

Name of Project: Ascent Ending Harmful Practices
Lead partner: Asian Women's Resource Centre (AWRC)
Delivery partner: FORWARD
Borough: Greenwich

"Before I came to FORWARD I had depression and a lot of trauma from my FGM (Female Genital Mutilation). If I could rate it from 1-10, it was 10. I was with another service for 8 months before I came to FORWARD.

By the time I finished with the support, I felt a lot of changes – the therapy helped me understand that whatever I was going through was passing. It taught me how to stand up for myself and encourage myself and it changed my relationships. I felt a difference from the other therapy I had because FORWARD deals with black people. The lady who saw me before was good and she tried but she didn't understand some things. The support from FORWARD made me feel understood. She knew how to calm me down when I was having flashbacks in the session by my trauma and she made me realise that I could control it. Whenever I have that feeling of flashbacks again, I always remember what she says. It's as if she's talking to me. The things she had said, it was like ringing in my ears. I'm still struggling with my papers but I'm going to try again trying again for another one.

I just want to say that your organisation is doing a great job for a lot of women because our culture sometimes don't care for people. It is really liberating a lot of people to live their destinies. There are times when you can't heal with physical things and when you go through things, sometimes you feel like dying but when you get to your organisation, you give them life. Thank you for your support".

Client consented to her experience being published