



responding to your needs, views & wishes.



consultation:

April 2025 - March 2026

led by you.



In October 2025, we invited our **GINA team, partner organisations & women subjected to sexual trauma** accessing our counselling/products/resources to share their thoughts on GINA's support via a survey.

Their feedback enables us to **shape our activities** so that we can increasingly become more **responsive** to the needs of our team & women we support.

Themes explored within this consultation included ideas & thoughts surrounding:

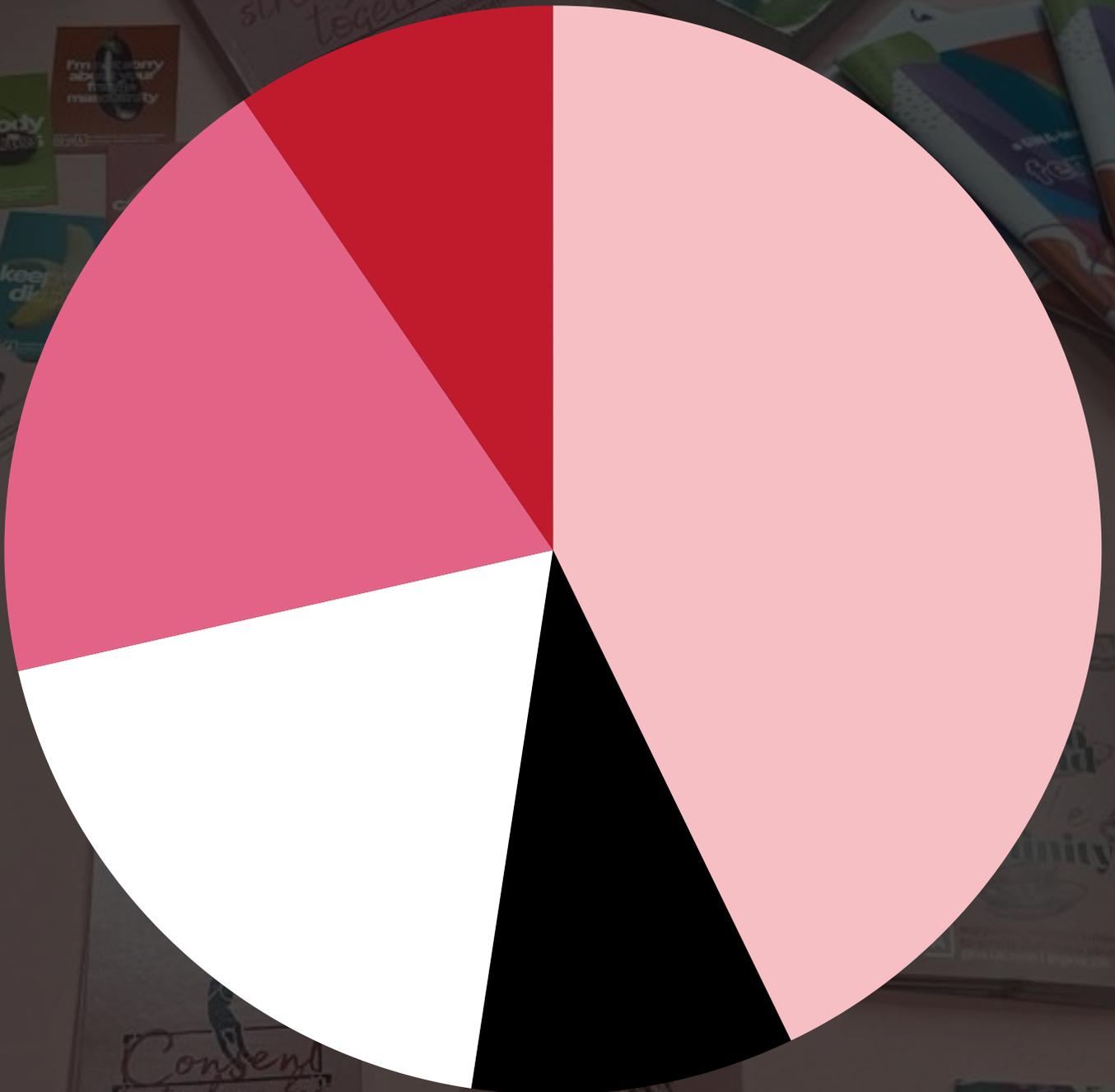
- How we can enhance GINA's communications so more women know about our support.
- Why women were seeking support from GINA.
- What women needed after being subjected to sexual trauma.
- Journeys through GINA support.
- Any words of affirmation or messages for other women seeking support.
- What we do well at GINA.
- What services/support they would like to see from GINA.
- What products & resources they would like to see from GINA.
- What GINA could introduce to better support women.
- Recommendations on how GINA could improve support.
- Any other ideas or explorations GINA should be considering.

your voice at GINA HQ.



The voices reflected in our survey are as follows:

- Women currently accessing GINA's support
- Women who have previously accessed GINA's support
- A GINA team member
- An RSVP team member
- A GINA funder

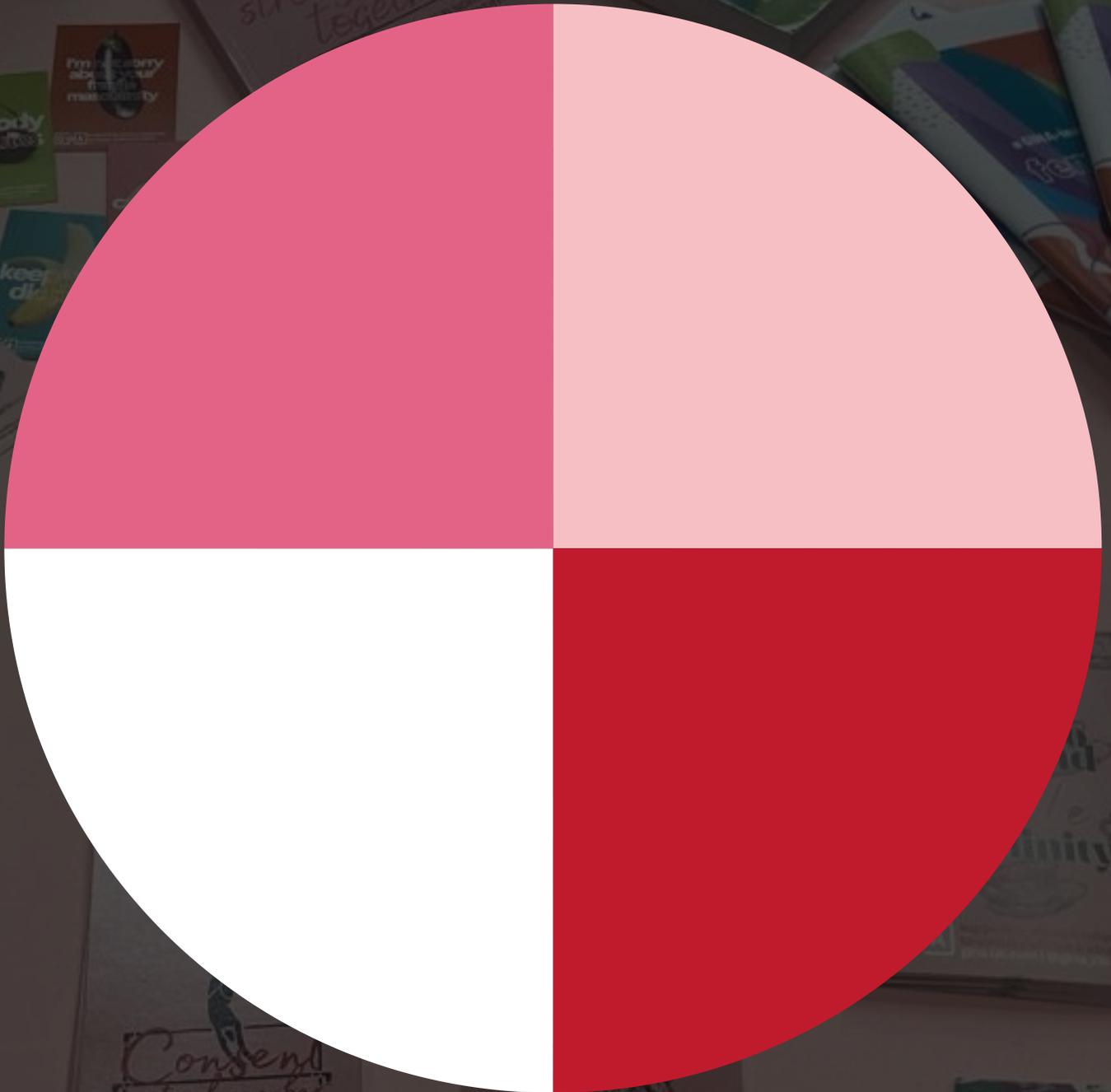


your voice at GINA HQ.



They discovered GINA via:

- Social Media
- Google/search engine
- Via RSVP
- Via University of Birmingham



your voice at GINA HQ.

## Individuals were attracted to GINA's support due to:

- “signing up to volunteer as violence against women & girls is a topic close to my heart & I would like to support the work of GINA & RSVP”
- “Support towards mental health & also provide an insight to others struggling”

## We can ensure more people know about GINA by:

- “Growing a larger social media presence & continuing to connect with other local organisations & community groups to raise GINA's profile”
- “Socials”
- “Modern social media, Tiktok & Snapchat”

## Individuals were subjected to:

- “I was sexually assaulted by my ex partner”
- “I was sexually abused as a child over a number of years , sexually assaulted as a child, raped in my 20's & 40's”
- “Sexual assault & sexual harassment”

## Impacts:

- “It has taken me years of being in & out of therapy to work through the impact that the relationship more generally had on me. In the first year following the end of the relationship I experienced severe suicidality & mental and physical health issues”
- “Addictions, suicide attempts, severe anxiety & depression, severe self doubt and lack of confidence, push myself to extremes as I don't feel I am valid”

discovering GINA HQ.

## After sexual trauma, individuals needed:

- “What is really needed was fast access to support & for health professionals to take the time to look beyond the surface presentation of my mental health struggles. It took me a while to realise that it was the relationship that had this affect on me & no one I can into contact with ever asked about my personal life in that way to help me make the connection. I then really needed support & validation that I wasn't a bad person and that it wasn't my fault & I struggled deeply with feelings of guilt & shame.”
- “Belief (NHS Dr said it was common amongst LGBTQ when I was 14), supportive & understanding society, access to life ling support & therapy (it seems very gendered), love & acceptance”
- “Space to eventually come to terms with what had happened to me, then support after some time”

## Journeys through GINA:

- “Whilst I havent received support from GINA directly, I first began volunteering with the organisation during the final year of my undergraduate degree”

## Testimonials of support:

- “I frequently signpost people to the resources section which are lovely & varied & extremely empowering”

needs & testimonials.

## What we do well at GINA:

“Having a specialist service with little to no waiting list is vital and unconditionally supporting survivors is invaluable. The partnership with the University of Birmingham is also really impressive and provides a crucial service given the rates of rape & sexual assault amongst students”

“From what i have seen so far you have Provided resources with useful information”

“I have most recently signposted young people to the resource section for information around consent & have seen them become empowered when able to understand & set boundaries. The website is very calm, inviting & non-triggering for all.”

## What we could do better at GINA:

“Support groups, both in person or online might be really powerful for supporting the rebuilding process for some women. Although I appreciate RSVP may potentially offer this already”

“Workshops online/in person”

# credit & improvement.

## Services/support that would be desired from GINA:

- “A support group for women with the focus of tackling/alleviating feelings of shame in relation to rape & sexual abuse would be great. Another idea although not sure how popular this might be would potentially be a GINA book club. Just an idea of how survivors might find comfort in connecting with each other in a way that is not focussed around their trauma”
- “Mixed gendered support”
- “Workshops online/in-person”
- “To continue being the wonderful organisation you are”

## Products that would be desired from GINA:

- “More products focussed on building a good/healthy relationship with your body. The workbooks are great but maybe self care products that are designed to prompt you to nurture & pay attention to your body could be good”
- “Stickers, more journals & notebooks”

## Resources that would be desired from GINA:

- “Resource library to be viewed from a mobile”
- “Maye collating resources aimed at young people around consent & positive messages to be an accessible & positive support against the toxic culture currently around”

support wishes.

## The biggest barriers/challenges in seeking & accessing support:

- “Not with GINA but huge waiting lists & then services being very under resourced & surface level. Some mental health professionals (not all) being quite judgemental at times. Misdiagnosis”
- “Gender, that there was support out there for people like me”
- “I have only just discovered GINA today, however a barrier for myself during this situation is having to talk to a stranger about my circumstances & I'm not sure if it would be multiple individuals that work at GINA or if its possible to speak to the same person each time to prevent feeling more overwhelmed having to repeat myself”
- “People not knowing something is wrong in the first place”

barriers & challenges.

**Affirmations for others subjected to sexual trauma:**

“You are loved, life really does get better & you were never to blame for what happened to you”

“It's fucking sh\*t but you were never ever to blame”

“It's **not your fault**, do not blame yourself for other peoples actions when they made a choice to make a female/individual feel uncomfortable & despite trying to set a a boundary, not being listened to or acknowledged during the awful times. I know its difficult & sometimes justice doesn't always get served the way we all would like. However please seek support whenever you are ready to, don't isolate too much, it does help to communicate with someone who is aware, willing to listen & have a good understanding”

“The journey to becoming the person you were meant to be **is possible** & I am witness to it”

affirmations.



**GINA**