



GINA *Partner Pack*

Downloadable/printable GINA resources for organisations to display at events & on stalls.

GINA

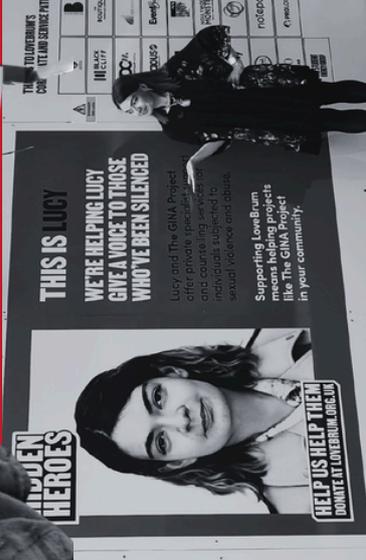


materials for
stalls & events.



Immediate specialist
counselling & bespoke
products/resources for
women subjected to
sexual violence & abuse

gina.uk.com
hello@gina.uk.com
@gina_cic





specialist support for women subjected to sexual harassment, violence & abuse.

A clear glass filled with water, ice cubes, several slices of cucumber, and a slice of lemon on the rim. The glass is set against a light pink background.

"I can't remember what happened"

spiking is serious.
you can't consent if you've been spiked.

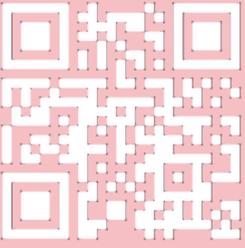


specialist support for women subjected to sexual harassment, violence & abuse.

A large, realistic peach with a mix of red and yellow-orange skin, showing natural texture and a small stem at the top, is centered in the middle of the page. It is set against a solid pink background.

**"it's not a
big deal.."**

**groping is sexual assault.
any form of sexual harassment, violence
& abuse can be traumatic.
it is a big deal.**



heard | believed | understood | supported
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**the lines are
never blurred**

**you can't consent if you're drunk.
if it feels blurry, we can support you.**

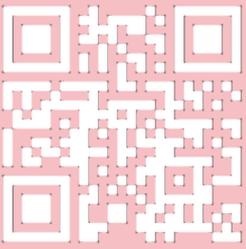


specialist support for women subjected to sexual harassment, violence & abuse.

A photograph of a yellow banana with its peel partially removed, set against a solid red background. The banana is positioned vertically, with the peel peeling away from the top and right sides, leaving a large section of the fruit exposed. The text is overlaid on the banana.

**"he took it off
halfway
through...!"**

**the removal of a condom
without consent is stealthing.
we're here to support you.**



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"something
didn't feel
right..."

if something didn't feel right,
even if you don't have the language to describe it or
you're not sure how to...
we're here to support you if you've been subjected to
any form of sexual harassment, violence or abuse.

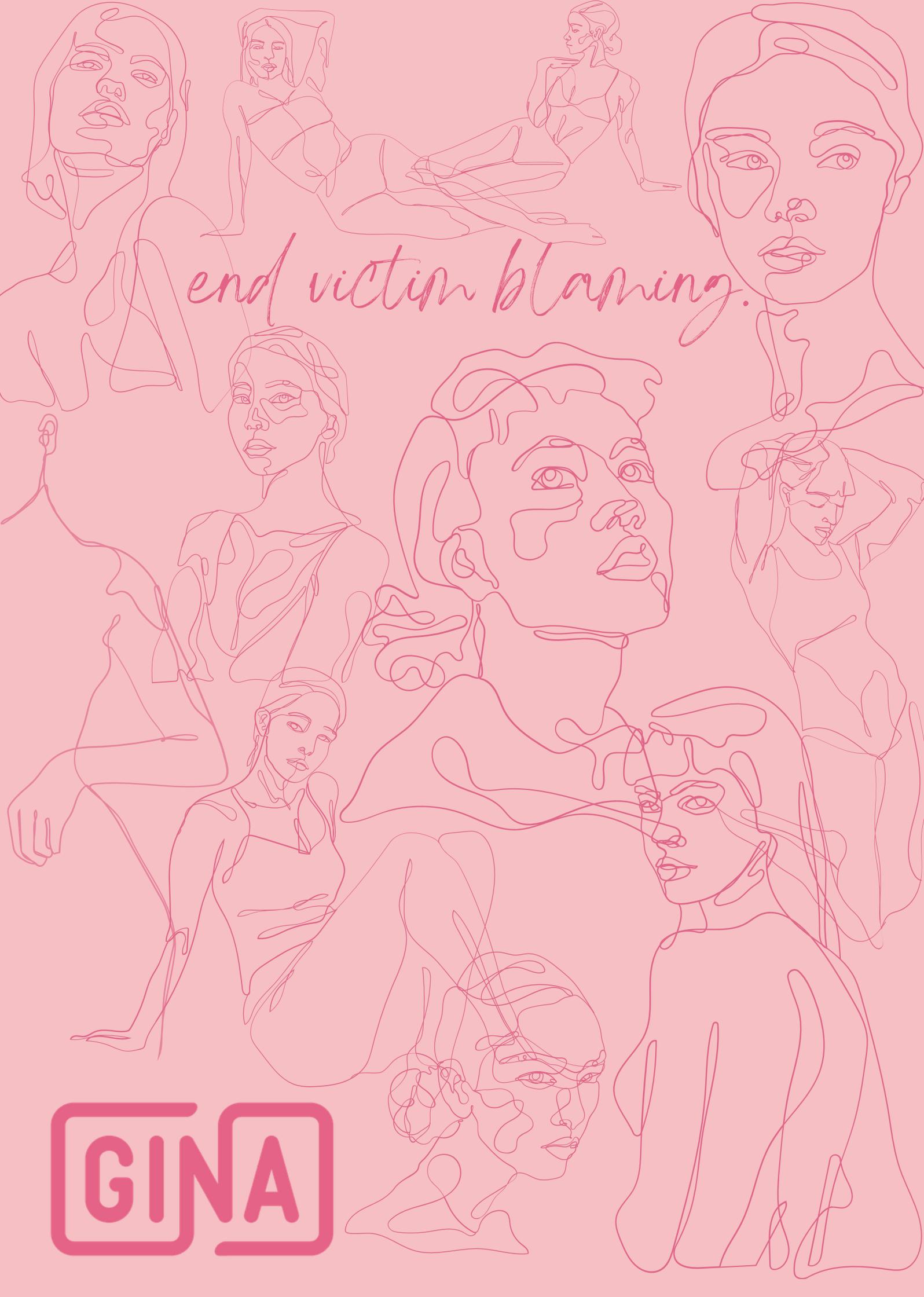


specialist support for women subjected to sexual harassment, violence & abuse.

"we were in a relationship"



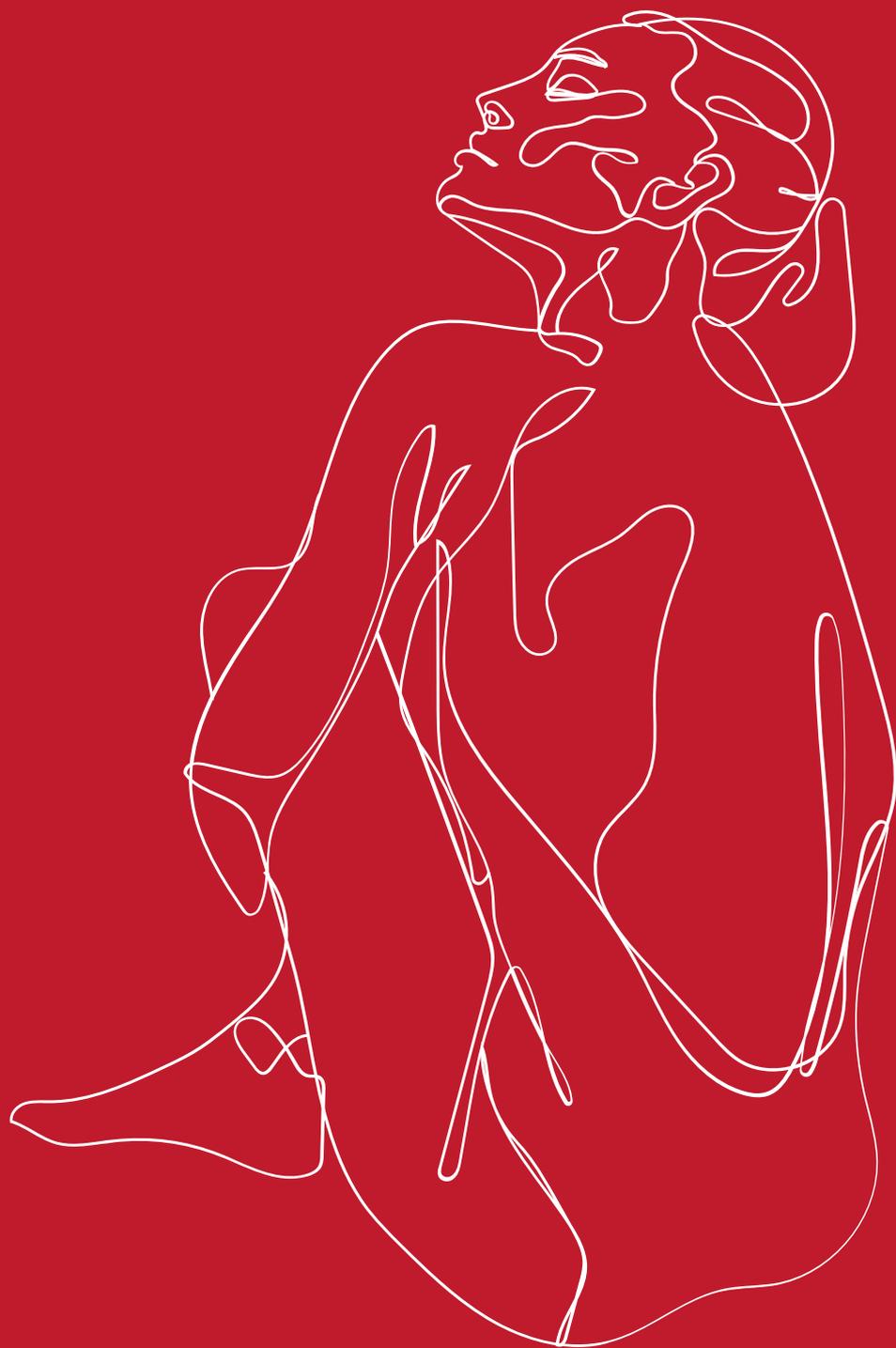
if something didn't feel right in your relationship, it probably wasn't. we can support you if you've been subjected to sexual violence by a partner, stalking, coercive control or have been in an abusive relationship.



end victim blaming.

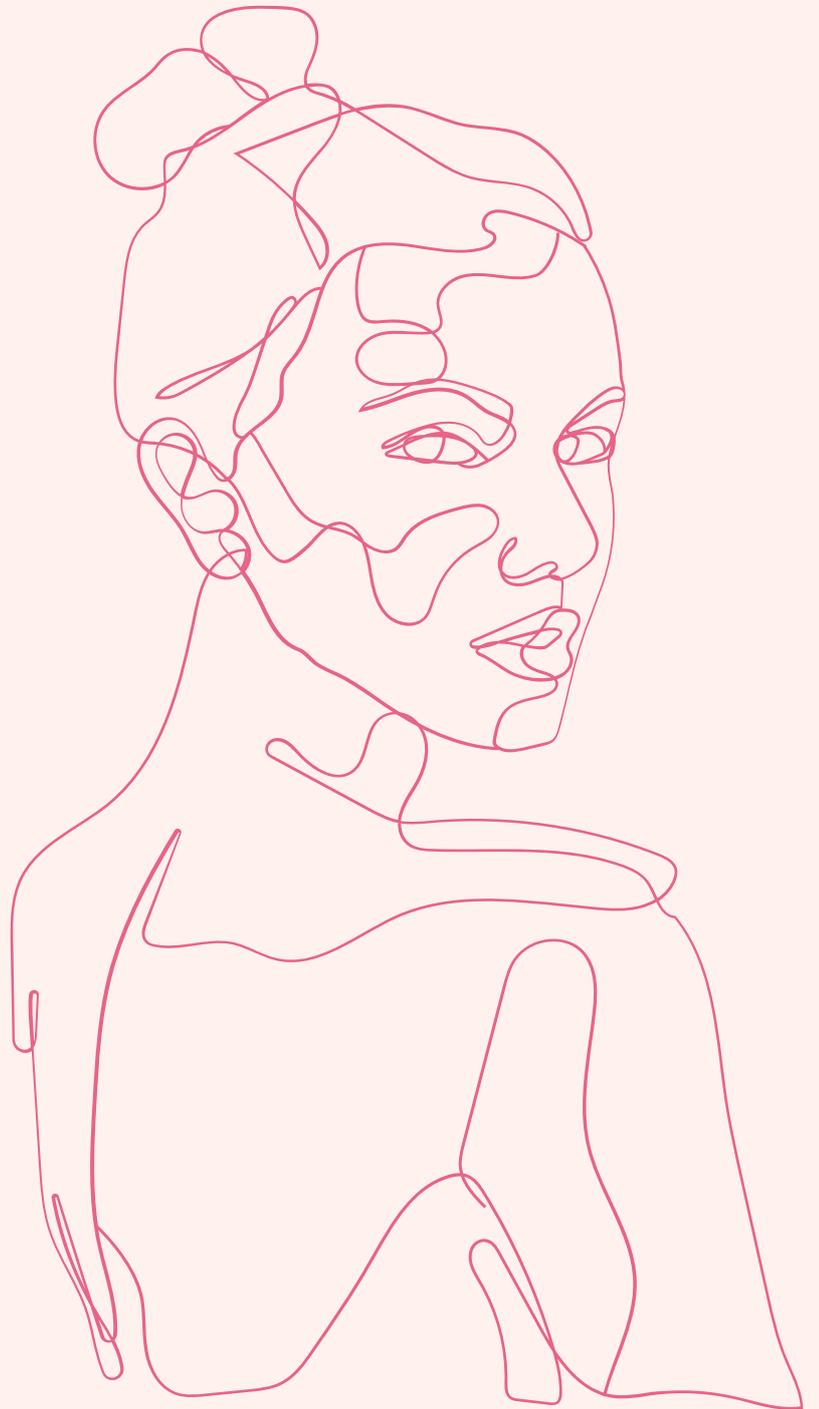
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it was never my fault.

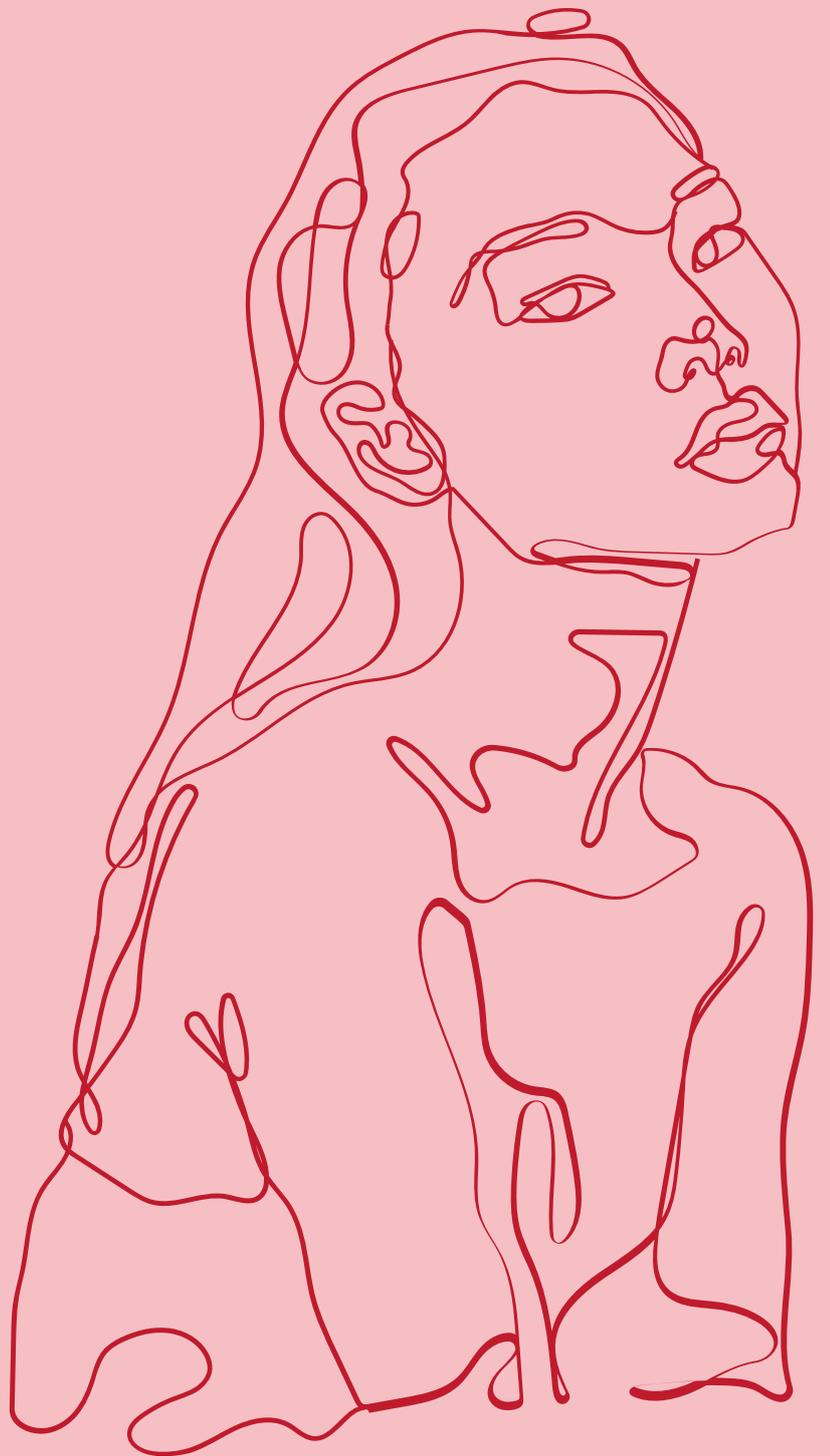


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I am worthy.



*I am more than what
happened to me.*



GINA



*wellbeing
materials.*



anxious



relaxed



angry



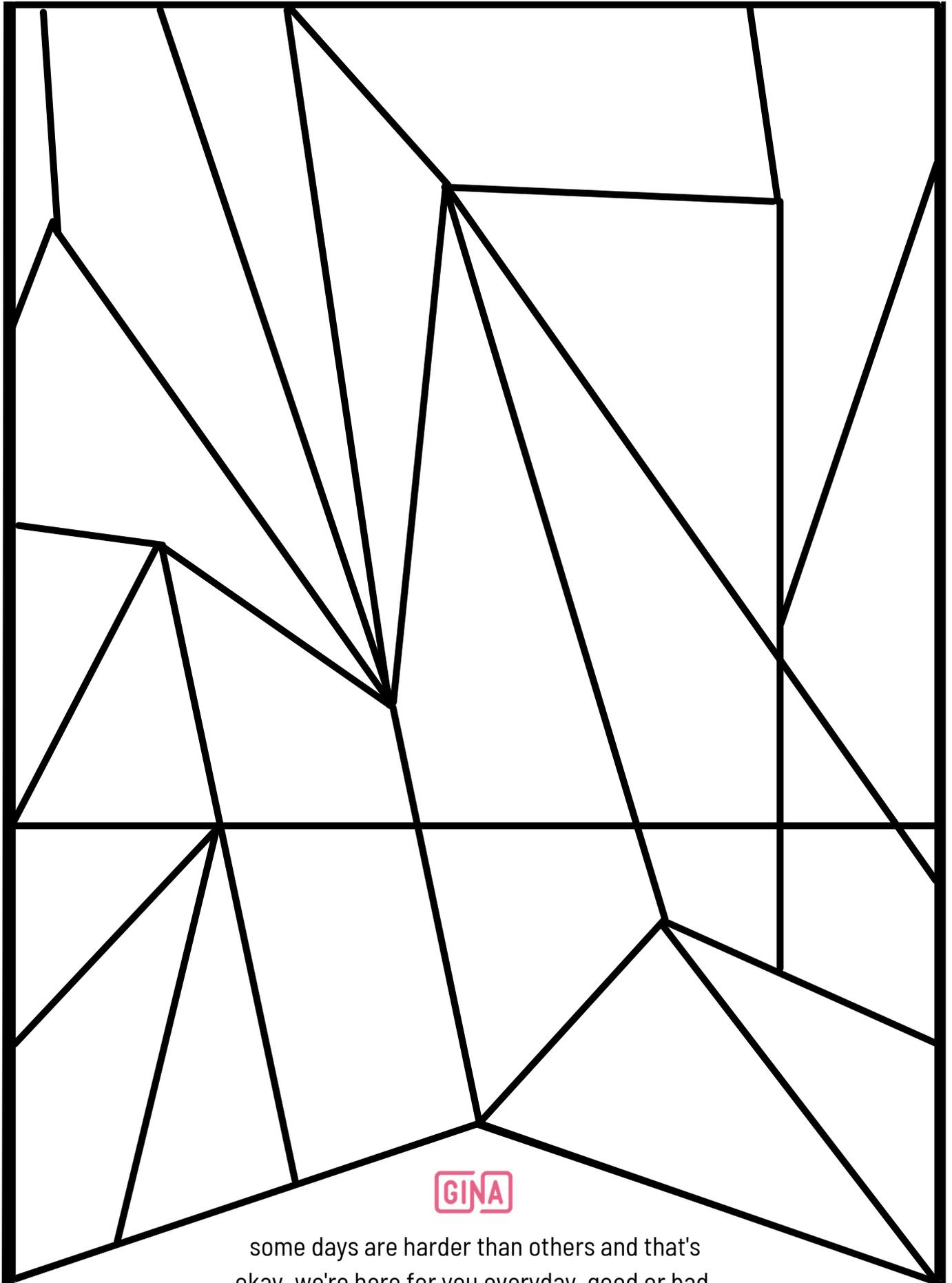
positive



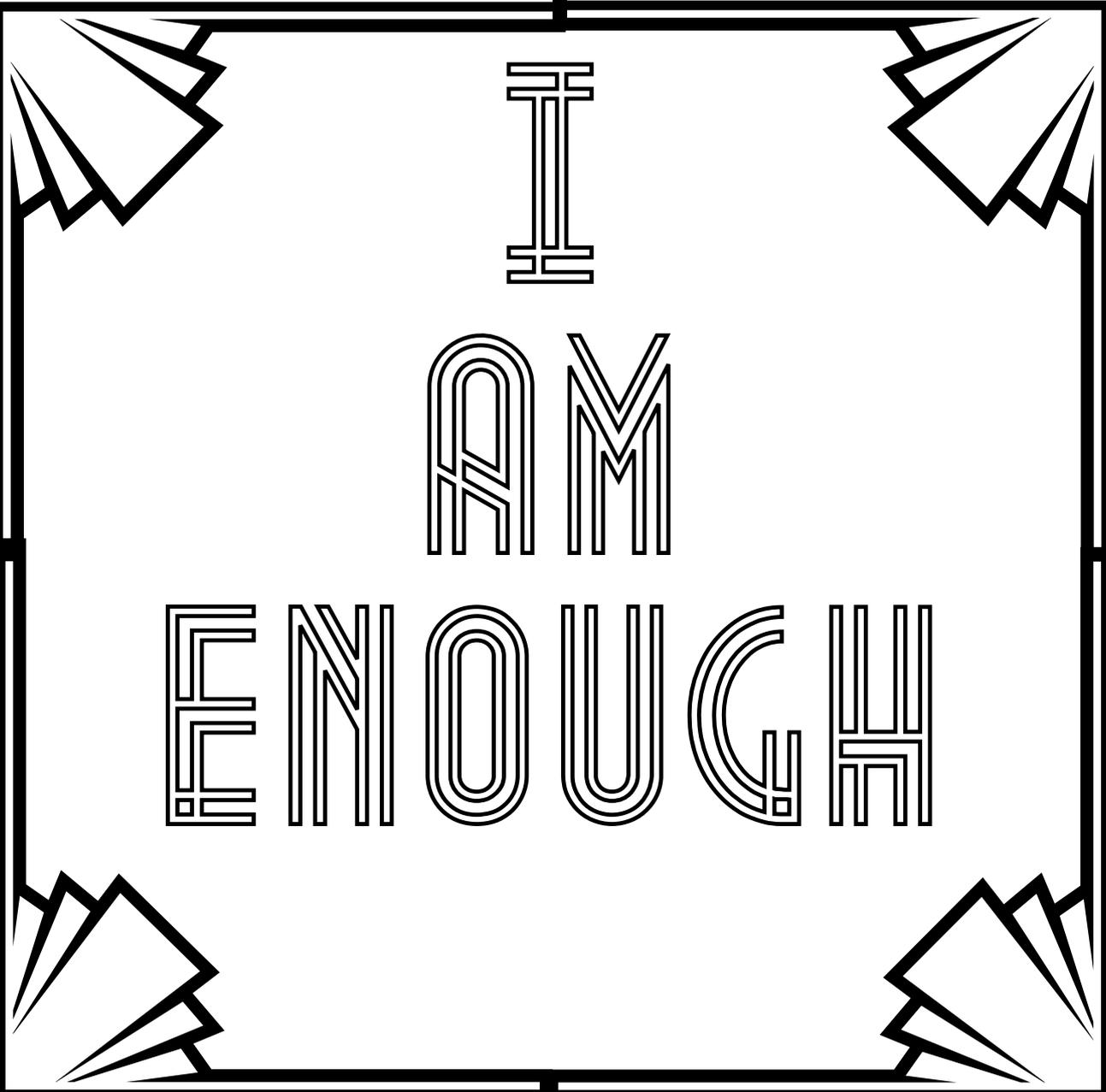
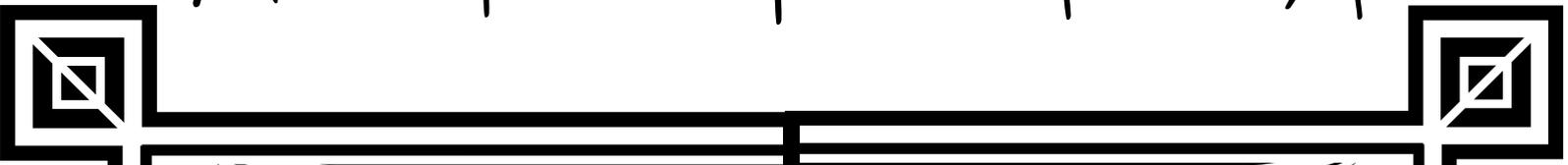
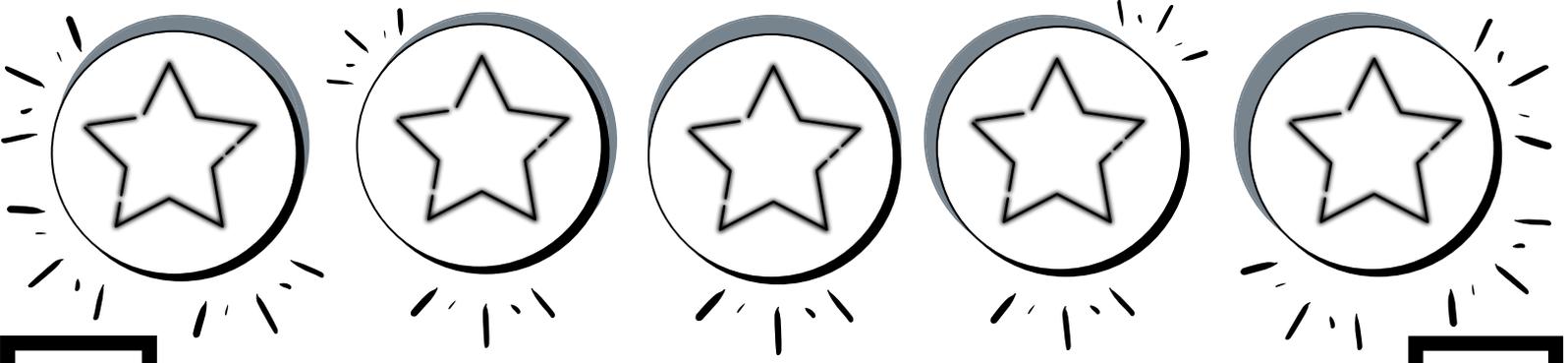
loved



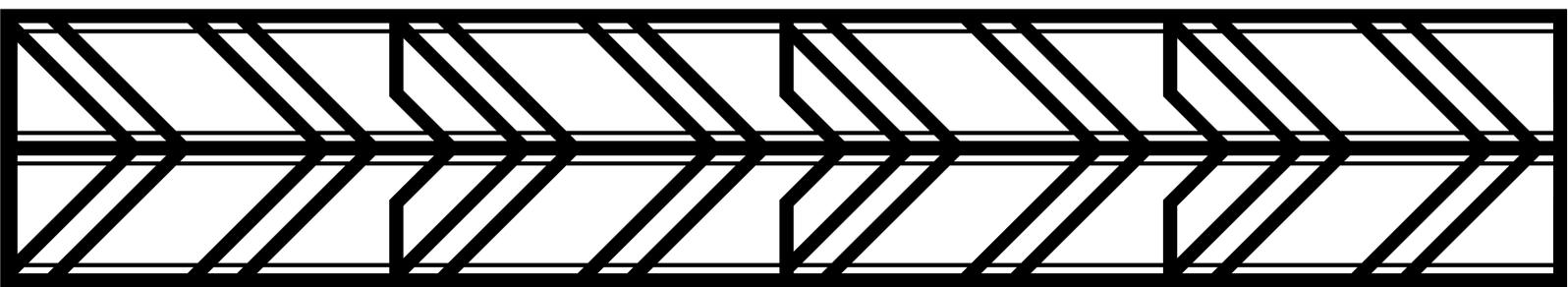
tense

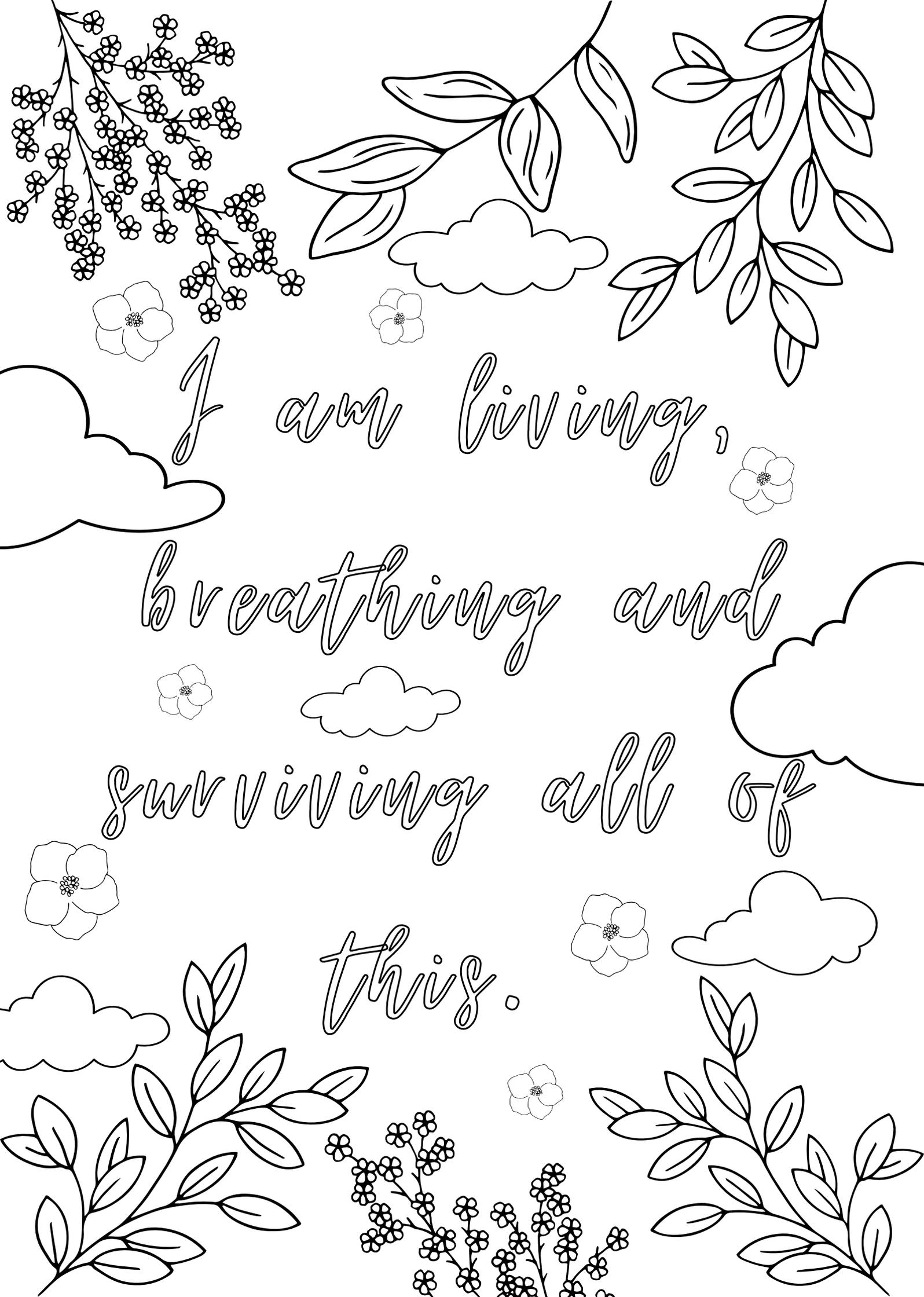


some days are harder than others and that's okay. we're here for you everyday, good or bad. use this mood tracker to check-in with yourself.



I
AM
ENOUGH





I am living,

breathing and

surviving all of

this.

mind.

Reading

Books you'd like to read...

What book character would you be for a day & why?

Music

Song Challenge

Name a song...

you like with a colour in the title

that reminds you of summer

that needs to be played at full volume

that makes you want to dance

by an artist whose voice you love

that reminds you of yourself

body.

Shower/Bath

Have you got any 'go to' shower songs?

Food

My comfort foods:

- Mac 'n' cheese

- Brownies

-

-

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-

creativity.

Drawing Challenge

Draw your home

Where are you going?

Use this map to pinpoint places you want to go.



check-in.

Moan & Move On

Sometimes, you just need a good old grumble. Go on, go for it. Let it out.

Facing Fears

We all have fears, write/draw yours in the space below.

social.

Portraits

Draw your friends and family here.

A friend's Space

Ask a friend to write or draw in this space.

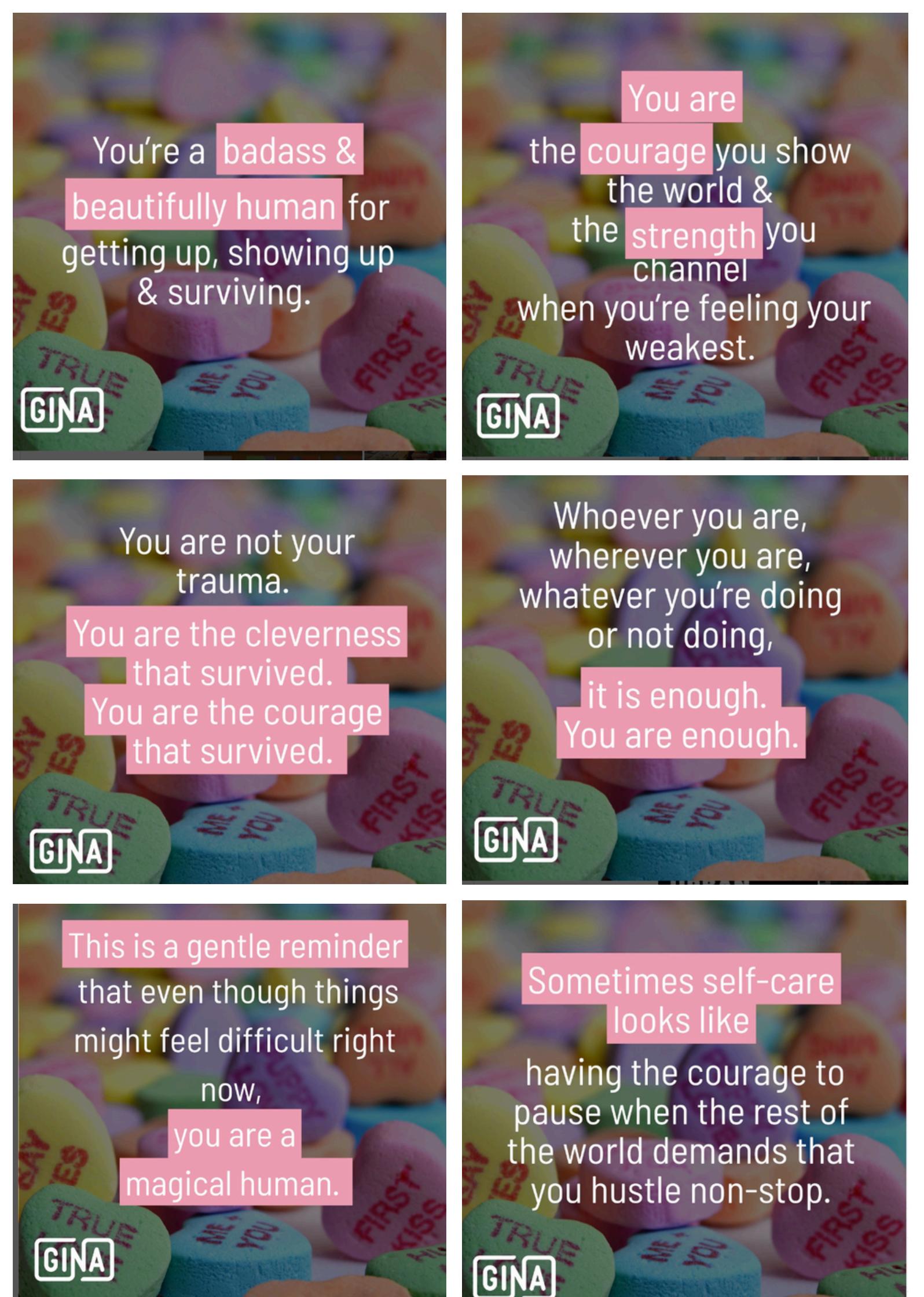
you're
doing so
well & I'm
so proud of
you

colour & keep this page as a gentle reminder

be gentle
with
yourself

colour & keep this page as a gentle reminder

affirmation
cards...



You're a badass & beautifully human for getting up, showing up & surviving.



You are the courage you show the world & the strength you channel when you're feeling your weakest.



You are not your trauma.

You are the cleverness that survived.
You are the courage that survived.



Whoever you are, wherever you are, whatever you're doing or not doing, it is enough. You are enough.



This is a gentle reminder that even though things might feel difficult right now, you are a magical human.



Sometimes self-care looks like having the courage to pause when the rest of the world demands that you hustle non-stop.





*beel-good
recipes*

Chocolate Cookies



Ingredients

Makes: 30

- | | | | |
|-------|-------------------|---------|---------------------|
| 150g | salted butter | 1 | large egg |
| 80g | light brown sugar | 225g | plain flour |
| 80g | granulated sugar | 1/2 tsp | bicarbonate of soda |
| 2 tsp | vanilla extract | 200g | chocolate chips |

Directions

- 1 Heat the oven to 190C/fan170C/gas 5 and line two baking sheets with non-stick baking paper.
- 2 Put softened salted butter, light brown muscovado sugar and granulated sugar into a bowl and beat until creamy. Beat in vanilla extract and the egg.
- 3 Sift plain flour and bicarbonate of soda into the bowl and mix it in with a wooden spoon. Add chocolate chips and stir well.
- 4 Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays.
- 5 Bake for 8-10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.

Vegan Brownies



Ingredients

Makes: 16

- | | | | |
|---------|----------------------|--------|-----------------------|
| 4 tbsp | ground flax | 1 tbsp | vanilla extract |
| 1/2 cup | water | 1 cup | plain flour |
| 1/2 cup | vegan butter, melted | 1 cup | cocoa powder |
| 1 cup | granulated sugar | 1 tsp | baking powder |
| 1 cup | brown sugar | 1 cup | vegan chocolate chips |

Directions

- 1 Heat the oven to 180C and line a 7 x 11 pan with baking paper. Make the flax eggs by stirring the ground flax and water in a small bowl. Set aside to thicken.
- 2 In a large bowl, whisk the melted vegan butter and sugars together. Add the flax eggs and vanilla, whisk until evenly combined.
- 3 Over the same large bowl, sift in the flour, cocoa powder and baking powder and stir with a large wooden spoon until just combined, do not over mix.
- 4 Fold in half of the chocolate chips. Pour the batter into the prepared pan and smooth out the top with a spoon. Sprinkle the rest of the chocolate chips on top of the batter.
- 5 Bake for 35-40 minutes. Remove from the oven, allow to cool in the pan for 15 minutes, then pull the brownies out, and let cool for another 15-30 minutes before slicing and serving.



Macaroni Cheese



Ingredients

Makes: 30

- | | | | |
|---------|---------------------------|---------|--|
| 2 tbsps | butter, plus 1 tsp melted | 3 tbsps | plain flour |
| 350g | spiral pasta | 500ml | whole milk |
| 1 | garlic clove, crushed | 250g | mature cheddar, grated |
| 1 tsp | mustard powder | 50g | parmesan (or veggie alternative), grated |

Directions

- 1 Heat the oven to 200C/180C fan/gas 6. Boil the pasta for 2 mins less than stated on the pack, then drain.
- 2 Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 min, then stir in the plain flour.
Cook for 1 min more, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in the cheddar and half the parmesan.
- 3 Stir the pasta and some seasoning into the cheesy sauce. Tip into a large ovenproof dish, or four individual dishes. Scatter over the bread and the remaining parmesan, then bake for 20 mins until crisp and golden.



Burger & Fries



Ingredients

Serves: 3

- | | | | |
|---------|-----------------------------------|---------|-------------------------------|
| 2 | potatoes, peeled, 2cm chunks | 1 tbsps | medium/hot curry powder |
| 1 | carrot, peeled, sliced diagonally | 227g | tin of chopped tomatoes |
| 1/2 | cauliflower, in florets | 300ml | vegetable stock |
| 3 tbsps | vegetable oil | 100g | frozen peas or spinach leaves |
| 1 | onion, finely chopped | serve | rice, yoghurt, mango chutney |

Directions

- 1 Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
- 2 Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
- 3 Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.
- 4 Serve immediately with rice, yoghurt and mango chutney.



Veggie Curry



Ingredients

- 2 potatoes, peeled, 2cm chunks
- 1 carrot, peeled, sliced diagonally
- 1/2 cauliflower, in florets
- 3 tbsp vegetable oil
- 1 onion, finely chopped

Serves: 3

- 1 tbsp medium/hot curry powder
- 227g tin of chopped tomatoes
- 300ml vegetable stock
- 100g frozen peas or spinach leaves
- serve rice, yoghurt, mango chutney

Directions

- 1 Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
- 2 Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
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- 4 Serve immediately with rice, yoghurt and mango chutney.



Banana Bread



Ingredients

- 2 potatoes, peeled, 2cm chunks
- 1 carrot, peeled, sliced diagonally
- 1/2 cauliflower, in florets
- 3 tbsp vegetable oil
- 1 onion, finely chopped

Serves: 3

- 1 tbsp medium/hot curry powder
- 227g tin of chopped tomatoes
- 300ml vegetable stock
- 100g frozen peas or spinach leaves
- serve rice, yoghurt, mango chutney

Directions

- 1 Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
- 2 Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
- 3 Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.
- 4 Serve immediately with rice, yoghurt and mango chutney.



display
materials



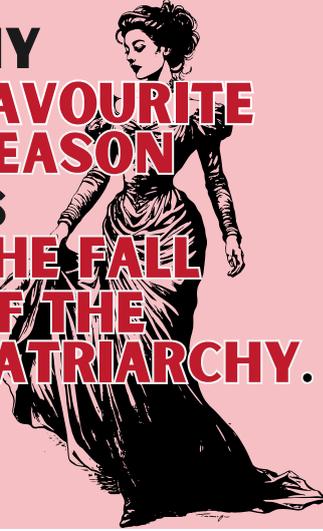
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PRO-CHOICE
pro-books
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**MY
FAVOURITE
SEASON
IS
THE FALL
OF THE
PATRIARCHY.**



bookmarks



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NO
means
NO

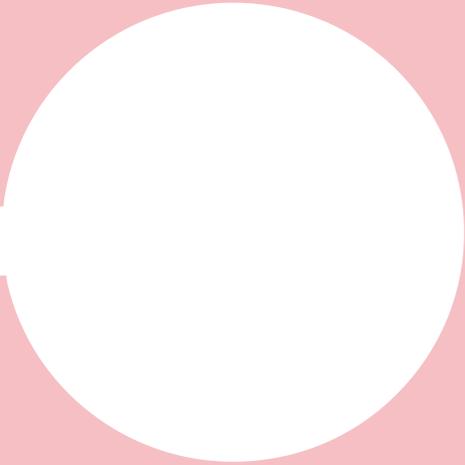


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*well-
behaved
women
rarely
make
history.*

door

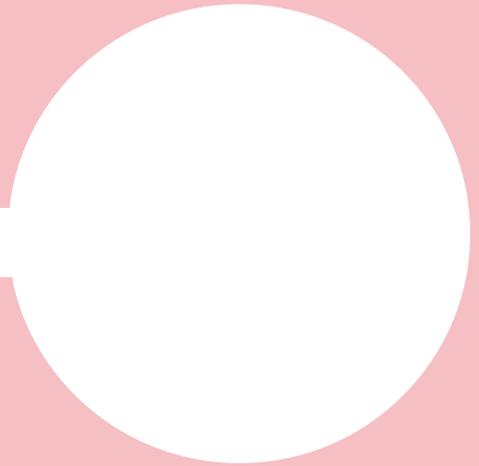


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This isn't
my first
RODEO.



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Consent
is too low a bar
hold out for
enthusiasm

hangers

feminist.



feminist.



brüftung



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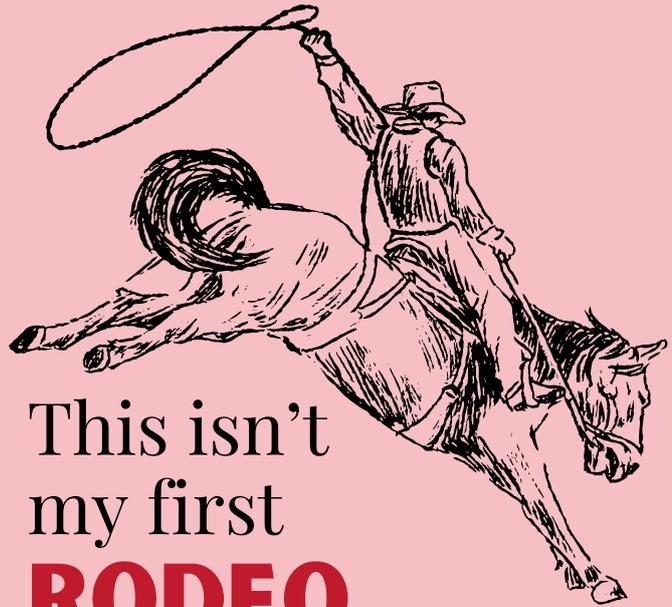
maybe 



swearing
will help.



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This isn't
my first
RODEO.

blags

fuelled by caffiene

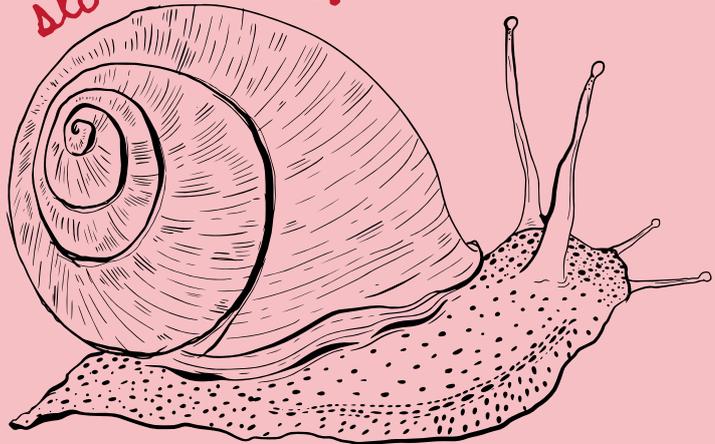


& feminist rage



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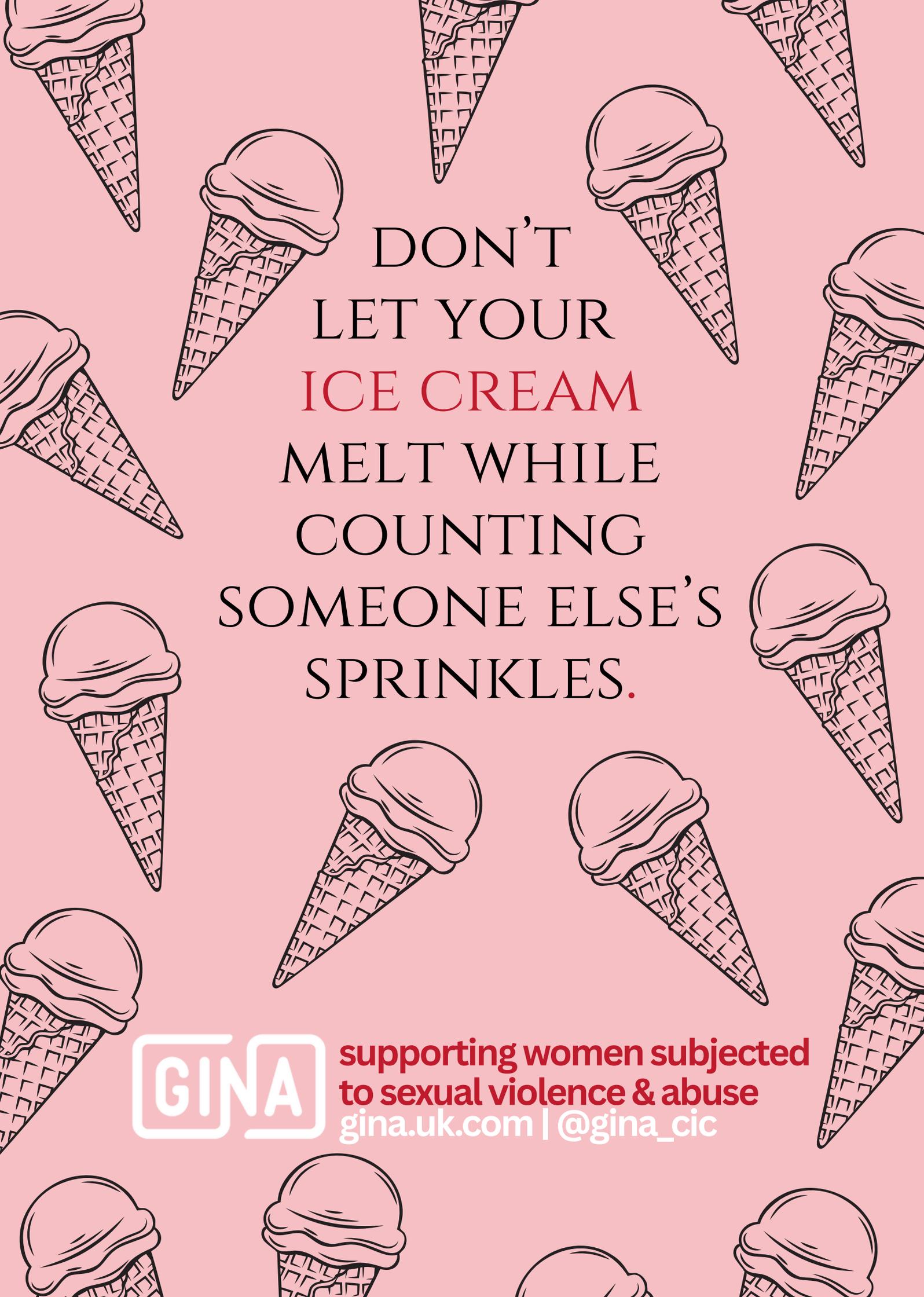
slow down.



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@gina_cic

blags

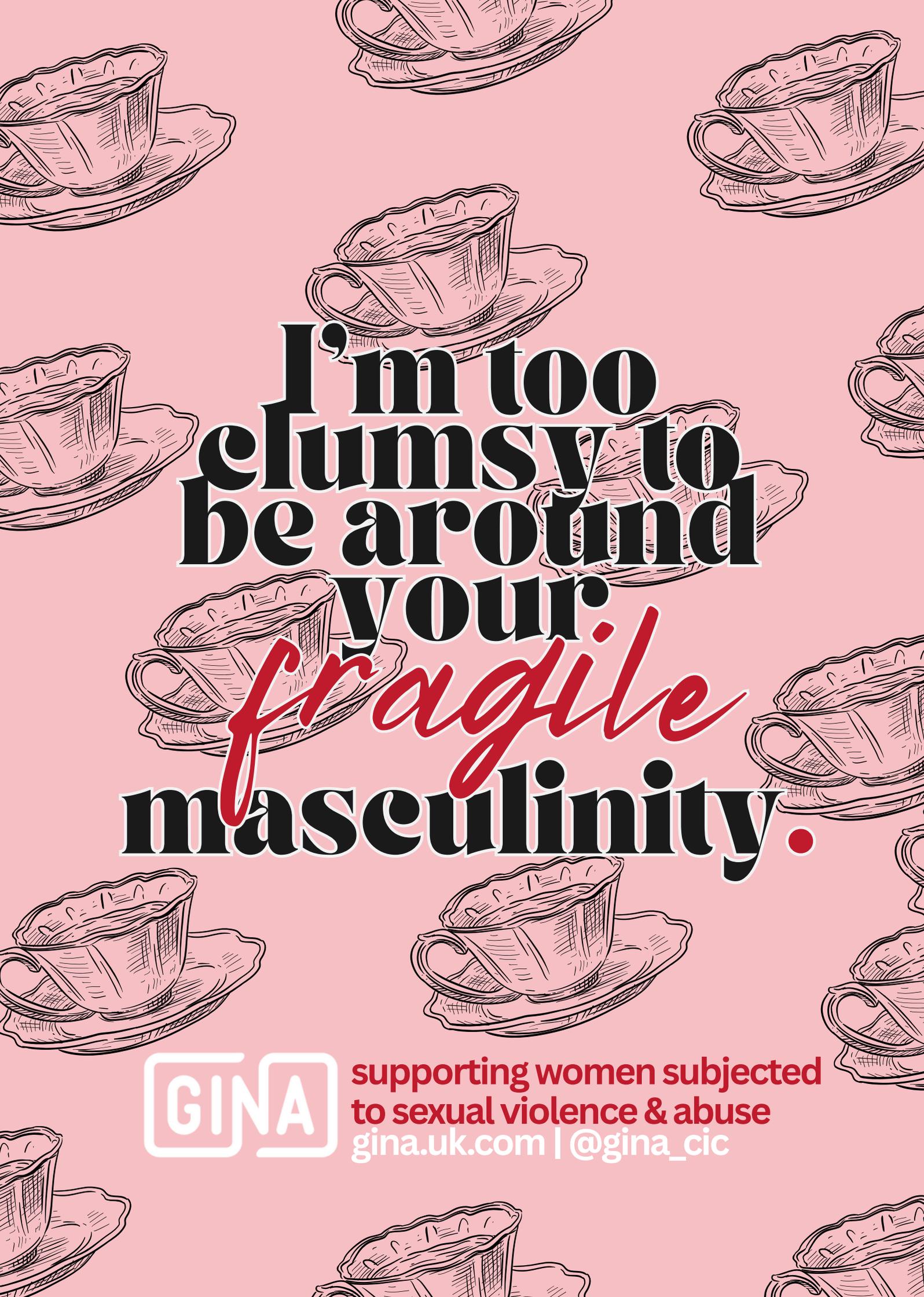
Posters...



DON'T
LET YOUR
ICE CREAM
MELT WHILE
COUNTING
SOMEONE ELSE'S
SPRINKLES.



**supporting women subjected
to sexual violence & abuse**
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**I'm too
clumsy to
be around
your
fragile
masculinity.**



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GINA

get social

Don't forget to take pics of the *Partner Pack* in action! Tag us on socials in any pics or your stall, event, or using the resources (@gina_cic)