



a summary of our

# past activities & events

## walking group

*supported by Living Streets & Walking Cities.*

Living Streets is working with communities in Birmingham and other cities to help make walking the natural choice for short journeys. In Birmingham, residents across the wards of Aston, Ladywood, Nechells, Soho and Sparkbrook were encouraged to get walking more. GINA was part of an array of events to encourage improved public health through walking activities.

GINA knows that participation in fitness and social activities has a strong benefit on issues faced by abuse survivors, such as isolation, depression, low self-esteem and sleeplessness. We were excited to share walking as an effective way for survivors to increase their wellbeing.

Ours was a special walking programme, specifically aimed at sexual abuse survivors in the Birmingham area. The eight week programme was led by Afsha Malik of Bloom in Health. Afsha taught clients about 'active walking' and introduced a regular walking habit that could easily be adopted by clients in their own time. Each session involved breathing and posture exercises, meditation/mindfulness and, crucially, offered a safe space for clients to meet others who had been through similar experiences.

Attendees kept both walking diaries to track their physical progress, as well as wellbeing diaries where they wrote about their thoughts, feelings and confidence levels. The programme took place in Cannon Hill Park in the Edgbaston area. The location was accessible, near public transport routes and allowed the group to walk at a relaxed pace, in a nurturing environment. The group was supported by a trained support worker with experience in working with survivors of sexual abuse. We supported 12 clients in total throughout the programme. In these sessions we shared the benefits of walking so survivors could start to adopt walking as a regular practice to increase their health, wellbeing, and form a positive connection with their body (particularly important for sexual abuse survivors).

By offering a walking group, we also reached those survivors who wanted to be active but were not yet confident to try running. The feedback from this group showed a positive impact on their increased physical activity and improved mental wellbeing. Participants also found walking as an effective way to nurture themselves and have continued to meet even though the walking program has now come to an end, which is another fantastic outcome of the project.



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## **zumba**

*April 2015*

#ThisGirlCan is a national campaign developed by SportEngland and a range of partnership organisations. It is a celebration of active women up and down the country who are doing their thing no matter how well they do it or how they look.

#ThisGirlCan sends a positive impression of what women and girls can achieve. It fits with GINA's values about the potential of survivors. We wanted to be part of it because we know how activity and sport can benefit survivors and be healing.

As part of the #ThisBrumGirlCan campaign, we offered a Free Zumba "Bollywood" Style class to survivors of sexual abuse. In this session, we shared the benefits of regular exercise with 11 participants. Participation in fitness activities can be enormously beneficial to abuse survivors tackling post-trauma issues, such as isolation, depression, low self-esteem and sleeplessness. Attendees learned about the mental and physical health benefits of activity in a relaxed and fun environment. The session offered a safe space for women to meet, learn new coping strategies and have fun.

By organising this Zumba class, we were part of a local campaign (#ThisBrumGirlCan) as well as a national campaign (#ThisGirlCan). Thanks to funding from Sport England and the #ThisGirlCan campaign this session was free!

The class was held on Thursday 2nd April From 11am to 1pm at The Space (Birmingham).

## **laughter yoga**

*April 2014*

Before the laughter yoga session we had an interactive hour with participants where they shared their thoughts and ideas about ways to develop our future products and events.

The hour of laughter yoga with Sandra Wathall of Laughing Hearts was offered as a thank you for their time. Laughter Yoga began with an explanation of the foundations of the work, then a gentle warm up which was followed by a series of laughter exercises interspersed with some simple stretching and deep breathing. No yoga ability was required! The benefits included a cardio and mind-body workout, stress reduction, enhanced mood, relaxation, pain reduction and improved mental functioning.



a summary of our

# nurture training

July 2015

## nurture workshop for parents

We delivered a workshop for PACE (Parents Against Child Exploitation) in July 2015.

Nurture helps us understand the way others are feeling, helps them express these feelings and identify the best solutions. When others experience this kind of nurture from us, it helps them regulate their future feelings and have their sense of self acknowledged.

Nurturing yourself is absolutely essential - creating a nurturing, boundaried and safe environment and relationship is a great gift parents can give to their children.

Nurture and self-care shows one's child that sexual abuse can be overcome, and it stops parents from becoming as traumatised as their child. It keeps parents well, safe and healthy, meaning they can still be there for their child.

The structure of the workshop was as follows:

- Ground rules
- Boundaries, link with abuse, set for ourselves as we set for our children.
- First round: intro to nurture, why nurture? What is it? Why is it important?
- Second round: How does nurture help with trauma?
- Third round: ways to nurture - get moving, cards, station to station - share ideas, in group - meditation, mindful walk, moving stress from our bodies-shake etc.

## nurture workshop for staff

Following our Nurture Workshop for Parents at PACE (Parents Against Child Exploitation) in July 2015, we delivered a nurture workshop and debrief for PACE staff.

The structure of the workshop was as follows:

- Remind ground rules
- Boundaries, setting for ourselves as we have set for others
- First round: anything you want to leave here
- Second round: check-in.
  - Thoughts: how did the day go? Thoughts now? Feelings: how did you feel during the day? How are you feeling now?
  - Bodies: have you remembered them? How is your energy, temperature, muscles, heart, shoulders, feet?
  - Exercises. Grounding.
- Third round:
  - Appreciating the achievements of others
  - Postcards
  - Appreciating the achievements of ourselves



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# nurture training

## nurture your success workshop

October 2014

*Supported by Santander & UnLtd*

Key takeaway points after our Nurture Your Success workshop:

### GROW

The primary thing that GINA wanted to achieve on the "Nurture Your Success" workshop was to increase survivors' confidence in your unique abilities, talents and skills. Many of us, particularly survivors, can underestimate our resilience, strength and perseverance, which are actually all essential skills to have when travelling on the journey of setting up our own business, regardless of which part of the journey we are on. We also wanted to help survivors and supporters decide why they had chosen to establish a "social" enterprise, rather than a business which would be driven solely by the pursuit of profits.

### INSPIRE

On a daily basis GINA has been inspired by people, their dreams and their absolute dogged determination to survive and thrive! We were sure that by bringing a small group of survivors and supporters together, that they would awaken and shape their own dreams and inspire each other to do the same. We wanted you to feel encouraged to start a business by following your heart and doing what you really love. Chasing your dreams and your happiness really can be a business model and we hope that you are one step nearer to defining the vision, values and purpose of your socially driven enterprise.

### NURTURE

To follow your heart and establish a social enterprise, your dream needs to be fed, watered and nurtured. This involves approaching obstacles and problems with optimism and an unshakeable faith that there are solutions and opportunities to be found, even if sometimes you have to keep looking! We wanted to introduce you to the many places where you can gain funding; mentoring; training, support and resources. Ultimately, however, we wanted you to see and believe that the biggest resource of all is YOU!

### ACHIEVE

Once you have established your social enterprise, how do you know whether what you have achieved is successful? Our aim was that by the end of the day, you would have decided exactly who your customer was. Being clear about this enables you to know and understand your customers' needs and exactly how your social enterprise could meet them. Having happy customers and ways they can feedback this happiness to you, alongside being able to demonstrate the real impact you are having on the world, are the ultimate ways you demonstrate what you have achieved. Ensuring that you also generate a profit, by the selling of your goods and services, means that you can then invest these profits back into your business to achieve even more happy customers and changes you want to bring about in the world!



a summary of our

# nurture training

October 2014

## nurture your success workshop

*Supported by Santander & UnLtd*

Inspired to really try and make a difference, but don't know where to start?

We offered a group of ten people the opportunity to come together for a unique and innovative one-day workshop to learn how they can utilise their skills to become social entrepreneurs. They did not need any business experience to join us - just a niggling idea, a spark, or simply the enthusiasm to try something!

This workshop was suitable for those who were at the very beginning of their journey or if they had a business idea they were ready to start working on. With a limited number of lucky people, we offered a unique event where we could really start to:

- Grow participants' talents
- Inspire their thinking
- Nurture their ideas
- And start on the road to Achieve successes for them and their future!

We offered the opportunity to **nurture your success** and we did this in two ways:

1. The morning was spent identifying and developing participants' skills so that they were confident in their ability to be successful social entrepreneurs.
2. In the afternoon we shared the fundamental business principles that they needed to embark upon their own journey into social enterprise.

Throughout the day, participants were empowered to share their skills, ideas and thoughts about developing a social business. The workshop took place in a safe, positive and forward thinking environment to maintain focus and momentum.

The one-day workshop ran from 10am-4pm and took place on Saturday 18th October 2014 at the Marriott Hotel, Five Ways, Birmingham.

Lunch included in the £20 charge & was from the amazing Change Kitchen.