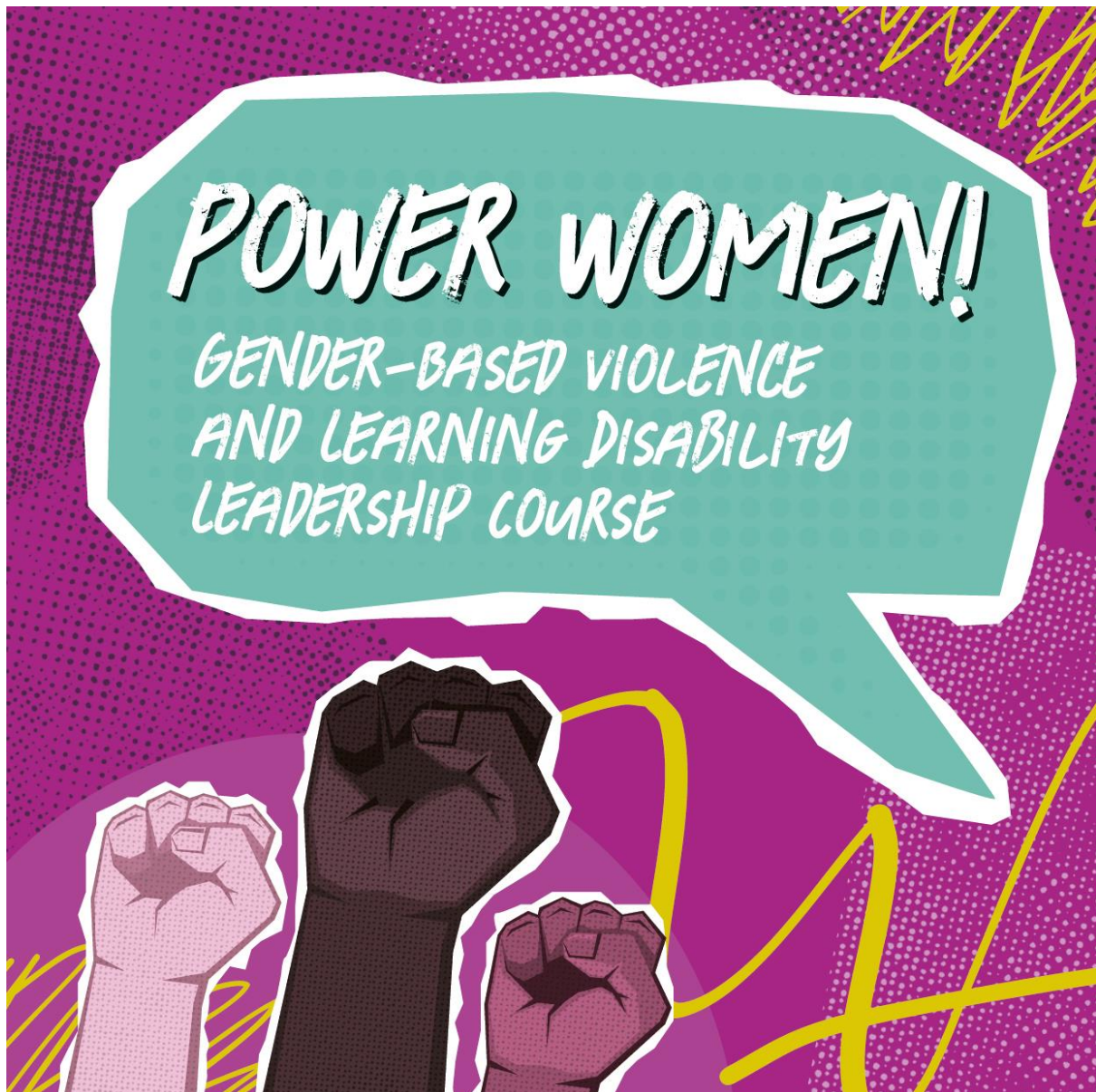


About Power Women



DELIVERING
EQUALLY SAFE

What the course is about



The course is called Power Women: A leadership course to make Scotland a better place for women and girls with learning disabilities who have experienced gender-based violence.



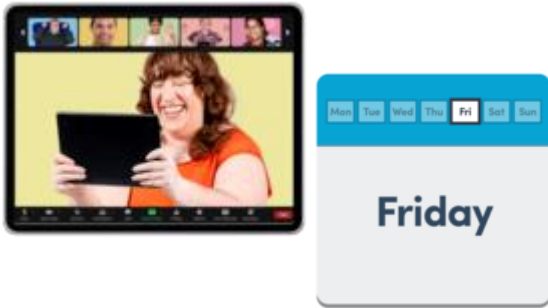
Gender-based violence means a person being hurt or treated badly because they are a woman or a girl.



The course is being run by the Scottish Commission for People with Learning Disabilities and People First (Scotland).



The Scottish Commission for People with Learning Disabilities is also known as SCLD.



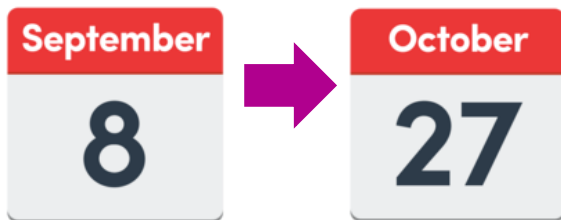
The course will be online on Fridays.



It will start at 10.30am and finish at 1.30pm.



There will be a 30 minute break.



The course will start on Friday the 8th of September and finish on Friday the 27th of October.

Who can apply for the course



Women with learning disabilities.



People with learning disabilities who identify as women.



People who are over 18 years old.



People who have experienced gender-based violence and are comfortable talking about this topic.

Anything you say on the course will be kept private and won't be shared with anyone outside the group.



People who want to make Scotland a better place for women and girls with learning disabilities who have experienced gender-based violence.

What you will learn on the course



The course will help you to learn the skills to help make Scotland a better place for women and girls with learning disabilities who have experienced gender-based violence.



You will meet other women with learning disabilities who have experienced gender-based violence and want to make Scotland a better place for women and girls.



The course will be a safe space where everyone works together to make sure everyone feels respected, valued and heard.



You will learn about how to be a good leader.



You will feel more confident speaking up for women and girls with learning disabilities who have experienced gender-based violence.



You will get a certificate if you attend all 8 sessions of the course.

What you will need to take part in the course



You will need to have a computer, a tablet, or a smartphone.



You will need somewhere private to talk during the course.



You will need to come to all 8 sessions of the course.

If you are not able to come to one of the sessions because of an emergency, or you are unwell, that's ok, but you will need to come to all of the other sessions.



You will need someone to be a mentor for you while you are doing the course.

The next part of the form explains what a mentor is.

What your mentor will do



A mentor is someone who can help you learn and use new skills.



Your mentor should be someone you trust and have a working relationship with, like an advocate.

Your mentor should not be your carer or support worker.



Your mentor can come to the course with you if you want them to.

This can help you to learn about leadership together.



Your mentors job is to watch, listen and learn.

They should only speak during the course if you ask them to help with something.



Your mentor can help you to use your new skills between sessions.



They can help you to keep notes of when you have used your new learning and skills.



You will need to do some work before and after each session.

Someone from SCLD can help you with this if you don't have a mentor.

How to apply for the course



You can apply for the course by filling in an application form.

There are two ways to get an application form.



Click this link to get an application form:

[Gender Based Violence project - SCLD](#)



Contact Michelle Mair at SCLD to ask for an application form.



Michelle's e-mail address is
michelle.m@scl.d.co.uk



Michelle's phone number is
0141 248 3733

Helpful contacts



If you or someone you know needs help, here are some numbers you can call.



Scottish Women's Aid 24-hour Domestic Abuse and Forced Marriage Helpline

[0800 027 1234](tel:08000271234)

The helpline offers free, confidential support and advice to women who feel scared of their partner or are worried about someone they know.



Rape Crisis Scotland: [0808 801 0302](tel:08088010302)
or Text: [07537 410 027](tel:07537410027)

Rape Crisis Scotland offers free, confidential support and advice to women who have been raped or sexually assaulted.



Samaritans: [116 123](tel:116123)

Samaritans offer free, confidential advice 24 hours a day, 7 days a week.



Breathing Space: [0800 83 85 87](tel:0800838587)

Breathing Space is a free and confidential phoneline for anyone in Scotland over the age of 16, feeling low, anxious or depressed.



Scottish Women's Rights Centre:
[08088 010 789](tel:08088010789)

The Scottish Women's Rights Centre offers free legal or advocacy information, advice and support to women in Scotland.



Police Scotland: [111](#)

You can also contact your local police station in Scotland by calling 111 if you are worried about yourself or someone you know who is experiencing gender-based violence or abuse.