getting through one of the most terrifying days of my life. Charlie carried me that day (emotionally not literally, I'm sure I'm too heavy for that!) She sat me down and helped to ground me as I found myself floating away, wanting to run out of the door, hide in a corner and cry out of sheer fear. She gave me tough love when she felt it was

Allison's Story

necessary, she gave me clarity, she gave me hope and most importantly she made me feel like I was never alone throughout the court process.

My abuser was a lecturer at a university I had just completed an MA with. I spoke to my IDVA about my fears of confronting the university over their silence about a member of their staff assaulting me. For 10 months I was not only waiting for a trial but at the same time feeling as though an institution that I trusted and admired didn't believe me and was siding with my abuser.

When I spoke to my IDVA about what was happening she really listened to me and made me feel like this was something I should try not to give up on.

After the trial and the closure I had from hearing the guilty verdict I focussed my attention on making sure what happened to me didn't happen to another student. After nearly a year of waiting for them to hear me, they finally listened and did everything they could to learn from it and make sure it couldn't happen again to anyone else.

The press interviews, the hundreds of messages about it, as well as the inquiry into what went wrong at the university was another very stressful year for me. But Charlie, Naomi, Kate and Gail at RISE were there to stand with me and raise awareness about the important and wider issue of universities not taking violence and abuse seriously and essentially sweeping complaints under the carpet.

I remember going to an interview to discuss what had happened including the hardest part; actually discussing my abuser assaulting me. I felt like I was falling apart at the seams, the anxiety was beyond debilitating that day and so I asked Naomi to come with me. I don't know how she managed it with everything going on around me. She really reassured me every step of the way and made me smile when I felt lower than low.

RISE fought to keep the conversation and topic

going on the issue and I admire them so much for the amazing work they do and their determination to protect women.

I'm so grateful to them for their kind words, their support and their warmth through all of the anxiety and pain I was desperately trying to battle.

Charlie helped me to see that I didn't deserve any of that pain, that none of what my abuser did to me was my fault.

RISE is a wonderful charity full of brilliant, kind and inspiring women. When you find yourself feeling alone, afraid and desperate to leave an abusive relationship, they will be there to give you the extra strength and confidence you need to stand up for yourself.

As I try to get my life back on track I know that RISE will always be there for me. I will never forget that level of kindness through the most cruel situation.

Thank you, RISE for all that you did for me and all that you do for many others."



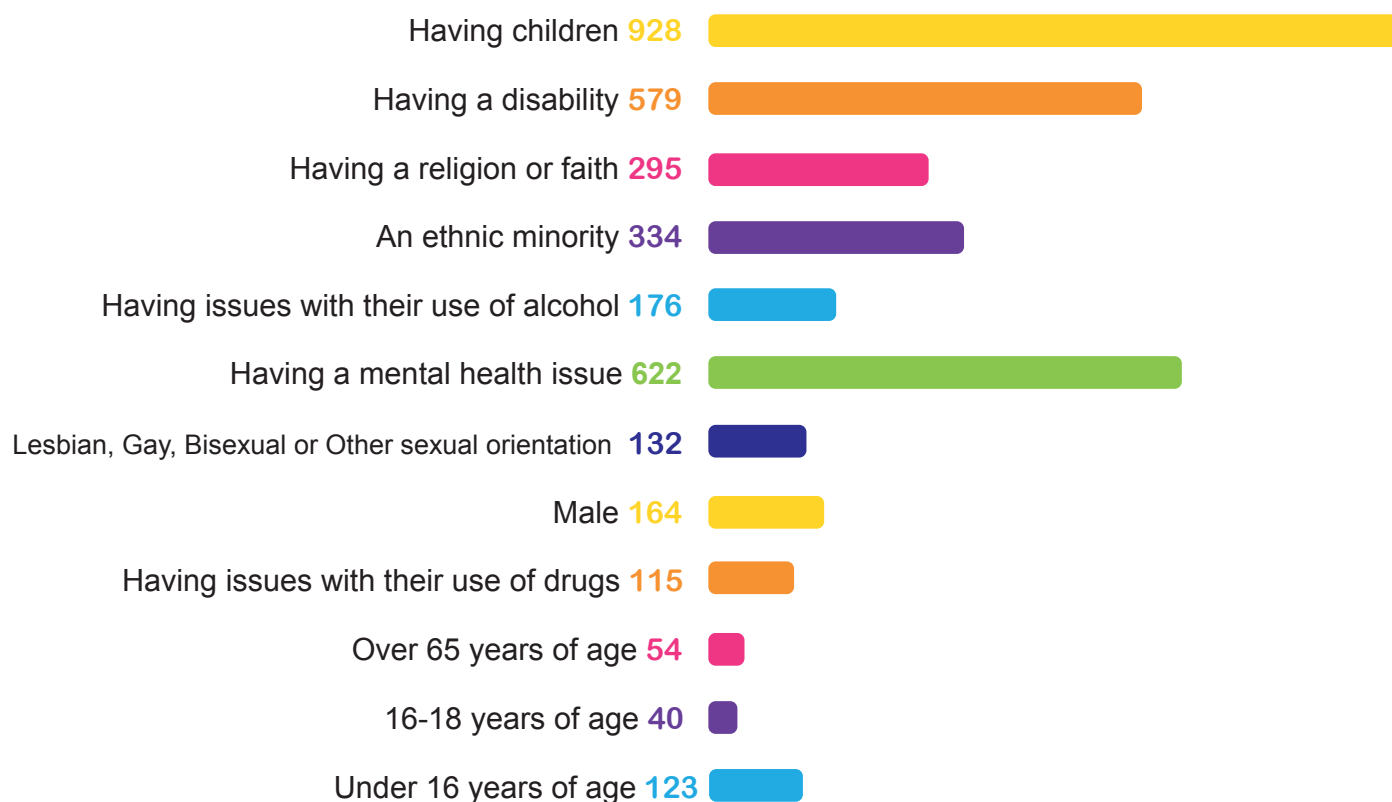
Allison Smith, RISE Service User

RISE Statistics Summary



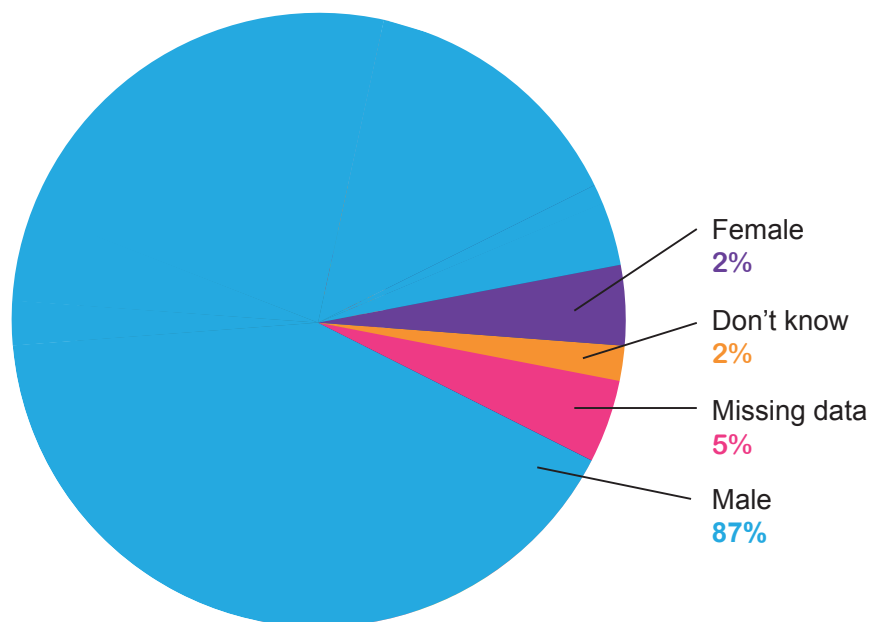
- **1924** clients used the RISE services
- **2527** clients registered (new)
- RISE provided Refuge to **147** people (**78 adults** and **69 children**)
- **211 (6%)** high risk referrals to MARAC IDVA
- **660** who used RISE ACCESS were referred to other RISE Services

2016 -17 Clients identified as:

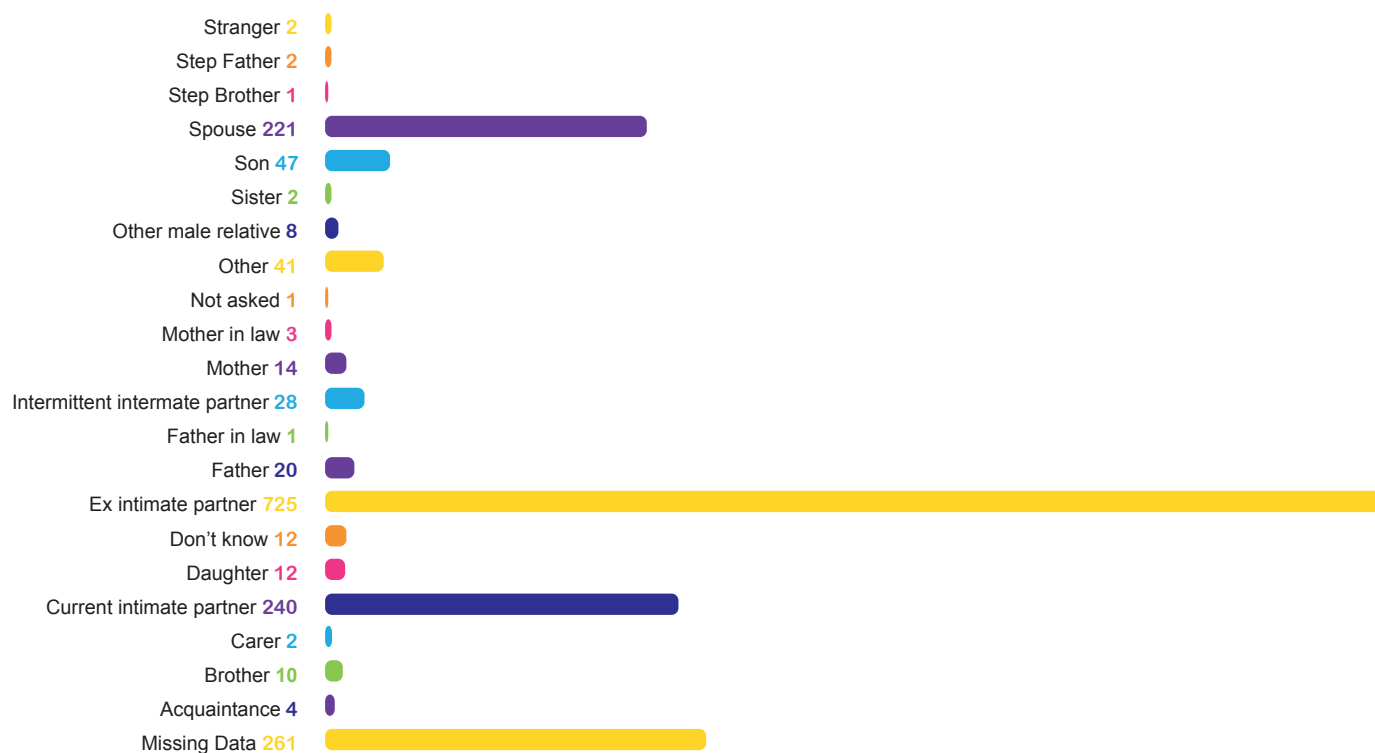




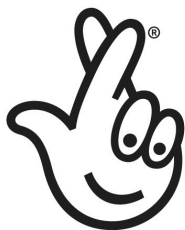
2016 -17 RISE all Services: Perpetrator Gender



2016 -17 Relationship to Survivor



Big Lottery Community Engagement and Building Project (BLCP)



LOTTERY FUNDED

In 2016 RISE won 4 years' funding to engage and mobilise the wider community, both professionals and ex-service users, to identify, support and aid recovery of survivors of domestic abuse beyond crisis intervention.

We now have 5 members of staff working across this exciting project who have been busy consulting with communities and laying strong foundations in the community to ensure this project flourishes.

The BLCP will do this by supporting those hardest to reach including;

- older women and those with disabilities by working with Age UK and Possibility People to develop a referral pathway and joint working system with clients as well as introducing a satellite service;
- women with multiple and complex needs by co-facilitating a weekly, women only drop in service at First Base and through the work of our Assertive Outreach worker and;
- the BME community by working with the Trust for Developing Communities to build rapport and trust across the city.

In October 2017 our Community Connector and Research Training Programme will start encouraging survivors across Brighton & Hove to realise their ambitions to support and listen to their communities on topics surrounding domestic abuse.

A few ideas in the pipeline include a 'pop up' beauty salon where women can talk about their experiences as they get pampered; story-telling workshops for women to write, produce and deliver a creative piece that gets to the heart of their experiences and a peer befriending service for women leaving refuge and re-settling in Brighton & Hove.

Our in-house researcher has also been recruiting her team of volunteer researchers ready to start the 3 year longitudinal study that will look at the effectiveness of our work throughout the project. The research will offer learning to the wider DVA sector on how to mobilise the community to provide better prevention, support and recovery for all.



BLCP working together with partners in the City finding out 'what is strong, not what is wrong'.

Access and Outreach



As the front door for all RISE services, Access and Outreach are on the frontline. The sharp increase in demand has put the team under a lot of pressure but they have worked creatively to manage this situation. Recruiting and developing volunteers was part of their strategy to increase capacity. Though it takes a lot of time and resource to do this, we now have an extra 20 hours a week to devote to offering support to people when they make that first call.

RISE Service users also benefit from offers such as free yoga retreats.



Om Retreats is a non-profit organisation that uses the profit from their commercial retreats to offer free of charge yoga to RISE. Thanks to Hannah and Charlie at Om Retreats for their vision, time, skill and kindness.

"I am a much more positive person. I do not blame myself for what happened. I realise it was my abuser's fault. This course enabled me to move on from my abusive relationship and step towards the future with confidence".

(Recovery Toolkit Participant)

The Recovery Toolkit continues to be a popular and successful group, helping survivors to build their self-esteem and understand the dynamics of an abusive relationship.



"I wanted to thank you for everything you have done for me. Yours and the support from everyone I have met at RISE has REALLY made a difference to my life and if I am honest am not sure I would have got through it all without the help and support you and your organisation has given me and will be eternally thankful. The strength I now have is enabling me to be the mother the girls need and tonight we had a magical bonfire night, the first one in years with hot chocolate, sparklers and the view over Brighton."

(RISE Service User)

Images above: Recovery Toolkit Artwork

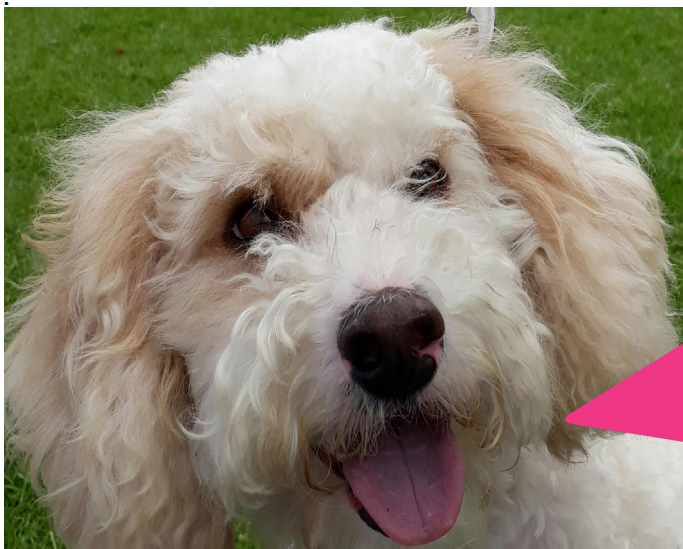


Brighton & Hove Refuge

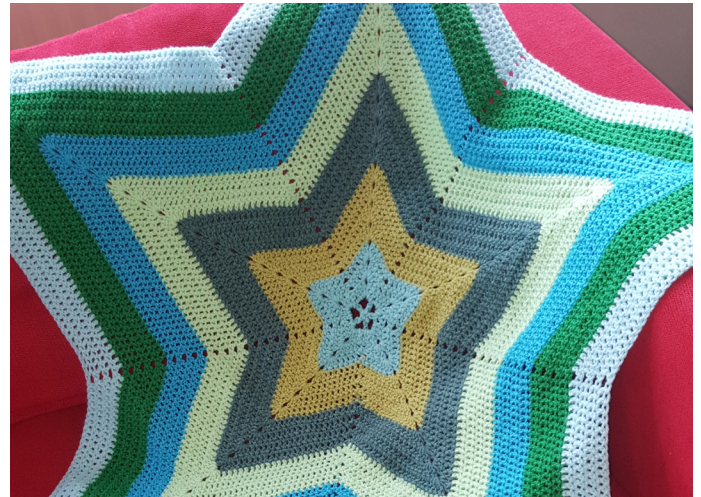
Our refuge service became smaller this year as the management of the North Sussex refuge was passed to Safe In Sussex. It was sad to let go, but made sense geographically as she joined a family of refuges in West Sussex. Our Brighton & Hove refuge continues to offer safe crisis accommodation in the city and referrals are up. The average of 3 to 6 requests for every space has increased and one vacancy had a record **28** referrals.

"In 2016/17 we provided refuge to 147 people (78 adults and 69 children)."

Refuge staff do their very best to make life as normal as possible for residents. After school activities are enjoyed by the children and in the summer a family BBQ was held where special guest, Olaf, helped with eating the sausages.



Olaf the rescue dog



A handmade gift from one RISE service user to a Refuge resident's new baby.

It is always exciting when a baby is born in the refuge. If a resident needs baby equipment or clothes we put out a call on social media and the response is always amazing. This year we were offered everything we asked for including a buggy, car seat and new born clothes within 90 minutes. One service user even crocheted a welcome blanket for our brand new guest.

"Hi, I'm Olaf, a rescue dog from the streets of Greece now living in Hove. After a bit of a rough start my life has turned around for the better and I'm very proud to be a registered Pets as Therapy dog."

The lucky thing is - I get to visit the fantastic families living at the Brighton RISE women's refuge each month with my owner. As soon as I arrive I get really excited; I get loads of treats, the children set up fun obstacle courses or just groom me and snuggle up for some cuddles. Last month a little boy took his first independent steps towards me, a few days before his 1st birthday! It's such a special time for me and for them - thank you RISE for having me!"

RISE Services 2016-17



Break4Change

Building mutually respectful family relationships

The effect of abuse on children and the wider family can be devastating. A child may see one of the people they love the most hurting the other, and living in an abusive situation can undermine confidence in your ability to parent. RISE Children and Families team understands the dynamics of abuse and the effect on family life and works to unpick the knots and help survivors build resilience.

Break4Change

Break4change helps young people and parents/carers build respectful relationships where all family members feel safe and valued.

The Break4Change programme was developed with partners to offer support to families affected by child to parent abuse and violence. It consists of Group intervention for young people and their parents/cares focusing on non-violence and respect between family members. This includes a young people's group with a creative aspect, parent group and a film dialogue process that improves communication between young people and parents.

The positive outcomes have been proved over a number of years and RISE will now be delivering training to organisations across the UK. We are also developing 1:1 interventions and a Break4Change Junior model for children aged 8-10. Break4change Training has been delivered in Oxford, Cambridge, Peterborough and South Wales and is scheduled for Surrey and Greater Manchester. As more charities and statutory bodies are accredited, we expect the impact will be felt nationwide.

"This is an outlet to feel supported and to equip us both to manage/resolve the behavioural issues which are affecting all members of our family"

(Break4Change parent)



Young RISE service users get creative with cardboard boxes!

"It comes in handy, think it will be helpful. Found it a bit difficult to talk about behaviour"

(Break 4 Change child)



RISE LGBT Service

In 2015 RISE won funding to develop a pilot for GBT men fleeing abusive relationships. The housing model was different to a traditional refuge and accommodation was in separate units across the city. We would like to thank our housing provider, Brighton Housing Trust, for their incredible work, without whom this project would not have happened.

The work proved the need for refuge accommodation and RISE has been commissioned to open LGBT refuge space in the city along with partners in Manchester and London. We hope this will be the start of a national network of LGBT refuges – a vision we have held for many years.

"Thank you sincerely for your empathetic, non-judgemental, supportive presence at the most difficult time in my life so far."

LGBT Service User

RISE Therapeutic Service

The Trauma service at RISE has been going from strength to strength. We weathered a challenging six months with no manager, an office move and refurbishment of the therapy rooms, during which time the service kept running efficiently!

I will always remember you and be grateful for you helping me change my life so much.

I really am very happy now and feel confident that I will only have healthy future relationships. Wishing you a very happy life!
Thanks again,

Message from service user



In 2016/17 we've seen approximately 30 women in one-to-one therapy and 10 children and young people. The therapy has helped women to process the impact that DV has had on them emotionally and relationally in terms of their self-esteem, social life, careers and their goals for moving on in life.

The service has completed its first year as part of the Trauma Pathways Service project, a partnership with Sussex NHS Partnerships, Survivors Network and Mankind providing trauma therapy across the sector. The pathway provides consultation for our service as well as helping us to develop relationships with our fellow third sector organisations and NHS services. Already this has proved to be beneficial in terms of assessing the most appropriate service for our clients to access.

"Just wanted to say a huge heartfelt thanks to you and the therapy service for all your support. From start to finish I think the service and people are fantastic. It's been life changing! M is amazing and thanks to you also for being brilliant through the process. Best wishes and I will be singing your praises whenever I can :-)"

RISE Therapy Client

along with one-to-one sessions to support women in managing difficult feelings before they go any further. Stage 2 is one-to-one therapy for processing trauma and difficult overwhelming memories and Stage 3 is called moving on and will help women to start to think about changing their relational patterns, developing self-esteem and setting goals for the future.



RISE supporters get creative with cake

We have been able to take on a trauma specialist therapist who is focusing on therapy for complex trauma cases and supporting RISE caseworkers working with women who might be stuck in a negative spiral. Our aim is to reduce the numbers of women who return to the service.

The trauma service is developing a three stage model which will see us move to a more flexible service. Stage 1 will be the stabilisation group

Fundraising

Fundraising

Throughout the year supporters have sung, swum, run, baked, cycled and performed for RISE. Every step, pedal, cake, song or stroke helping local families affected by domestic abuse.



Cycling the Biosphere for RISE

As a Brighton & Hove Mayor's charity 2016/17 we organised the Brighton & Hove Way, a charity walk around the boundary of the city. Over **250** people from all walks of life, trekked up to 18 miles with Mayor Pete West to pioneer this route. We aim for this to continue as an annual Mayoral event, culminating in the route becoming an official designated pathway.

In October the RISE 8K Undercliff Run for Women sold out! **400** women ran for freedom from domestic abuse in warm sunshine matched by their bright yellow t shirts!

Our signature run is going from strength to strength and we are increasing registration numbers for our 10th Anniversary in 2017.

Photo right: RISE 8K Undercliff Run for Women



Pioneering the Brighton & Hove Way



Fundraising

Fundraising continued...

In amongst our 'firsts' for 2016 was RISEFest, a collection of performers & speakers lending their voices to deliver the message that Domestic Abuse & Violence will not be tolerated. Local artists including Gyratory Allstars and ZStar Delta, gave freely of their time and talent to help raise money for RISE. With face-painting and kids activities this was a day for all the family.



Running the Brighton Half for RISE!

In February a team of over **200** runners in our distinctive raspberry vest, ran a total of miles in the 2017 Vitality Brighton Half Marathon raising **£39,880**. Thanks to everyone who ran for freedom from domestic abuse.

RISE UP Singing Choir have been performing throughout the year including taking part in at Women of the World in London. Their Christmas fundraiser was a great success and put everyone one is the mood for yule!



Above: RISEFest 2016

Below: RISE Up Singing Christmas Concert 2016



Fundraising and Volunteering

Volunteering

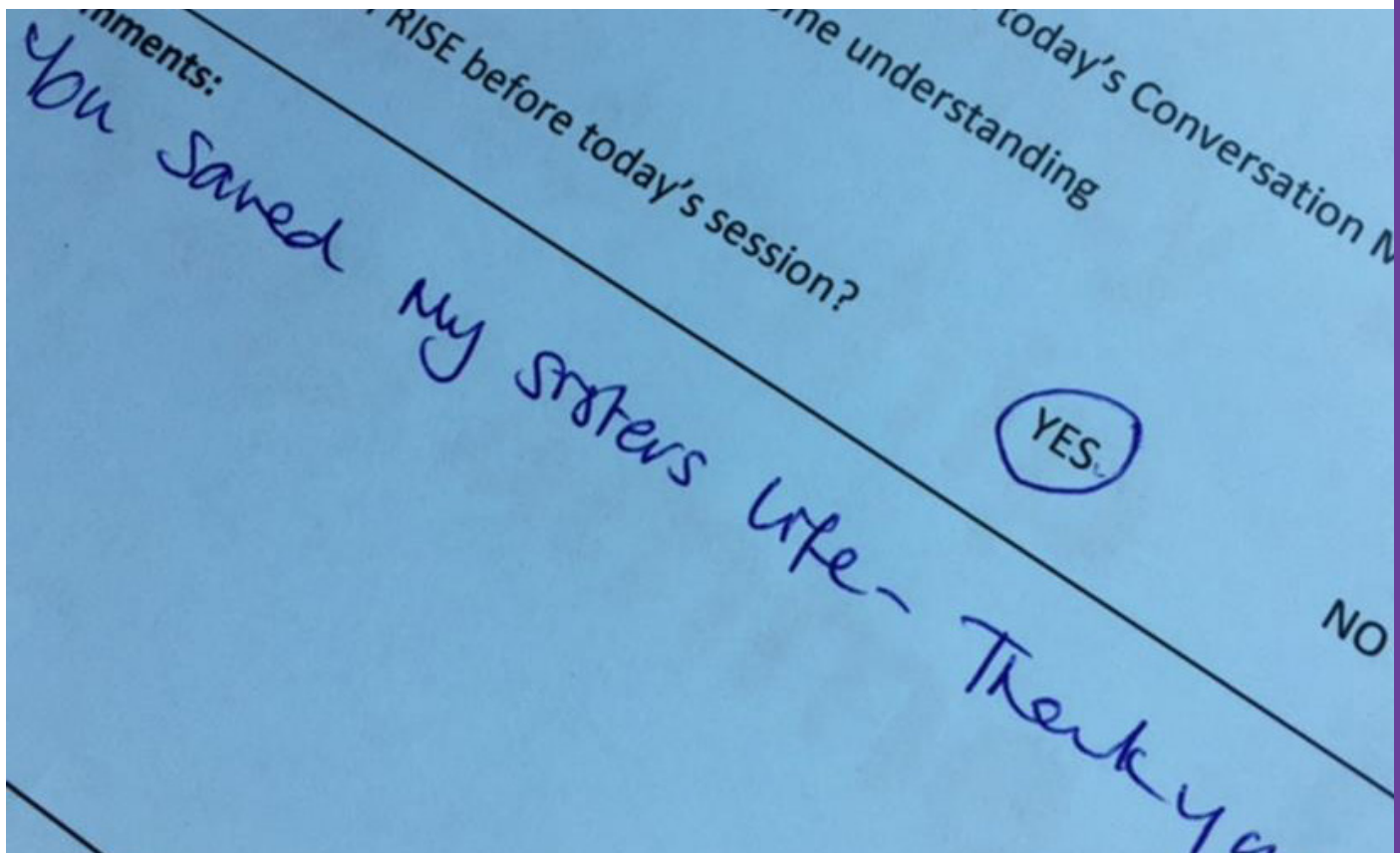
Volunteers underpin every RISE service and event. Supporters gift their time and skills in marshalling, selling raffle tickets, supporting survivors or looking after children while their parents are in important meetings or groups. Our volunteers vary from those who give an hour or two when they can, to those who commit time every week to fulfil vital roles. In 2016-17 the time amounted to two full time workers but the impact was even greater.

We particularly value service user and ex-service user volunteers. They are the experts in domestic abuse and our RISE Voice Group was set up to draw on this resource. Members of the group have committed to be involved in the planning, development and delivery of all aspects of RISE.



Above: RISE Brighton Half Water Station volunteers

Below: Feedback from a Community Leadership Event





Freedom from Abuse
and Violence

Rise

Since 1994

Sanctuary and Support in Sussex

Helpline 0300 323 9985

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