

Talitha Koum opens three additional rooms at the Hope Centre.

TK are delighted to be sharing this news. Having offered 8 resident women accommodation at the purpose-built Hope Centre since opening in June 2018, the service has now increased in capacity by adding three more en-suite bedrooms to now provide a home to 11 occupants.

Being unable to meet the requests from professionals and individuals enquiring about supported housing space for women and increasing capacity has been the driver to extend the provision, once again we were fortunate to be donated the necessary funds required to make ready this next phase of work at the Hope Centre and reach out to more women.

The board of trustees is strong and active, each trustee is active in the management of the Charity and involved in sustaining the Hope Centre in the many ways needed.

The staff team have been carefully recruited to offer the expertise and direction needed to achieve the best outcomes for the women TK is supporting. There is a wealth of expertise within the team and collectively this enables the service to operate effectively.

We are extremely grateful to our many supporters, neighbours, friends, Church and community groups who so generously support us, donate money to us and pray for us and with us as we continue to grow and establish our service here in Suffolk. We are very grateful for the faith and commitment so many people have in TK and are keen to update all who have an interest in the service provision.

Each woman is unique and whilst there are many primary needs residents have in common when coming to stay at the Hope Centre, each service user is on her own journey. Importantly, alongside recovery and healing staff are able to provide support and direction to enable each woman to create an informed supported pathway which she will travel at her own pace. Staff will enable each woman to take up educational opportunities, integrate in meaningful activities, give access to try new recreational, vocational and leisure interests in response to the individual needs.

We are delighted to be where we are right now, but not complacent, we will continue to develop and increase the work we do to break the cycle of vulnerability women experience when their experiences become overwhelming.

Women become vulnerable for a wealth of reasons and resilience plays a large part in the craggy journey, which in fairness many people travel.

Childhood abuse, loss, rejection, drug and alcohol use, gambling, coercive control, abuse, criminal activity, fraud, mental illness and so many more factors, singularly or stacked up can all be the triggers which exacerbate vulnerability and harm.

TK are in the position to support the aspects of life that have been harmed or broken. This is done in many ways including accessing benefits, providing information about options, from which Dentist to register with, right through to accessing legal support to face an historic event. Staff can assist with contacting estranged relatives, debt worries, and simply listening and caring.

To date we have supported 25 residents and have had enquiries for space for many other women who we have where possible directed on when we have no space to offer. Women can self-refer, or it is more usual, that they can be referred by another professional, who may already be offering support to a woman.

The referrals are carefully assessed as there are many factors to consider when offering rooms in a supported housing setting. The last outcome we want is for a resident to be in the wrong setting as rejection features highly in the lives of vulnerable women. When a room is offered at the Hope Centre it is hoped that the woman will be here until she is ready to move on to independent accommodation.

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