



freedom from abuse & violence

Annual Review 2018 - 2019

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R.I.S.E. (Refuge, Information, Support and Education)
is a registered charity (No.1065846).

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 people rebuild their lives after experiencing domestic abuse.

Message from the Chair



I became Chair in June 2019 having been involved with RISE for over 10 years. I have always had such respect for the work that RISE does in the

community and for the committed and skilled staff team, so now, to become part of this organisation, is an honour.

In my work as an independent management consultant, I work with a huge number of organisations both statutory and in the third sector and so will be able to bring that expertise into RISE, and I feel excited about developing my role as Chair. I am extremely grateful to my fellow trustees, many of whom have been on the board for more than five years and bring such a wealth of expertise and knowledge.

I look forward to working with Jo and the members of the senior management team to further consolidate the work of RISE and to establish new partnerships both locally and nationally. Communities are feeling the pressure from the ongoing political and social turbulence and so the work of third sector organisations is ever more vital in bringing both support and stability. The need for organisations like RISE remains a sad but essential part of the local framework.

Tricia Wass
Chair

7,075

**The number of people
referred to our service in
2018 - 2019**

Message from the CEO



RISE is an active part of the local, national and global Violence Against Women and Girls (VAWG) movement and a key player in the LGBTQ+ DVA movement due to our longevity and expertise. These bring us into partnership with national experts such as Women's Aid, ERAW, Respect, Galop, Shaping Our Lives, Deaf Hope, Surviving Economic Abuse and SafeLives.

1 in 4
women in the UK will be affected
by domestic abuse in her lifetime

In my second year as CEO and the charity's 24th year in operation, RISE has continued to raise much needed funds and developed unique services that meet the needs of women, children and LGBTQ+ people impacted by violence and abuse in Brighton, Hove and East Sussex.

This year we increased our income to £2,600,100 and successfully secured new funding from Nationwide and the Police & Crime Commissioner's Safe Space Sussex Funding Network.

Demand for our services remained high, with 7,075 referrals received in 2018-19, which translated into 3,018 clients that we supported across all areas of our work.

Despite the high demand, feedback from those using our services was high. 97% would recommend RISE to family/ friends if they needed help and 95% agree the service met their needs effectively.

In October I took part in the RISE 8K Undercliff Run for Women, as part of a relay team. During my run I honoured the lives of those we serve and especially those who have died as a result of domestic violence and abuse.

This year I would particularly like to thank our supporters. They run races, bake cakes, walk miles, do quizzes, sponsor events, raise awareness, and give us the money we need to keep our essential services running. They truly are the best of people.

Jo Gough
CEO

Phati's story

Life is about giving and taking, it can't be one sided, otherwise there's no balance and the scale will tip over!

I had to learn this rather the hard way, at 43 years old, when I was in a toxic and unbalanced relationship: looking after myself; looking after him; looking after us. All the responsibility was piled onto me. I was clouded by flattery, emotional and psychological manipulation, lies, pretence, blackmail and my previous experience of failed relationships.

I found myself heading towards a nervous breakdown. I couldn't cope anymore, I felt overwhelmed, burnt out and just exhausted, mentally and physically. I was that affected that when we had a car accident and when I went to A & E, I broke down and cried, and instead of talking about the accident I started talking about what I was experiencing at home.

My work suffered, as I started making mistakes like going to the wrong teaching venue. I started dreading the end of the day at work, and I would be the last one to leave, just to avoid going home.

My wakeup call was through a social worker who said to me, "you don't look like a woman who would stay with someone if they were physically beating you up every day, would you?" and when I said that I wouldn't, her response to me was: "this is not any different, except it's emotional and psychological."

I had not for one minute considered that I was in an abusive relationship. I went from being a positive person to insecure and constantly questioning myself.



I had not for one minute considered I was in an abusive relationship. I went from being a positive person to insecure and constantly questioning myself.

I am so grateful for all the support I got at this difficult time in my life. I was in pieces when I first came to RISE. I couldn't speak about my experience without breaking down. But I am a better person as a result of the therapy sessions I have had here. I've learnt about positive, healthy relationships and now I am passionate about educating others. I am also thankful for the education I received from RISE about post traumatic stress, how it manifests itself in us after an abusive relationship, and how to deal with it through the journey of recovery. This has helped me realise that I am fine, and it's normal for me to experience the feelings I experience when I am faced with triggers from what happened to me.

Thank you for reading, and I hope my story encourages others who are, or have experienced, any type of domestic abuse. Many people put up with it, because they don't realise they are in an abusive relationship.



“

I feel transformed. From feeling worthless, stuck, alone. I have now regained myself, love myself, respect myself and am looking forward. I love life again

Quote from someone who has used
RISE's services

Volunteering

Last year we had an incredible 159 volunteers helping us with fundraising, administration, HR, and delivering frontline services. This works out at over 7,000 hours, and is the equivalent of four full-time workers. We simply would not have been able to support the amount of people we did without their help.

One of the areas where volunteering has had the biggest impact is on our helpline, which, being the only domestic abuse helpline in Sussex, is one of our most popular and often over-subscribed services. In 2018 we appointed a Volunteer Coordinator, who recruited 13 volunteers to help run the helpline.

Last year, 159 volunteers gave us a total of 7,315 hours. This is the equivalent of four full-time workers. Thank you!

The volunteers have enabled us to open the helpline on Wednesday evenings, for people who work full time or can't call during the day, a service we've never been able to offer before.

They have also removed the waiting list of people waiting for a call back, who haven't been able to get through at the first time of calling. And when people have needed to be called back, the volunteers have ensured that this happens on the same or next day. This has led to an increase in the number of people who have contacted us via the helpline and gone on to access support from us, because they're in a better position to engage.

We are also able to provide a quicker response to professionals, and to friends and family members asking for advice and support.

If you're interested in volunteering, contact volunteering@riseuk.org.uk.



Refuge

RISE runs a 15-flat refuge in Brighton for women and children escaping domestic abuse, as well as further LGBTQ+ refuge accommodation in the community. The funding for this sadly came to an end in November 2019.

The average length of time people stay at refuge has been five months, and nearly two thirds of these clients have moved onto rented accommodation in the city.

We've been working hard to make sure the quality of our flats is as high as possible to make our clients feel comfortable and at home. Over the last year we have replaced sofas, curtains, carpets and beds where needed.

One of the biggest highlights for us last year was the overwhelming response we had from the public, to our appeal for Christmas gifts for children staying in refuge. This was largely thanks to best-selling author CL Taylor, whose sister's partner Lou works at our refuge. The million copy Sunday Times bestseller posted a tweet that was liked and shared over 8,000 times. As a result we received deliveries of over 900 boxes, containing gifts ranging from 57p child's pencil cases, to the most expensive item which was a Playstation 4 costing £480.

Thank you

We would like to thank FareShare who continue to deliver food donations to our refuge weekly. Thank you as well to Brighton Housing Trust for facilitating sessions about improving confidence and self-esteem, to Wavelength for donating televisions, and to the mums of Brighton & Hove Mummy Club on Facebook, who always support with donations when needed.



I dread to think what would have happened if I had not accessed the service, I believe the abusive situation at home would have developed into physical violence. The ongoing support has literally kept me sane

Quote from a refuge resident

**53 adults &
37 children**

stayed in our refuge last year

A safe home

We have continued to make having a safe home for recovery a key priority. Housing is a big part of our work and we have several projects that have an explicit housing remit. As well as refuge provision and the resettlement element that goes with it, these projects include:

Our regular housing and finance workshops for clients who need advice and information about moving home and other housing options. The workshops cover the 'Sanctuary Scheme', which helps people experiencing domestic abuse remain safely in their homes by improving security in the property.

Our Assertive Outreach Worker post, funded by the Big Lottery Women and Girls Fund, is now into its third year. The Assertive Outreach Worker, who focusses on women with multiple and complex needs, has a flexible way of working which enables her to build trust with clients through meeting at their home, or at their sleep site if they are homeless. This has helped some of the most hard-to-reach clients to engage with RISE.

We now have a second Assertive Outreach Navigator and earlier this year we secured funding from Nationwide for a Housing Advocacy Worker, bringing together domestic abuse and housing expertise.

We also have strong partnerships with Brighton Housing Trust, Southdown Housing and Stonewall Housing, and work with Kirsti Cox from Kirsti Cox Wealth Management, who offers pro bono financial advice to our clients.



Economic abuse

We were delighted to receive a grant of £56,000 from the Police & Crime Commissioner's Safe Space Sussex Funding Network last year, which funded the delivery of our Recovery and Empowerment Group (that you can read about on page 12), and allowed us to launch a new economic abuse project working alongside national body Surviving Economic Abuse (SEA).

Economic abuse is often described as 'an almost invisible form of domestic abuse' and is a type of coercive control. It is defined as someone interfering with their partner's ability to acquire, use or maintain economic resources such as money, housing, transport and utilities such as heating or items such as food or clothing.

Types of economic abuse include running up debts in your name (coerced debt), or limiting your access to money or ability to find employment.

Our specialist Economic Abuse Case Worker helps clients work towards financial independence, and provides support with the following:

- Referrals to debt advice agencies
- Providing advocacy with banks and mortgage providers
- Support and signposting around benefit issues
- Exploring applications for grants
- Support with budget planning

Nicola Sharp-Jeffs, Director at Surviving Economic Abuse said: "We're delighted that RISE has been successful in securing funding to support victims of economic abuse in the Sussex region. To see such a specialist intervention rolled out in Sussex will be hugely valuable, increasing the economic stability of women whether they are with, leaving, or have left an abusive partner."



Last year we created an LGBTQ+ working group, which has helped develop and improve the LGBTQ+ service further.

We now have a presence at the drop-ins run by Allsorts Youth Project, allowing us to provide advice and guidance to their clients who are worried about their relationship.

We have also carried out domestic abuse workshops for organisations such as Allsorts Youth Project, Rainbow Hub and TNB, the drop-in group for trans and/or non-binary people.

Our expertise in the field of domestic abuse and the LGBTQ+ community was recognised when we were invited to appear on the Q&A panel at both the Galop and the DCLG conferences.

1 in 3

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



We helped raise awareness of our LGBTQ+ service by marching in the Brighton Pride parade. We also shared a stall at Trans Pride with our partner Survivors' Network.

6 Transgender clients supported last year

Of clients who have chosen to disclose their sexuality, 9% identified as gay, lesbian, bisexual or other



The Portal

It was our third year leading 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.



Last year our helpline staff handled 3,560 calls, which works out as 14 a day

You can also visit the Portal if you:

- Are worried about a friend or family member
- Are a professional supporting someone who you believe is being abused
- You want to order free printed materials such as posters or helpline cards

Thank you to our commissioners Brighton & Hove City Council, East Sussex County Council, Sussex Police & Crime Commissioner and the Brighton & Hove Clinical Commissioning Group for supporting the Portal service.

The Portal

How to contact the Portal:
Call Freephone 0300 323 9985
Visit www.theportal.org.uk



ReGroup

In consultation with women who have used our services and consolidating our many years of experience, we've developed our own 12-week programme for self-identified women who are ready to start the process of recovery from domestic violence and abuse.

The Recovery and Empowerment Group (named ReGroup) launched in April 2018, and is for women aged 18 or over and not currently in an abusive relationship, or living with their perpetrator.

The group aims to empower women by building confidence and self-esteem, and helps them be better prepared to recognise healthy relationship behaviour and expect it for themselves.

60 women attended Regroup last year



ReGroup's broad range of learning areas are designed to enable survivors to take a powerful step forward in their own recovery.

These include:

- Healthy relationships
- Understanding trauma
- Self-care
- Assertiveness
- Setting boundaries
- Parenting

We've received very positive feedback about its content and delivery, and about the skills and care shown by the facilitators themselves.

Work to deliver this group last year was funded by a grant from the Police & Crime Commissioner's Safe Space Sussex Funding Network.

Some ReGroup feedback:

"The course has helped so much to become more of a survivor than a victim".

"The session gave me so much to think about. The facilitators were so amazing. I had started to doubt myself and if things were actually that bad, but the group helps to centre me and remind me that my experiences were real".

Children and young people

Children and young people

We work with children and young people who have been impacted by their experiences of domestic abuse. They have often witnessed or experienced unsafe situations and occasionally life threatening events, often between parents in the home environment. We work to improve the safety of our young clients and reduce the risk of harm, as well as improving family relationships and social connections.

Children and family work

Children in Need funds all of our family work sessions, a number of groups for young people, including a new Boys' Group, which looks at issues relating to domestic abuse such as gender stereotypes, toxic masculinity and healthy relationships. It also funds parties and holiday activities such as visits to places like Knock Hatch and the Sealife Centre. This work aims to reduce isolation by bringing together families who have shared similar experiences.

Child therapy

We have continued to develop our children and young people's Therapy Service and now have two Child Art Therapists, one of whom was funded by the Heroes Run. These therapists have received additional training in Cognitive Behavioural Therapy and Environmental Arts Therapy. We were delighted to have a Therapeutic Wellbeing Practitioner for Children on placement with us, who has provided therapy and wellbeing groups for children staying in our refuge.

Break4Change

RISE co-developed a programme for families where young people are abusive towards their parents or carers.

Break4Change is a 10 week programme consisting of a young people's group and a parents' group. These two groups run in parallel with each other and include strategies for addressing behaviour.



This feels like a safe place where I feel comfortable to talk about stuff.

Feedback from a member of the Boys' Group



We use a creative approach including art materials, spoken word, puppetry, model making, sand tray and story-telling to support children and young people unlock their worries, anxieties and fears and to make their situation more manageable and bearable for them.

Jessie Fuller,
Child Therapist at RISE.

Big Lottery Women & Girls project

In 2016 RISE won four years funding to build partnerships and opportunities out in the community, to open up dialogue, increase awareness and create safe spaces for all women affected by domestic abuse. Now in its third year, we are really starting to see it come into fruition.

This year, we've recruited and trained three new Community Connectors: women with experience of domestic abuse who are using their own gifts and strengths to create change in their local community. Projects in the pipeline include rock climbing and fundraising using vintage clothes.



Our Assertive Outreach worker now has strong partnerships with Fulfilling Lives,



Phase One Hostel, William Collier House and the Multi-Agency Navigator Team. We have successfully introduced a DVA Community Capacity Building Model - where the Assertive Outreach Worker offers bespoke domestic abuse training to the non-specialist staff that have the primary relationship with the women.

The RISE Community Worker for Older and Disabled Women has developed partnerships with organisations across the city that have a trusting relationship with these cohorts, including Possability People, Blatchington Court Trust, Speak Out, Hop 50+ and New Larchwood. This worker has implemented the above model, training over 45 non-specialist workers, who report they are nearly 40% more aware, confident and better equipped to deal with a domestic abuse disclosure and to signpost into RISE. This has resulted in higher disclosure rates from older and disabled women and an additional 11 clients receiving support from RISE.

35

Number of Ask Me Ambassadors trained last year: members of the public who are opening up the conversation about domestic abuse out in their communities

“

“I firmly believe that the training helped me spot red flags, build my confidence, and empowered me to choose to leave way earlier than I had in my previous relationship nearly two years ago.”

Feedback from a Community Connector



100

Number of women from BME communities we have had conversations about domestic abuse and violence with

The BME Community Worker walks alongside BME community groups through activities of their choice, to start conversations about domestic abuse and how to address it. Six sessions of sewing classes have been facilitated by a Community Connector for a group of Bangladeshi women, which has resulted in a trusting and open relationship with this community.

The BME Community Worker has also supported a series of events where BME women have the opportunity to write or tell their stories. Prior to this project, RISE was struggling to get invited to any

BME community groups and we were told that these women would not engage with us. However, in the last year we have spoken to over 100 women from BME communities about domestic abuse and violence.

The Community Research Project has been pulling all this work together and we now have three Community Research Volunteers with lived experience who have been ‘walking alongside’ the clients, professionals and communities involved with the project in order to give voice to their experiences and capture how best to support them.

Therapy



The RISE Therapy service has continued to develop our expertise in relation to working with the impact of domestic abuse and trauma. Our service is part of the Trauma Pathway in Brighton and Hove, which is a collaboration with Survivors' Network, Mankind and NHS Sussex Partnership, providing accessible trauma treatment across the city.

The Pathway is funded by the CCG, which also funds our 1 : 1 therapy for women, children and young people and our therapeutic groups.

This year we completed our Comic Relief-funded trauma project, by providing the service with a specialist Trauma Therapist and enabling us to introduce a trauma informed policy across the organisation.

3 new volunteer therapists taken on last year

All staff members at RISE receive trauma training, and case workers attend regular trauma learning groups.

Another one of our therapists has received training in EMDR (Eye Movement Desensitisation Reprocessing) which is an evidence-based therapy for processing trauma. This means we now have two therapists who can deliver EMDR, and hope to train more in the future.

Over the last year we've improved our assessment process which has allowed us to respond to service users who are referred to us far quicker than we did before. We also run wellbeing groups so we can offer therapeutic support sooner than 1 : 1 therapy, and some people have found the groups so helpful that they haven't needed any further therapy.

67 adults & 14 children
received 1 : 1 therapy last year

We pride ourselves on being a creative and relational service, and have:

- Integrated the arts into our wellbeing groups
- Run a creative writing group
- Joined the Brighton and Hove Arts and Wellbeing Working Group

Our specialist Trauma Therapist won a Winston Churchill Award to go to America and research the use of performing arts in working with trauma. So watch this space!

Make a Change

Last year we received funding to deliver a project in partnership with Respect, who will work with the perpetrators of abuse: people who are using abusive behaviour towards their partners and/or ex-partners. RISE will provide support to the partners.

The Make a Change Programme is being run in Eastbourne and Brighton, and is for people who:

- Find it difficult to have calm and constructive arguments with their loved ones
- Are worried about the way they're treating those they care about
- Are struggling to control their stress and temper at home
- Want to get their lives back on track

The funding has provided two RISE specialist workers, one with a focus on the LGBTQ+ community, to operate in and around Brighton, Hove and East Sussex, responding to the needs of the partners of men who identify with the above criteria, or who believe themselves to have hurt or scared women.

These specialist workers also use their expertise to provide support and guidance to professionals to help them recognise and respond to abuse, as well as refer perpetrators to the Make A Change programme.

This is an exciting project because we believe that the only way we are going to achieve our vision of a world free from domestic abuse and violence, is to engage with those who perpetrate it and encourage behavioural change.

Respect



Community fundraising

Thank you to everyone who has supported us over the last year, by walking, running, baking, singing, selling, collecting... you're all amazing! Here's a roundup of some of the most fantastic and imaginative ways people have raised money for us over the last few months:

A huge thank you to University of Sussex students Nina, Owen and Solmaz who stayed up 24 hours broadcasting on uni radio to raise £1,600 for RISE! The students of the University also took part in a sponsored jailbreak to see how far they could travel with no money... One team made it as far as Ukraine!

Thank you to the Cast Iron Theatre who chose us as their charity partner and fundraised for us at their International Women's Day performance.

Another unique International Women's Day fundraiser was run by Trollburger, who introduced an optional donation to RISE for his male customers, to highlight the gender pay gap.

Chichester College made us their charity of the year, and their fabulous fundraising efforts included selling beautiful handmade Christmas cards.

Well done to the six brave people who descended 450ft down the British Airways i360 on a clear February morning, raising over £1,500 for RISE and enjoying spectacular views across the City and the sea!

We were honored to have a match day collection at Lewes Ladies' game against Charlton Athletic Women, when, to celebrate the centenary of suffrage, the club set a world record for suffragettes at a football match.

Shuffle Bar donated a £1 to RISE for every tequila sunrise sold during the 16 Days of Activism against Gender-Based Violence.

If you're thinking of fundraising for RISE and would like some support, such as promoting your event on our social media channels and on our website, drop us a line at fundraising@riseuk.org.uk.



Companies

We were delighted to be one of the charities chosen by digital marketing agency Search Seven to benefit from their #share7 campaign, which raised over £20,000 for seven charities last year. This initiative, which included a charity football match at the Amex Stadium, a golf day and a quiz, went on to win the CSR Excellence award at Brighton & Hove Business Awards in August 2019.

We were nominated by Tom Shaw, Search Seven's PPC Account Manager, who said: "Being from Brighton, it was really important for me to choose a local charity where the donation can make a substantial difference to the work carried out. Based on this, and knowing how underfunded women's refuges and domestic abuse prevention programmes are, RISE was an obvious option for me."

We were chosen by designer Sadie Kohler to partner with for her Estrella brand, pictured right a range of garments pictured below which sport the slogan *ni santas, ni*



putas, solo mujeres which translates as *neither saints, nor whores, only women*.

"The slogan emerged from the feminist movement in South America, who were using it in their protests against the patriarchal society and sexual violence and domestic abuse throughout the region" says Sadie, who donates 10% of the proceeds from the sale of each garment to RISE. "I have personal experience of domestic abuse, so it is particularly important for me to support an organisation that provides help and hope for women and children."

Her t-shirts and sweaters can be purchased from the Lavender Room in Bond Street, Brighton.

We would also like to thank some of the companies who have supported us for many years: Fitzhugh Gates who provide pro-bono solicitors appointments and Om Retreats who offer yoga workshops for our clients, and Studio 57 for supporting people who take part in our races.



Races

Heroes Run

In 2018 we took over the Heroes Run from Pass It On Africa, who had run it for ten successful years. It was a great honour to inherit the legacy of the City's original and best superhero themed run!

The event comprises of a children's 500m dash, a Youth Mile, a 5k and a 10k race for adults, and with a prize for the best costume, the standard was high. Over 400 people took part, including history blogger Neil Cozzi who marched the 5K dressed in a full replica legionary kit weighing 18kg, which took him an hour. There was even an appearance by DJ Norman Cook, AKA Fatboy Slim, who ran the 10K race dressed as a muscle-bound Superman.

The money raised from the run helped fund one of our Child Therapists. To find out more about the Heroes Run, visit www.heroesrun.org.uk.

8K Undercliff Run for Women

Another popular fixture in the running calendar is our 8K Undercliff Run for Women, which takes place in October. 2018 was our 11th event, and over 300 women took part.

The race was started by Britain's Got Talent Semi-Finalist Lorraine Bowen, also known as the Crumble Lady. "What a fun morning I had blowing the hooter for the start of the race," said Lorraine. "RISE had hundreds running for its cause which just goes to show how much it is valued. Keep up the good work and well done to everyone who took part!"



Brighton Half Marathon

Once again we were a charity partner of the Brighton Half Marathon, and in February 2019, 97 of you ran 13 miles to raise over £22,000 for our essential domestic abuse services. Thank you to Om Bar, Loving Earth, the Great Stuff Company and Nakd for donating treats for our runners' goody bags, and Higgidy Pies for supplying over 100 mini pies, quiches and rolls for everyone who came to see us in the race village!

Get involved!

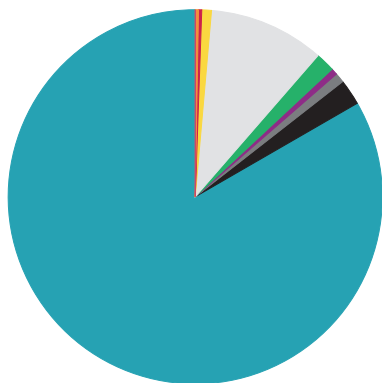
We're always delighted to hear from runners who have chosen to raise funds for RISE through taking part in other races in the city. If you're interested in running, or indeed cycling, walking or swimming, for RISE, please visit www.riseuk.org.uk or email fundraising@riseuk.org.uk.



Income and expenditure

Income: £2,600,110

Expenditure: £2,728,084



- Grants & contracts £2,159,705
- Races £60,559
- Major donors £25,000
- Companies £10,689
- Other donations (including legacies) £47,719
- Residential and Groupwork £254,122
- Fees, training and membership £26,866
- Investments £2,495
- Gift Aid £8,958
- Other income £3,996



- Salaries £1,228,318
- Fundraising costs £84,059
- Direct service costs £932,839
- Support, governance & overheads £482,869



Raising awareness



Drum Out Abuse

In November last year, to mark the start of the 16 Days of Activism Against Gender-Based Violence, we organised our third Drum Out Abuse march, inspired by the 'Rough Music' protests of the past, where villagers sought out abusers and banged pots and pans around their home to publicly shame them into behaviour change.



People from around Brighton joined us at the Level and marched through the City with pots, pans and placards, to raise awareness of domestic abuse and protest everything that creates an environment for gendered violence, such as sexism, rape culture and toxic masculinity. The march ended at the Marlborough pub where we were joined by Lloyd Russell-Moyle, MP for Brighton Kemptown, who talked about the importance of community members coming together and speaking out, in order to influence legislative change.

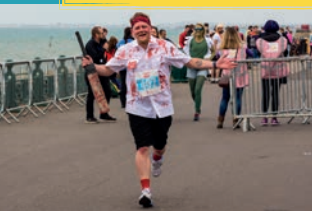
Museum of Ordinary People

We were delighted to take part in a pop-up museum that celebrates the power of objects to tell stories about their owners.

The Brighton-based project offered an alternative to the established, traditional canon of museums by showcasing a collection of discarded, discovered and reclaimed items such as diaries, love-letters and photographs that represent ordinary people whose stories are waiting to be told. We exhibited a jar of front-door keys, collected from women staying at our refuge, which symbolises leaving their homes and putting their abusive relationships behind them. It proved to be a real talking point, and a powerful visual representation of the turning point in many of our client's lives.



Make a donation
www.riseuk.org.uk/donate



Get involved

You can help support people to live free from domestic abuse and violence in the following ways:

Whatever you can spare, it goes a long way to help us continue our vital crisis support, practical guidance and emotional care.

As you've seen from this report, many parts of our service are only funded in the shorter term. So once that time and money is up, we're left searching for a way to keep important services, like our Recovery & Empowerment Group, running. Groups like these are vital to helping survivors rebuild their lives.

What is most valuable to us are small but regular donations, so we can plan ahead and ensure our survivors have ongoing support from us. If you can help us with a small donation of £3 a month (the price of a coffee), this regularity will make sure domestic abuse survivors can continue to rely on us during their recovery.

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!

Leave us a gift in your Will

Despite all the legal jargon, leaving a legacy is easy. Once your loved ones are cared for, do something amazing and remember us in your Will. Visit www.riseuk.org.uk/giftsinwills for more information.

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.

