



#DEFINITIONREDEFINED · NATIONAL SURVEY OF BLACK WOMEN & GIRLS IN BRITAIN

Conversation Gathering Pack

Be heard. Be counted.

Help redefine the future — together. Everything you need to host a warm, safe gathering where women take part in the survey privately.

Version 1.2 · Published 4 October 2026 · Support contacts last verified 4 October 2026 · Next review due 4 January 2027

Survey open until 31 January 2027 · Safeguarding & access questions:
definitionredefined@soulpurpose360.co.uk

Document control

Document	DR-01 #DefinitionRedefined Conversation Gathering Pack
Version	1.2
Publication date	4 October 2026
Support contacts last verified	4 October 2026 – every number and opening time in Section 9 was checked against the provider's official website on this date
Next review due	4 January 2027, or sooner if a service changes. Re-verify support contacts before every reprint.
Owner	Palma Black, Founder & CEO, Soul Purpose 360 CIC
Copyright	© 2026 Soul Purpose 360 CIC. All rights reserved. The Soul Purpose 360 name and logo are the property of Soul Purpose 360 CIC. Hosts may print and share these materials unchanged for #DefinitionRedefined gatherings.
Safeguarding & access inbox	definitionredefined@soulpurpose360.co.uk Monitored Monday to Friday, 10am–5pm. We aim to reply within three working days. This inbox is not an emergency service – if anyone is in immediate danger, call 999.
Survey closes	31 January 2027
Survey link	soulpurpose360.co.uk/definition-redefined – always use this official link

Version history

Version	Date	Changes
0.9	Pre-publication	Source draft (Word): content agreed.
1.0	4 October 2026	First accessible publication. Support directory verified and updated (BSL hours, Welsh Samaritans line, Galop hours, Wales 111 press 2). Monitored inbox added. Companion toolkit DR-02 to DR-11 issued. Comfort break added to private completion.
1.1	4 October 2026	Survey link updated to soulpurpose360.co.uk/definition-redefined and QR codes regenerated. Survey closing date (31 January 2027) added. Inbox monitoring hours updated to Mon–Fri 10am–5pm, reply within three working days.
1.2	4 October 2026	Soul Purpose 360 logo added to every document, form, artwork, video and web page. Copyright notice added to all footers.

Check you are using the latest version at soulpurpose360.co.uk/definition-redefined. Printed copies are uncontrolled – compare the version number in the footer.

Welcome, host

This pack is for women who want to bring friends, relatives, neighbours, church members, colleagues or community members together to take part in the **National Survey of Black Women & Girls in Britain**.

A gathering can happen around a kitchen table, after a church service, at a community centre, in a book club, at a university society, in a workplace network, online – or in any familiar social setting.

The aim is to make participation **welcoming, affirming and connected**. Conversation helps women reflect, remember and recognise patterns before they complete the survey privately. It can also generate richer optional testimony about what matters, what has helped and what needs to change.

The gathering is **not** therapy, counselling, a support group or a focus group unless separately organised and consented as formal research.

Important: each woman completes and submits her own survey.

No host should watch answers, ask anyone how she responded, photograph screens, collect completed forms, share a device while answers remain visible or pressure anyone to take part. Group discussion is optional and must not be recorded or submitted as research unless Soul Purpose 360 has provided a separate consent process.

Questions about safeguarding or access?

Email definitionredefined@soulpurpose360.co.uk

Monitored Monday to Friday, 10am–5pm. We aim to reply within three working days. This inbox is not an emergency service – if anyone is in immediate danger, call 999.

Contents

1. Choose your gathering.....	4	7. Turning conversation into insight safely...	8
2. What the host needs.....	5	8. If a conversation becomes sensitive.....	9
3. Ready-to-use invitation.....	6	9. Support and referral information	11
4. The 90-minute gathering plan	6	10. Quick host scripts.....	12
5. Circle agreement.....	7	11. Host checklist and debrief.....	13
6. Conversation cards	7	12. Your toolkit	13

1. Choose your gathering

Pick the format that feels most natural for your community. Every format ends with private survey time.

Format	Best setting	What makes it engaging	Time
Tea, Truth & Take Part	Home, café, church hall or small community room; 4-10 women.	Tea and food, warm introductions, two light conversation cards, private survey time and an uplifting closing toast.	75-90 min
Sunday Circle	Church or faith community after a service, women's ministry or fellowship meeting.	A welcome grounded in dignity and choice, a reflection on Black women's contribution, paired conversation and supported private completion.	60-75 min
Sisters' Supper	Home, restaurant private room or community kitchen; 6-12 women.	Food, music, table prompts, "what we want future generations to inherit" cards and unhurried survey completion.	90-120 min
Own the Story Salon	Book club, library, arts venue or cultural group.	A short, approved reading from <i>Owning Every Line</i> , a #DefinitionRedefined image or object prompt, conversation about representation, then private survey time.	90 min
Walk, Talk & Be Counted	Accessible park route or community walk, followed by a private indoor completion space.	Gentle paired prompts during the walk, refreshments and individual completion afterwards. Do not discuss highly sensitive topics while walking in public.	75-90 min
Vision Board & Voices	Youth group, women's group, home or creative setting.	Images and words about thriving, leadership, joy and change; a short gallery walk; aspiration prompts; then private completion.	90-120 min
Generations at the Table	Family home, church, cultural association or community group.	Women of different ages share what has changed, what has endured and what they want for younger generations, without expecting anyone to disclose private harm.	90 min

Lunch & Learn	Workplace network, union branch, professional association, college or university.	A concise campaign briefing, one theme-based table conversation and protected individual completion time. Employers must not know who took part or see answers.	60 min
Online Sofa Circle	Video call for women separated by distance, disability, caring responsibilities or travel barriers.	Optional cameras, breakout pairs, digital prompt cards, a comfort break and private completion in a separate browser window.	60–75 min
Pop-In Survey Lounge	Community centre, salon, market, housing venue, campus or partner event.	Flexible arrival, music and refreshments, a welcome desk, private completion stations and a separate facilitated reflection corner.	2–4 hour drop-in

2. What the host needs

Minimum team

For up to 10 participants, use one host and one welfare contact where possible. For larger or drop-in gatherings, add one facilitator for every 8–10 participants and a named safeguarding lead who is not also managing food, technology or registration.

Simple materials

- The official survey link and QR code (soulpurpose360.co.uk/definition-redefined), eligibility statement and closing date: the survey is open until **31 January 2027**.
- This pack, the host checklist (DR-02), conversation cards (DR-03) and one support sheet (DR-04) per participant.
- Reliable Wi-Fi, chargers and loan devices with private browsing and no saved passwords; paper or telephone routes if officially available.
- Headphones, privacy screens or spaced seating so answers cannot be overlooked.
- Refreshments, water, tissues, pens, sticky notes and optional creative materials.
- A quiet room or private corner and the name and mobile number of the event welfare contact.
- An attendance count only. Do not create a list of who completed the survey unless each person separately consents to future contact through the official form.

Before inviting people

Confirm that the venue is physically accessible, private enough for completion, safe to enter and leave, and appropriate for 16- and 17-year-olds. Check transport, toilet access, lighting, food requirements, childcare arrangements and whether participation could become visible to an employer, family member or community leader.

Send the purpose, eligibility, timings, privacy promise, access contact and support statement in advance. Register your gathering using the **Gathering Registration Form (DR-09)** and share the **Accessibility Request Form (DR-08)** with your guests.

3. Ready-to-use invitation

You are warmly invited to a #DefinitionRedefined conversation gathering for Black women and girls aged 16+ living in the UK. We will share food, reflect on our experiences, celebrate what helps us thrive and make private time to complete the National Survey of Black Women & Girls. Participation and discussion are entirely your choice. You may attend without answering every question, skip any activity and leave at any time. Your survey answers will not be seen by the host or group. The survey is open until 31 January 2027. Please bring a charged phone or tablet if you can; tell your host or access contact privately if you need a device, quiet space, childcare, disability access or another adjustment.

[Date, time, venue, booking details.]

An editable, designed version is in DR-05; social and WhatsApp versions are in DR-06.

4. The 90-minute gathering plan

Time	Activity	Host guidance
0–10 min	Welcome and settle	Offer refreshments and explain toilets, exits, quiet space, access support and welfare contact. Avoid public name labels if anonymity matters.
10–18 min	Purpose and choice	Explain why the survey matters, who can take part and what will happen with findings. State that the host cannot see answers and the survey is not monitored in real time.
18–25 min	Create the circle agreement	Read the five agreements and ask whether anything is needed for the group to feel safer and included.
25–40 min	Uplifting opener	Use one joy or contribution prompt in pairs or at tables. Nobody has to speak to the full group.
40–65 min	Private survey completion	Create silence or gentle instrumental music. The host supports access and technology only – not interpretation of personal answers. Participants may pause or stop. Offer a comfort break.

65–78 min	Optional reflection	Use one future-facing question. Collect only anonymous “one thing systems should understand” cards if the approved submission route and consent wording are available.
78–90 min	Close with care	Share support information, invite a breath or positive affirmation, explain “You said, we will”, and allow anyone who wants to leave quietly to do so.

5. Circle agreement

1. **Choice:** I decide whether to speak, answer or take part. Passing is always welcome.
2. **Privacy:** Personal stories stay in the room; learning can leave without names or identifying detail. Confidentiality cannot be guaranteed if someone describes an immediate risk of serious harm or a safeguarding concern involving a child or adult at risk.
3. **No fixing:** We listen without interrogating, diagnosing, preaching, blaming or telling someone what she must do.
4. **No single story:** We speak from our own experience and make room for differences of age, heritage, faith, disability, sexuality, location and circumstance.
5. **Care:** Anyone may pause, step out, use the quiet space or ask for the welfare contact.

6. Conversation cards

Begin with joy, explore experience gently, finish with the future. Printable cards are in DR-03.

Joy, identity & contribution

- What is something about being a Black woman or girl that brings you joy, pride or strength?
- Who helped you feel seen, capable or free to be yourself?
- What do Black women contribute to families, workplaces, neighbourhoods or Britain that is too rarely recognised?
- What image, phrase, song, object or tradition says something important about who you are?

Experience — without demanding disclosure

- Where do Black women and girls feel listened to — and where are they still misunderstood?
- What makes it easier or harder to ask for help from services, workplaces or institutions?
- When has a policy, service or person made a positive difference, and what should others learn from it?
- What experience is often discussed as an individual problem but may actually reflect a wider pattern?
- What is missing from the questions society usually asks Black women and girls?

Agency & the future

- What should every Black girl be able to expect as she grows up?
- If one institution genuinely listened to this evidence, what should it change first?
- What should be protected, funded or celebrated — not only fixed?
- What would thriving look and feel like in five years?

Never use group prompts that ask participants to identify an abuser, recount graphic events, disclose immigration status, describe self-harm, name an employer or service, or reveal another person's confidential information.

7. Turning conversation into insight safely

Discussion may help women remember what they want to say, but each participant should enter her own experience directly into the survey. Recommended routes:

- **Private open-text answers:** encourage women to describe what happened, what effect it had, what helped and what should change — without names, addresses or identifying details.
- **Optional anonymous reflection card:** use only an official Soul Purpose 360 form carrying its own privacy and consent notice. Do not improvise data collection in notebooks, photographs, shared documents or WhatsApp.
- **Separate follow-up invitation:** women interested in an interview, story or case study opt in through a separate contact form. Contact details should not be written on discussion cards or linked routinely to survey answers.

- **Host feedback:** report only attendance totals, access barriers, common questions, technical issues and safeguarding incidents through the official Host Debrief Form (DR-10). Do not summarise identifiable stories.

Helpful four-part prompt for open text:

What happened or what have you noticed? · How did it affect you or others? · What made things better or worse? · What would you like to change?

8. If a conversation becomes sensitive

Hosts are not expected to counsel, investigate or decide whether an account is true. The task is to **listen, restore choice, check immediate safety and connect the person with appropriate support.**

Use the CARE response

- C** **Calm:** move to a quieter place if she wishes. Slow down and do not crowd her.
- A** **Acknowledge:** “Thank you for telling me. I am sorry this has happened. You do not have to say any more.”
- R** **Restore choice:** “Would you like a pause, someone you trust, the support sheet, or help contacting a service?” Do not pressure her to report or leave a relationship.
- E** **Emergency check:** “Are you or someone else in immediate danger right now?” If yes, call 999 or support her to do so. On a mobile and unable to speak, listen to the operator and press 55 when prompted to be transferred to the police.

What not to do

Do not promise absolute confidentiality; confront another person; contact family, clergy, an employer or an alleged perpetrator; mediate; investigate; photograph injuries or messages; take detailed case notes; or give legal, medical or therapeutic advice beyond your competence.

Participants aged 16–17

They may take part only through the approved age-appropriate survey pathway. A host venue must follow its child-safeguarding policy and have a named safeguarding lead. If a young person identifies current harm, serious danger or harm by a person in a position of trust, listen without investigating and contact the safeguarding lead promptly. Explain what will happen next and share information only on a necessary and proportionate basis. **Do not hold a youth gathering in a private home without the approved safeguarding arrangements.**

Recording

Make only the minimum safeguarding record required by the host organisation: date, concern, immediate action, person consulted and referral made. Keep it separate from attendance and

research data and send it through the agreed secure route to the Designated Safeguarding Lead. Never include a disclosure in the survey on someone else's behalf.

Need advice on a safeguarding or access question?

Email definitionredefined@soulpurpose360.co.uk. Do not include names or detailed accounts in your first email – we will agree a secure route with you.

Monitored Monday to Friday, 10am–5pm. We aim to reply within three working days. This inbox is not an emergency service – if anyone is in immediate danger, call 999.

9. Support and referral information

Last verified: 4 October 2026. Services and opening hours can change – re-check before you print. In immediate danger, call **999**. The survey and gathering are not monitored emergency services.

Need	Support	How to access
Immediate danger or serious risk to life	Emergency services	Call 999 . On a mobile and unable to speak? Listen, then press 55 when prompted to be put through to the police (the Silent Solution).
Domestic abuse	National Domestic Abuse Helpline (run by Refuge)	Freephone 0808 2000 247 , 24 hours, every day. Online chat on the website. BSL service Monday–Friday, 10am–6pm. Use a safer device if your phone may be monitored.
Black and minoritised women experiencing abuse, including immigration or no-recourse issues	Southall Black Sisters	020 8571 0800 , Monday–Friday, 10am–4pm. Specialist advice, advocacy and safety planning.
Finding a local “by and for” specialist service	Imkaan and the Women’s Aid directory	Use imkaan.org.uk and womensaid.org.uk to find specialist Black and minoritised women’s services and local domestic-abuse support.
Emotional distress or someone to listen	Samaritans	Call 116 123 free, any time, day or night. Welsh Language Line: 0808 164 0123 .
Crisis support by text	Shout	Text SHOUT to 85258 – free, confidential, 24/7.
Urgent mental-health help	NHS urgent mental-health support	England: call 111 and select the mental-health option, or use 111 online. Wales: call 111 , press 2 . Scotland: call 111 for the NHS 24 Mental Health Hub. Northern Ireland: use your Health and Social Care Trust crisis route or GP out-of-hours. Call 999 if life is at immediate risk.
Anyone under 19	Childline	Call 0800 1111 free, 24/7, or use 1-2-1 online chat and email on the website.
Free legal advice for women (England & Wales)	Rights of Women	Family, criminal, immigration and sexual-harassment-at-work advice lines – check the website for current numbers and times. Telephone interpreting available; Relay UK (NGT Lite) for deaf and speech-impaired callers.

Employment rights and workplace problems	Acas	Free, impartial information on workplace rights and disputes. Current helpline details are on the website.
Housing, benefits, debt, discrimination or general advice	Citizens Advice and Shelter	Use citizensadvice.org.uk and shelter.org.uk for information and local advice; follow the route for your nation.
LGBT+ people experiencing abuse or violence	Galop – National LGBT+ Domestic Abuse Helpline	0800 999 5428 or help@galop.org.uk . Mon–Tue 9.15am–8pm; Wed–Fri 9.15am–4.30pm (closed 1–2pm daily and weekends).

Counselling and ongoing support

A host may offer to help a participant contact her GP, NHS Talking Therapies where self-referral is available, a local specialist women’s service or a counsellor listed on a recognised professional register. Do not recommend an individual practitioner unless the campaign has completed due diligence, and do not imply that a helpline provides ongoing therapy when it does not.

10. Quick host scripts

Opening

“Thank you for coming. Today is about making space for the breadth of Black women’s and girls’ lives – our joy and contribution as well as the barriers we face. Conversation is optional, and your survey answers are private. You can pass, pause or leave at any time.”

Before private completion

“Please sit where your screen cannot be overlooked. I can help with the link, accessibility or the device, but I will not read or interpret your answers. Skip anything you do not want to answer. Please do not include names, addresses or identifying details in open-text boxes.”

When someone shares something difficult

“Thank you for trusting us. You do not need to give more detail. Would you like to pause, move somewhere quieter, speak with our welfare contact or look at the support options together?”

Closing

“Thank you for what you chose to share and what you chose to keep private. Your experience is yours. Together, the survey will help build evidence for better services, investment and accountability. Please take the support sheet even if you do not need it today – it may help you or someone you know later.”

11. Host checklist and debrief

Before: plan your gathering before the survey closes on 31 January 2027; register the gathering (DR-09); use only the official survey link; name the host and safeguarding contact; check venue, access, devices and safer-tech arrangements; print support sheets; confirm the age policy; and tell Soul Purpose 360 about any requested adaptation.

During: explain voluntary participation and privacy; use the circle agreement; keep completion private; make sensitive discussion optional; know where the quiet space is; and respond to concerns through CARE.

After: submit only the official host debrief (DR-10); report attendance totals and barriers rather than names or stories; send safeguarding records securely to the Designated Safeguarding Lead; remove survey history from loan devices; dispose of unused sign-in material securely; thank participants; and share the official findings and “You said, we will” update when available.

Debrief field	What to record
Gathering	Date, town or region, setting type and format used.
Reach	Number attending; number beginning and completing only if known without observing individual screens.
Access	Adjustments provided and barriers encountered, without identifying a participant.
Questions	Common procedural or trust questions that future guidance should answer.
Technical issues	Connection, device, QR-code, save-and-return or accessibility problems.
Safety	Whether a concern occurred and whether it was escalated – no sensitive detail in the general debrief.
Learning	What helped women take part and what should change for the next gathering.

12. Your toolkit

Code	Item	Use
DR-01	Conversation Gathering Pack	This guide – accessible PDF and web page

DR-02	Host Checklist	One page: before, during and after
DR-03	Conversation Cards	16 printable cards to cut out
DR-04	Participant Support Sheet	One per participant – verified support contacts
DR-05	Invitation	Editable A5 invitation + social artwork
DR-06	Social & WhatsApp Copy	Ready-to-post captions and messages
DR-07	QR Poster	A4 poster linking to the survey
DR-08	Accessibility Request Form	Fillable and printable
DR-09	Gathering Registration Form	Fillable and printable – for hosts
DR-10	Host Debrief Form	Fillable and printable – after the gathering
DR-11	Facilitator Video	Short captioned video, captions file and transcript



Soul Purpose 360 CIC · soulpurpose360.co.uk/definition-redefined ·

definitionredefined@soulpurpose360.co.uk

Thank you for holding the space.

© 2026 Soul Purpose 360 CIC. All rights reserved. Hosts may print and share these materials unchanged for #DefinitionRedefined gatherings.