

THE POWERHOUSE

The Powerhouse is a women's organisation run by and for women with learning difficulties. Their aim is to empower members to lead full and independent lives by providing a safe, women-only space for group activities and training. Members form peer support networks, organise events, build friendships, gain skills and work towards making a real difference in their lives.

BODY IMAGE

POWER BODIES AT POWERHOUSE

- A series of workshops with Powerhouse members will promote a greater understanding of a healthy, assertive Body Image, and encourage members to create a personalised action plan for a healthier lifestyle.
- A local Community Nurse will facilitate sessions on 'Healthy Bodies, Happy Bodies', and talk about bodies without taboos on topics which are not normally discussed.
- Many of the members have experienced domestic abuse. The sessions will create a language to describe health, bodies and choices more powerfully through learning and access to information.
- Theatre activities will look at the way the women view bodies, appearance and disability through words, songs, pictures and plays.
- The workshops will culminate in a public performance, which will be a forum to voice the opinions of women with learning difficulties and other minority groups.

“ Rosa's support and funding will help us to generate much-needed awareness of how issues surrounding Body Image impact upon women with learning difficulties.

It will also give the women we work with a greater sense of a positive, healthy body image, and its importance to how we view ourselves as part of our communities and society in general. ”

Rita Hirani
Volunteer CEO



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