Talitha Koum Report for Witnesham Parish Meeting – April 2025

It has been a busy 12 months at The Hope Centre with many of our residents completing support programmes in order to help them to move onto independent living. The work that we do with our residents includes 1-2-1 support programmes designed exclusively for each resident to maximise their potential. Each resident has experienced different degrees of trauma and therefore their recovery rate varies from resident to resident.

We have continued to be fully occupied, with all 11 rooms in use, and a waiting list of ladies waiting to receive our help. Our current age range of residents is from 19 to 54 and we are continuing to see the average age of referrals coming down and most of our referrals now are for the early to mid-20's age range. This is for a number of reasons but mainly because the younger women feel more empowered to speak out on subjects such as domestic abuse. Domestic abuse is now the main reason why ladies are referred to us.

Most residents stay with us for approximately 2 years before they are ready to live independently again in the community. In the next 4 weeks, we have 4 residents who will be moving on to independent living which is amazing news as they have all progressed incredibly well during their time with us. We help the residents to move into their new homes and continue to offer a support service to them during the transitional period of going from having a support team around them 7 days a week to being fully independent. When residents move on successfully into their own accommodation, it is an inspiration to the ladies that are still here and it gives them motivation to continue on their own journey of healing and recovery. With four residents moving on so closely together, it will also give us the opportunity to help four additional ladies that are waiting to receive the support that we can offer them.

Individualized support plans that we put in place for our residents include teaching budgeting skills, holding cookery workshops, taking part in gardening activities and teaching other self sufficiency skills. Our support team is made up of 3 support workers, an admin lady, myself as the Manager as well as a team of out of hours support workers. The office is manned seven days a week to ensure that our residents receive all the support that they need.

Going forward we are looking to build an additional 5 rooms in order for us to support more vulnerable women from our community. Our plans for the building works have been submitted to the pre-planning authorities and we are waiting for feedback from them. It is intended that the 5 new rooms when they are built will be small fully self contained units which will help our residents in the transition from receiving support on a 24/7 basis to gradually becoming fully independent. We are very excited about this next phase of our development and we look forward to updating you in due course.

Kind Regards.

Tina Prince

Hope Centre Service Manager