



our impact

Hopian
formerly rotherham rise

Hopian is a Charity registered
in England & Wales: no. 1141699.

intro

Hopian (formerly Rotherham Rise) was established in 1976, this experience and expertise are key to providing the best possible support to Adults, Young People and Children affected by Domestic Abuse and Child Sexual Exploitation (CSE). We aim to promote the right to have healthy, safe relationships, free of violence, abuse and sexual exploitation for all in society, helping individuals to overcome trauma in order to thrive and grow.

At Hopian, we...

- ★ Believe survivor's experiences of violence and abuse – no evidence is needed.
- ★ The needs of the survivor are central to all that we do.
- ★ Provide a strengths-based, trauma-informed, non-judgemental service.
- ★ Actively challenge discrimination and promote equality of opportunity.
- ★ Treat all survivors as individuals ensuring that their needs are taken into consideration including religion, culture, disability, sexual orientation, gender, age, HIV status or race.
- ★ Provide holistic support to aid recovery with a whole-family approach.
- ★ Empower those affected by Domestic Abuse through choice, education and safety.
- ★ Focus on prevention through community and digital engagement activities, and partnerships.
- ★ Utilise all networks to support people through collaboration.

“

I am learning to use my voice. I used to think there was something wrong with me. I didn't realise my trauma was abuse; but now, I get that it was bad.

I've realised I can do things, but in the past I've felt that I'm not supposed to - and it's that feeling that's stopped me, not my ability.

Now, I'm able to step up and acknowledge that I want to do things for me.

Service User for Domestic Abuse Support

The service was a great help to me at a very difficult time. It has helped me to identify abuse and provided validation that I'm not “crazy” or “over-sensitive”.

Service User for Domestic Abuse Support



measuring impact

At Hopian we measure impact through local and national frameworks along side service user feedback.

Working with National sector standards to gather data on impact, means that our data submitted goes some way towards **national change, awareness and policy change**.

In our own impact measuring, we are particularly keen to **engage with service users** through feedback.

Ensuring that we meet **our aims** and are **service user led** as an organisation, we look particularly at:

- ★ People's sense of **safety** for themselves and their children.
- ★ People's sense of **being empowered and supported** to make informed decisions and choices about their wellbeing (and their families).
- ★ Have a **greater understanding and awareness of abusive relationships** and their effects on themselves (and their families).
- ★ Have **tools to deal with the trauma** they have been, or are going through, for themselves (and their children).

Besides this, it allows us to **improve services further according to the needs of our service users** and possible **innovation**.

impact of support

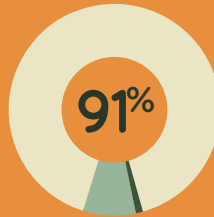


strongly agree
or agree with...

**I was
supported &
empowered
to make my
own choices**



strongly agree
or agree with...
**I feel more
confident
about asking
for help when
I need it**



strongly agree
or agree with...

**I feel better
able to
recognise
abusive
behaviour**



strongly agree
or agree with...
**I am more
confident
about asking
for help when
I need it**

were unsure disagree

I am more aware now of domestic abuse and how to protect myself and my children.

Service User for Domestic Abuse Support

I can't believe people actually care about my wellbeing. All the staff are amazing. I feel that people here really care and it feels nice and safe.

Service User for Domestic Abuse Support

what we provide

Domestic Abuse Coordinated Community Response Service (DACCR) provides One-to-One support, Group Work, and Peer Support.

Supported **Refuge Accommodation** with a core refuge (women only) and dispersed properties for adults and their children. Refuge provision includes One-to-One support, group work, peer support, and support to secure move on to longer-term accommodation.

Specialised **Children, Young People & Family Support** providing One-to-One support, Group Work, and Peer Support.

Specialised **Post-CSE Service** providing one-to-one support, trauma stabilisation sessions, and access to trauma-informed counselling.

Specialised **Trauma-informed Services** developed to reflect and support **local community needs**.

Training Workshops for professionals and the community on Domestic Abuse.

Frith Space Community cafe & hub providing quiet outreach, community engagement and activities.

Volunteering opportunities and programmes.

in numbers

April 2024- March 2025



referrals
982
self-referrals
2575
agency/other referrals



da
1932
individuals
were supported
within our
domestic
abuse services.



cyp
372
*children &
young people*
were supported
within our
domestic abuse
services.



post-cse
62
individuals
supported within
our post child
sexual exploitation
service.



refuge

51
individuals
were supported
with refuge
accommodation

32
of those were
families

19
adults
84
children & young
people



core refuge assessed needs & outcomes



My experience with the refuge was a massive blessing; from the point of referral taken, I felt relief and, most importantly, heard.

All the staff are warm and welcoming; you can see they genuinely care for every person who enters the refuge. They went above and beyond for us as a family; they ensured play sessions fit around the nursery, and both children loved the sessions! They got to play with staff and socialise with other children, and I noticed their confidence and social skills improved massively.

Everything about the refuge felt very thoughtful; even Christmas presents from the donations... all picked out to what the kids actually liked or showed an interest in.

The whole atmosphere within the refuge is something I will never forget; the best decision I have ever made. I truly feel with all the support I was given, I have grown as a person and parent. I can't thank the staff enough for every breakdown, every bad day, and every issue I came across - I was helped, supported and encouraged... Genuinely the charity couldn't have offered any more support!



meet Esma*

“As a teenager, I never felt I fitted in; my parents were great but felt they didn’t understand being me or being 14. I wanted to spend more time with my mates. We would hang out after school, go to the shop, go to the park, and this is where I met an older boy, who seemed much more interesting than the boys in my group or school... mature and more sorted! I felt, finally, someone who “got me”, I really felt he understood me. He would collect me from school; he would buy me clothes.. it felt GREAT! We had parties, and he introduced me to alcohol, which also led to experimenting with drugs.

I am still not sure how it all happened. As the relationship developed, I also became more hooked on the drugs. I had gotten dependent on my boyfriend for my fix, and I became too ashamed to explain to my parents that I felt trapped in the relationship. Things started to spiral.

To start with, it was just him and I, but then as I was given more drink and drugs, his mates started getting involved with me

sexually also. Then it became sleeping with men I didn’t even know often being “out of it” I felt so much shame. My relationship was changing even further; I was often hit or shouted at and put down; it was all my fault, I was at fault, useless, and the awful thing is ... I came to believe it! I had an early pregnancy and felt I had no choice but to move in with my boyfriend as I had become so isolated from my old friends and family. He would say none of them cared, almost daily so I became to feel no one cared. I was only 16. What would I know! He was, still, the love of my life.

I think a lot of what has happened to me I blocked out. I stayed in the relationship too long and had babies and many miscarriages due to the physical damage done to me. When social care became involved and a threat, I could lose my children, that some reality kicked in. With support, I came off the drugs and drink and got the strength to leave finally.

I am still working through a lot of it, with the amazing help of the charity, amongst other organisations. I have been diagnosed with PTSD, so a lot of it is trying to learn to cope. Life can still be difficult, the effects haven't all disappeared, but life is more manageable.

For me, the biggest thing now is to be able to say finally... “it wasn't my fault” and mean and know it.”

*Esma is not her real name



meet Jane*

Jane was referred to our dispersed refuge property service by our DACCR Service. She was a 39-year-old mother of 3 sons who was unemployed due to her circumstances at the time.

She was sofa surfing, having left a high-risk domestic abuse relationship which had been heard at MARAC as a repeat case. She had experienced physical assaults, coercive and controlling behaviour and emotional abuse, which had left her extremely low in mood and feeling that she had no hope for the future.

She was estranged from her family, who could not understand why she had remained in the abusive relationship, which resulted in her having the children removed to the care of their Father.

Jane moved into a refuge property with very few belongings.

At our earlier appointments, we discussed the dynamics of domestic abuse and how her ex-partner had ground down her mental health and self-esteem to such a low point that she stayed with him as she was isolated. Jane - as many survivors initially do - felt much guilt about this.

As time progressed, she engaged very well and started to move on- she found employment which she really enjoyed, and she worked with Social Care and began to see her children again. Her relationship with her parents and sister improved, but her brother still would not speak to her. Her mental health improved, and she began seeing friends who had previously been unable to contact her due to the ex-partner's controlling behaviour.

She began making the refuge property homely and started a relationship with an old friend her family liked and trusted.

She became pregnant and found private rented accommodation - she was band 1 with RMBC but chose this route instead

as the property was in the area she grew up in and where her friends and family lived. Her youngest two sons also went to the local Comprehensive School within walking distance. They had friends around to play with and settled well in the new home with Jane and her partner. Soon after the move, she gave birth to a healthy little boy. Jane also gained joint custody of her sons, who now stay with her four days a week.

She was closed to refuge service and offered a referral to the DACCR Service, which she declined as she felt safe and happy and did not wish to remain with services, although she was extremely grateful for the support.

*Jane is not her real name



community presence

Hopian is committed to being more present in the community. It allows us to raise domestic abuse issues in a “soft” approach to a much wider audience, building stronger community ties with groups and individuals and allows for a hub of engagement for people of all ages, with volunteering opportunities.

Frith Space is exceptionally family-friendly and accessible.

It has become an indispensable hub for Rotherham, offering an extensive range of mostly free events for all ages and abilities. Some of this is based on tackling loneliness with chatty hours, crafting groups, or special events to raise awareness around specific topics, including domestic abuse and child sexual exploitation. Other events focus on family. Frith Space also allows us to work with other community organisations such as the Council, Rotherham Football Club, Red Cross and smaller community groups needing a space. Frith Space hosts skills-based events such as much-needed, money-saving courses with outside suppliers and one-off events such as Reclaim The Night. The Frith Space cafe is supported by amazing volunteers who serve hot and cold drinks, light snacks and a selection of pastries.

18 A High Street, Rotherham, S60 1PP



*I love being
in this space! It is
so welcoming and you
can meet a diverse range
of people, and learn new
things.
group user*

Frithspace

Hopian.org.uk/frith-space

support

We receive amazing support from the government, council, other charities, private funds and public donations - **without this generosity and recognition we could not be supporting the many individuals of ages that we do.**

If you feel able to support us, please do not hesitate to get in touch via **enquiries@hopian.org.uk** or if you wish to set up a direct debit or make a one-off donation online please visit our JustGiving page: **justgiving.com/hopian**.

if you are in need

You're not alone, we support all adults, young people and children affected by Domestic Abuse and/or Child Sexual Exploitation.

We have many ways for you to get in touch with us for advice and support, via **help@hopian.org.uk**, call our Advice Line **0330 2020571** (mon - fri from 9am - 5pm), or use our secure web form via **Hopian.org.uk/help**.

main contact

call: **0330 202 0571**

email: **enquiries@hopian.org.uk**

visit: **Hopian.org.uk**

office: 18 High Street, Rotherham, S60 1PP