



we are an official Run
England group

GINA running group

GINA launched a running group in 2014, where group members learned about the positive effects of fitness and nutrition in a safe and supportive environment. Our free running group is open to new members. It is an official Run England Group led by an England Athletics approved run leader, our very own Lisa Thompson.

what does our running group involve?

we are a Birmingham based running group with a difference. We provide a unique opportunity for people subjected to sexual violence and abuse to benefit from running, as a means of increasing their health and well-being and reconnecting with their body. We welcome everyone, especially absolute beginners.

we are also open to the partners, relatives and friends of people subjected to sexual violence and abuse, and to staff and volunteers from the range of organisations, charities and groups who work with and support survivors. We offer nurturing workshops and support to all helpers of survivors – including support with secondary trauma.

It's no secret that exercise is good for both physical and mental health; group members will have the opportunity to experience the positive impact of exercise in a safe, supportive and sociable environment. Alongside the running sessions there will be opportunities for members to take part in running events (although this isn't compulsory) and develop an understanding of stretching, training and injury prevention.

when?

our group meets every Wednesday evening and every Saturday morning.

who leads our running group?

the group is led by Lisa Thompson, an experienced runner who has completed the Leadership in Running Fitness Course. Her passion for running and for supporting people subjected to sexual violence and abuse provides the perfect opportunity to develop our running group.



GINA running group

where?

on Wednesday evening at 7.15pm to 8.15pm, at Grosvenor House, 14 Bennett's Hill, Birmingham B2 5RS. This is a women only group. Beginners are especially welcome at the group, including women who are not sure whether running is for them or not. We'll start with walking and you will only build up to running when you are ready.

on Saturday morning, at 8.45am (for a 9am Parkrun, which is 5km/3.1 mile long), outside The Garden Tea Rooms at Cannon Hill Parkrun, Cannon Hill Park, near the County Cricket Ground, Edgbaston Road. This is a group for women and men and is especially for improving and existing runners, slow and fast. You'll need to complete the free, one-off registration process, before you can run at Parkrun.

to join our running group: please come along to one of our sessions where you will be made to feel very welcome. All sessions are free and we will just ask you to fill in a brief, confidential membership form at your first session.

do I need to be able to run already?

no! definitely not.

the Wednesday evening session is only for women and especially for beginners, who might need to build up their walking first before trying running. We'll provide lots of advice, support and encouragement. People who already identify themselves as 'runners' are still welcome though, especially at our Saturday morning sessions, which is for women and men.

this group is for you if:

- you say 'I couldn't run for a bus'... but you'd like to be able to!
- you would like to try an activity that will make you feel great!
- you are looking for a safe, friendly and fun environment in which to develop your fitness and running.
- you feel inspired when you watch runners or running events but haven't taken action yet.
- you would like a new challenge.

drop as an email via hello@gina.uk.com if you'd like any more info.