

### Empowering Women in the Borders

1 in 4 women in Scotland will experience domestic abuse which is why an organisation like Border Women's Aid is so vital. They offer safe accommodation, information and support to single women, and women with children who wish to escape domestic violence or abuse.

They carry out a wide range of work with the aim to end domestic violence against women and children. Services include; providing temporary accommodation, counselling and support services, provision of information, training, conferences, resources and guidance.

The Scottish Community Foundation, through the Women's Fund for Scotland, awarded the group a grant of £500 to go towards training costs. The training involved running sessions where women discussed local learning and employment opportunities, interview and CV techniques, and they were then encouraged to take up appointments with local career advisors, the ultimate aim being that women who used the training might then return to the workforce or further education.

This innovative project helped women who would not otherwise have had this opportunity due to the rural geography of the Borders, and experiencing a range of other disadvantages, get important tools to help them determine their own lives. And groups like Border Women's Aid help women move on and succeed after living in refuge and re-engage with an inclusive, supportive society many had been missing from.

*"The Women's Fund for Scotland grant enables the Women we work with to re-build their self esteem through accessing training and employment opportunities. The grant has allowed us to be client project focussed in a relaxed, informal way, with positive outcomes."*

*Karen Collier, project co-ordinator*

*"I attended a day out at the college, it was interesting and fun, we used the facilities and afterwards I picked up a prospectus and I am now enrolled on a full time care course. Seeing round the college with the group made it less intimidating."*

*Border Women's Aid client*

