

PARTICIPANT FEEDBACK

"I feel more confident in myself.

I am putting the abuse that I suffered
in the past!"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

PARTICIPANT FEEDBACK

"I am working to gain access to my
children "

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

PARTICIPANT FEEDBACK

"I have stopped feeling guilty .

Thank you for your support !"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

PARTICIPANT FEEDBACK

"Thank you this has been amazing
and empowering"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

PARTICIPANT FEEDBACK

"Loved it being with women like myself and not felt alone thanks ladies for running this course xx!"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

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"Just a big thankyou for all you do. I really appreciate you both (Lynne and June) You have made a big difference even in just 6 weeks. With the support and help I'm hopeful I can leave and create a new life were I can thrive. Although I'm scared and have lost all confidence. This course ad you ladies are providing a necessary education and engaging group. Thankyou."

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

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"This course is much better than the courses that I have done in the past. The facilitators just 'get you' in a way that really made me feel at ease.

I would highly recommend this course and these facilitators. Thank you"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

PARTICIPANT FEEDBACK

"I have ended my abusive relationship
and I am in a safe place

This course is **AMAZING**"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

PARTICIPANT FEEDBACK

"You ladies are amazing."

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

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"I love being part of a group of women who are rising up against abuse. It's so needed and empowering "

- PARTICIPANT, 2023

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"The course is excellent and the course leaders are fantastic, such lovely, warm and kind people. Everyone attending is lovely and I hope we will all go on to lead happy lives free of abuse like we all deserve."

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

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"I found the course very inciteful and
feel i have learned alot from it
I now feel i would notice the
behaviours early on and the tactics
abusers use to reel you in ."

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

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"I found it extremely helpful and informative, great support all round and fun in places."

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"Very grateful for all the ladies for the help and for setting up the course"

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"I now have contact with my kids and
Im working on getting them back.
Thank you for changing my life."

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"It has helped me recognise behaviours and red flags to look out for"

- PARTICIPANT, 2023

#RISEAGAINSTABUSE

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"It has given me more confidence and
clarity of myself "

- PARTICIPANT, 2023

#RISEAGAINSTABUSE