

Intro

Uplifted provides access to strength training and fitness facilities for survivors of Gender Based Violence (GBV). We run group strength training courses where people can learn technique, build confidence, gain strength and become part of a community.

When we refer to GBV we are referring to a spectrum of violence, including, but not limited to, sharing of intimate images without consent, sexual harassment, stalking, intimate partner violence, sexual assault, childhood abuse and LGBTQIA+ hate crimes. It is vital for us to be explicit that we support and believe all survivors.

- We work on a referral basis
- We work with any survivor over 16
- Courses run for 12 weeks
- Courses are delivered by experienced coaches and support workers
- Courses are based across two facilities - Kinning Park & Gorbals
- All Uplifted workers are PVG checked
- All participants receive a welcome pack
- We can reimburse travel to the cost of a bus day ticket

How

Please complete the referral form included in this information pack. Uplifted is not a counselling service, it is a trauma informed training facility delivering strength based courses to survivors of GBV. Although there will be a support worker present, we will encourage participants to seek specialised support if necessary.

After the course

Uplifted will provide a strength training programme for participants to follow and drop in' sessions at our Gorbals facility for people who have completed our courses. These will be bookable and there will be a worker in the building.

We are developing a mentor programme providing support to people who want to access different facilities or try new sports. More information to follow.