

Who are Healed Scars?

Healed Scars are a UK charity based in Stirling, working with women across the Forth Valley area with the overarching aim to empower women affected by trauma and abuse. Healed Scars believes that every woman has the right to receive free, person-centred and professional support to overcome the impacts of trauma and rebuild new lives. The charity offers a variety of therapies, coaching and training programmes free to all women. Healed Scars works closely with other organisations in Forth Valley to enhance their service and referral.

How was the grant used?

- The Covid-19 Recovery Grant enabled Healed Scars to run a virtual self-awareness course called ‘Working with Anxiety’ in a time when restrictions did not allow face to face sessions. This six week course was delivered by Dr Jen Robertson from Better Mind Therapy. Participants also received a downloadable handbook and calendar.

What had to change due to Covid-19?

- Normally the course would have been run in a face to face environment but due to Covid-19 restrictions that was not possible so the course was run using a virtual platform.



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What difference has the grant made?

- The grant allowed Healed Scars to provide the opportunity for women to attend the 'Working with Anxiety' virtual course. Participants gained knowledge and learned new skills on how to reduce anxiety that they can use in their day to day lives. Ten women, who are survivors of trauma or abuse, from the Stirlingshire area participated.

'Thank you very much for the printed materials. The calendar is great – it's so encouraging to see such powerful photos of so many thriving abuse survivors.'

(Course participant)

'The session with Dr Jen has been incredibly insightful. I got more clarity and practical tools in just one session than all my previous psychotherapy combined.'

(Course participant)

'I feel blessed to have the knowledge of the wonderful service you offer which are hugely needed, especially during yet another lockdown which has led me to be increasingly lonely.'

(Course participant)

'...just wanted to say how useful this course has been to me, the content is simple but effective. I feel like I'm definitely on the right track to reduce my anxiety.'

(Course participant)

