

85% of women with learning disabilities experience domestic abuse in their lifetime.

Women with learning disabilities or identified learning needs who live alone in the community are incredibly vulnerable to the prolonged effects of domestic abuse.

The WISER programme aims to reduce the number of isolated women in Plymouth experiencing domestic abuse.

We are committed to nurturing their sense of self-worth and confidence, so that they feel empowered and able to live safer lives.

Do you know a women that could Benefit from attending WISER? Who has a learning disability and needs support with healthy relationships and abuse.?

Please call:  
01752 753 719  
Or Email

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WISER

Women in Safe,  
Empowering  
Relationships

## WISER Bitesize programme

The WISER programme offers an accessible and flexible alternative course for women with a learning disability or borderline disability who are identified as at risk or survivors of Domestic Abuse.

The programme is run over two days and aims to provide the Women with a safe and tailored therapeutic learning experience.

### What we offer;

- ✓ Smaller groups (max. 6)
- ✓ Regular breaks
- ✓ Uses role-play, visual aids and media content to aid learning
- ✓ Adaptive to individual learning needs
- ✓ Takes a holistic, therapeutic approach to support
- ✓ Encourages peer support

## What we cover;

- ✓ Healthy Relationships
- ✓ Consent and Boundaries
- ✓ Cyber Safety & Grooming
- ✓ Abuse and Control
- ✓ Financial Abuse
- ✓ Self Esteem and Worth
- ✓ Rights & Responsibilities and much more.....

## Women's Support Groups

We facilitate user-led support groups for women who wish to form positive friendships with others.

The group can support members to learn about the value of healthy relationships as well as importance of keeping safe

## Easy-Read information

We offer easy-read publications informing women of important information related to their rights, domestic abuse legislation, local support services, and much more...

## WISER volunteers

WISER offers volunteers who can support women to:

- ✓ Safely report abuse if they wish to
- ✓ Access support services available in the city
- ✓ Learn more about their rights and their options