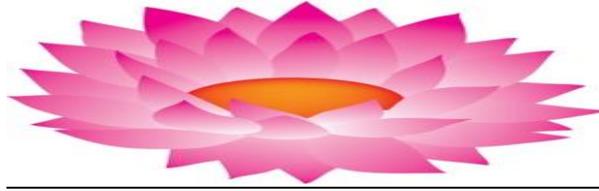


Dahlia Project



The aim of the project:

Dahlia's Project is a support group for women who have undergone Female Genital Mutilation/ Female Circumcision (FGM). The project aims to provide a safe space for women and girls to unpack the effects of FGM.

The evidence that has been collected so far through the several clinics in the UK shows that FGM has physical, emotional and psychological effects which impacts negatively on the well-being of women/girls.

The length of the project:

The project will be made of 6 weekly sessions. Each session will be divided in 2 parts: A morning sessions for older women (up to 5 women) and an afternoon/evening session for younger women (up to 5 women). Each session with each group will be one hour and a half long.

The project lead will conduct initial assessments of participants to ensure the different emotional needs are recorded in order to support counsellors to deliver the sessions.

The Counsellors set of skills:

- A good understanding of FGM and how it affects women
- Experience of group work and facilitation of groups
- Ability to work with interpreters
- Ability to run group exercises and role plays

Other Allowances will need to be made for the group to run fairly loosely and flexibly in order to accommodate the emotional aspects of this subject.

It is important that all counsellors remain sensitive and mindful of not forcing or pushing any one particular issues forward, as it may mirror or raise feelings from past experiences, and therefore seen as imposing.

FGM/C still remains a very difficult subject for many of the survivors to discuss therefore, counsellors will need to be patience and sensitive to allow these individuals to process their feelings and talk about their experiences.

Suggested times so as to accommodate practicalities could be:

Morning session - Older women: 11:00am to 1:00pm (Including breaks and refreshment times)

Evening session – Younger women: 6:00pm to 8:00pm (Including breaks and refreshment times)

Initial 6 weeks- possible dates to run for autumn 2013:

Week 1: 07th November

Week 2: 14th November

Week 3: 21st November

Week 4: 28th November

Week 5: 5th December

Week 6: 12th December.

Venue:

- Maya Centre is Ideal and it's near to main streets and within easy access to public transport, particularly for evening groups.
- Safe, warm and comfortable environment, with refreshments such as hot drinks, water, juice and biscuits.
- Individuals may wish to bring an interpreter and this can be accommodated, however this will need to be an adult woman. Depending on the number of interpreters, the size of the group will need to be reduced to accommodate numbers of participants.

