

# PHOENIX RISING NEW BEGINNINGS CIO

England & Wales · Charity number 1217227

## Details

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Other names	PHOENIX RISING CIO
Status	Registered
Legal form	CIO
Registered	2026-03-13
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	23 lucius Street Torquay TQ1 5UW
Phone	07754976489
Email	<a href="mailto:info@phoenixrisingcio@gmail.com">info@phoenixrisingcio@gmail.com</a>
Website	<a href="https://www.phoenixrisingcio.com/">https://www.phoenixrisingcio.com/</a>

## Activities

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**Objects:** THE RELIEF OF DISTRESS AND TRAUMA EXPERIENCED BY WOMEN PRIMARILY, BUT NOT EXCLUSIVELY WHO ARE RECOVERING FROM AND HAVE BEEN AFFECTED BY DOMESTIC AND SEXUAL ABUSE, BY PROVIDING; 1) INDIVIDUAL OR GROUP ADVICE AND SUPPORT AND INFORMATION 2) PHYSICAL ACTIVITIES TO IMPROVE PHYSICAL AND MENTAL WELLBEING 3) PROVIDING GROUP-BASED COURSES AND WORKSHOPS THROUGH A RANGE OF IN PERSON OR DIGITALLY BASED SERVICES. 4) RAISING AWARENESS IN SOCIETY AND SUPPORTING ORGANISATIONS, REGARDING THE IMPACT OF DOMESTIC AND SEXUAL ABUSE 5) OTHER SUCH WAYS AS THE TRUSTEES SEE FIT IN LINE WITH SAID OBJECTS.

**Activities:** We support women over the age of 18years old who have experienced domestic and or sexual abuse. We help them in their long term recovery through group sessions and courses online and in person enabling moving forward after trauma, workshops, drop in's and peer support. And through the use of exercise and movement as an integrated model or long term recovery, breaking the cycle of abuse.

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes
- **Who:** Other Defined Groups

## Geography

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- Devon

## Trustees

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Name	Role	Appointed
Deborah Pearce		2026-03-13
Georgina Brown		2026-05-07
SARAH PATRICA BARTON		2026-03-13
Sarah Joanne Mackay		2026-04-06