



fundraising pack

this pack is full of ideas for fundraising activities for your family, friends & colleagues to get involved with. all activities are aligned with our GINA themes of 'body,' 'mind,' 'creativity,' 'social' & 'check-in' (the themes of our GINA workbook & Rebel & Restore Collection).

from custom bunting, cake toppers, scorecards & invites...
everything you'll need is right here!



@gina_cic
#yourGINA

how to donate

an ideal & easy option for donating the funds you've raised to #yourGINA

1

head to <https://www.crowdfunder.co.uk/gina>

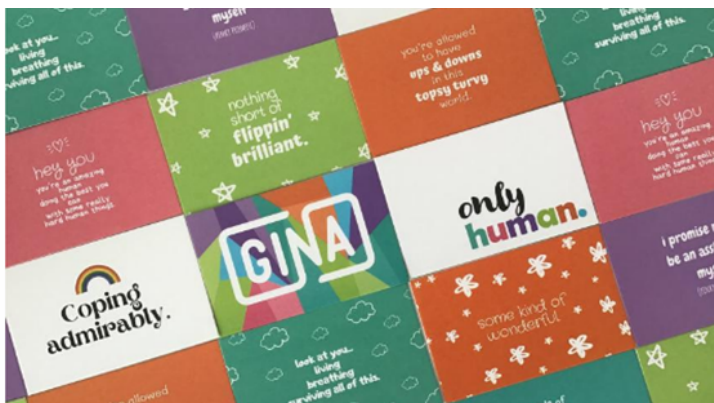


2

click on 'support us' & enter the amount you have fundraised that you would like to donate to #yourGINA

3

if you have fundraised & would like to donate more than £20, you're eligible for a 'buy one get one free' voucher for our Rebel & Restore Collection goodies!



Project Facebook GINA_CIC gina_cic

Social Enterprise

We believe in a world revolving with hope & compassion to hold you in your truth & embrace you in living into your power.

Overview Updates 0 Comments 0 Supporters 0 Contact project

GINA is a social enterprise offering unparalleled opportunities for individuals subjected to sexual violence & abuse to: Grow, Inspire, Nurture and Achieve. when you support GINA, you help to create a future where individuals subjected to sexual trauma can thrive & live the life they desire.

GINA was established after our Founder, Lisa Thompson, discovered that her much loved grandmother, Nana Gina, was raped as a teenager & had kept this secret for nearly 70 years, only disclosing shortly before she died. Lisa named GINA after her Nana to leave a positive legacy for her & for other sexual violence & abuse survivors like her. Lisa vowed that GINA would create opportunities for survivors to Grow, Inspire, Nurture and Achieve, to encourage people to believe in themselves, their

Supporting survivors of sexual violence & abuse.

Project by GINA

£0

£1,000 target 27 days
0% 0 supporters

Support Us

Share Facebook Twitter LinkedIn WhatsApp

Become a fundraiser

Want to raise funds for this cause? It's simple to get started.

Start fundraising

Donate

£10 £20 £30 £50

how to set up your own fundraising page for #yourGINA

an ideal option if you'd like your own GINA fundraising page that allows your supporters to donate!

1

head to <https://www.crowdfunder.co.uk/gina>

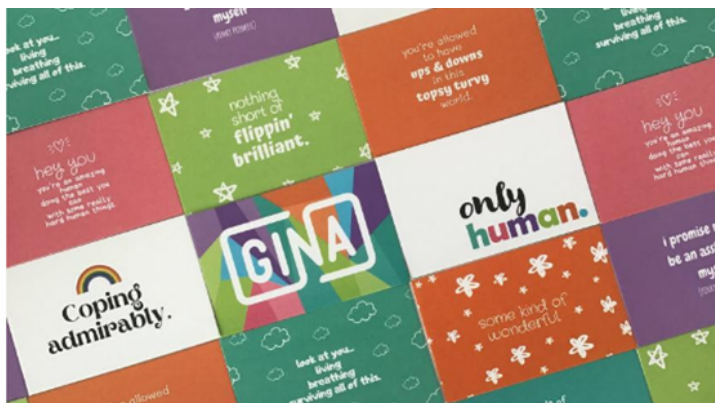


2

click on 'start fundraising', then click on 'create your fundraiser.'

3

the next page will ask you to set a goal amount that this fundraiser is hoping to make, a name (eg. "sponsored walk for GINA"), & the postcode of where you fundraiser will be taking place. you'll then be asked to set up a picture, a video link to Youtube or Vimeo if you wish, your aim & your story. These don't have to be too comprehensive, just a couple of sentences to explain what you're doing & the benefit of donations for GINA. you can also add social media pages too. you don't need to set up any bank details as funds raised will come straight to us!



f Project Facebook t GINA_CIC @ gina_cic

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£10

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MIND

self care evening

rest & relaxation are important for the mind, body and soul. taking time to care for ourselves can help us take power back.

organise an event that focuses on a restful, clear & gentle mind, such as a self-care evening! pamper your loved ones & gather together to celebrate yourselves, all whilst raising money for GINA. take the time to watch a movie, indulge in your favourite snacks or have a dance party.

feel free to follow all of the suggestions in the next page, a few, or none at all - whatever you take the most comfort in.



for the organiser

1 send out invites to your guests letting them know about your self care evening. they might be friends, family or whoever you'd like to attend!
see page 15 and 17 for invites you can print out and fill in.

2 print out specially-designed GINA bunting to decorate your venue with. make sure you gather plenty of blankets & bring out the cushions so it's extra cosy.
see page 16 for bunting templates you can print and cut out.

3 decide on the activities you'd like to host on the evening - get creative & inspire those who attend! below are some of our suggestions.

watch a movie.

in need of some recommendations?



The Blair Witch Project



Bridget Jones's Baby



visit our shop for gorgeous pillows & throws with affirmations you can use to decorate your space!

enter this link into your browser!

www.gina.uk.com/shop



Stardust



Shrek



2012

you can find all of these movies on Netflix!



have a dance party!

create a playlist full of your favourite songs, or have some background music playing whilst the activities are being held.

& have a listen to our **survivor anthem: hear me** or **your GINA sister** playlists on Spotify!

tinyurl.com/ginasurvivor
tinyurl.com/ginasister



colouring.

print out our affirmation colouring pack & brighten up those pages with colouring pencils, paint or even watercolour.



gina.uk.com/resources



get crafty.

have a go at a cross stitch activity or badge-making kit from our rebel and restore range!



www.gina.uk.com/the-rebel-restore-collection



self-care potluck

personalise your self-care evening by asking your guests to bring an item they enjoy using as part of their self-care (e.g. *fluffy socks, nail polish, cocktail making kits or knitting*).



share the activities around & see what everyone brings!

fundraise & donate!

ask your guests, supporters & loved ones to contribute a donation upon entry to the self-care evening. you may decide to ask for a standard, fixed rate (£5 per person) or let them donate however much they feel like - the choice is yours! don't forget to collect bits of change on the way out in a donation bucket.

we wish you the best of luck & a restful self-care evening!



don't forget to stock up on your fave drinks & snacks!



BODY

sponsored walk/run

getting out & about in nature often helps us feel grounded & rebalanced. exercise can also help us enjoy a restful nights sleep & stabilise our mood.

with this in mind, we suggest organising an event that focuses on your physical wellbeing, whether that be a sponsored walk, jog or run. all profits from your sponsorship will go directly towards funding RSVP's support services.

it doesn't matter how far you go, whether it be 1k, 5k or even a 10k, feel good knowing you are supporting a good cause by getting out there & challenging yourself.



for the participants

1 decide what your goal is; try & challenge yourself with a measurable distance.

2 share what you're doing on social media. don't forget to include when & where you're completing the distance to keep your followers updated!

3 do it!
go for the walk, jog or run!

it doesn't matter how long or far you go. you're getting up & showing up in support of survivors of sexual violence & abuse & helping to make their voices heard.



GINA

@gina_cic

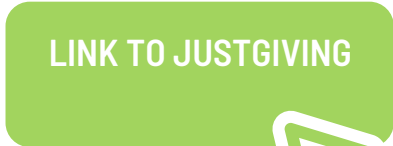
sponsor my 5k run for @gina_cic , who provide tailored, immediate counselling & bespoke products for survivors of sexual violence & abuse.

GINA is a social enterprise & the only private specialist support provider in the UK offering services to survivors who have been subjected to sexual trauma.

for more information visit www.gina.uk.com.

examples for social media

let your supporters know who we are & why you're doing this run, feel free to use this as inspiration!



 you could make it into a fancy dress event; jazz it up & make it your own!

fundraise & donate!

ask your friends to donate & sponsor your walk, jog or run. share your results with us

@gina_cic    

you can do this!

If you're part of an **organisation**, work together with your colleagues & partner up for walks, jogs or runs to collectively complete the target distance!

how about setting up a donation bucket in the lobby of your workplace for extra change?



for supporters

download, print & cut out these phrases of support & positivity to stick onto your placards. encourage your walkers, joggers and runners to keep going!



CREATIVITY

book swap

reading is a great exercise in boosting creativity whilst also reducing stress.

organise an event which encourages creativity, such as a book swap where you can share your favourite books with others, and fuse your love of reading with a bit of fundraising for GINA!

in a reading slump? here are some of GINA's book recommendations from our reading corner that align with our values:

'the sun and her flowers' by rupi kaur

'the moment of life' by melinda gates

'and still I rise' by maya angelou



running your book swap

decide on a date, time & location of your book swap!



decide what kind of swap you want!
for example, an open book or a secret book swap?

if it's a secret book swap, wrap the books donated by participants in some wrapping paper. write a tag with 3 words the donator/original reader would use to describe the book.



promote your event on social media & advertise!
you can find a template for a social media post on page 5 or invite on page 15.

ask volunteers to bring books that they would like to swap with other book owners. this can take place somewhere with a display area for the books & don't forget to arrange seats for passers-by to read their new books!



on the day of the event, decorate your book stall!
you can find the template for our bunting on page x16.

make sure you have food & drinks for your lovely volunteers!
how about pairing this with a coffee morning on page 11 or a bake-off on page 9?

don't worry if you've got books leftover at the end of the day! these can either be kept for the next book swap or donated to schools and local libraries.



throughout this event, feel free to ask volunteers & book swappers to donate via a bucket or upon entry.

happy reading!

SOCIAL

b a k e - o f f

who doesn't love cake?
or biscuits?
bread?

baking is a great way to refocus your thoughts & energy into creating a tasty treat to eat! take back power when you pour each ingredient into the mixing bowl & remember you're raising our spirits with every swoop of the spatula.

organise a bake-off where you bake your way to the top of the leaderboard. make it an afternoon of family fun by challenging your friends & family to see who can be crowned the winner of your very own GINA bake-off.



1 choose a date that works with your fellow bakers. advertise your event using the GINA poster on page 15 & on social media.

2 choose a theme, whether it's cupcakes, bread-baking or an incredible show stopper!

you can hold your bake-off virtually or in person & have your judges following along!



you could also try a themed bake, like this 'Alice in Wonderland' cake!



3 preparation for the big day! decorate your kitchen with our bunting, allocate a judging area & panel if you'd like one, and gather all of your ingredients. *you'll find our bunting template on page 16.*

4 bake your creation!

5 judge your creations using our own scorecard, which you can find on page 19, to crown a winner!

fundraise & donate

how you'd like to collect donations is entirely up to you!

you may ask the bakers to pay an entry fee to compete in the bake-off (e.g. £5-7), decide to set up a donation bucket at the event to collect extra change, or even sell the bakes after they have been finished to your lovely onlookers & passer-by's!



please remember to share your creations with us by tagging @gina_cic

best of luck to our bakers!



CHECK-IN

coffee morning

checking in regularly with those from our support network forms an important part of our relationships with others & is a way of keeping up our mental wellbeing.

so, why not invite your friends, family & others from your support network to a coffee morning? it can be as traditional or extravagant as you like - with a selection of teas & coffees, hot or cold, with or without cakes - as long as it's a safe place to check in with how your friends & family are doing.

have a cuppa on us, let the conversation flow & enjoy a morning of relaxed fundraising!



running your coffee morning

1

spread the word!

use our invite templates on page 15, create an event page on social media & send them out to your guests.

when 2 become 1...
combine two events into one & hold a bake-off at the same time as your coffee morning!

2

have a go at baking or buying some goodies (*we won't tell!*), & ask those attending to bring something along on the day.

find a recipe for our vegan rocky road and cupcakes on page 13!

3

organise your venue!

if you're running a coffee morning at work, book a room or set up a few tables & chairs in your canteen. if you're doing this in the comfort of your own home, how about decorating your room with some of our bunting?

find our bunting template on page 16.

4

have a chat with your friends & family over a cup of coffee & a slice of cake.

check out our shop for some snazzy mugs you could get for your event!



enter this link into your browser!
www.gina.uk.com/shop



fundraise & donate

if your coffee morning is virtual, where you're connecting over a video call, ask guests to donate through our Just Giving page.

alternatively, collect change through a donation bucket at the coffee morning!

[LINK TO JUSTGIVING](#)



GINA's vanilla cupcakes.

recipe adapted from Mary Berry's *Baking Bible*.

for the cupcakes:

100g softened butter
150g self-raising flour
150g caster sugar
3 tablespoons of milk
2 large eggs
1/2 teaspoon vanilla extract

for the buttercream icing:

100g softened butter
225g icing sugar
1/2 teaspoon vanilla extract



1. pre-heat the oven to 180°/fan 160°.
2. put cupcake cases into a 12-hole tin.
3. cream the butter & sugar until silky smooth.
4. then, add the milk, eggs & vanilla extract into the wet mixture.
5. measure & sift all the dry ingredients into a large bowl.
6. slowly combine the dry & wet mixing bowls, beat until smooth.
7. spoon the mixture evenly between the paper cases.
8. bake in the pre-heated oven for about 20-25 minutes until risen & golden brown. lift the paper cases out of the tin & cool on a wire rack.
9. to make the butter icing, beat together all of the ingredients until combined. you can either smooth or pipe the icing on the cold cupcakes.
10. decorate with sprinkles, sweets or even our cake toppers, which can be found on page 18.

vegan rocky road.

recipe from bakedbyclo.com

1. melt your butter, dark chocolate & golden syrup in a large bowl, mixing until there are no lumps left.
2. crush your digestives & pretzels in a Zip lock bag with a rolling pin, you don't want the pieces to be too small.
3. add your biscuit mixture to your chocolate mixture & mix until combined.
4. add your extras & pop your mixture into a 9x13 inch rectangular baking tin, smoothing the top.
5. put it into the fridge to firm up & cut up to enjoy!

for the mixture:

250g vegan butter
120g vegan dark chocolate
3tbsp golden syrup
250g digestives
65g pretzels
100g of extras

(e.g. *vegan marshmallows, raisins, vegan popcorn - go wild!*)



RESOURCES

*free to download
& print*

feel free to use any of the digital resources in the following pages to help you organise, run and/or host your fundraising event.

to personalise them for your own event, simply download this booklet as a pdf file and print!

don't forget to send us some pictures of your event & tag us in any social media - we'll help you promote it too!

hello@gina.uk.com

@gina_cic

#yourGINA





help us provide compassionate,
tailored support for all survivors of
sexual violence & abuse.

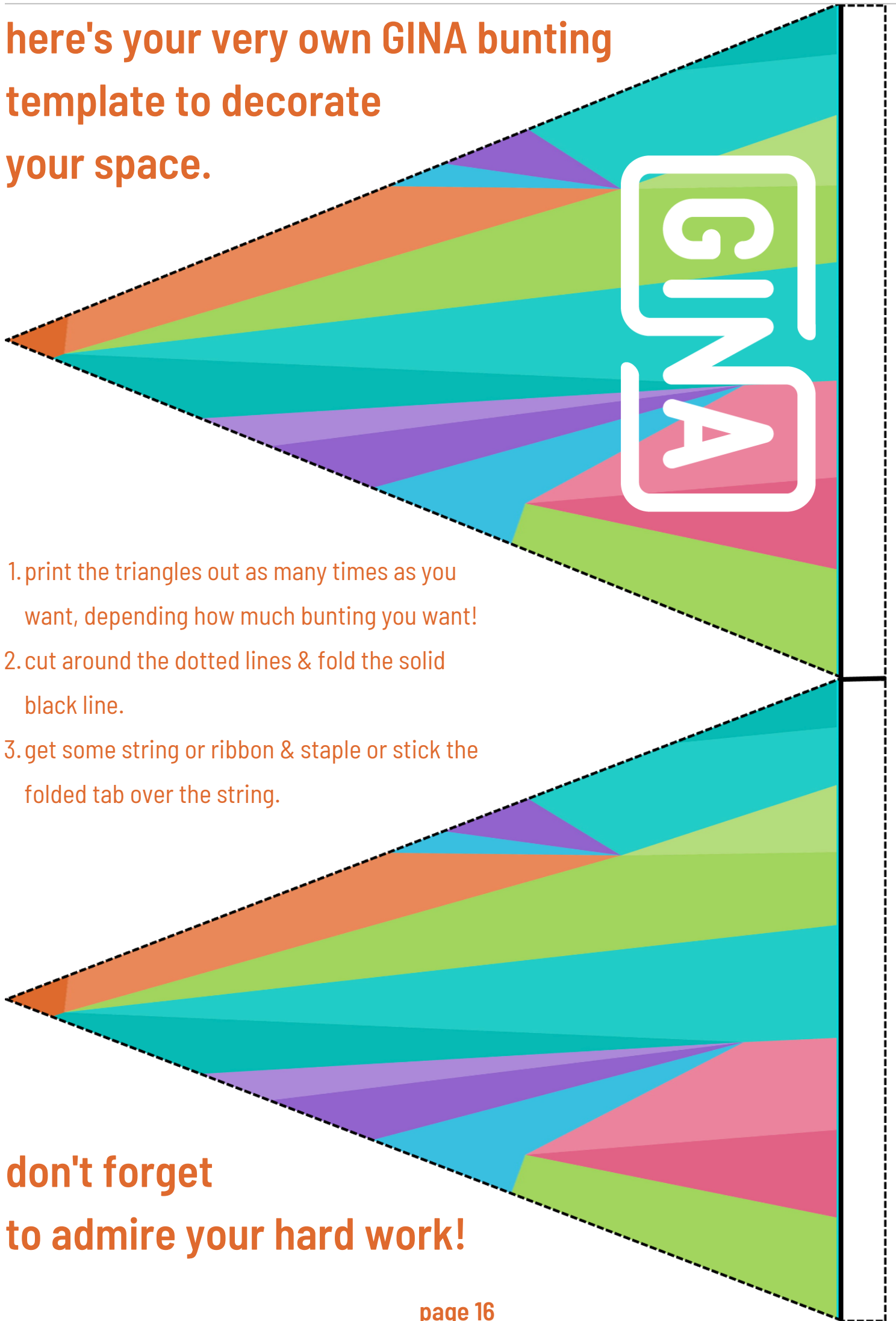
what:

when:

where:



**here's your very own GINA bunting
template to decorate
your space.**



1. print the triangles out as many times as you want, depending how much bunting you want!
2. cut around the dotted lines & fold the solid black line.
3. get some string or ribbon & staple or stick the folded tab over the string.

**don't forget
to admire your hard work!**

to:



you are invited to a relaxing night in!

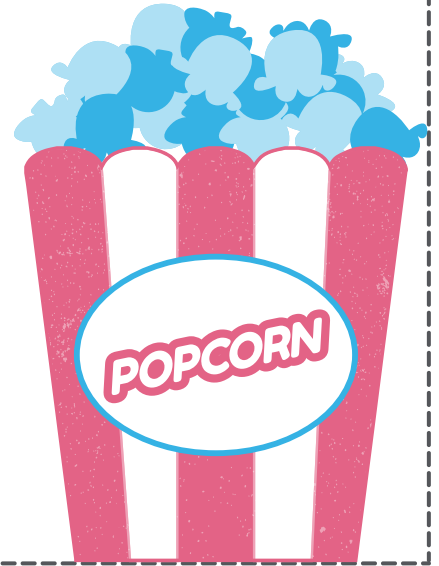
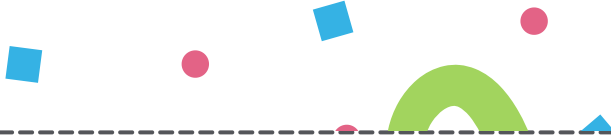
date:

location:

hope you can make it!

this event is raising funds for GINA, a non-profit social enterprise helping survivors of sexual violence.

RSVP to:



to:



you are invited to a relaxing night in!

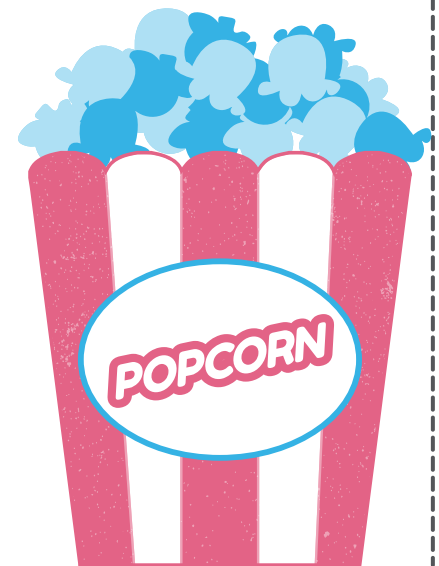
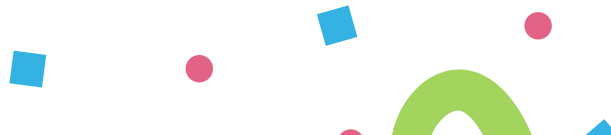
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hope you can make it!

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RSVP to:



whoever you are
wherever you are
whatever you are doing or
not doing
it's enough.

you
totally
can.

nothing
short of
flippin'
brilliant.

hey you
you're an amazing human
doing the best you can
with some really hard human
things.

look at you...
living
breathing
surviving all of this.

cut these toppers out &
attach a cocktail stick to
the back. then stick
them in your baked
goods to spread some
GINA magic with your
friends & family.





Score Card

Category:

Baked by:

Presentation 1 2 3 4 5

Flavour 1 2 3 4 5

Creativity 1 2 3 4 5

OVERALL SCORE /15:



Score Card

Category:

Baked by:

Presentation 1 2 3 4 5

Flavour 1 2 3 4 5

Creativity 1 2 3 4 5

OVERALL SCORE /15:



Score Card

Category:

Baked by:

Presentation 1 2 3 4 5

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OVERALL SCORE /15:



Score Card

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Creativity 1 2 3 4 5

OVERALL SCORE /15:



Score Card

Category:

Baked by:

Presentation 1 2 3 4 5

Flavour 1 2 3 4 5

Creativity 1 2 3 4 5

OVERALL SCORE /15:



thank you

your fundraising efforts
will help us provide
immediate, specialist
support for individuals
subjected to sexual
violence & abuse.



@gina_cic
#yourGINA