

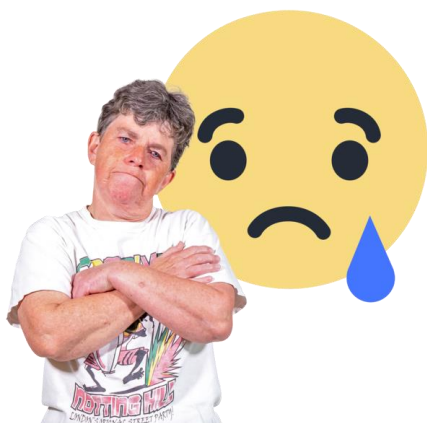
Power Women Impact Report

Easy Read Summary

What the report is about



This is an easy read report about a course called Power Women.



Reading the report could make you feel upset.



There is a list of people who can help you at the end of the report.

About Power Women



The course was made by the Scottish Commission for People with Learning Disabilities and People First Scotland's Equally Safe group.



The Scottish Commission for People with Learning Disabilities is sometimes called SCLD.



People First Scotland's Equally Safe group is a group of women with learning disabilities who have experienced gender based violence.



The course was made to help women with learning disabilities be leaders at making Scotland a better place for women and girls who have experienced gender based violence.



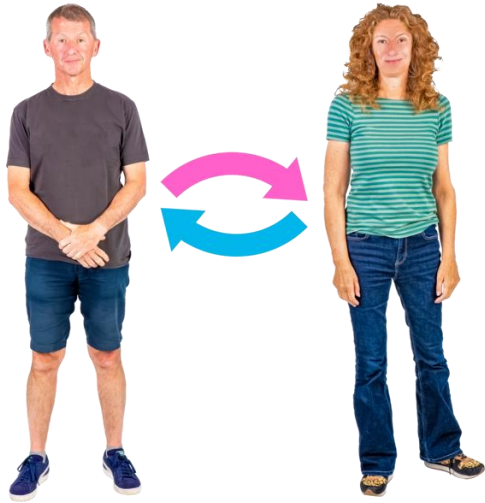
In this report gender based violence means a person being treated badly or hurt because they are a woman or a girl.

Who took part



Eight women with learning disabilities took part in the course.

This included transgender women.



A transgender woman is someone who is born a man but feels like a woman.



The women who took part came from all over Scotland.

The places they came from included the far north and south of Scotland.



The women who took part were between twenty and forty years old.



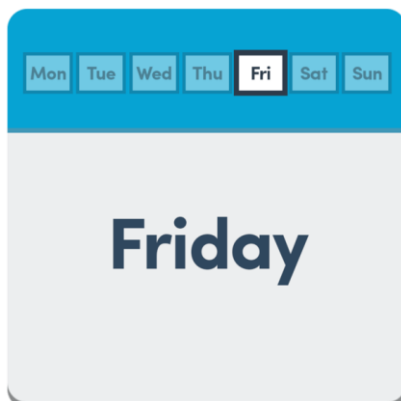
Eight women started the course and six women finished the course.

The women who finished the course got a Power Women certificate.

How the course was delivered



The course was carried out online on Zoom.



The course took place every Friday for eight weeks.



Easy read workbooks were sent to everyone before the course started.



One was about:

- what would happen on the course
- the activities we would do
- where to get help and support.



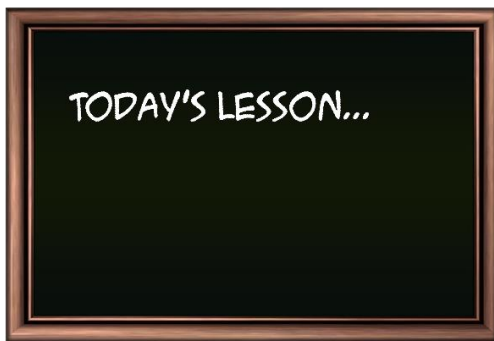
The other workbook had lots of information and activities to help everyone to make their own campaign for change.

Campaigning means changing what people are doing to make the world a good place.



Everyone on the course had a mentor.

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



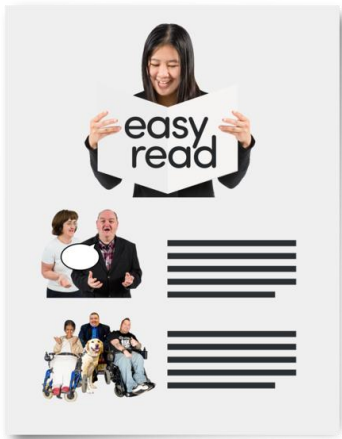
There were eleven workshops on the course.

Each of the workshops talked about different subjects.

These included leadership, communication, gender based violence, human rights and the law.



The workshops were delivered by different speakers including women with learning disabilities and the Equally Safe group.



Everyone was sent easy read information about the workshops the week before they started.

This was to help everyone to understand what the workshop would be about.



At the end of every workshop, there was time to talk about that days subjects and to ask questions.



If anyone felt upset during the course they could talk in private to their mentor or a member of staff from SCLD or People First Scotland

What people liked about the course



Feeling listened to.



Learning new information and skills.



Seeing everyone growing in confidence.



Meeting new people and making new friends.



Working and learning together and from each other.



Hearing other people's stories made them feel less alone.



It was a safe space where everyone felt able to talk about their experiences and support each other.

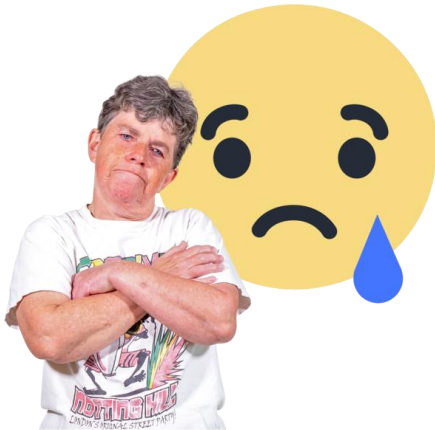


Meeting online meant everyone had the privacy to take a break if they needed to.

What people did not like about the course



Some people felt nervous to start with.



Some of the subjects on the course could be upsetting.



The course could be tiring at times because there was lots of new information to learn.



Some people would have liked the course to be longer.



Some people would have preferred to meet in person.

What people learned on the course



Issues that affect women.



Gender based violence.



How to help women who have had the same experiences as them.



How to make your own campaign for change.



Equality and justice.



Making choices and having a say in the decisions that affect their lives.



Keeping safe.



Being heard.

After the course finished



The women who took part in the course can get support from their staff and advocacy workers to finish their campaign for change.



They have also been invited to join People First Scotland's Equally Safe group.



The women who took part in the course said they would like to lead the course in the future.

Where to get support



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

0800 027 1234

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:
Phone 0808 801 0302
or **Text: 07537 410 027**

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



Samaritans: **116 123**

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



Scottish Women's Rights
Centre: **08088 010 789**

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



**Open up when you're
feeling down**

Breathing Space:

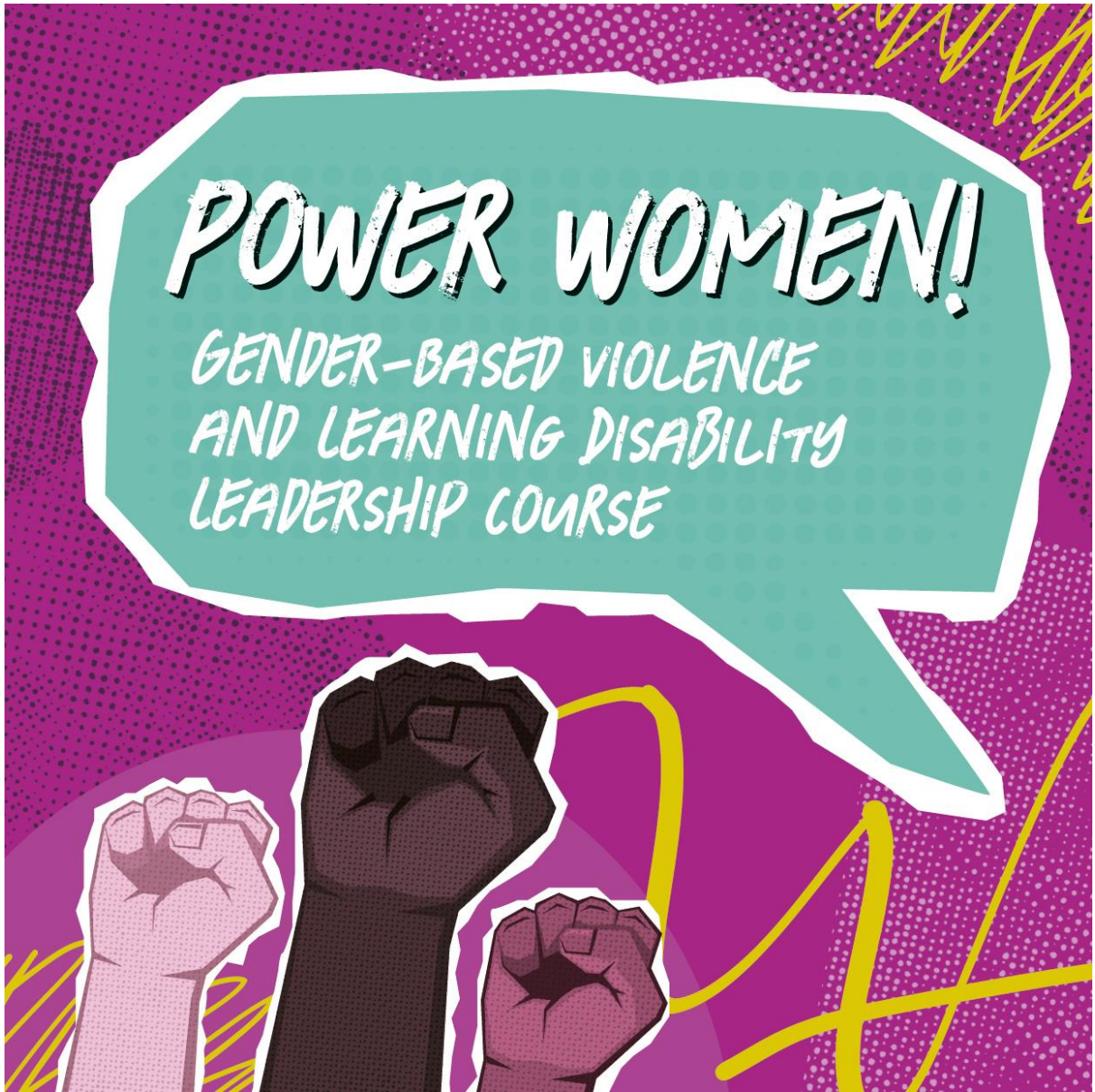
0800 83 85 87

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



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.



DELIVERING
EQUALLY SAFE

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