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Guiding

magazine

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**Outdoor
action plan**



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Welcome

Feast on a diet of great ideas

The Guide Association was in the news recently when its research findings into the hopes, aspirations and fears of today's girls and young women were launched at the Today's Girl, Tomorrow's Woman conference in May.



Tessa Jowell MP (right) and actress Lysette Anthony spoke at the Today's Girl, Tomorrow's Woman conference

Find out more on page 5 and look out for a full report in next month's issue.

One of the findings of the Association's research was that 19 per cent of 11 to 17 year-old girls are on a diet. This is consistent with research carried out by the British Medical Association. In a recent BMA report, doctors urged the media and advertisers to use a more realistic range of body images, and so, hopefully, reduce the number of girls who diet and who can sometimes go on to suffer from eating disorders. Our main feature on pages 16/17 takes a closer look at eating disorders and gives advice on what to do if you suspect one of your girls may have a problem.

The eating habits of all young people have been in the news with a Government report claiming that the majority exist on a diet high in fat and carbohydrates and low in fresh fruit and vegetables. This month, on pages 2/3 of *Activate*, we have some activities that you could use to start a discussion about healthy eating.

Continuing the healthy living theme, turn to page 15 to find out about an exciting new cycling scheme and to page 19 to check out the South West Region's action plan for outdoor activities.

In *Update* this month, there's news of a special freephone number to support Reach Out and Recruit Month, details of the preparations needed for the Guide Section Renewal and, on page 11, follow the progress of a fictional recruit through the new Leadership Qualification.

Don't miss our special Rainbow pull-out, starting on page 7 of *Activate*, which is crammed with ideas to keep Rainbows busy — and perhaps will inspire some ideas to use with older girls.

And if you're off to camp this summer, take a look at some of our readers' favourite recipes on pages 4/5 of *Activate* — and have a great time!

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Patrons HM The Queen
HM Queen Elizabeth, The Queen Mother

President HRH The Princess Margaret,
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World Chief Guide 1930-1977 Olave,
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Chief Guide Bridget Towle

Publications Manager Anne Moffat
Editor Jan Clampett

Activate Editor Victoria Wheeler

Sub-editor Vanessa Richmond

Editorial Assistant Ruth Bourne

Design Team Manager Gillian Webb

Studio Quentin Radburn, Jade Garner

Production Manager Stuart Bannerman

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you and your unit

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news about training and
programme developments

Activate – full of great ideas

Our great pull-out section is packed
full of brilliant ideas for you to use with
girls across all the sections

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A Region's activity action plan

Our cover girls are Leigh Fergus and
Charlotte Battersby of the Youth Forum

COVER PHOTOGRAPHER: MOOSE AZIM

What & when

In this section you will find information about events, fresh opportunities and new resources and initiatives

celebration

Queen Mother's birthday

Members of The Guide Association will be involved in celebrations on July 19, in honour of the Queen Mother, who will be 100 on August 4.

About 150 girls will take part in the main carnival parade and 20 more will be wearing different uniforms from the last century.

The Trefoil Guild, which has the Queen Mother as its patron, will also be represented in the main parade.

guide friendship fund

Books to Honduras

Yvonne Tew, the Guide Friendship Fund Adviser, recently met Guides and Brownies from Dunfermline who had raised money for the 1999 GFF Christmas Appeal.

The Guides and their guests celebrated the conclusion of the appeal with an interesting evening of international activities organised by Yvonne.

The appeal raised £9,000 for Guides in Honduras who lost everything during Hurricane Mitch in 1998. The funds were used to buy a complete set of new books and publications for the Honduran Brownies and Guides.

The GFF would like to thank all those who contributed so generously to the appeal. Look out for details of the summer appeal in next month's *Guiding magazine*, and on the Web site.

resources

On the Line on-line

The Guide Association's Web site – www.guides.org.uk – now features an On the Line activity resource pack.

There are activities for all sections under the Building World Citizenship themes of peace, education, environment, health, culture and heritage, and food and nutrition.

These could be used for a themed On the Line evening, or as single activities. There will be a reward for members who undertake an activity from each of the themes.

The pack is a culmination of The Guide Association's collaboration with other organisations involved in the On the Line project, including Oxfam, WWF-UK and Actionaid. The project aims to help people learn more about the lives of people living on the Meridian Line – in the UK, France, Spain, Algeria, Mali, Burkina Faso, Ghana and Togo.

Spreading the word...

Five members are being sought to represent The Guide Association at a special environmental youth work training weekend at Foxlease from November 3-5.

The weekend will enable participants to organise similar training events in their locality.

The weekend is part of a Guide Association environmental youth work training project funded by the DfEE, in partnership with the Council for Environmental Education, City Farms and Community Gardens, Wildlife Trusts and Youth Clubs UK.

The course will introduce a range of environmental youth work projects and help participants determine the needs, course content and possible outcomes of their own training courses. It will end with participants drawing up action plans for their own events.

Participants will be able to access grants and support to run their own training events. It is anticipated that subsequent regional training events will involve several of the partner organisations.

If you are interested in attending the weekend, and would be able to run environmental youth work training events in your area, contact Elizabeth Maytom at CHQ for further details and an application form, e-mail ElizabethM@guides.org.uk.

Candidates will be selected at the end of August.

training

event

RACE 2000

An overnight incident hike will take place on October 21-22, starting in Saffron Walden, Essex.

RACE (Ramble Around Cambridgeshire & Essex) 2000 is a hike of up to 20 miles, with challenges on the way. The event is open to members of the Guide and Scout Associations aged 14 and over. You can find out more by visiting www.cusagc.org.uk.

If anyone in your unit would like to take part, contact Jo Coombes on 0161 330 1653, or e-mail race2000@cusagc.org.uk.

opportunity

GOLD trips

The destinations and dates for forthcoming GOLD trips are: the Ukraine — July 1-16; Poland — July 1-15; Russia — July 15-29; Bangladesh — August 5-27; Hungary — August 10-28.

Don't forget, if you want to go on a GOLD trip abroad, the INTOPS selection weekends are planned for: September 22-24 at Lorne, October 13-15 at Foxlease and November 17-19 at Waddow.

For more information, contact Kate Turner in Guiding Development at CHQ.

world centres

Friends meeting

Friends of the Four World Centres are holding their annual meeting on October 21. It will take place at Pax Lodge from 10.30am.

Everyone is welcome, whether they are a member or not. There will be a bring-and-buy stall and a draw, as well as a sale of World Centre goodies.

If you would like lunch, send a cheque for £5 to June Webb at 17 Church Lane, Sproughton, Ipswich IP8 3BA.

AGM

'Today's Girl' is big news

The Guide Association made a splash in the media when its new research findings were unveiled at the AGM in May. The report, called 'Today's Girl, Tomorrow's Woman', detailed the results of research – conducted by an external organisation – into the ambitions, hopes and fears of 11 to 17 year-old girls. Chief Executive Terry Ryall presented the research findings and the Chief Guide, Bridget Towle explained what the Association is already doing, and will do in the future, to help girls achieve their aspirations.

Speakers at the conference included the Rt Hon Tessa Jowell MP, Minister for Women, and former Guides, actress and producer Lysette Anthony and model and

campaigner for disabled people, Heather Mills.

Ms Jowell spoke about the 'Today's Girl, Tomorrow's Woman' report from a Government perspective, and endorsed The Guide Association's role in working with girls and young women.

She told *Guiding magazine*: 'The Guide Association provides an enormously important organisation for young girls, to take part, to develop themselves, to acquire new skills. The great tribute to Guiding is that it has persisted, survives, and is clearly thriving in what is a rapidly-changing world for young women.'

Two Senior Section members and two Guides told the audience what being a young woman meant to them. The audience included Association members – with many Rangers and young Guiders attending – Principal Youth Officers and representatives from other youth organisations, policy makers from Government and the civil service, and the media.

The event was covered by several of the broadsheets, Radio 2, and 14 local radio stations from across the UK. Articles have already appeared in *The Daily Telegraph* and *The Independent* and, since the conference, the Marketing & External Relations Department at CHQ

has received enquiries from several women's magazines.

See next month's *Guiding magazine* for a full report on the conference.



Heather Mills spoke of her experiences movingly, yet with great humour

GARETH DAVIES



AGM speakers Bridget Towle, Terry Ryall, Lysette Anthony and Tessa Jowell, MP, posed with girls for Press photographers

youth forum

Get involved in the Youth Forum

Leigh Fergus, Chairman of the Youth Forum, and her deputy, Charlotte Battersby (pictured here and on the cover in their special T-shirts) are looking forward to the Innovate Youth Forum being held at Waddow June 30 to July 1.

Leigh hopes the weekend will encourage more 16-30 year-old members to become involved in the Youth Forum, and contribute fresh ideas. She is hoping the response will be such that, for future events, a larger venue will have to be booked!

Leigh sees attending Youth Forum events as an ideal way for members to stay in touch with the Association when they go off to university. She believes that members in this age group can have a very effective role in raising the profile of Guiding and explaining to other people what belonging to the Association means.

Leigh is coming to the end of her degree course at the University of Paisley, where she has been studying Media Theory and Production. While at university, Leigh has been able to continue working with the 9th Irvine Brownies, where she is one of three Guiders.

Her other interests include Lau Ga (a type of Kung Fu) and dancing. She is also a Samaritan, a part-time model, works in a chemist's, a hotel... the list seems endless.

Leigh's deputy, Charlotte is studying Pharmacy at Bradford University and is Assistant Guider with the 3rd Port Dinorwic Guides, Arfon District in Wales, and the 1st Clayton Guides near Bradford. She finds the contrast between the two units – one rural, one urban – fascinating. In her spare time Charlotte plays for her university's rugby team.



Leigh Fergus, Chairman of The Guide Association Youth Forum (front) and her deputy, Charlotte Battersby

MOOSE AZIM

Missdorothy.com

The Guide Association has a unique new member – a virtual Brownie called Dot.

Dot is a nine-year-old character who hosts her own Web site – www.missdorothy.com. She educates and introduces children – and their parents – to the fun of the Internet through a variety of adventures and games.

When the creators of this very interactive site noticed that many of the children who left messages for Dot were Brownies and Guides, they approached the Association to see if Dot could join up too.

Dot will be featured in future issues of *Brownie* magazine, starting with a special competition in July's issue.

The Guide Association has a new member called Dot



web site

MATT MCARDLE AT
INTERNET DREAMS LTD
©MISS DOROTHY.COM LT

What & when

activities

Walk on by

Ghost tours, pub tours and walks with games, especially for children are just a few of the activities on offer during this year's Ramblers' Association Festival of Summer Walks.

The festival will be made up of more than 700 free events nationwide, and the Association hopes to attract 60,000 walkers — both experienced and first-timers.

To join in the festival, call the Ramblers' Association on 020 7339 8500 or visit the Web site at www.ramblers.org.uk.



Singin' in the rain: Enjoy the summer, and the best of the British countryside, with The Ramblers' Association

Ramblers' Association's extensive library of Ordnance Survey maps.

To take advantage of the discount offer, simply write to the Ramblers' Association quoting the code FRF, and enclosing a cheque — payable to the Ramblers' Association — for £16 for an individual membership or £20.80 for joint membership (two adults living at the same address).

Send your application and cheque to: The Ramblers' Association, 2nd Floor, Camelford House, 87/90 Albert Embankment, London SE1 7TW.

Join up

The Ramblers' Association is offering 20 per cent off its usual joining fee exclusively to readers of *Guiding* magazine.

Signing up earns you membership to one of over 400 local groups, a quarterly magazine, local newsletters, the *Ramblers' Yearbook & Accommodation Guide*, discounts in many outdoor equipment shops and access to the

Spot the ladybird

The seven-spot ladybird is becoming a rare sight, so Wildlife Watch — the junior environmental action club of the Wildlife Trusts — is calling for young people to become ladybird spotters, in order to gain a picture of the bug's population levels in the UK.

The UK Ladybird Spot is part of UK Wild 2000 — an initiative that aims to be the biggest-ever national wildlife survey for children.

So if your girls need something to keep them occupied during the summer holidays, get involved by contacting the Wildlife Trusts on 01636 677 711, or visit www.bbc.co.uk/ukwild.

Join in the hunt for the seven-spot ladybird this summer with Wildlife Watch



Women drivers

Have you ever fancied driving a double-decker bus, a fire engine, or even a lorry? Well now you can — and raise money for Marie Curie Cancer Care and Breast Cancer Care at the same time.

The Always and Tampax Ladies Driving Challenge is a series of events at 33 sites around the UK, where women are sponsored to drive a range of vehicles.

There is also a special challenge for girls aged 13-17 at 28 of the sites — the Always and Tampax Teen Driver Challenge. This challenge is a chance for non-drivers to get behind the wheel and have a go at blindfold reversing, slaloms and chicanes — with a little help from BSM driving instructors. A minimum sponsorship level of £25 is set for this event.

For an entry form, call 0800 00 00 18. On receipt of your form, and a £5 registration fee, you will receive a fundraising pack, which includes a sponsorship form.

fund raising

days out

Get your skates on

Tell inline skating fans in your unit about Skate 2000 — the biggest skating event of its kind in the UK.

Visitors to the event, which will take place at Eastbourne's Prince William Parade on July 30, will be able to see demonstrations of all types of skating — including dance, speed, and hockey.

For more details, contact the Events Team at Eastbourne Borough Council on 01323 415 404, or send an e-mail to events@eastbourne.gov.uk.

Have a wheely fun day at Skate 2000 in Eastbourne this month



EASTBOURNE BOROUGH COUNCIL

Scientific summer

If you live in or near Manchester, don't miss The Museum of Science and Industry's season of Summer Fun.

Entry will be free for children throughout the summer, and hands-on events with a new theme every week will be laid on between July 24 and September 1.

From July 10 to August 28, the Museum will be hosting FutureWorld — a high-tech exhibition from the BBC, supported by BT.

Groups wanting to take part in the Summer Fun events should pre-book by calling the museum's Learning Centre on 0161 833 0027.



There's free summer fun for children at Manchester's Museum of Science and Industry

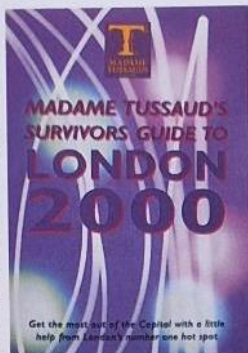
THE MUSEUM OF SCIENCE AND INDUSTRY IN MANCHESTER

Survive London

If you're planning a trip to London with your unit this year, get the most out of your visit with the help of a new booklet from Madame Tussaud's.

Madame Tussaud's Survivors' Guide to London 2000 is a handy resource to help you plan your visit so that you avoid wasting time in queues or criss-crossing the capital. It offers practical tips, and tells you the best and worst times to visit various attractions.

To obtain your free copy, send a sae to 'Survivors' Guide', Madame Tussaud's Customer Services Department, Marylebone Road, London NW1 5LR.



Your visit to the capital is made easy with Madame Tussaud's Survivors Guide to London 2000

MADAME TUSSAUD'S LONDON

www.Planit4kids.com

Planit4kids.com is the first portal dedicated to helping parents (or Guiders!) keep their children or young charges entertained.

The portal will guide you to one of seven city-based Web sites, depending on where you live. The cities covered are: London, Birmingham, Glasgow, Bristol, Manchester, Leeds and Cardiff.

Each Web site provides a detailed guide to attractions, events and activities for children – including those with special needs – happening in the city nearest you.

Trips to the West Country

If you live in the West Country, or are going there for a unit holiday or camp, make sure you have a copy of *Trips*.

This 34-page booklet is stuffed full of information for organisers of group trips to Devon, Cornwall, Hampshire, Dorset and Somerset. The information can also be viewed on the Web site at www.group-trips.co.uk.

For your free copy of *Trips*, call 01305 822 000 or register for a copy on the Web site.

Youth research

Keele University will host a major two-day conference from September 4-5 for people who are interested in new research on young people.

The conference will centre on research funded by the Joseph Rowntree Foundation and the Economic and Social Research Council.

For more information, contact the Programme Administrator Karen Wraith, at Youth, Citizenship and Social Change, TSA, 23 New Road, Brighton BN1 1WZ. Alternatively, e-mail k.f.wraith@tsa.uk.com.

Animal snappers

Budding photographers in your unit may like to know about The RSPCA Young Photographer Awards, which are sponsored by Olympus Cameras and Hodder Wayland books.

Entrants can send in as many animal pictures as they like – each bearing a label with their name, age, address and telephone number on it – to arrive by September 15. There are two age categories – under 12 and 12-18. Photos cannot be returned.

Entries should be sent to: Publications Department, RSPCA Causeway, Horsham, West Sussex RH12 1HG.

What & when

The residential opportunities listed below are open to any Association member – Guiders, Young Leaders, Commissioners, Guides or Brownies – as relevant. For more details of content and cost, please phone the appropriate centre.

Foxlease	02380 282638
Walking and Craft	Aug 15-19
RLSS Rescue Test	Sept 15-17
Why Do We Do It?	Sept 15-17
Make and Take: Rainbow/Brownie Guiders	Sept 22-24
Activities for Rainbow, Brownie and Guide Guiders	Oct 20-22
Preparing for camp: Taking a licence	Oct 27-29
Making greetings cards	Nov 3-5
How to stop Guiding taking over your life	Nov 17-19
Programme Ideas: International/Service/Promise	Nov 24-26
Division Groups	Dec 8-10

Hautbois	01603 737357
Heraldry Week	August 14-21
Outdoor Pursuits badge for Guides	September 1-2
Drawing & Painting	September 4-8
First Aid in Guiding	September 29–October 1
Rainbows to Brownies	October 6-8
Hautbois Minstrels	November 3-5
Management Skills for DCs	November 10-12

Broneirion	01686 688204
Training for the Out of Doors	September 1-3
International Sparkle	November 3-5
Guiders' Training: Disabilities	November 10-12
Christmas Arts	December 1-3

Waddow	01200 423186
Programme Ideas: Rainbows	July 7-9
Leisure Break/Lace Making	July 17-20
Go For It! Training	July 21-23
Grandparents Week	August 22-25
Leisure Break	August 24-31
Leisure Break/Christmas crafts	September 11-14

Netherurd	01968 682208
Trefoil Guild Weekend	July 21-23
Guide Event	August 18-20
Music in the Programme	September 1-3
Programme Ideas for All	September 22-24
Senior Section	October 20-22
District Teams	November 17-19

Blackland Farm	01342 810493
Beginners Rock Climbing	July 22-23
Improvers Rock Climbing	July 29-30
Open Canoe Activity Day	August 1
Zip Wire Activity Day	August 2
BCU 1 & 2 Star Kayak	August 3-4
Beginners Rock Climbing	August 5-6
Open Canoe Activity Day	August 7
Zip Wire Activity Day	August 10
BCU 1 & 2 Star Kayak	August 14-15
Beginners Rock Climbing	August 16-17
Zip Wire Activity Day	August 18
BCU 1 & 2 Star Kayak	August 19-20
Beginners Rock Climbing	August 19-20
Open Canoe Activity Day	August 22
Open Canoe Activity Day	August 24

In this section you will find
Association news: decisions,
developments and appointments

Recruitment Toolkit

By The Recruitment Toolkit Working Party

The Recruitment Toolkit is an important first for The Guide Association. This practical guide to recruitment has been developed in response to the frequent requests for support at a local level in recruiting volunteers and spreading the Guiding message.

At this stage, the Toolkit focuses on recruiting adults, but there will be future supplements that will focus on other age groups.

Preparatory work

Building on work previously carried out by Guiders with expertise in marketing, personnel, recruitment and training, The Recruitment Toolkit Working Party wrote – and then piloted – sections of the Toolkit with Guiders around the country.

The Toolkit has six modules that take local teams through the recruitment process from start to finish. Each module is divided into two:

- A section giving tips, ideas and case studies to help the team work through the

issue. A summary of these sections has been in *Guiding magazine* (January to June).

- A section full of exercises and outlines that can be used over and over again.

There is a range of activities to try out, to discover what works best in your area. Included are sample questionnaires and letters, and an outline for a brainstorming session.

Training pack

There is a training pack to accompany the Toolkit, to be used at a local level. Training can be delivered in whatever way is most practical – a fireside training, after a District meeting or in a more formal one day, or weekend event.

The Toolkit was published at the end of April in time for the Marketing & External Relations Forum in May, which was attended by teams of four people from each Country and Region.

Copies of the Toolkit will only be available this year through trainings, coordi-

Tried and tested ideas

- A member who works for a nationwide building society put an item about Guiding on the volunteering section of the society's Intranet – and eleven people across the UK expressed an interest.
- In one area, members approached the Preretirement Association and the Third Age Network in a bid to attract people who have taken early retirement. They offered to run a session about how people can get involved in Guiding and explaining the personal benefits.
- Other members have held events at local universities and colleges, including getting a large supermarket to donate cans of beans (a staple food for students) and wrapping each can in a flyer promoting Guiding.

nated at a local level. Your Country and Region will be looking at how the Toolkit will be used locally. It may be used as part of Reach Out and Recruit Month in September/October, or as part of a longer-term recruitment strategy for your area.

However you get involved with the Toolkit, we hope you find it flexible and practical to use.

- For further information about anything relating to recruitment, you can contact

Linda Crichton, Membership Development Manager at CHQ on 020 7834 6242 ext. 372, or you can e-mail LindaC@guides.org.uk.

Association awards

MERITORIOUS CONDUCT

Laurel

Mrs June Shakeshaft
Guide Guider
1st Baglan unit
West Glamorgan

Recruitment Toolkit outline

Section 1 Putting your recruitment team together: Highlights the importance of having people with the right skills in your team.

Section 2 Knowing your area: Do you know your area? Have there been any changes in the locality that you haven't taken into account?

Section 3 Putting your recruitment plan together: The importance of having a clearly defined action plan, with assigned tasks.

Section 4 What do you need?: Do you need new Guiders, or people to do specific tasks?

Section 5 Recruiting adults: Selling Guiding to people.

Section 6 Supporting your new recruit: Providing information, buddies and so on.

None of the sections are compulsory. They do not have to be done in any order. We hope that you will dip in and out of the Toolkit to develop your recruitment plan or meet a specific need.

Short Term Investment Service

The monthly interest rate after deduction of management commission was:

February.....	4.875 per cent
March	4.688 per cent
April.....	4.750 per cent

An additional 0.5 per cent per annum is paid for deposits of £5,000 and above.

On April 30 the value of a share in the Scout and Guide Trust Fund was:

Selling price.....	499.64p
Purchase price.....	524.92p
Income yield.....	3.05 per cent

The income yield is based on the previous two dividends paid and the price on the date stated.

awards

money matters

Freephone
0800 1
69 59 01

Reach Out and Recruit



This autumn there will be a free telephone hotline for public enquiries about Guiding

Each week CHQ receives approximately 60 enquiries about Guiding from the general public. Reach Out and Recruit Month is expected to generate thousands more.

To handle these enquiries, during September, October and November, the public will be able to call a free-phone number. This number – 0800 1 69 59 01 – is printed on the one million Reach Out and Recruit postcards.

Recruiting enquirers

This is how this exciting new venture will work:

- All calls to the hotline will be answered by a professional call centre administrator.
- The caller will be given the contact number of a nominated County person, based on the caller's postcode.

A Guiding information pack will be sent to them directly from the call centre, within 24 hours.

- The caller will then telephone the County contact.

This person will have a weekly update from the call centre on all callers in her County, so she herself can make contact, if necessary.

- The County contact will have up-to-date lists of District Commissioners and units, with contact names and telephone numbers.
- She will match the caller's needs with local needs.
- The County contact then phones the local Guider or Commissioner, who'll arrange to see the potential adult volunteer, or give details of meetings to potential girl members.

Each County is working on its own system of setting up a central County number to receive calls. It could even be a group of people sharing one mobile phone.

Whatever system is used, speed on the part of existing members is essential to retain the interest of enquirers.

Initial get-together

This first get-together should be relaxed, and the potential volunteer put at ease.

Check how much they know about Guiding, and what they want to do. Do they want to work with the girls or is there another role that interests them? This will help you to match their needs to Guiding needs and may make the difference between them staying or leaving.

Make them feel welcome:

- Say how pleased you are to meet them.
- Explain who you are and what you do.
- Get them talking early on by asking how they first became interested in Guiding, about their family, interests, and so on.
- Briefly describe The Guide Association — in an appropriate and attractive way.

Great opportunity

The freephone number will guarantee new interest in Guiding. Let's do all we can, as individuals, to maximise this interest and to turn potential volunteers into full and active adult members.

- Tell them about some of the exciting things girls have done locally.
- Describe adult volunteer roles.
- Explain that support and training are given to all Unit Guiders and adult helpers.
- Be alert to 'grey' areas in their life that might give cause for concern — unlikely, but possible.
- Explain the time commitment. Be realistic, but flexible.
- Most importantly, end with the benefits — what they can hope to gain from Guiding.

Invite them to a unit meeting and to meet other adults in the locality they could be working with. Take notes so you have a good recollection of the meeting. Immediately afterwards, write down your observations and feelings. Share these with the local Commissioner or Guider.

In this way, you'll present a caring, organised approach that will give the potential volunteer a good feeling about The Guide Association.

Signing up

The actual 'signing up' meeting is conducted by the local Commissioner. She is the person responsible for Guiding in the locality and will want to meet the potential team member at the earliest opportunity. She will also arrange for the necessary support and training.

- The Reach Out and Recruit Team thanks East Yorkshire County who provided the material on the initial meeting.

Sample letter

A telephone call to arrange a meeting could be followed up with a letter, such as this:

Dear (Enquirer's name),

It was good to speak with you last night and I have pleasure in confirming our get-together on (date). Please bring with you the information pack you've already been sent — I'm sure you will have lots of questions!

Guiding is a wonderful organisation that has enormous benefits for adults, as well as girls, and your interest is greatly appreciated.

I very much look forward to meeting you.

Yours sincerely,

(Name of the local Guider or Commissioner)

Guide Section Renewal

This month we look ahead to the next stage of the Renewal and the preparations needed

By The Guide Section Development Group



Ready for change: now is the time to prepare your Guides for the exciting times ahead

If you are a Guider who can fit together all of the Eight Points, Trefoils, interest badges, patrol pennants, collective emblems, Action Plus, Making It Count – plus everything else in the current Programme – you are a very special person. If you can also help Guides to make individual, informed choices, then you're an even rarer Guider.

For most of us this isn't a reality – the Programme has become cluttered, the Guides are dissatisfied with it, and Guiders frequently feel they are failing. The information from Guides and Guiders, supported by the fall in membership of this section, shows a significant level of dissatisfaction with the status quo.

Having listened to people, learned from them and tried out ideas, we are returning to our core and presenting Guiding again in a contemporary light.

More information

Over the summer, Guide Guiders, Trainers, and Commissioners should receive more information directly to their home address.

If you haven't received this information by the beginning of August, please contact your Country or Region HQ so the postal information can be checked.

Vision

The vision for the Guide Section is one where girls aged 10-15 have fun, excitement and enjoyment, in a safe environment. A place where young people can take risks, try new things, discover their own values and know that they will be helped in this by a caring adult. We are a section that is girl-led, that supports their self-development, and that holds true to the Ethos of Guiding in a 21st century setting.

The Programme is based on the premise that – as long as they are helped by a caring adult and given adequate resources – girls are capable of planning and carrying out their own Programme.

The Programme incorporates the ideals of the Promise and the Law. It includes the basic Guide traditions of action in your community; individual development; international Guiding; and outdoor activity.

The Programme has five broad zones, ensuring opportunities for young people to acquire and develop knowledge and understanding, and the skills necessary to relate effectively to others, and to participate fully in the life of their own community – and beyond.

Next steps

Your unit can move to the renewed Programme at any time before the end of the year. You need to think about when it will be best for your unit to make the move, and plan with the Guides how to do it. One of the key things here will be to find out when your local training is taking place, and to sign up!

As preparation here are some pointers:

- **Talk to the Guides:** If you haven't already talked to your unit about it, then share the Renewal of the Guide Section with the

Aims of the Renewal

The renewed Guide Section aims to:

- Promote opportunities for Guides that are fun, challenging and stimulating.
- Involve Guides in activities that encourage growth, development and citizenship.
- Involve Guides in making decisions about their own lives, their local community and the wider world.
- Encourage personal interests that will enhance and contribute to their future lifestyle.
- Promote personal development: intellectual, spiritual, emotional, physical, social and moral.

Guides. Let them know about the exciting times ahead.

- **Complete Trefoils:** Encourage Guides to complete any Trefoils and badges before the end of the year.

- **Think about finance:** There will inevitably be some start-up costs (see this month's *Hotline* for more details). You may need to plan for this: can you get a grant from County, Division, District, Friends of Guiding, the Trefoil Guild or local donors? Do you need to fund raise?

- **Obtain materials:** The new publications will be available early in September. You can pre-order from the Trading Service – look out for an order form in August's *Guiding magazine*.

- **Obtain training:** Find out when your local training is taking place. This will vary across the UK. Each Country and Region has a team of 28 people – all of whom will have been trained in the new Programme by mid-July.

Hotline

See this month's *Hotline* for a complete overview of the Guide Section Renewal.

And finally...

Adventure = Risk + Purpose.

New Leadership Qualification

**From helper to fully-Warranted Guider
— how the process works**

By Susan Wieck
Adult Support Group Chairman

This month, we look at how the New Leadership Qualification works — through the eyes of a would-be Guider. Our fictional example — Karen — has just volunteered to become a Guider with the Guide unit that her daughter belongs to. She was never a Brownie or a Guide herself, but she has enjoyed helping out with the unit on several occasions and now thinks she would like to be Guider.

Initial contact

Karen's District Commissioner meets her for an informal chat. Karen completes a W/R form and her District Commissioner sends it to the person in the County who is responsible for taking up references.

The County receives Karen's form and sends out the reference letters. The County Leadership Coordinator is informed that Karen needs a Mentor to work with her through the Leadership Qualification.

Karen is duly allocated a suitable Mentor, who must try to contact her within two weeks. Her Mentor could be an experienced Guider who works with the same section and doesn't live too far from Karen — though she does not have to be in the same Division. The Mentor has a form from the District Commissioner giving details about Karen — her work, family, and the times she can be contacted.

She telephones Karen to arrange a meeting — at a time convenient to them both — and asks her to start keeping notes about her activities in the unit. This will become a file of evidence showing what Karen is able to do.

Personal action plan

When Karen and her Mentor meet, Karen is given her Leadership Qualification Pack. This includes a book explaining exactly what she has to do to gain the qualification, a folder for her notes and other evidence, a Safe From Harm card and some information provided by the County.

Her Mentor explains the qualification and helps Karen to work out a personal action plan. This identifies what she can already do, or has already been trained in, and what training she needs in order to complete the qualification. They go through the County Training programme and work out which sessions would be helpful to her.

Karen shows her Mentor a First Aid Certificate that she has already gained. They go through the checklist in the Leadership Qualification booklet and find that this certificate covers the 1st Response syllabus. Karen's Mentor signs this off in Karen's book — and the first element is completed!

Provision of training

Karen's Mentor sends a copy of the action plan to the Leadership Coordinator to show that she has carried out her mentoring role so far. If the action plan reveals a training need which is not being addressed, the Leadership Coordinator liaises with the Chair of Programme and Training (or equivalent) so that this is provided.

Karen's Mentor also visits the unit to observe Karen's leadership style. She keeps in touch with her District Commissioner who will continue to give Karen support at a local level.

Guider partners

The Guider who runs the unit encourages Karen to try out new ideas and activities and to take responsibility for organising the unit's forthcoming Cook-out Day. She's seen Karen's action plan and suggests ways of completing it.

She also takes Karen along to the District Meeting and suggests that — as Karen has to attend a Guide Section training — they both go to training arranged in their area for the Renewal of the Guide Section.

Getting qualified

Karen completes Modules 1 and 2 of the qualification over the next term. She meets with her Mentor again so that she can go through her file of evidence and sign her book.

They meet once more when Karen has completed Module 3, and her Mentor helps her to complete her Warrant and Appointment forms. Karen's Commissioner signs the forms and sends them off to Division/County.

Finishing off

Lastly, Karen's Mentor sends Karen's evidence folder to a member of the County Leadership Team, whose role is to ensure that Mentors are providing a consistent standard across the County. She may give feedback on anything that she feels Karen's Mentor has done particularly well, or which may need improving.

Karen's Commissioner visits the unit to give Karen her Leadership Qualification certificate, which she can now use to show other Guiders, and the outside world, what she is able to do, and what she has achieved.

Executive news

A summary of April's Executive Committee meeting

Objectives 2001-2003

The Executive Committee agreed its forward plan for 2001-2003. From May to July this year annual Workplans will be developed and fully costed prior to discussion by the Financial Planning group in July.

Today's Girl, Tomorrow's Woman

The Committee heard of plans for this national event to follow the morning AGM of the Council on May 23. Research results on the hopes, fears and aspirations of today's teenage girl will be presented by a 'star' cast. The audience will comprise of MPs, Principal Youth Officers, civil servants, policy

makers as well as Guide Association members.

Equal Opportunities

The Committee approved a new Equal Opportunities policy and Recruitment policy for staff.

International news

The preliminary constitution for the International Group was approved and the Committee heard of plans to review and evaluate how more girls can participate in an international experience.

Queen Mother's birthday

The Association will be participating in a pageant to

mark the Queen Mother's 100th birthday.

Recruitment

The postcards, Ambassador cards and Friends 2001 badges – part of the 2000 Recruitment Campaign – were on display. The use of a freephone number during the campaign was welcomed.

The new Recruitment Toolkit would be launched at a training event on May 6. Briefings in preparation for Reach Out and Recruit Month are taking place throughout the UK.

Programme initiatives

Comic Relief: The Association will be working with a number of other organisations,

and Comic Relief, to produce an education pack for young people.

Guiding on the Net: A pilot initiative for girls who are unable to attend regular Guide meetings will be taking place in Oxford County. It will use the Web to establish a 'unit'.

News in brief

- **Mileage Rate:** a new rate of 30p per mile was agreed.
- **Laurel Award:** this award may be converted to wear as a brooch instead of a pendant.
- **Database:** the Committee agreed the second stage of the database which includes postcode entries and a pilot project in ten Counties.

Appointments

- Adviser to the Arts Team: Mrs Alison Crooks, re-appointed for a further two years w.e.f. June 1 2000.
- Blackland Farm Management Group Chairman: Mrs Glyn Martin, re-appointed for a further two years w.e.f. September 1 2000.
- Blackland Farm Management Group Members: Miss Catherine Yardley and Miss Sam Larcombe, appointed to each serve three years w.e.f. April 1 2000. (Vice Ms Kathy Staff and Ms Judy Morris).
- British Youth Council Delegation Chairman: Miss Karen O'Connor (Scotland), appointed to serve for two years w.e.f. May 1 2000 (Vice Miss Kate Jennings).
- Brownsea Island Commissioner: Miss Vanessa Cunningham, re-appointed for a further two years w.e.f. September 1 2000.
- Foxlease Management Committee: Ms Sue Orton (Vice Miss Pat Tiley) and Miss Amanda Cornish, appointed to serve three years w.e.f. May 1 2000.
- GOLD Co-ordinator: Mrs Amanda Fowler, re-appointed for a further year w.e.f. October 1 2000.
- Guide Adviser: Mrs Sandy Kinnersley, appointed for three years w.e.f. July 20 2000 (Vice Miss Amanda Medler).
- Keeper of the Musical Instruments: Miss Georgina Manville, appointed for three years w.e.f. May 1 2000 (Vice Mrs Vivienne Limb).
- Marketing and External Relations Chairman:



Sandy Kinnersley

Mrs Sue Fortunka, re-appointed for a further two years w.e.f. October 1 2000.

- Montserrat Branch Association, Island Commissioner: Mrs Anjella Skerritt, appointed w.e.f. March 7 2000 (Vice Mrs Oselyn Jemmotte).
- Olave Baden-Powell Bursary Fund Committee Member: Miss Julie Thompson (Ulster), appointed to serve for three years w.e.f. October 1 2000.
- Programme Group Chairman: Miss Amanda Medler, appointed to serve a term of three years w.e.f. September 1 2000. (Vice Mrs Gillian Saville).
- Post Box Secretary: Ms Jo Mills, re-appointed for a further two years w.e.f. March 9 2000.
- Rainbow Adviser: Mrs Lynda Munro, appointed for three years w.e.f. April 13 2000 (Vice Miss Barbara Riches).
- Russia Coordinator: The resignation of Mrs Ruth Goggin was noted, and that the role has been incorporated into that of the Europe Region Adviser (Ms Jo Coast).
- Trustee Guide Association Pension Fund: Mrs Carol Bowen, appointed for three years w.e.f. April 13 2000. (Vice Mrs June Churchman).
- Waddow Management Committee: Miss Alison Povey, appointed to serve three years w.e.f. April 1 2000.
- Guide Cymru Chief Commissioner: Mrs Yvonne Brown, appointed for a five year term w.e.f. May 21 2000 (Vice Mrs Anne Faull).
- Midlands Chief Commissioner: Miss Rosemary Davies, appointed for a five year term w.e.f. July 1 2000 (Vice Mrs Pat Taft).

In this section you will find good practice tips, support, advice and training and resource news

Learning power

Three Trainers' workshops that could boost more than your Guiding skills

By Gill Robertson
Trainer, North West England

If you thought Trainers' workshops were not for you, it's time to think again. NLP, TNA and AL might sound like chemical formulae, but in fact they are three unmissable Trainers' workshops — Neuro-Linguistic Programming, Training Needs Analysis and Accelerated Learning.

These workshops provide high-octane fuel for thought, delivered by professionals from inside and outside the The Guide Association who are experts in their field. They are lively, interesting, practical and relevant.

And, since these trainings are free, you have nothing to lose — and everything to gain.

Course content

The Neuro-Linguistic Programming workshop promotes awareness of the world around us by the use of the senses. The course is particularly about confidence, assertiveness and sensitivity to others.

Training Needs Analysis is much more down-to-earth, and involves discussing various ways of planning, assessing and evaluating trainings. TNA has been revamped and now takes a fresh look at 'The Learning Cycle', with particular emphasis on identifying learning needs and evaluation.

Accelerated Learning is all about brain power. Trainers find out how to make the best of their brains, depending on the task in hand. (Right for left and left for right. If you want to find out what that means, go to the next Accelerated Learning workshop).

Benefits to you

Using the skills taught at the workshops has certainly enhanced my enjoyment of being a Trainer. Moreover, the benefits of attending Trainers' Workshops have spilled out into my personal and professional life.

Awareness of body language, assertiveness, and presentational techniques are just some of the more obviously useful skills to be gained. Discovering more about yourself, exploring new places, spending time with like-minded people, doing something for yourself just because

you want to, and growing in confidence, are the real benefits.

The best thing is how much laughter and enthusiasm is generated. It might seem mad to drive for miles after work on a Friday night to spend a weekend with people you've never met before, but I was always glad that I made the effort to go.

Diary dates

July 22 2000: Neuro-Linguistic Programming — Foxlease.

This is a stage 2 NLP for those who have already attended a workshop or have some experience of NLP.

October 28 2000: Identifying Learning Needs & Evaluation: 'The Learning Cycle' — Manchester.

December 9 2000: Accelerated Learning — CHQ.

January 13 2001: Neuro-Linguistic Programming — Birmingham. (For those with no prior knowledge of NLP).

January 13 2001: Identifying Learning Needs & Evaluation: 'The Learning Cycle' — Birmingham.

Details of these, and other Trainers' workshops, have been forwarded to all Trainers, Prospective Trainers, Peer Educators and those responsible for organising Training in their County. The details can also be found on the Web site — www.guides.org.uk.

Useful resources


The Resources Room at CHQ holds several books on these topics which can be borrowed for up to one month. You can borrow them by contacting Emma in Adult Support, in the Guiding Development department at CHQ, on ext. 205.

The selection includes:

- *Accelerated Learning in Practice*
- *Adventures in Accelerated Learning*
- *The Identification of Training Needs*
- *Training Needs Analysis and Evaluation*
- *Training Needs Analysis*
- *Introducing NLP*
- *Training with NLP*
- *The Excellent Trainer: Putting NLP to Work.*


The Association for Neuro-Linguistic Programming Web site can be found at www.anlp.org. Another Web site to consult to find out about NLP is www.learning-buzz.com.

A good supplier of NLP and AL resources is The AngloAmerican Book Company and Accelerated Learning Centre which issues a newsletter called *CHANGES*. Visit the Web site at www.anglo-american.co.uk.



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Guides abroad

A 'cool' new project gives Guides experience of working on community projects overseas

By Ocil Martin
Coordinator, ICE Trip 2000

International Community Experience (ICE) is a new project that enables Guides over the age of 12 to participate in community action projects overseas. Participants mix with Guides from a different country — and work with them on projects that will help the local community.

First trip

The first ICE project involves ten girls from the South West Region of England, who this month travel to Denmark, where they will work alongside the YWCA Girl Guides. They will spend one week on a community action project

in Copenhagen — helping to build a playground at a kindergarten — and another week on an international camp, called Crazy Camp, in the north of the country.

The Guides from the South West come from Somerset, Devon, Hampshire West and Dorset. They have had to raise funds to pay for the trip, and, with the help of their units, Districts and Counties — as well as enthusiastic parents — have organised car boot sales, fashion shows and raffles.

The Guides have had two briefing weekends, in Salisbury and Lymington, where they became good friends and

picked up some tips on fund raising, and what to expect on the trip.

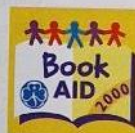
● Watch out for an update about how the girls get on, later in the year in *Guiding magazine*.

Future trips

ICE is an ideal way of representing your country abroad. The project is only in its early stages, but who knows, next year your Region may be looking for willing volunteers to participate in such an event. It will be challenging, but also really exciting!

Off the shelf

Librarians visit in person to choose from the books you have donated



By Book Aid International

Each year, a number of representatives from organisations overseas come to the UK to visit Book Aid International. These visitors are usually professional librarians involved in the selection and distribution of books in their country.

BAI's aim is to provide the information resources that will assist professionals from Africa, and other parts of the world, in improving educational standards in their countries, and so contribute to the overall development of their societies.

Personal selections

Last year, Annie Chikwashi-Mbewe from the Zambia Library Service (ZLS) spent seven weeks in the UK. During her stay, she selected approximately 20,000 books for distribution throughout Zambia.

In 1999, over a quarter of all the books donated to developing countries were selected personally by visitors like Annie.

Books for women

During her stay, Annie visited other libraries and related organisations. One visit she found particularly useful was to a UK-based non-governmental organisation called CHANGE. This organisation seeks to promote understanding of the gender inequalities that exist in law, custom and practice.

This is directly relevant to Annie's work, encouraging

more women in Zambia to use libraries, especially young girls and mothers. ZLS is establishing special reading corners for young mothers and women in Zambian libraries. These provide a supportive atmosphere for learning and promote opportunities for education in an informal environment.

During her stay, Annie was pleased to be able to choose from a wide range of reading materials. Her selection included books relevant for the women's reading corners. At the end of her time here she told BAI, 'This has been a great learning experience, and hopefully a great achievement, should my selection be appreciated by our readers.'



Annie Chikwashi-Mbewe of the Zambia Library Service visited other libraries, as well as selecting books from BAI, during her visit to the UK

BOOK AID INTERNATIONAL

Your contribution

It is vitally important that the books BAI offers are of good quality, with appropriate and appealing content to meet the needs of the users.

Imagine what books Guides, Brownies and Rainbows would like to choose if they went abroad to select for communities and school children in this country.



July 2000

Activate

Don't miss our brilliant Rainbow pull-out section

Top tip

Don't skip the Rainbow pull-out just because you are a Brownie or Guide Guider. There's sure to be something your unit would love to do too.

Contents

Fit and healthy 2

Have an energetic summer

Readers' recipes 4

Your favourite feasts

On the Line 6

Get to know Burkina Faso

Rainbow races 7

The Rainbow pull-out starts here!

Communications 15

Ways to get talking

Step out! 16

Eating al fresco

Looking for logos 18

The impact of ads

For Rainbows

Turn to page 7 to discover our fantastic Rainbow pull-out — crammed full of ideas.

All the ideas have been submitted by Rainbow Guiders from around the country — so don't delay, read them today and discover some great activities for your girls.

Guiders' note

Do the girls in your unit like wearing designer labels? Then hurry along to pages 18 and 19 for some unmissable activities.

Pull out and keep



Fit and healthy

Learn to look after number one and take care of your body...

Ready for breakfast

Everyone needs to eat breakfast. After you've been asleep your energy is drained and you need to fill up those reserves again.

Ask the girls, in small groups, to come up with lots of ideas for interesting breakfast foods — such as bacon and banana wholemeal toasties.

Lots of people say that they don't have time for breakfast. Challenge the girls to invent a breakfast item especially for busy people on the go. It could be a fruity snack bar or a self-heating porridge pack.

The product should have a wacky name and the girls can draw a poster to advertise it.



Physical jerks

It's easy to include more exercise in your daily routine without trying too hard.

As a unit, impose a ban on using lifts and escalators for a week, and at the next meeting, see how everyone got on. Do the girls think the ban made any difference, for better or worse, to their lives? Try keeping to the rule for at least one week every month.

If a girl in your unit has a physical disability and needs to use a lift or escalator, think of a similar exercise that she can carry out to improve her fitness.

It's a fact

Cycling is fantastic aerobic exercise that puts little or no strain on muscles and joints — making it ideal for unfit, elderly, overweight and arthritic people.
(Source: Sustrans and the British Medical Association)

On yer bike

Last month, the 5,000-mile National Cycle Network opened across the UK.

The National Cycle Network is coordinated by Sustrans, a civil engineering charity. The network connects all corners of the British Isles, and over a third of it is traffic-free. By 2005, over 10,000 miles of cycle paths should be in place.

■ Find out where your nearest access to the brand new National Cycle Network is — it passes within two miles of over 23 million people!

■ Contact Sustrans to see if your unit can help maintain your nearest section of the National Cycle Network.

■ Organise a cycle tour of local places of interest.

■ Sponsor a friend to learn how to ride a bike.

■ For more information about the National Cycle Network, contact: Sustrans, 35 King Street, Bristol BS1 4DZ.

Telephone 0117 929 0888.

You can also visit the Web site at: www.sustrans.org.uk

Address book

■ www.milk.co.uk

An excellent Web site from the National Dairy Council — everything you need to know about milk and a great site to explore.

■ www.britegg.co.uk

Lots of egg facts, figures and recipes.

■ www.healthyfridge.org

Open the fridge door to find out what you should be eating to keep healthy.

Screen saver

This summer set the girls a challenge to get away from television and computer screens and take some exercise instead.

For every 30 minutes of exercise they do (including brisk walking) they can spend an equivalent amount of time watching TV or playing on the computer.

It's a fact

According to research by Planit4kids.com, 63 per cent of 15-year-olds have spent at least seven years staring at a TV or computer screen!

Oily fish

Oily fish such as sardines and mackerel is very good for you. It contains lots of healthy fatty acids that are said to protect the body against cancer, heart disease — and all sorts of other ailments.

To remind the girls of this fact, have a go at making a fun, fit, oily fish.

Make a paper copy of the fish for each girl. She can then colour it in as she wishes.

Carefully cut out the fish, including the hole and the slit in the centre.

Fill up a bowl or sink with clean, cold water. Place the fish on the surface of the water and drip a drop of oil in the hole. Put a drop of oil in the teaspoon first, rather than trying to pour it out of the bottle.

Watch what happens. The oil quickly spreads over the surface of the water, pushing the fish forward.

This will only work once, but the girls can make more fish and race them!

You will need

- Photocopies of the fish template
- Crayons, felt-tipped pens
- Scissors
- Olive oil
- A teaspoon
- A big bowl of clean water

For Rainbows

Veg out

Divide the girls into teams and line them up at one end of the room.

Place a fruit bowl and soup pot for each team at the opposite end of the room. Pile up the fruit and vegetables on a table in the middle.

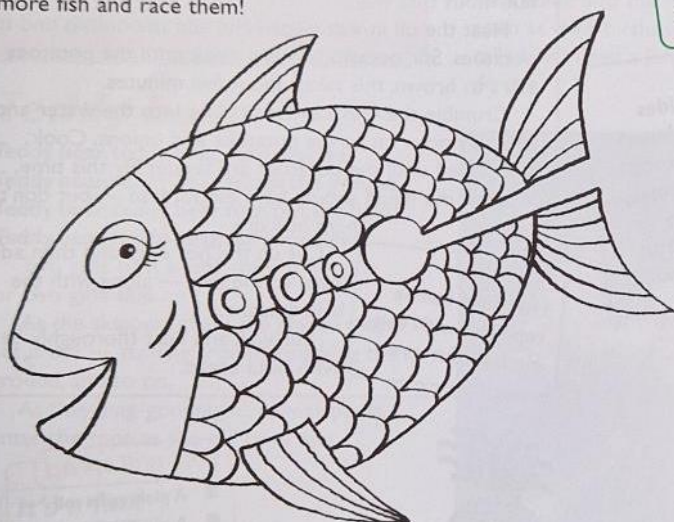
The girls take it in turns to run up to the table, pick up an item and then decide whether it should go into the fruit salad or the vegetable stew.

When everyone has had a turn, take a look in the containers and award points for each correct item.

If you have the time, make a fruit salad, or a soup, for the girls to try. If not, give each girl a piece of fruit to eat.

You will need

- Fresh fruit and vegetables
- A fruit bowl (one for each team)
- A soup pot (one for each team)



Sixes and sevens

Girls take it in turns to complete the following actions with a tennis ball:

- Throw a ball against a wall and catch it, seven times
- Throw a ball under your leg and catch it, six times
- Throw a ball against a wall, clap hands and catch it, five times
- Throw a ball against the wall, jump and catch it, four times
- Throw a ball against the wall, turn around and catch it, three times
- Throw the ball against the wall, standing on one leg and catch it twice
- Throw the ball against the wall and catch it with one hand!

Backpack competition

Carrying heavy loads in the wrong kind of bag can lead to serious backpain.

Happily JanSport, America's number one backpack company, is pioneering a comfort revolution with its new trend-setting day packs.

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Readers' recipes

Favourite holiday recipes from across the UK

Some months ago we asked you to send in your favourite holiday recipes.

A selection of the best are printed here and each of the units has received a bumper parcel of books as a special prize.

Chocolate surprise

Tracy Wooton – Assistant Guider of the 1st Cayton Guides, North Yorkshire – would like to share a recipe for a special pudding.

The amounts given will serve one Patrol. Cut up a swiss roll into thick slices. Use it to line a serving dish.

If you are using tinned fruit, drain off the juice first before arranging it over the swiss roll. Spread the instant whip over the peaches.

Store the dessert in a cool place until you need it.

You will need

- A chocolate swiss roll
- A packet of chocolate instant whip dessert (prepared in advance)
- Fresh or tinned fruit such as peaches, strawberries or bananas

10 mins

Top tip

The Cayton Guides originally used tinned peaches for this recipe, but we think bananas, raspberries or any other non-citrus fruit will work just as well.

Mexican medley

Guider Lyn Andrews sent in this recipe from her unit – the 1st Saltdean Guides, near Brighton.

Lyn tells us that the recipe serves one Patrol and is simple enough for even the most inexperienced cooks!

Peel and chop the onion. Cut up the potatoes into small pieces – leave the skins on if you like, it's more nutritious that way!

Heat the oil in a saucepan and add the onions and the potatoes. Stir occasionally and cook until the potatoes start to brown, this takes about five minutes.

Crumble the Mexican stock cube into the water and carefully pour on to the potatoes and onions. Cook uncovered until the potatoes are tender. By this time, most of the liquid should have evaporated – but don't let them boil dry.

Top tip

Hot dogs can be replaced with veggie frankfurters.

Cut up the hot dogs and then add them to the pan – along with the baked beans.

Stir well and heat thoroughly. Serve with pitta bread.

You will need

- 250ml water
- 1 medium onion
- 2 large potatoes
- 3tbsp cooking oil
- 1 Mexican OXO cube
- 1 can hot dogs
- A 420g can baked beans
- A pitta bread for each girl

Pack Holiday saucy pud

This enormous saucy pud is brought to you by Janet Scott and the 40th Cambridge Brownie Pack.

The pudding serves a whole Pack of Brownies, so you need three large bowls and an eight-litre (16 pint) baking dish to make it in.

Preheat the oven to Gas Mark 5 or 190°C. You also need to grease the baking dish.

Sift the flour, cocoa and salt together. In a separate bowl, cream together the margarine and the sugar. Finally, beat the eggs in another container and add the vanilla essence.

Slowly add the eggs to the creamed mixture, adding a little flour each time to stop it curdling.

Fold in the remaining flour. Mix to a soft consistency with the milk and then pour into the large, greased baking dish.

To make the sauce, combine the brown sugar and cocoa. Stir

in the hot water and mix well.

Carefully pour this over the cake mixture.

Place on the middle shelf of the oven and bake for 40 minutes.

You will need

- 750g self-raising flour
- 250g cocoa
- 8 pinches of salt
- 1kg margarine
- 1kg caster sugar
- 16 eggs
- Approximately 1tbsp of vanilla essence
- 250ml milk
- For the sauce
- 1kg soft brown sugar
- 250g cocoa
- 2 litres hot water

You will need

- A plain swiss roll
- A can of peach halves
- Spray cream
- Wafers

10 mins

Poached egg

It's not really a poached egg – it's a fun dessert served up by the 26th Liverpool Brownie Pack.

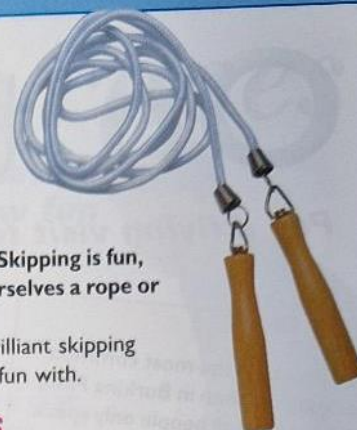
Slice the swiss roll and put a piece in each bowl. Place a peach half on top.

Squirt cream all around the cake so that you can only see the peach. It looks just like a poached egg!

Girls can use the wafers as soldiers to dip in!



Hop and skip



After all that tasty food, your unit will be in need of some exercise!

Nice cuppa

I like coffee, I like tea
I want (girl's name) to jump with me.

One girl jumps into a rope turned by two others. She skips while she sings the rhyme.

She keeps skipping while the girl she has named joins her. The rhyme is sung again and the new girl chooses another person to come in while the original girl runs out.

Carry on skipping in the same way.

Teddy bear

Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, touch the ground,
Teddy bear, teddy bear turn out the light,
Teddy bear, teddy bear, say goodnight.

Two girls turn a long rope while one or two girls skip.

As the skippers chant the rhyme they act it out — turning around, touching the ground, and so on.

As they sing 'goodnight', new skippers enter the rope as the old ones exit.

It's a fact

During 1990, a team of 220 broke the world record for the most people skipping on a rope.

How many people can you get on a rope? You must make at least 12 turns.

Start off a skipping craze in your unit. Skipping is fun, cheap and keeps you fit — so grab yourselves a rope or two and get going!

In this section you will find some brilliant skipping rhymes for the girls to learn and have fun with.

Pears and plums

Apples, oranges, pears and plums,
Tell me (name of girl) when your birthday comes, January, February, March, April...

The rope turners chant the rhyme and the skipper stays in until her birthday month is said. She then runs out and the next girl moves in.

Alternatively, the rope turners can chant the start of the rhyme while no one is skipping. Girls then come into the rope as soon as their birthday month is called. You need a long rope to do this!



Jump to it

Skip your way to raising money for your unit, and research into heart disease, with the British Heart Foundation's 'Jump Rope For Heart' skipping scheme.

The Foundation supplies £100 worth of equipment — including 30 skipping ropes, two 'Double Dutch' ropes, sponsor forms and music tapes.

Once your girls have mastered skipping skills, the unit holds a 'Jump Off' sponsored event, in which teams of up to six children are sponsored for every five minutes they jump rope.

The unit keeps 25 per cent of all the money it raises, as well as all the skipping equipment. Not only this, but your girls will learn that keeping fit can be fun!

■ For more details, telephone the British Heart foundation on 020 7487 7149.

Photo: Cumberland News



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On the Line

Pay a flying visit to Burkina Faso in Africa

It's a fact

- French is the most common language spoken in Burkina Faso, although many people only speak local languages.
- People from Burkina Faso are called 'Burkinabe'.
- The capital city, Ouagadougou, hosts one of Africa's most famous cultural events — the Pan-African Film and Television Festival.

Top tip

- Tie a piece of string through the holes in the coconut you haven't used. Mix up a bird cake with lard, seeds and breadcrumbs. Press it inside the coconut and hang it up for the birds!
- It's best not to put hot liquid food in the coconut as it could easily spill out.

Coconut bowls

Senior Section girls who want to take part in an ambitious project can have a go at making a set of stylish coconut bowls.

Heap the damp towel on a steady surface — don't use a kitchen worktop in case you damage it!

Nestle the coconut on top of the piled-up towel. This will help to prevent the nut from slipping.

Find the three dark 'eyes' of the coconut and drill a hole in each. Pour out the liquid into a glass. The girls can drink this if they like.

Use the hacksaw to carefully cut the coconut in two. Place the coconut in a moderately hot oven (about gas mark 6, 200°C) until the flesh starts to dry out and come away cleanly from the shell. Remove the flesh to eat now or use in a recipe.

Sandpaper the outside of the nut until it is smooth. This may take some time, so be patient — you could do a bit every week! Don't forget that the coconut half with holes in cannot be used for liquids or foods such as rice — so you may choose to discard it or think of another use for it!

Once they are finished, the coconut bowls can be used for salads, or an exotic fruit cocktail.



You will need

- Coconuts
- A hand drill
- A hacksaw
- A glass
- A damp towel
- Rough sandpaper

Fried fritters

Variations of these fritters are eaten all over Africa.

Beat the liquid ingredients together and then combine them with the dry ones. Mix well so that you have a nice thick batter.

Once the fritter is made, girls decide what filling they are going to have. If you make up three quantities of batter you can add each of the different ingredients and the girls can try one of each.

To make sweetcorn fritters, add a small can of drained sweetcorn to the batter. Fry a big spoonful at a time until it is golden brown.

Make the banana fritters and the pineapple fritters in the same way.



You will need

For the batter

- 250g plain flour
- 1 tsp baking powder
- A pinch of salt
- A large egg
- 375ml milk

OR use packet pancake mix, made according to the instructions but with a little less liquid to make it thicker

- Oil for frying

For the fillings

- A small can of sweetcorn, drained
- 3 diced bananas and 100g crushed peanuts
- Pineapple chunks — drained and chopped into small pieces



Name game

Up until 1984, Burkina Faso was called Upper Volta.

The name Burkina Faso is a mixture of two local languages and translates as 'Homeland of the Upright (Proud) People'.

Ask the girls to imagine that the name of their town or village translates into a phrase that describes it and the people who live there. For example — London, home of the underground trains and busy people.

Help at hand

Despite its vibrant culture, Burkina Faso is one of the world's poorest countries. Drought, political unrest and disease make it a hard place to live.

Oxfam have a number of projects that are helping to improve the quality of life for Burkinabe people. To find out more, and to see if you can help, contact Oxfam, 274 Banbury Road, Oxford OX2 7DZ.

Or you can visit the Web site at: www.oxfam.org.uk.

Rainbow special

The fun starts here!

Rainbow races

Great games to start off seven pages of fabulous Rainbow fun

Feather fun

Divide the Rainbows into teams and line them up. Place two chairs, two metres apart, in the centre of the room directly in front of each team.

The girl at the start of each team holds a paper plate with a feather on top.

She carries the plate to the end of the room, weaving in and out of the chairs, and back again. The girl hands the plate to her team mate who goes next.

Keep going until everyone has had a turn. The first team to finish, wins the game.

You will need

- Paper plates
- Feathers
- Chairs

You will need

- At least 8 ping pong balls
- 4 boxes, buckets or bins

Pong ping

Divide the girls into four teams. Place a bucket just over a metre in front of each team.

Girls take it in turns to bounce a ping pong ball on the floor so that it lands in the bucket behind.

The girls take it in turns to have a go, while a leader keeps the scores for each team, returning the balls as needed.

At the end of a certain amount of time, say two minutes, see which team has managed to get the most balls into its bucket.

Into extra time

Use your ping pong balls for an egg and spoon race.

Run rabbit

Split the girls into five groups — rabbits, mice, hamsters, rats, guinea pigs.

The rabbits stand in the middle of the room, while the other groups take a corner each.

Call out the names of any two groups except rabbits. These two groups must run to swap corners. The rabbits must try to catch anyone running. Girls who are caught join the rabbits.

Keep playing until only one person is left and everyone else has become a rabbit!

Star bright

One Rainbow is chosen to be the star. She stands at one end of the room, facing the wall.

The others go to the opposite end of the room and form a line. They walk towards the star, saying:

**Star light, star bright
Are out coming out tonight!**

The star can answer yes or no. If she says 'yes', she chases the Rainbows and tags one. That girl then becomes the star.

If the star says no, the girls call out the words again until the star shouts 'yes'!

Fit as a flea

All the Rainbows stand in a circle and hold hands.

One girl is chosen to be 'It' and stands in the middle. She holds a small soft ball.

The Rainbows sing this rhyme:

**Rainbow is fit
As fit as a flea
Rainbow is quick
But she can't catch me!**

When the girls shout 'Me!' they drop hands and run about the room.

'It' throws the ball in the air and lets it drop to the floor. When it hits the floor, 'It' shouts 'Freeze!' and all the Rainbows stand still.

She then rolls the ball, from where she's standing, to another Rainbow. If a ball touches anyone, they are 'It' and the game starts again.

'It' can roll the ball three times, trying to touch someone, if she doesn't, play again.

Move along

Split the Rainbows up into teams. Each team has a line of chairs stretching to the opposite end of the room.

Each team also needs a die. The first girl rolls the die and moves along that number of chairs. The second girl has her turn, and so on. Rainbows can share a chair if another girl is already sitting there.

The object of the game is to get each team member to the far end of the room.

Photos: Diana Aynaci Acknowledgment: Jackie Hermitage, Hilary King

Fun food

Help your Rainbows get creative in the kitchen Hats off!

These delicious hat-shaped biscuits are great reminders to wear a hat in the summer.

Use glacé icing to stick a chocolate teacake on to the chocolate biscuit.

Make a ribbon for the hat by rolling out a long thin sausage of fondant icing. Wrap it around the outside of the teacake.

Finish it off with a few pretty fondant flowers stuck on with glacé icing.

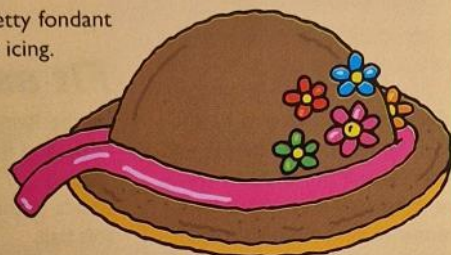
You will need

- Chocolate marshmallow teacakes
- Chocolate digestive biscuits
- Ready-made fondant icing
- Fondant flowers (you can get these ready-made if you like)
- Glacé icing

10 mins

Top tip

Make the hats into Easter bonnets, and give them as a seasonal gift.



Chocolate apples

Melt the chocolate in a large bowl over a pan of simmering water. Older Rainbows can help but do be careful near hot water.

Each girl needs an apple with a lolly stick pushed into it to make a handle.

Rainbows dip their apples into the chocolate and then into the hundreds and thousands. Stand the apples upside down on a plate and leave them to set.

Before the girls go home, they should write their names on a label.

Put each chocolate apple in a sandwich bag and stick the appropriate labels on them.

You will need

- Apples
- Cooking chocolate
- Hundreds and thousands
- Lolly sticks
- Sandwich bags
- Sticky labels

20 mins

Make it harder...

Use little sweets to make clown's faces on the chocolate.

Good for you

Rainbows can learn to how to have a healthy body — while having fun

Keep clean

Use this activity to have fun and learn about personal hygiene.

First of all, everyone needs to make hand prints with paint. You can do this on card or paper.

Then divide the girls into three groups. One group will wash their hands in cold water; another in warm water and another in warm, soapy water.

Compare hands to see which method does the best job. How do the Rainbows think this relates to washing their hands in general? Explain the importance of always washing with soap and warm water, to stop germs and get rid of dirt.

Big smile

Check out your local dentist to see if the dental hygienist will visit the unit with information for the Rainbows.

Alternatively, you may be able to arrange a trip to the dentist's surgery so that everyone can see there is nothing to be afraid of!

Test a range of toothpastes to see which the girls like best.

The Rainbows can dab a bit on to cotton buds which can then be thrown away.

Everyone can learn this rhyme to help them remember to brush their teeth:

I keep my teeth nice and bright
I clean my teeth day and night!

Bouncing fit

Organise a keep fit session for the Rainbows.

Around your meeting place, set out different activity stations, these could include:

- Skipping
- Dribbling with a football
- Crawling through a tunnel
- An egg and spoon race.

You can time the activities to see how many of each one girls can complete in a given time. The Rainbows might like to guess how many they can do before they start the activity.

First aid

Rainbows like to care for each other and learning how to clean a simple graze is the ideal way to introduce them to first aid.

Make a simple graze for Rainbows to deal with. You can do this by smearing a little glue stick on to the back of your hand and pressing it into a little clean sand.

Ask the girls to help clean the area using cotton wool and warm water to wash it away. Remind them to keep any grit away from cuts that might be there.

Rainbows should also know that if a plaster is needed, the skin needs to be dry for it to stick.

Guiders' note

Remember: It's important for Rainbows to know that they should always seek adult help if an accident occurs.

You will need

- Bread rolls
- Butter or margarine
- Thin ham
- Cheese
- Selection of vegetables, such as carrot sticks, cucumber slices, olives, radishes and cress

Monster rolls

Cut a roll halfway across to make a 'monster mouth'. Spread the inside with butter or margarine.

Cut a piece of ham into a tongue shape and position it inside. Add some cubes of cheese to look like teeth.

The girls can then let their imaginations run riot with the rest of the ingredients, giving the monster hair, eyes and sticking-out ears!

Ideas to go

- Girls can thread chunks of fruit on to wooden skewers to make exotic kebabs.
- Before a day out, everyone can decorate a paper bag to fill with a healthy lunch.
- Try eating with chopsticks.
- As a group, have a behind-the-scenes visit to a supermarket.
- Prepare an assortment of vegetable sticks – such as carrot, celery and cucumber – then eat them with some yummy dips.

Marshmallow shake

The quantities given for this milkshake will be enough for around 16 Rainbows.

Each Rainbow needs to whisk a quarter of a pot of yoghurt into a quarter of a pint of milk. Pour into a glass, decorate with a few marshmallows and sip through a straw.

Make it easier...

The girls can mix the ingredients together in small groups and all have a turn at whisking.

You will need

- 4x150g pots of strawberry and raspberry yoghurt
- 4 pints of milk
- A packet of tiny marshmallows
- Whisks
- Bowls



Relax

Learning to relax is an important thing for everyone, including Rainbows.

Choose a bright summer's evening with a few clouds dotted around the sky.

Find a safe place and all stand in a circle facing outward. Then lay down with your heads at the centre of the circle and feet to the edge.

Everyone concentrates on the clouds and tries to make pictures from the shapes that they see. You might see a cloud that looks like a dinosaur, a flower or even your mum!

Milky way

Find out what sort of things contain a lot of milk – such as yoghurt, cheese, custard, rice pudding, chocolate, ice cream and pancakes.

Make different flavoured milkshakes using powders (such as Nesquik) and liquids, (such as Crusha) and your own fresh fruit purée (such as banana).

Which ones do the girls like the best and why?

Ask the girls if they know why milk is good for them – it helps keep teeth and bones strong and healthy!

Hungry caterpillar

Borrow a copy of *The Very Hungry Caterpillar* by Eric Carle.

This famous story is all about

a caterpillar who eats all sorts of different foods to fill him up.

Read the story and then talk about what a caterpillar would really eat.

Girls can think about healthy foods and also their favourite foods – are these different?

Make it harder...

Make caterpillars from dough or pom-poms.

Top tip

Visit a vet's surgery and find out all about healthy diets for your pets.



Thanks

Our thanks to Vicky Smith, Alison Deaves, Jill Seymour, Hilary King, Jackie Hermitage.

Things to make

Illustrations: Julie Clough

You will need

- A piece of A4 card for every girl
- 2 wing pieces cut from contrasting paper, for every girl — use the template but make them as big or small as you like
- Sparkly pipe-cleaners
- Scraps of coloured paper, stars, glitter, and so on
- Glue
- Crayons

15 mins

Lots and lots of brilliant crafty ideas for Rainbows to make and do

Flutter by

This beautiful butterfly can be made into a greetings card or a picture to take home.

Prepare the cut-out wings and pieces of pipe-cleaner yourself before you start.

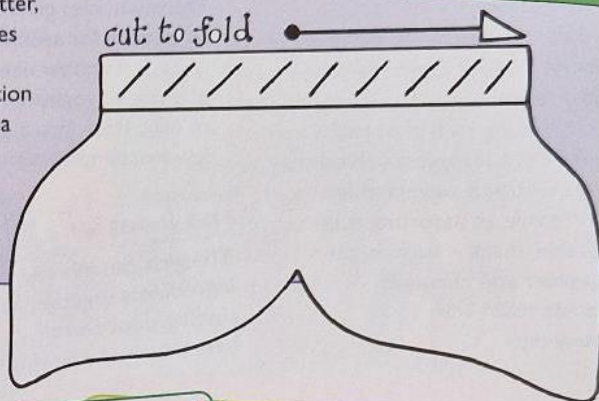
Fold the A4 card in half. Each girl can decorate her wings with scraps of coloured paper, glitter, crayons or anything else that takes her fancy.

Glue the wings along the section marked and stick them to the card. Cut a piece of pipe-cleaner to fit the length of the body and stick it in the centre.

Cut a small length of pipe-cleaner to bend and make feelers, and stick that in place too.



cut to fold



Golden daffy

You can adapt this activity for spring, St David's Day or any of the summer months.

In winter you could leave out the bulbs and soil to make a beautiful bunch of flowers to brighten things up.

Each Rainbow paints a flowerpot in her chosen colour. Stick on a few stars to give it an extra shine.

Leave the paint to dry and make your artificial daffodils. Cut a simple yellow four-petal shape from foam — the illustration will help you. You may like to do this for the girls before the meeting.

Cut cardboard tubes into sections about 4cm long. Each Rainbow needs one which she should cover in crêpe paper. Glue on top of a petal piece.

Cut a stem and a couple of leaves from green foam. Assemble the flower. For added strength, glue a thin garden cane to the back.

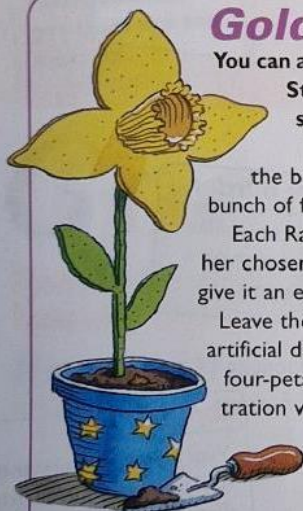
Fill the pot with soil, plant the daffodil bulb in it, and stick the foam daffodil behind the bulb.

You will need

- Yellow and green craft foam
- Yellow crêpe paper
- Cardboard tubes
- Flowerpots
- Paint and brushes
- Sticky stars
- Soil
- Thin green garden canes
- Daffodil bulbs

Top tip

- For quick results, use a glue gun to stick the foam flower together for the girls.
- Make different coloured flowers for other times of the year and plant a few flower seeds in the pot.



You will need

- Black liquorice bootlaces
- Coloured boiled sweets
- Tinfoil
- Baking trays

Edible glass

This authentic edible stained-glass window will be a big hit with Rainbows.

You don't need an excuse to make it, but it does make a nice Christmas decoration.

Cover the baking trays with silver foil. On the trays, each Rainbow makes a window shape from liquorice bootlaces.

Pop a boiled sweet in each one of the window 'panes'. Place the trays in a moderately hot oven and leave until the boiled sweets have melted.

Leave the trays in a safe place — out of the way of the girls as they are very hot — until the windows have cooled and hardened.

Carefully remove the windows from the trays.



Top tip

Crush up the boiled sweets with a rolling pin before putting them in the oven.

Illustrations: Dom Mansell

Acknowledgment: Hilary Wensley, Cindy Laudi, Surrey West Rainbow Guiders



RENEWAL OF THE GUIDE SECTION

Briefing sheets 1 to 4

Introduction

The Guide Section is changing! More than 150 people have been personally briefed in Country and Region weekends and are raring to go to share their enthusiasm with Guiders and Guides everywhere. The Renewal of the Guide Section has been explained in briefing sheets and in separate articles in *Guiding magazine*. This *Hotline* puts all the information together to give you a complete explanation of the Renewed Section. There is also a pre-order form for you to order your new publications in advance, to be dispatched on publication.

If you have any queries please try to contact in the first instance the people in your Country who have been to the briefing weekends or your Country/Region Guide Adviser via your Country or Region Office.

1. Background

Since 1997, the Association has engaged in a process of consultation with Guides, Young Leaders, Unit Leaders, and others working with the Guide Section such as Trainers, and Commissioners. We have consulted in excess of 3000 people involved in the Guide Section, and, through the *Guide Gazette* newsletter that was introduced, given everyone involved with the section the opportunity to contribute to the Renewal of the Guide Section.

The consultation identified Programme, image, and support as the three areas most in need of attention. Over the past two years, the Association has carried out a number of pilot projects within the Guide Section, and these have informed the work on the Renewal of the Guide Section.

The aim of the pilot projects was to try out suggestions and ideas received which related to the three areas identified. They covered alternative groupings for Patrols, Guide Challenge badges as an alternative to Trefoil badges, events across Countries and Regions, and miscellaneous projects on how to raise the profile of areas such as international and the environment within the Programme.

The pilots engaged a significant number of people in all Countries and Regions, and the good practice which developed through some of them has been shared with Countries and Regions in the form of a booklet called 'Renewal of the Guide Section - Final Report on Pilot Projects 1998/99'.

KEY FINDINGS

Alternative groupings for Patrols:

Overall there is much support for working in small groups, but the key to success seems to be a flexible approach to numbers, composition, and use of a variety of groups for different activities.

Challenge badges:

Badge work is still important to many Guides, but the system needs to be simple to operate and considerably more enjoyable and rewarding for the Guides than the Trefoil Badge system. Teamwork and participation came through as very important.

Events across Counties/Countries and Regions:

The Guides were enthusiastic and readily joined in activities new to them — learning alongside Guiders and other Guides.

They are keen to participate in future events, to work alongside their Guiders, and to meet other Guides from different areas.

Miscellaneous projects relating to Programme specialisms:

Guides want to take part in new and fun activities and both Guiders and Guides enjoyed meeting with others and trying new skills.

Guiders are confident and willing to cascade ideas and activities, with support

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from resource material, and the results of training Guides and Guiders alongside one another are extremely positive. With good support material there is a place for a wide variety of activities in the Programme.

In April 1999, volunteers and staff met for a weekend to consider all of the information gathered during the consultation and pilot phases of the project, and from external research. The weekend identified the key components of the Guide Section Programme, to be available from autumn 2000.

During the course of the consultation and pilot work, it became increasingly apparent that we needed to take a holistic approach to the Guide Section work because the areas in need of improvement are not limited to programme content. It is clear that to alter only the programme content would ignore much of the evidence of the need for wider change.

For these reasons we need to regard the

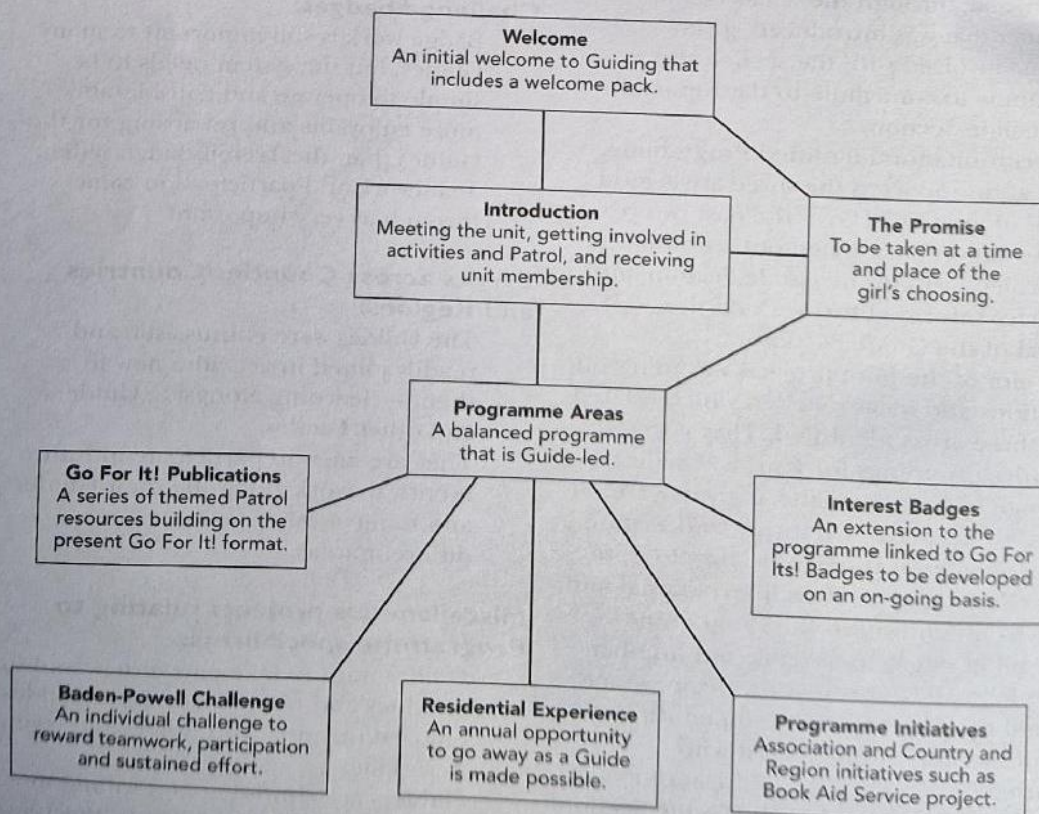
work as being about the Renewal of the Guide Section. The Programme will be updated to one that is simple, Guide-led, exciting and flexible. It will put the emphasis on the Five Essentials and on the Patrol system, but, of course, for it all to happen it will need good Guiders to mould the unit, help to make best use of the resources, and set the scene.

All the preparatory work has now been done and the publications are being finalised. The Guide Section Renewal will commence in autumn 2000, and all the component parts will be in place by January 2001.

The current Programme has been added to and built up over the last 30 years — leading to quite a complicated system. At this time we have gone back to first principles, trying to draw on the best of the past, while making the Programme relevant for 2000 and beyond. In the renewed Guide Section there will be much that is familiar, and some that is new.

2. Outline

The Programme places the needs and wants of the girl at its centre. The aim of the renewed Programme is to strengthen the concept of Guides choosing and creating their own Programme by targeting the Patrol. A Guide will have an initial welcome, a more structured introduction to the Patrol and a balanced core Programme based on small group activity and individual development. This will be supplemented by residential experiences, special initiatives and by an award for personal achievement.



3. Five Essentials

The major emphasis of the renewed Guide Section will be the delivery of the Five Essentials of Guiding through the Programme as explained below:

- **Guides work together in small groups**

Go For It!

A series of themed Patrol resources known as *Go For It!* will be available from autumn 2000. These will come in a variety of formats and will build on the success of the present *Go For It!*. It is intended that a Patrol would base its Patrol time around the activities in a module. Modules first available will be: *Go For It! Teamwork*; *Go For It! Peace*; *Go For It! Healthy Eating*; *Go For It! Parties*; *Go For It! I Will Survive!*; *Go For It! Craft* and *Go For It! Fitness*.

Residential experiences

Although many units have a tradition of camping and holidays, many girls still do not get this opportunity to go away. The aim will be that every girl has the chance to have a residential experience within a twelve-month period, through for example, overnight activities, taking part in Division/District/County events, running their own event, or joining with other units where this tradition is already well established.

- **Guides are encouraged to govern themselves and make their own decisions**

Guides enjoy working in small groups doing activities that they have chosen for themselves. With the renewed Programme and the resources to be published, Guides and their Patrols will find it easier to plan their own Programme and to take part in the running and decision-making of the unit.

Self assessment and Peer assessment by Patrols and through the Patrol Leaders Council will be emphasised. Guides will maintain their own records of achievements and progress.

- **Guides have a balanced and varied Programme**

There will be five zones, which will run throughout the Guide Programme:

Healthy Lifestyles

To encourage Guides to lead a healthy lifestyle by promoting physical, emotional and spiritual wellbeing.

Global Awareness

To increase awareness of global issues and of the contribution each Guide can make.

Discovery

To challenge Guides with new experiences and adventures.

Skills and Relationships

To develop Guides' self-confidence and self-worth and to improve their interpersonal and life skills.

Celebrating Diversity

To promote active citizenship among Guides, developing their awareness of rights and responsibilities for all.

The weekly Unit Programme will be enhanced by Association and Country and Region initiatives such as the Environment Challenge and the Book Aid Service Project. Further variety in the Programme will be encouraged with the ongoing publication of new *Go For It!* modules.

- **Guides care for the individual**

The renewed Programme will continue to put an emphasis on care for the individual girl.

Welcome packs

When a girl joins a unit the Guider will give her an initial pack that gives a standard welcome to Guiding and includes all the basic information that girls need to know when they join a unit.

Unit membership

Linked with the welcome pack will be an emphasis on belonging to the unit, a special place for the girl with the Patrol, a role to play in the unit, and interested adults to help.

Badges

1. The renewed Guide Programme seeks to emphasise individual choice and personal achievement. By encouraging girls to have a greater sense of ownership of their Programme, it is expected that Guides will continue to have strong and positive feelings about being part of the Guiding Movement.

2. Interest badges give the girls an opportunity for individual development, reward sustained effort and recognise achievement. The number and content of badges have been reviewed, some combined, new ones introduced, and most linked to *Go For It!*.

3. There will be the opportunity for Guides to take part in the Baden-Powell



GO FOR IT!



Challenge. This individual challenge will reward teamwork, participation and sustained effort and challenge the Guide to realise her potential.

4. Guide Challenge badges will be awarded for participation in the Programme, keeping the Unit Guidelines (see below), commitment and making a positive contribution to your Patrol.

draw up its own Unit Guidelines. This will encourage the ideal of a commitment to a common standard and will form a code of behaviour for all members of the unit, including leaders.

The occasion when a girl makes her Promise will be highlighted as a 'mountain top moment'. Guides will be free to make their Promise when they feel ready.

● **Guides share a commitment to a common standard**

One of the new elements of the renewed Programme will be that each unit should

4. Comparison: Current and new Programme

Although the renewed Programme cannot be matched element by element to the current Programme, the table below gives some comparisons.

Current Guide Section (up to December 2000)	Renewed Guide Section (from autumn 2000)
<ul style="list-style-type: none"> ● <i>The Guide Handbook</i> ● Pre-Promise challenge ● Promise and Law ● Interest badges ● Trefoil badge system ● Eight Points ● Baden-Powell Trefoil ● Service Flash ● Patrol Pennants ● Patrol Purpose Patch ● <i>Action Plus</i> ● <i>Making It Count</i> 	<ul style="list-style-type: none"> ● <i>G File</i> ● Welcome pack, Unit Guidelines ● Promise and Law ● New revised interest badges, tying in with Go For Its! ● Working in Patrols, Guide Challenge badge ● Balanced Programme based around the zones: Discovery Healthy Lifestyles Celebrating Diversity Global Awareness Skills and Relationships ● Baden-Powell Challenge ● Community Action ● Go For Its! ● Go For Its! ● Working in Patrols ● <i>Go For It! Teamwork</i>, Team Leader, Team Player badge

5. Achievement

Guiding seeks to help Guides grow as individuals and achieve their fullest potential. For the Guider, this can mean helping Guides to make choices, learn by doing, and aim to do, and achieve their best.

To quote the current *Guider Handbook*:

'Guides are individuals — and it is not the Guider's role to make them conform to a common standard mould. Each girl has her own talents, skills and interests — unique to her. Guiding challenges her to use and extend these abilities in a positive way. The scope and flexibility of the programme, designed to meet the needs of each girl, reflect this emphasis on personal achievement. Guiding is about doing one's best, not about meeting set targets in a strict time limit. As Baden-Powell said "the only standard that counts is the amount of effort on the part of the individual".'

It is also hoped that by encouraging the development of skills in negotiation and decision-making, that the renewed Guide Programme will encourage more girls to enjoy their Guiding, moving to the Senior Section in due course, and remaining positive advocates for Guiding.

Ways in which individual choice and personal achievement will be recognised in the renewed Guide Section include:

Guide Challenge badges

These pin badges will be gained on an annual basis to celebrate a Guide taking a full and active part in the unit and the Programme during the preceding twelve months, and will recognise her development as an individual.

Interest badges

Interest badges will be available for individual Guides who wish to pursue an interest. Their purpose is to give Guides an opportunity for individual development — they reward effort and recognise achievement. There will be a renewed emphasis on a Guide achieving her personal best, rather than a pre-defined standard. Each Go For It! will have a number of interest badges associated with it. For example, 'Go For! It Parties' will have Confectioner, Cook, and Party Planner badges associated with it. The intention is that a Patrol would work on a Go For It! and that a Guide in the Patrol wishing to extend that interest could work on her own for a new Party Planner badge. The introduction of new Go For Its! will mean that new badges linked to the theme of the resource can be introduced on a rolling basis.

The current range of badges has been reviewed and revised to ensure that all badges are up to date and relevant to today's world. In order to achieve this, further interest badges will be introduced on a rolling basis. Some of the current badges will continue, whilst others will cease to exist and some will be amalgamated. The actual interest badge will continue to be cloth, but will be new, allowing us to have more colourful and interesting designs.

Staged badges and collective emblems will no longer be part of the Guide Programme. Guides want to be recognised for achieving their personal best, and staged badges are felt to be an unnecessary complication to this. Collective emblems will cease, as Guides generally do not want to gain a badge for having completed other badges.

A number of badges such as First Aid and a new Personal Safety Badge are considered to be 'core' badges, as they are either important life skills for girls and young women, or are traditional Guiding skills, such as camping.

The Baden-Powell Challenge

The Baden-Powell Challenge will be the ultimate achievement in the Guide Section. It is an individual challenge for Guides and will reward teamwork, participation and sustained effort.

The Baden-Powell Challenge seeks to reflect the original Ethos of Guiding as laid down by Baden-Powell in that Guides are prepared for anything. It will be based around the five programme zones and will also have the scope to recognise taking part in Association, Country or Region initiatives such as the Book Aid Service Project.

A Guide will need to have made her Promise, have completed at least two Guide Challenge badges and two other badges before starting her Baden-Powell Challenge. The challenge will comprise of two parts. Firstly, the Guide will complete a number of clauses relating to the five programme zones of Celebrating Diversity, Healthy Lifestyles, Discovery, Global Awareness, and Skills and Relationships. Once she has done these, a Guide will take part in a Baden-Powell Challenge Adventure. These events will mostly be run on a Division or County level and, initially, some opportunities will be made available through the Association. The syllabus for this Award will be contained within the *G File* Personal Organiser. Guidance notes will be available for adults helping to support Guides taking the Baden-Powell Challenge, and for Counties planning and running a Baden-Powell Challenge Adventure event.



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6. Uniform

Throughout the three years of consultation and research with Guides, the uniform has been a key item. Many Guides find that wearing the uniform is too explicit a statement of membership while others are unhappy with the quality and design. In support of their clear wishes and current practice in many Guide units, the uniform for Guides will consist of a top half only. This will consist of the present range, with some of these items gradually being discontinued and replaced by new items according to feedback from the Guides and sales figures from Trading Service. The range will be amended on a rolling basis with new items being introduced periodically, and other items ceasing to be re-ordered. In practice this will mean that Guides who have purchased uniform from the current range will be able to wear their existing uniform, whilst having the option to purchase new items. In addition to the current range of tops, the following items will be introduced:

- **Fleece body warmer (gilet)**
- **Round-neck T-shirt**
- **Round-neck sweatshirt**
- **Rugby shirt**

Where to display badges?

The sash and the wearing of many badges on the uniform are disliked by a significant number of Guides. From September 2000 the sash will no longer be a uniform item and the number of badges worn on the uniform reduced. A new item of clothing (a fleece gilet) will be available on which badges, both cloth and metal, can be displayed.

Jogging bottoms, trousers, jeans, and skirts should be worn as suitable to the activity and with due regard to safety implications. For practical reasons these should normally be dark in colour. For the occasional ceremonial and formal occasions, the present good practice of negotiating between girls and Guiders to obtain a uniform effect should be continued.

7. Publications

To ensure that the renewed Guide Programme is appropriately supported, a number of new programme publications will be produced.

G File

The *G File* is a personal organiser for Guides, replacing the handbook as the individual

resource for Guide section information and where the Guide records her personal achievement and other details. It is an essential item which Guides will want to use all the time – at school and in social settings, as well as in the unit – as it contains a year planner, stickers and a wallet to hold badges, awards and cards.

G-File — A5 personal organiser 112pp, illustrated, full colour in plastic ring binder with clasp.

Code 66282

price £4.00

Guide Section: Notes for Guiders

This will be the essential publication for all Guide Guiders. It will give all the background information regarding running the Guide Section and explain the Programme in detail. Information on items such as the Five Essentials, five programme zones and the Baden-Powell Challenge will be included.

The pack comprises of the *Unit Badge File* and *Residential Experience Ideas*. Additionally, Transition Notes will be included to cover how to move on to the renewed Programme during autumn 2000.

It is intended that only one *Badge File* will be required per unit which will be administered by the Guiders. The pages will be easy to photocopy so a Guide can have the syllabus she requires, while the unit retains the original. As more badges come out, or are revised, additional pages will be produced to update the *Unit Badge File*.

Residential Experience Ideas shows Guiders and Guides the exciting opportunities available during a residential experience. There is also information on where to gain help, what qualifications are needed and how to go about taking Guides away.

Notes for Guiders — Comprises of: A4 36pp two colour Badge File; A4 36pp loose-leaf one colour Residential Experience resource A4 booklet and Transition Notes A4 4pp, one colour.

Code 63529

price £4.50

Go For Its!

There will be a range of new themed *Go For Its!* launched in September 2000. Themes will include *Survival*, *Parties*, *Peace*, *Fitness*, *Craft* and *Healthy eating*. An extra *Go For It! Teamwork* will be provided to *Guiding magazine* readers in the September issue. New *Go For Its!* will be published on an ongoing basis. Formats will vary from shaped cards, A4 packs to an A1 poster. Costs will vary depending on the format, but will range from £2.50 to £5.00.

Go For It! I will survive!

Activities, ideas, tips, safety advice and a fun survival pack.

250mm x 215mm triangular cards 32pp, illustrated, full colour, bound with rivet.

Code 66514 price £5.00

Go For It! Healthy eating

Hints, advice, recipes and activities to encourage healthy eating.

32pp circular cards, diameter 215mm, illustrated, full colour, bound with rivet.

Code 66506 price £5.00

Go For It! Peace

Activity poster raising awareness of global, and personal, peace issues.

A1 double-sided poster illustrated, full colour, folded to A4 for storage.

Code 66522 price £2.50

Go For It! Parties

Hints, advice, ideas and activities to plan the perfect party.

A4 32pp loose-leaf pack, illustrated, full colour.

Code 66530 price £4.50

Go For It! Flights of fancy

Craft ideas based on an 'Up in the air' theme.

A4 24pp loose-leaf pack, illustrated, full colour.

Code 66548 price £4.00

Go For It! Fitness

From aerobics to yoga — exercise, advice, ideas and activities.

A4 24pp loose-leaf pack, illustrated, full colour.

Code 66555 price £4.00

Consequently, the following publications will not be reprinted:

- *The Guide Handbook*
- *The Guide Badge book*
- *Action Plus*
- Patrol Activity Packs
- Trefoil record sheets
- Guide Service Flash record cards
- Individual record cards
- Current general and Promise certificates.

Introductory Special Offer

To help you get started with the new Programme, we have bundled together the *Notes for Guiders*, the *Badge File*, *Residential Experience Ideas* and Transition notes with all six of the new modules, for the special price of £27.00 — a saving of £2.50!

They all come in an A4 box file, that is packed into a re-sealable box to keep everything together — on your shelves and in transit.

Details of the supporting range of resources — certificates, badges, cards and so on, will be published in *Guiding magazine* in August and in a special *Guiding Essentials* flyer in September.



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ENTHUSIAST

GUIDE SECTION

PRE-ORDER FORM

Pre-order your key publications now. See *Guiding* magazine next month and the special Guide Section *Guiding Essentials* flyer in September for the full range of new publications.

Confirmation of receipt will be sent to you by return post and your order will be dispatched to you to coincide with the launch in September.

Please send your order and address details to:

GUIDING ESSENTIALS The Guide Association Trading Service
Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5EQ
Telephone: 0161 941 2237,
Fax: 0161 941 6326,
E-mail: tradings@guides.org.uk
Registered Charity No: 306016

Payment must accompany the order. Please make cheques, money orders, and postal orders payable to: 'The Guide Association' and crossed 'J& Co.' All orders are subject to Guide Association Trading Service Terms and Conditions of Sale as shown in *Guiding Essentials* Trading and Publications catalogue 2000.

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ITEM CODE	DESCRIPTION	QTY.	UNIT COST	TOTAL COST
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63529	Notes for Guiders – plus Badge file and Residential Experience ideas		£4.50	
66514	Go For It! I will survive!–		£5.00	
66506	Go For It! Healthy eating		£5.00	
66522	Go For It! Peace		£2.50	
66530	Go For It! Parties		£4.50	
66548	Go For It! Flights of fancy		£4.00	
66555	Go For It! Fitness		£4.00	
66498	SPECIAL OFFER STARTER KIT		£27.00	
	contains the Notes for Guiders, the Badge File, Residential Experience Ideas, Transition Notes and all six Go For Its!			
POST & PACKING: Order under £20 - £1 otherwise FREE				
TOTAL				

CREDIT/DEBIT CARD PAYMENT

Please charge my: ☐ Visa ☐ Mastercard
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The Guide Association may send you details of special offers, products, training courses or other opportunities within the movement. If you prefer not to receive this information, please tick this box.

☐



THE GUIDE
ASSOCIATION

Firework fun

Save this activity for a meeting nearer Bonfire Night on November 5.

Give each girl a piece of black A4 paper. The Rainbows should use coloured chalks to draw pictures of fireworks on the black background. Stick on lots of glitter to make the fireworks sparkle.

At the bottom of the paper, girls can make a 'fire' from twigs stuck together with orange and red tissue paper. Finish off the scenes with some stick-on stars.

You will need

- Black paper
- Chalk
- Glitter
- Glue
- Twigs
- Red and orange tissue paper

10 mins

You will need

- A5 sized coloured card
- Colouring pens

10 mins

Name cards

Here's a fantastic idea to prevent mix-ups in future meetings.

Each girl makes and decorates a card with her name on.

The cards stay in the meeting place. Whenever a Rainbow finishes a craft, she places the item on the card so that she knows which one to take home at the end of the meeting!



Fishy fish

Everyone can help to make an unusual aquarium for your unit — the activity can last for a whole meeting.

Cut out panels from the front and two sides of the box and let a few of the Rainbows paint it. This will be the aquarium. Paint the outside any colour you like, but make the inside blue.

Meanwhile, other girls can be making and decorating small fish from card and other scraps.

Cut out a piece of card to fit in the back of the aquarium. Rainbows need to paint this with an underwater scene. Stick it to the inside back of the aquarium.

Use thread to attach the fishes to the lid of the box so that they dangle down. Now arrange shells, pebbles and tissue paper 'weeds' on the bottom of the box.

Finally, stick clingfilm to the open sides of the box — this is the 'glass' to look through.

Keep the aquarium as a special decoration for your meeting place. You can give the fishes names!

You will need

- A big cardboard box
- Thin card
- Foil, scraps of material, tissue paper
- Thread
- Green paper
- Cling film
- Glue and sticky tape
- Scissors
- Paint and brushes
- Shells and pebbles

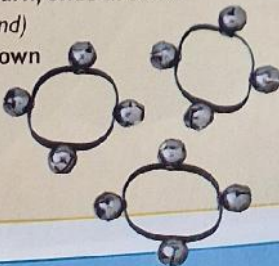
Things to sing

Practise singing some new words to go with familiar tunes

Jingle clap

Sing this to the tune of *Jingle Bells*. The actions are in brackets.

Clap your hands (3 claps)
Stamp your feet (3 stamps)
Let's all stand up please (stand up)
Face to the left (turn to the left)
Face to the right (turn to the right)
Hands down on your knees (hands on knees)
All sit down (sit)
Now stand up (stand)
Two claps to the beat (clap twice)
Now all turn, once around (spin around)
And sit down in your seat! (sit)



Peter the Rabbit

Here's a song to sing to the tune of *John Brown's Body*.

Little Peter Rabbit's got a fly upon his nose,
Little Peter Rabbit's got a fly upon his nose,
Little Peter Rabbit's got a fly upon his nose,
And he flipped it and flopped it and the fly flew away.

Cotton tails and furry whiskers,
Cotton tails and furry whiskers,
Cotton tails and furry whiskers,
And he flipped it and flopped it and the fly flew away.

Teeth song

Make up your own actions to this jolly song with the tune of *Row, row row the boat*.

Brush, brush, brush your teeth,
Morning, noon and night,
See your dentist twice a year,
And you will be all right.

Tip tip

Try some of these songs with actions to keep the Rainbows active:

- Three Blind Mice
- Ring-a-Roses
- The Hokey Cokey
- If You're Happy and You Know It
- A Ship Sailed From China
- The Grand Old Duke of York

Games to play

Rainbows have great fun playing with their friends

Tic tac toe

Tic tac toe is another name for noughts and crosses.

Make it more interesting by playing a giant version using beanbags.

On the floor, mark out the noughts and crosses grid using chalk, rope or – if you are playing on carpet – masking tape.

Two children can play at a time. Girls need five beanbags of one colour each. Play like normal noughts and crosses, except that the girls have to toss their bags into the square they want.

The object of the game is to get three bags in a row.

My friend

This is a great way for new girls to get to know the members of the group.

All the Rainbows sit in a circle. One girl starts off by saying 'I've got a friend, her name is Becky, Becky stand up!'

Becky stands up and the Guider says 'Hello Becky, can you hop on one foot?' Becky does this, the Guider says 'Thank you' and the rest of the girls clap.

Once the girl sits down she nominates another person by starting again — 'I've got a friend and her name is Megan, Megan stand up!' The Guider asks Megan to do something else, such as touch her toes or sing a nursery rhyme.

Keep going until everyone has had a turn.

Lion's roar

To play this game you will need a cuddly toy – such as a teddy bear – to be the lion cub.

One girl is chosen to be the lion. She sits at the end of the room with her back to the rest of the group. The cuddly toy is placed behind her.

The aim of the game is for the other Rainbows to take it in turns to creep up to the lion and snatch away the cub.

If the lion hears a noise, she turns around and makes the loudest roar she can. The person caught must run back to her place. Anyone who manages to snatch the toy becomes the lion.

If no one is there when the lion roars, she turns around and the game starts again.

Make it easier...

Instead of a cuddly toy, use a bunch of keys or a bell. These are harder to steal but easier for the lion to hear!



Foam ball

Foam ball is an energetic game that is ideal to fill in the odd five minutes or to use as a warm up.

To play, you need two big foam balls. Choose two girls to hold the balls and throw them at the other Rainbows as they run around the room, though not aiming at their heads. Anyone who is hit must sit down. If a Rainbow is hit by the ball when she is sitting down, she can stand up and run around again. Change the ball throwers frequently and end the game after no more than ten minutes.

Stop and go

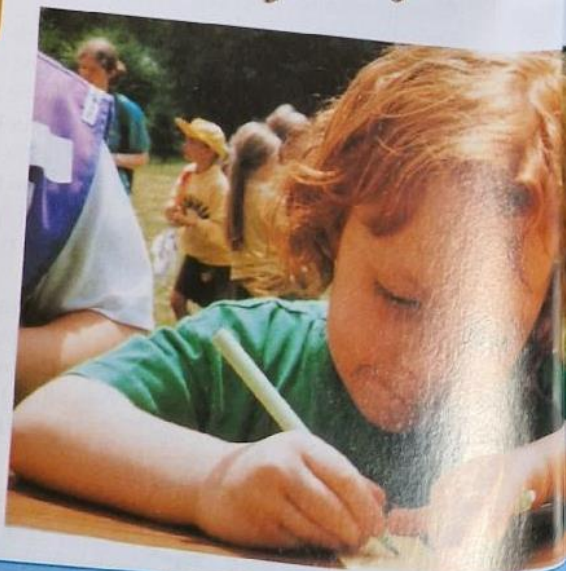
Rainbows have to look and listen carefully with this stop-go game.

One girl is chosen to be a 'traffic light'. She stands at the far end of the playing space, on the finish line, with her back to the rest of the unit. The other girls stand at the opposite end of the space.

The traffic light shouts out 'Green light!' and the other girls start to stride towards her.

Whenever she wants, the traffic light turns around and shouts 'Red light!' When this happens, everyone must stand still — the traffic light can catch people out if they wobble or giggle.

Keep on playing until someone has reached the finish line. The first person to do this becomes the traffic light.



Fun time

Get stuck into an activity that is fun, crafty, and helps Rainbows to learn something new!

Healthy eating

Hide the tokens around the room. You need as many tokens as there are pictures.

The Guiders then set up a shop selling a selection of 'good food' and 'bad food' pictures that have been cut from magazines.

The Rainbows hunt for a token so that they can buy a picture. They can only find one token at a time.

Into extra time

Stick the pictures on to paper plates and then display the healthy food and the not-so-healthy food!

You will need

- Food pictures cut from magazines
- Tokens – such as paper coins



When all the pictures have been sold, the whole unit gets together. One Guider is named Mrs Goodfood and another Mrs Badfood, and the Rainbows show their pictures and decide which Guider should have each one.

You will need

- Thin card
- A pair of compasses
- A large dinner plate
- A pencil
- Scissors
- Crayons in the colours of the rainbow
- A hole punch
- Thread

You will need

- Thin card — empty cereal packets are ideal
- Labels from food tins and packets, two of each are needed
- Glue

Rainbow pieces

1

Some preparation is needed before the girls can start this activity.

Place the dinner plate on thin card and draw around it. Cut out the circle and then cut it in half.

Use the compasses to divide the semi-circle into seven rainbow arcs. Cut up the arcs. Repeat the steps until you have a complete set for every two girls.

2

Hide the pieces around the room. You should hide all the big pieces in one place, the next size in another, and so on.

The girls get into pairs and set off to hunt out seven pieces of rainbow. Do stress that girls must only take one piece from each hiding place. You might like to show the girls a complete set of pieces so that they know what they are looking for.

Thanks

Our thanks to Hilary Wensley, Hilary King, Vicky Smith, Barbara Riches for their ideas.

Label snap

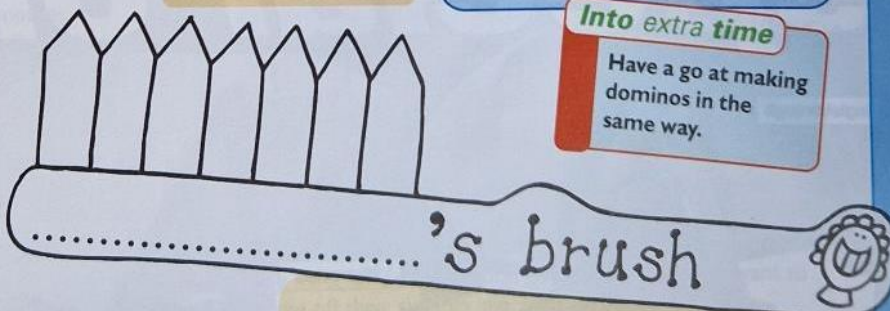
Rainbows will think it's great to make their own giant snap cards from household waste.

Cut up the cereal packets into similar-sized pieces of card. Stick a label on to each piece of card. Don't forget to make identical pairs — such as two baked bean cards.

Once the girls have made the cards they can keep them to play snap over and over again!

Into extra time

Have a go at making dominos in the same way.



Big brush

Talk about the importance of oral hygiene and why girls should make sure they clean their teeth properly.

Make a copy of this toothbrush for each Rainbow. Each girl can take it home and colour in a bristle every time she cleans her teeth.

Everyone brings their completed pictures back to the meeting so that you can display them on the wall.

Hooray for summer!

The long summer holiday is almost here, bringing with it loads of opportunity to get out and about.

But, are you bored with the same old places to visit?

Yes?

Well, why not come to the award-winning Guide Heritage Centre? Situated in the heart of London, just around the corner from Buckingham Palace, the Centre is packed with modern hands-on exhibits for the whole family to enjoy.

You can build bridges, stage a play, hear the Brownie story, discover how Guiding started, and meet loads of new people.

There's also a chance to have a go at mapping and Morse code, as well as experiments for the science-minded.



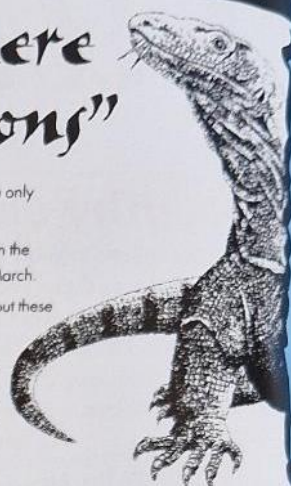
THE GUIDE ASSOCIATION

So, grab your Guider or nag your mum and dad to bring you along to the Guide Heritage Centre. It's one thing you can't afford to miss.

1½ hour visit - £3 per head
2½ hour visit - £5 per head
Children under 3 years free of charge
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On the days listed above, your group of 15 or more - as long as you are all in uniform - will be welcomed at Chester Zoo for the special price of £4.50 each

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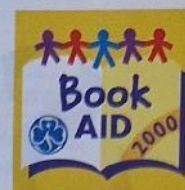
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Communication

Take an idea — and communicate it to your unit



These activities are brought to you as part of the Book Aid International project

Yes and no

This simple yes and no game shows how much we rely on basic words to communicate.

The girls split up into small groups. One person is chosen to answer questions without saying yes or no.

The others in the group ask quick-fire questions that could be answered by saying yes or no. For example:

Do you like chocolate?

Have you got a brother?

Are you vegetarian?

Did you go out last night?

If the girl answers yes or no, someone else quickly takes her place. Keep the game running continuously for five to ten minutes.

- Did the girls find the activity funny, difficult or easy?
- Did they find themselves communicating in other ways, such as waving their arms about?

Badge link

These are a few of the badges that can be linked to the subject of communication.

Some of them may be less obvious than others. Ask the girls to explain how they think different badges link to the topic of communication.

■ **Brownies:** Communications, Computer, Deaf Awareness, Hostess, Interpreter, Radio Communication, Sight Awareness, Signaller, Speaker, Writer.

■ **Guides:** Communication Pennant, Care of Elderly People, Child Care, Deaf Awareness, Interpreter, Radio Communication, Speaker, Writer.

Dot to dash

Morse code is a special alphabet used to communicate messages using a series of long and short sound or light signals (dots and dashes).

Details of the Morse code alphabet can be found on page 75 of *The Guide Handbook*.

Divide the girls into small groups and ask them to familiarise themselves with Morse code. You can provide torches to help them or use a raised right arm to mean a dot and a raised left arm to mean a dash.

Each group then sends a coded command to another group who must decipher it and carry it out. Keep the commands simple at first — such as 'jump' or 'sing'.

The girls can use more ambitious commands as they become more confident.

Top tip

Use Morse code to signal the names of countries. The first group to shout out the correct name of the country gets to 'transmit' the next signal.

Ideas to go

- Ask the girls to make up their own codes for sending messages.
- Find out about the different ways that people who are deaf and blind communicate.
- Investigate the use of codes in times of conflict — for example the Enigma machines that Germany used to encrypt top secret information during World War II.
- Girls can make up their own codes and use them to send messages.

Guiders' note

Don't miss out on the Public Relations and communication ideas on pages 18 and 19.

Book giveaway

We're giving away five sets of three new magical books from HarperCollins.

Magic Tricks, *Card Tricks* and *Patience Card Games*, are just the thing for Senior Section girls and Guides who want to show off their skills to impress their friends.

Each compact and comprehensive guide retails at £7.99. *Magic Tricks* shows you how to perform over 60 tricks with step-by-step instructions, using materials that you will have to hand.

Card Tricks shows you how to perform over 80 tricks, with lots of advice on how to develop a good performance.

Patience Card Games, illustrates 75 patience games — ideal for rainy days.

For a chance to win a set, just send your details on a postcard to: **Activate/Magic, Guiding magazine, 17-19 Buckingham Palace Road, London SW1W 0PT.**



Step out!

Prepare a feast with a spot of outdoor cookery

Nibbly bits

Here are some great ideas for nibbles to try at your next camp fire.

- Cut thick cubes of bread and dip them into condensed milk. Roll the cubes in dessicated coconut and toast them over the embers at the end of a long fork.
- Cut an apple into pieces, dip it into brown sugar and then toast it until the sugar turns to caramel — it will be very hot, so let it cool before you eat it.
- Melt a Mars bar with a little milk or cream to make a 'gooey' mixture. Dip plain biscuits into it.
- Toast apple cubes over the embers on a skewer, add marshmallows and toast for a little while longer.

Light weight

Cooking when you're lightweight camping is very different to normal camp cooking.

Here are some handy hints for the Senior Section to take a look at, when preparing for an expedition.

- Before an expedition, weigh out all your dried food, such as milk, porridge and instant mash. Put them in plastic bags and label each one, writing what they are and how much water should be added to make them up.
- Use boiling bags — from camping shops or large supermarkets — to heat your food in. Food can then be cooked in one pan, reducing washing up and leaving hot water for a drink or to rehydrate food.
- Pour washing-up liquid into a small container that fits inside your Trangia kettle. Keep a scourer and a cloth in there too.

You will need

- A clean food tin with one end removed, around 410g size is best
- A candle that's a few centimetres shorter than the tin
- A foil dish or old metal plate
- A nail
- A hammer
- A block of wood to fit inside the can
- A box of matches
- Pancake batter or a beaten egg
- Butter

Tin can cooker

Tin can cookers are a favourite fun way to cook. If your unit hasn't tried this method of cooking yet, make one each now!

Make sure that the can is clean and the open end is free from sharp, jagged edges.

The candle is used as the fuel which heats the cooking surface. It needs oxygen to burn, so make holes in the can so that air can circulate.

Put the wood inside the can. Use the nail to randomly hammer holes

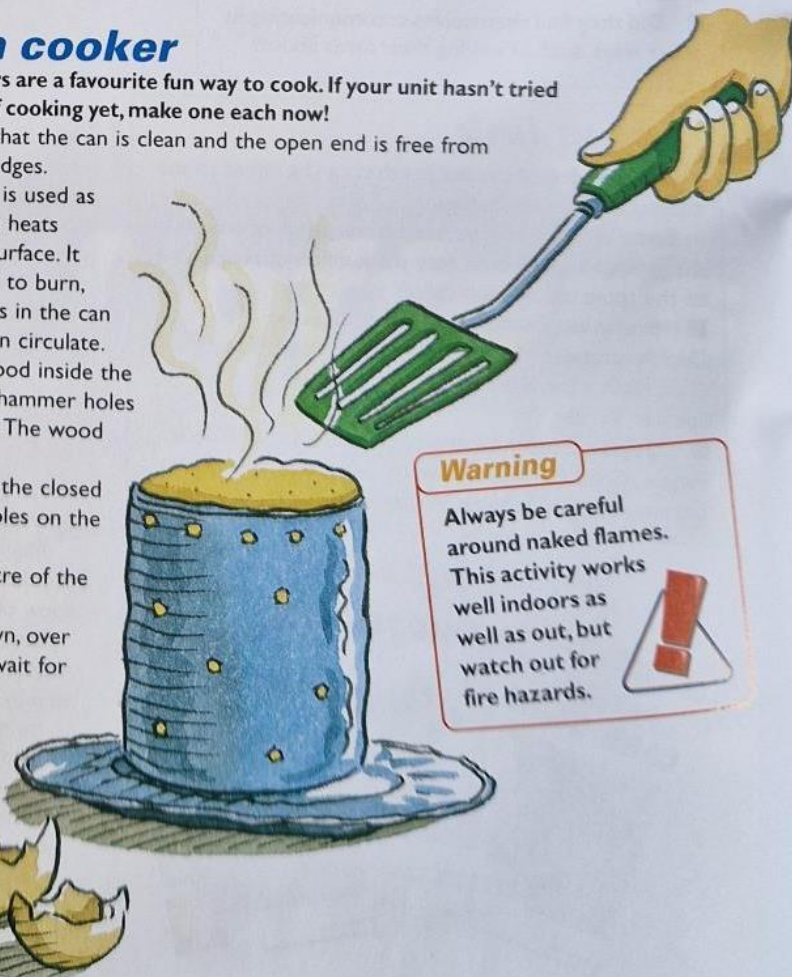
in the bottom half of the can, nearest the open end. The wood cushions the blow and stops the can from bending.

You also need to make six to eight holes around the closed end of the can, to let the smoke out. Don't make holes on the actual lid as this is the griddle-like cooking area.

Light the candle and drip some wax into the centre of the foil dish. Stick the candle on top of it.

Light the candle and place the can, open side down, over it. Put a little butter on to the cooking surface and wait for it to melt.

When the butter is sizzling, pour on a little pancake batter or beaten egg. Cook as normal, and enjoy!



Warning

Always be careful around naked flames. This activity works well indoors as well as out, but watch out for fire hazards.



Foil cookery

Aluminium foil makes a brilliant cookery utensil for the great outdoors.

Food can be wrapped in heavy duty foil and cooked in embers (never flames) quite successfully. It cooks rapidly and all the moisture stays inside the parcel.

Use two or three layers of foil. Place food in the middle and fold the opposite sides together to seal in whatever you are cooking.

Try using the foil method to cook sausages and beans. Girls can also have a go at the mini pizza recipe on this page. Experiment to see if you can successfully cook a fried egg.

Mini pizza

Make up the pizza dough according to the packet's instructions. Shape it into small pizza bases, about 7cm in diameter.

Brush a piece of foil with olive oil, place the pizza base on it and gather up the sides.

Cook the base in the embers until it is brown. Turn the pizza over and spread the brown side with tomato purée, grated cheese and dried herbs. Cook the pizza again by placing it on the embers until the cheese melts.

You will need

- Pizza dough mix
- Olive oil
- Dried herbs
- Tomato purée
- Grated cheese
- Foil
- A pastry brush

Make a Promise

Summer is here and we have some great ideas for Promise ceremonies

Night lights

What better way to make your Promise, than by candle light on a balmy night?

Wait until the sun has almost set before starting. All the girls stand in a horseshoe shape. If you have a unit flag, one girl carries it down and stands next to the Guider.

Each Guide holds a candle, but only one person's is lit. The flame is then passed from person to person.

When everyone has lit their candle, the new recruit walks forward towards the Guider. She makes her Promise as normal. The unit welcomes her by saluting as she returns to her place.

The unit sings Taps and the candles are blown out.

Brownie actions

This is a lovely way to welcome new Brownies to the unit.

After a Brownie has made her Promise, the girls can join together to sing the Brownie Song with actions.

Everyone stands in a circle to start with. Sing the Brownie Song – the words are here to remind you – and do the actions at the same time. The actions appear in italics.

We're Brownie Guides, We're Brownie Guides, (hands on collar)

We're here to lend a hand (show palms, one at a time)

To love our God (pray)

To serve our Queen (salute)

To help our homes and lands (sweeping motion with left arm)

We've Brownie friends, We've Brownie friends, from North, South, East and West (cross arms in front and hold neighbours' hands)

We join together in our wish (join hands and skip round)

To try to do our best! (stop and salute)

Pass a smile

End your Promise Ceremony with a smile.

All the girls sit in a circle. One Brownie (Guide, or Rainbow) has a 'Brownie Smile' (or whatever section) on her face.

The Brownies chant 'Take a smile and pass it on and pass it on to the next one.'

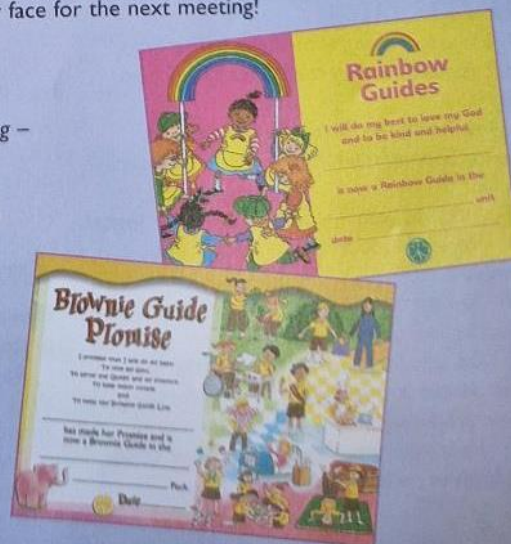
The Brownie with the smile

puts her hand over her mouth and slides it down to remove her smile. She then 'sticks' it on to the face of the next girl.

Keep going until you shout 'Stop!' The Brownie with the smile must keep it on her face for the next meeting!

Top tip

Ask the girls to choose a magazine picture which they feel reflects their Promise. Talk about what the pictures signify.



Looking for logos

PR and marketing activities to enjoy with your unit

Fashion icon

Are your Brownies and Guides aware of how many people wear clothes that advertise products?

On a trip out with the girls, tell them that they are surrounded by people wearing everything from Levis to Ralph Lauren. Ask them to see how many logos and labels they can spot on shirts, jackets, hats, shoes and bags.

- Which logos are the biggest and most obvious? Which are hard to find? Who can find the most logos on one article of clothing?

- Are there any logos that you can see again and again?

- Try to find people wearing clothes that don't have obvious messages on them. Is it hard to find clothes without logos?

Guiders' note

The girls will become aware that each logo is essentially a mini ad.

This could lead on to a talk about peer pressure and fashions. The Senior Section could explore the ethics of customers paying the company to advertise its logos.

Why buy?

If girls are wearing something with a logo, talk about how they made the decision to buy it.

Ask Rainbows, Brownies, Guides and Senior Section members the following questions:

- Why do some people like to wear logos?
- Which logos do you think are the coolest?

- Are there some that aren't cool and you wouldn't be caught wearing?

- Do you think companies like the fact that people are walking around advertising their products?

- Have you ever thought that your Guide uniform has a logo on it?

Me and mine

Each person is given a blank piece of card. Explain to everyone that corporations are recognised by a specific symbol or logo.

Take examples of some logos with you to your meeting. For example, McDonald's arches, the Nike 'swoosh' and so on.

Give girls ten minutes to draw their own personal logo. The logo should reflect their personality, interests and anything else they want others to know about them.

Share the logos with the rest of the unit.

Snappy

Go for a walk in the local park and take a camera with you.

Record your visit, asking the girls to photograph anything that catches their eye. If they want to snap people, be sure to ask their permission first.

Look for something out of the ordinary, or just something that appeals.

When the pictures are developed, lay them all out and arrange them in different ways. What stories do they tell?

When you have them in an order that you like, tape or glue them to the wallpaper lining. Add captions.

- If you've enjoyed this, try the Photographer badge.

Caught on film

Armed with cameras, challenge the girls to take photographs that will demonstrate the following captions:

- Meeting and Greeting
- Guiding in Action
- Dream It – Do It
- The Good, the Bad and the Ugly!
- Bad News



Image conscious

Every organisation has a particular image it would like to project to the public.

Ask the girls how they think the public sees The Guide Association. What misconceptions do they think people have about Guides? Think about how they would go about addressing those misconceptions.

Then get the girls to create a poster, radio advert or jingle to correct one of these misconceptions.

You will need

- Cameras and film or disposable cameras
- Wallpaper lining
- Glue or tape
- Something to write with

It's a fact

Counting all the logos, labels and signs, about 16,000 adverts flash into our lives every day. (*The Sponsored Life* by Leslie Savan)

PR lingo

Public Relations professionals use a language all of their own.

Ask the girls to look at the following definitions, then test their knowledge by getting them to match them with the words in bold. This could be done as a relay.

- **Public service announcements** — Short TV or radio messages created to promote a cause.
- **Demographics** — A set of characteristics that describes a target market, including factors such as age, sex, race, occupation and location.
- **Press release** — A one to two page 'report' to the media about a product, service or event.

- **Trade publication** — A magazine, journal or newsletter that covers current news, trends and issues in a particular field or industry.
- **Freebie or giveaway** — Special offers to help raise the profile of a particular product or project.
- **Press kit or media kit** — A packet containing press releases, photos, timetables, and other information about a product, service or event.
- **Target market** — the group to whom a promotion is directed.
- **PR campaign** — A series of activities, designed to bring attention to a product, cause, or point of view.

Into extra time

- Challenge the girls to create a press kit to publicise themselves or an event. It may include a news release, photos, timetables and information sheet.
- Challenge the girls to find out how to lay out a news release.
- Invite a photographer to your meeting to talk about how to take good photos.

From the heart

How a packet of sweets can get your message across

Those old favourites, 'Lovehearts' sweets, have been updated. They now read 'Fax me', 'Web site', 'Page me', and so on.

Hand a packet of Lovehearts out and ask the girls to take one, and note the different method of communication on it.

Next, ask girls to list all the different methods of communication they can think of, old and new.

Create a collage showing all the methods of communication you thought of.

Silly sentences

Give girls a silly introduction to public speaking and presentations.

Girls, in pairs, have to choose four to six Lovehearts from a pile. They then have a few seconds to build a silly sentence.

Go on to explain that we've all said silly things and even things we wished we'd never said.

Explain that during our lives we may be asked to do a presentation or speak in public. Here are five steps to a successful presentation:

- 1 **Purpose** — decide what you want to say. Narrow it down to one or two points.
- 2 **Plan and prepare** — who is the audience and where will you be speaking?
- 3 **Practise and polish** — remember to rehearse. Ask someone to listen to you and offer constructive criticism of your speech and style of delivery.
- 4 **Present** — time to give the talk!
- 5 **Perfect** — reflect on what went well and what did not go so well.

Well phrased

Without saying what you are going to do, ask the girls to take the number of Lovehearts sweets they think they need (perhaps between one and five).

The girls then have to do a mini presentation to their group about themselves or any other subject they are comfortable speaking about. They must incorporate all the sayings on their Lovehearts into the presentation.

- This activity links to the Staged Speaker badge.

Illustration: Beccy Blake



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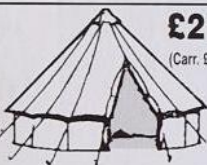
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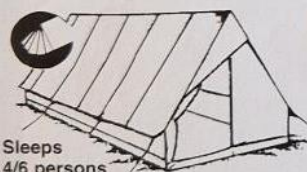


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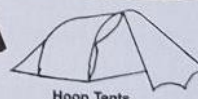
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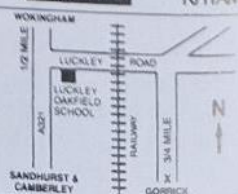
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On your bike

Get your unit in the saddle with a new cycling scheme

By the British Cycling Federation

An exciting new cycling activity scheme for young people, called Get Set, was unveiled last year and has been attracting huge interest around the country from youth groups and schools.

A recent survey showed cycling to be the single most popular out-of-school sports activity among children aged six to 16. Cycling is also an ideal way for young children to gain independence, to adopt a healthier lifestyle and to enjoy an alternative to traditional sports. However, very few receive any instruction in cycling skills, safety, or know how to get involved in competitive cycling.

Free training and equipment

The Get Set scheme – organised by the British Cycling Federation and sponsored by Prudential Retail, the UK's largest life insurer – is a fully-developed programme of structured activities. Aimed at children

aged seven to 12, it can be delivered in ten one-hour sessions, supported by activity cards, kit bags of equipment and the network of BCF regional Development Officers.

The BCF is training leaders, parents, coaches and older children to deliver the scheme. Anyone over 16 can attend a three-hour Assistant's Training Course and one of the delivering team needs to attend an additional two hours to become a Manager. The good news is that all of this can be done in one day.

Get Set is designed to cater for up to 40 children in activity groups of ten, with each group supervised by an assistant. The activities and learning outcomes are described in detail in the set of laminated, fun cards, and the whole scheme is designed to take place in a limited area such as a school playground.

Each unit or District that is able to get four people trained in the delivery of the

Feature



JOHN HUNT

Cycling is the most popular out-of-school sports activity for six to 16 year-olds

scheme will be provided with the equipment and cards free. At present, the training is also free, so this is an excellent opportunity for groups that would like to offer cycling to their children.

It is hoped that on successfully completing the scheme, children will have the skills and confidence to move on to cycling with local clubs – or even with Guiders on holiday and camp. The BCF has a list of child-friendly clubs – called Improve clubs – across the country.

Contact details

If you would like to bring Get Set into Guiding in your area, register then your interest with your local BCF Development Officer, listed below.

At the moment the scheme is only operating in England, but it is hoped to extend it further in the future.

For more information about BCF, check out its Web site at: www.bcf.uk.com.

South-west

Chris Revill
01225 396 467
rdoswest@bcf.uk.com

Greater London

Neil Simpson
020 8503 1227
rdogtrlon@bcf.uk.com

Southern

Holly Woodford
0118 946 5206
rdosouth@bcf.uk.com

South-east

Mark Wyr
01732 874 538
rdoseast@bcf.uk.com

Eastern

Grant Dermody
01284 757 098
rdoeastern@bcf.uk.com

East Midlands

Roger Whitfield
0116 265 7348
rdomid@bcf.uk.com

West Midlands

Ian Billington
01527 833 847
rdowmid@bcf.uk.com

North-west

Ebrahim Khan
0161 230 2301 x2271
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UTE KLAPHAKE/PHOTOFUSION

Girls can become obsessed with their weight, focusing on food as a means of showing they are in control

Official estimates put the number of people suffering from eating disorders at any one time in the UK at around 60,000. The Eating Disorders Association believes a third as many again would be a truer figure, and says there are yet more with undiagnosed eating disorders. Outwardly, eating disorders such as anorexia nervosa and bulimia nervosa are obsessions with food, clothes size, body weight and eating. But these obsessions are symptoms of underlying problems.

Usually, someone with an eating disorder has low self-esteem and fears failure. Social pressures and high academic expectations, traumatic events and family tensions, may cause some young people to focus on food and eating as a way of coping with sadness and depression. Young women are most at risk, and research indicates that some people are more genetically inclined to develop eating disorders than others.

Anorexia nervosa

The best known eating disorder is anorexia nervosa. As the third most common chronic illness in teenage girls, it has often received a high profile in the media. Contrary to popular belief, it is not a modern illness. Its symptoms

have been noted over the centuries but it was only in 1874 that Sir William Gull, Queen Victoria's physician, gave it a name.

Girls are 40 per cent more likely than boys to develop anorexia, with ten to 19-year-olds most at risk.

Anorexics restrict their food and fluid intake. Feeling unable to cope with important elements of their lives, they focus on food as a way of showing they're in control. Apart from sudden weight loss, other symptoms friends and families may notice include looking blue and cold, downy hair growth on the body and,

6 Girls are 40% more likely than boys to develop anorexia...

in common with other eating disorders, sudden mood swings, irritability, anxiety and sometimes depression.

Anorexia sufferers may also find it difficult to eat with others and can come up with a variety of excuses to avoid sitting down to meals with their families. When they do eat, they can often develop rituals, for example, cutting the food into tiny pieces. If forced to eat they may start to make themselves sick — a symptom generally associated with people who suffer from bulimia nervosa.

Other eating disorders

Bulimia is characterised by severe dieting followed by binge eating and purging, usually, though not exclusively, through self-induced vomiting. Some bulimics have fluctuating weight, but many remain fairly stable. They often conceal their

Useful publications

There are many books about eating disorders. Here are just a few:

● *Talking About Anorexia, How to cope with life without starving* by Maroushka Monro. This book is based on her own experiences as a recovered anorexic and agony aunt at *Just Seventeen* magazine. An excellent book, full of insight and practical help; Sheldon Press, £5.99.

● From the same publishers, *How to Cope with Bulimia* by Dr Joan Gomez, £5.99.

● *Fat* by Sherry Ashworth has lots of information, quizzes, questionnaires, questions and answers to engage the teenage reader. Scholastic Children's Books, £3.99.

● *Will he love me if I'm thin?* by Kirsty White, a tale of Jo, the youngest daughter in a family of high-fliers. The title heralds imminent disaster, but it moves along at a good rate, is full of advice and information — and does have a happy ending. Scholastic Confessions Series, £3.99

● *Finding out about Eating Disorders* aims to raise awareness of the dangers of eating disorders. It's in booklet form and has a separate sheet for teachers that could equally well be used by Guiders.

Individual copies cost £4.99, but the price drops to £2.99 when ten or more are ordered. Contact Hobson Academic Relations, on 01223 507 360.

Eating

Thin is in — could any of your Guides literally be becoming fashion victims?

By Isobel Davies

disorder so well that even their closest friends don't suspect there is a problem.

In some cases the binge-vomit cycle is infrequent, but at its most severe, sufferers make themselves sick several times a day and consume vast quantities of food. To obtain the food, bulimics raid the larder at home or may even shoplift. They may become anxious after meals and quickly disappear to bring up what they have eaten. This leads to other telltale signs: breath that smells of vomit, and obsessive teeth cleaning to disguise the smell.

Compulsive eaters also binge, but, unlike bulimics, they don't make themselves sick. Often, they don't care what the food is or how it tastes. They may consume anything — from flour to food that's gone off. Again, the underlying cause is generally poor self-esteem, a need to fill a terrible void. Compulsive eaters may alternate periods of bingeing with periods of starvation, causing their weight to yo-yo.

Advice for leaders

Mary Hart, psychotherapist with the Centre for Eating Disorders Scotland, offers advice should you suspect a girl in your unit has an eating disorder. She says it's always better to engage with the person in what's happening to them first. As many sufferers have a poor sense of self, it confirms feelings of worthlessness if you go to their families before speaking to them. Say you have a concern, but don't label it, and avoid accusations. Say you are worried, not that the girl is worrying you.

Mary Hart recommends having something to give the girl before you approach her, such as the EDA's Youthline telephone number. Amazingly, despite the high profile of eating disorders, many people still don't know what help is available. If the girl is under 16, you should also tell her parents of your concerns.

The EDA publishes a number of leaflets about different aspects of eating disorders. *Helping a Friend or Relative* gives useful advice that will help Guide leaders.

Organisations and helplines

- The Eating Disorder Association is a mutual self-help support organisation coordinating a network of local groups for sufferers and their families. It publishes a number of clear, informative leaflets and has details of treatment in each area. Write to the Association at: Sackville Place 44 Magdalen Street, Norwich NR3 1JU.

The EDA has two helplines. Guide leaders could call **01603 621414** – Monday to Friday, between 9am and 6.30pm – with their concerns and hear about services and counsellors in the region. The Youthline, for under 18s, on **01603 765050** is open Monday to Friday 4-6pm, and is staffed by trained counsellors.

- The Centre for Eating Disorders Scotland offers psychotherapy and counselling relevant to individual needs. Write to the Centre at: 3 Sciennes Road, Edinburgh EH9 1LE. Tel: **0131 667 8642**.

- Anorexia and Bulimia Care provides help sheets, tapes and books. It is a Christian organisation that is open to everyone. Write to the organisation at PO Box 30, Ormskirk, Lancashire L39 5JR. Tel: **01695 422479**. Web site: www.Anorexia-BulimiaCare.co.uk.

It is very tempting to rush in and give lots of advice, but this can make the sufferer feel even more diminished and compound the problem. Instead, encourage her to get professional help. As the leaflet says, 'It is very important to remember that only your friend can take the responsibility for getting better. You can't do it for her. She will have to find new ways of coping. She needs to find different ways of showing her feelings, rather than controlling what she eats. Only then will she be able to accept that eating is a necessary part of living'.

Friends and families have an important role to play in being there for the person with the eating disorder, and loving them unconditionally, but it's unlikely that this alone will effect a recovery. They should be aware they're in for a rocky ride. Most sufferers have mixed feelings about getting better, and cast friends and relatives as both allies and oppressors as they struggle with the illness. It can be an emotional rollercoaster for all concerned.



The Eating Disorder Association publishes a range of helpful leaflets

isorders

Look Wider

The new personal organiser will make it easier to keep a record of progress through Look Wider

By Jean Bell
Guide Association Senior
Section Adviser

During the consultations for the new edition of *Look Wider*, there was overwhelming support for the main *Look Wider* file being a group resource, containing everything that Senior Section members need to take part in *Look Wider*.

Another message that came through loud and clear was that the current record book could be improved. The young women suggested that there should be a personal organiser to provide support for individuals and help them access *Look Wider* — and get the most out of it. They also felt the challenges needed to be refreshed, and new ones added to take account of the changing world around them.

Organiser content

The content of both the *Look Wider* organiser and the main file have been designed by young women — and accommodates all their comments and suggestions.

The introductory section provides help and support to identify long-term and short-term goals and help for individuals in understanding their learning and communication styles. Participants are then encouraged to choose challenges that will enable them to achieve these personal goals.

Like any other personal organiser, there is space to include personal details but there is also room to record plans and personal achievements, linked to *Look*

Wider, as well as a personal contact list.

The organiser helps participants to evaluate their challenges and monitor their own progress through *Look Wider*.

There is also a wealth of information about the range of opportunities open to all Senior Section members, for example, Guiding Overseas Linked with Development (GOLD).

The personal organiser is A5 in size and will accommodate organiser inserts sold by other publishers.

Phases and Octants

The aim of *Look Wider* is for a young woman to decide for herself, or with her team, what will be a personal challenge. While the Octants remain organised round three Phases, challenges are no longer prescribed for each Phase. Each Phase represents a level of development and they can be simply described as:

- Phase 1 — Starting something.
- Phase 2 — Building on it.
- Phase 3 — Taking things further.

In order to help a young woman identify her personal challenges, the three Phases are described more fully in both the *Look Wider* file and organiser.

There is no longer a Discovery Phase — participants start immediately on the challenges. There are taster challenges for each Octant, so participants can get a feel of the scope of each one. A young woman may work through *Look Wider* in a structured way or adopt an informal approach.



Publication

The *Look Wider* personal organiser and file will be available from September. New Octant certificates will be published during the autumn, in the style of the new *Look Wider* resources. All ordering codes will remain the same.



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Plan of action

By Sue Kidd
OAA, South West Region

One Region's action plan is already increasing outdoor opportunities for members

'Networking' was the buzzword of the Outdoor Forum at Waddow last year. Everyone tried out a variety of activities provided by a number of sporting organisations.

At the end of the weekend each Country and Region was challenged to devise an action plan. This seemed like a daunting task, but one year on, the benefits are beginning to show.

Implementation

Members of the Junior Council are working with us to carry out the first part of the action plan. We are researching and updating information and investigating the most efficient way of making it available to everyone in the Region.

We have been able to disseminate the information from the Outdoor Forum through the County Outdoor Activity Advisers. At our last team meeting we had a brainstorming session to get ideas to take back to our Counties which would help to promote links with local sporting providers.

It is hoped that ultimately, through internal networking, we will be able to enable those needing experience for instructor qualifications to gain it at Region/County events. Neighbouring Regions may even be able to offer cross-Region opportunities in the future!

Exciting weekend

Our most exciting project to date is QUEST 2001, which stands for Qualifications,

Understanding, Education, Skills and Training. This Region weekend – which will be held in April 2001 at Foxlease – will offer the opportunity for members to gain whole, or part, Guide Association, or other organisation's, qualifications.

Representatives from a variety of organisations will be running instructor courses, as well as our own Guiding colleagues. We hope to be able to offer qualifications, or part qualifications, in archery, canoeing, climbing, BELA, bell boating and water safety as well as food hygiene, 1st Response and catering.

In addition there will be the opportunity to have a go at activities such as yoga, aromatherapy, tai chi, computing and pioneering.

During the weekend we will have a display of the wide variety of information and opportunities that are available to everyone in Guiding. This will help to demonstrate how easy it is to get involved in sporting and outdoor activities, whether for fun and relaxation or at instructor and competition level.

Flying start

The way forward is to support members through widening the opportunities for accessing activities that promote fitness and fun, while offering experience for gaining leadership and instructor qualifications.

Networking South West is off the starting blocks.

Action plan

In the South West Region the action plan helped us to refocus on what we were already doing, or planning to do within the Region. It also helped us to examine how we network internally.

Our action plan fell into four areas – outlined below.

Research

- Research into external outdoor providers/experts/agencies within the Region using the Internet, CHQ, local knowledge, national bodies, libraries and so on.
- Compile a directory/information sheet to distribute to units.
- Compile an 'in-house' directory and distribute.

Information

- Disseminate information from the Outdoor Forum to Guiders and encourage them to think about the kind of qualifications available to them and their girls.
- Publish a Region Outdoor newsletter.
- Provide visual material and/or leaflets to be displayed/given out at Region and County events.
- Enthuse!

Tasters

- Encourage 'Outdoor Forums' at Region/County level where local providers give tasters for Guiders and girls.
- Organise a 'Come and try it' roadshow throughout the Region. For example, choose a week to be a Region Football Week and encourage Counties, Divisions and Districts to organise fun competitions in association with the local women's football organisation.

Qualifications

- Investigate what qualifications are available and encourage members at all levels to develop their outdoor pursuits.
- Enable those needing experience for instructor qualifications to gain it at Region/County events. The Region newsletter could be used to publicise such events.

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Ready, willing *and* able

The Guide Association's delegates are well prepared for the BYC AGM

By Kate Higgins
BYC Midlands Delegate

The Guide Association delegation to the British Youth Council recently spent the weekend together at Lorne to prepare for the BYC Annual General Meeting in September, and to get to know each other better.

The weekend saw the voting in of Karen O'Connor as Chair, replacing Kate Jennings, who had held this post for two years, and whose presence will be missed.

Services for youth

Delegates learned about a new Government agency being set up, called Connexions, which will bring together career advisory services and provide other advice for young people.

Delegates discussed what they'd like to see as part of this service and tried to identify any potential problems. They decided that they wanted Connexions to provide help in obtaining work experience, advice on A-level and GCSE options, and information on how to fill out tax forms, job applications and so on.

The agency aims to provide personal advisers for young people, and delegates felt that these advisers should be actively involved with youth, approachable and trustworthy.

These views will be passed on to the Government, and help to influence future policy.

Ready for the future

Delegates discussed their vision of Guiding in 2020. A new uniform was advocated, but the prevailing feeling was that key elements of the Association – teamwork, friendship, and empowerment of young women – would be stronger.

There were also trainings to help the new observer delegates in their new role. Kate Jennings led a session on public speaking and debating skills. Both these skills will be very useful for the BYC AGM, where debate is central to the meeting.

Regions and reports

Regional reports showed that at Region level, delegates are being invited to executives and taking part in trainings – sharing skills gained through being a part of the delegation.

Caroline Weir reported on her trip to Strasbourg representing the Association at a youth forum, and Kate Higgins reported on representing the delegation at a European Scout and Guide meeting in Turin.

Susan Kay-Williams, Head of Marketing & External Relations at CHQ, and Guide Association PR Adviser, Sue Fortunka gave reports on PR within the Association, new projects being undertaken, and advised on how delegates could promote themselves.

Musical interlude

The National Scout and Guide Symphony Orchestra season begins this month

By Norma Greer
NSGSO Working Group

This year is the National Scout and Guide Symphony Orchestra's 25th anniversary. Over that time, the orchestra has met annually in every Region/Country throughout the UK.

London & South East will host this year's orchestra course in West Sussex. After the course, the orchestra will embark upon an overseas tour to the Czech Republic.

Course activities

Seventy applicants from across England, Scotland,

Wales and Northern Ireland were successful in securing places on this year's NSGSO summer course.

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Positive response

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● 'Where else could you meet people on a Monday and leave on Sunday, having met some of the best friends of your life!'



Taking part in the NSGSO course can open up a world of opportunities

rehearsals and also tutorials within their individual sections: strings, woodwind, brass, and so on.

The rehearsals will be interspersed with a packed programme of sport and leisure activities – after all, the aim of the course is not only to gain musical experience, but it is also about fun and friendship.

Diary dates

● A performance will take place on Friday, July 28 at Christ's Hospital School, Horsham, West Sussex, starting at 7.30pm. Tickets are available from Scout and Guide Association Headquarters, priced £5 or £4 for concessions.

● A reunion for past participants is being planned and will take place at Gilwell Park in October – for details, e-mail JaneM@guides.org.uk.

classifieds

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picture this

Trashcan chic

These style-conscious Guides are from the 4th Christchurch unit in Dorset. They held a Patrol junk fashion show to raise money for the Guide Friendship Fund.



GILL ASLETT

STAR PHOTO

Please keep sending in your Guiding photos, we love to see them. Each month there's a special prize for the best photo and £5 for every other photo we print. Please include a sae.

Hair raising

This 'Rapunzel' is being given an interesting hair-do. Young Leader Elayne Manton smiles nervously while the 8th Blyth (Ridley) Guides from Northumberland, creatively style her long flowing locks.



LEE BLENKINSOP

SUE COLE



Does it suit me?

This American Girl Scout's waistcoat is being modelled by Olivia Barber of the 1st Vale of Mowbray Brownies, North Yorkshire.

The units from either side of the Atlantic got together when Guider Sue Cole met her pen pal Denise Larson from the USA, who brought her girls over for a visit to Pax Lodge.

letters

Two readers share celebration plans

Birthday party

The 1st Felbridge (St John's) Brownies and Guides are celebrating their 50th birthday this year, and have decided to hold a reunion and celebration tea on September 23.

We would be delighted to hear from any past members who would like to join us on this date.

For more information, please contact me at the address below.

Ann Tucker
1 Wheelers Way
Felbridge
East Grinstead
West Sussex
RH19 2QJ

Anniversary celebration

The 5th Southgate Brownies and Guides will be celebrating their 70th birthday on July 8 at the Bourne Methodist Church, Southgate.

There will be afternoon tea and entertainment. Past and present Guides and Guiders are invited, and old photos,

and so on, are wanted for a display.

The celebration will start at 2.30pm. For more information, contact Nicola Roseman on 01442 236341, or e-mail clairemartin89@hotmail.com.

Claire Martin,
Manchester

A reader comments on an article in April's issue

Parliamentary visits

I am a District Commissioner and also the office manager to a Member of Parliament, so I read with interest the article in April's *Guiding* magazine, concerning The Guide Association's Parliamentary Reception and how to make contact with Members of Parliament.

An additional way to discover more about the work of an MP is to visit the Houses of Parliament. Arrangements can be made by writing to one's own MP at the House of Commons, London SW1A 0AA, giving plenty of notice and a selection of available dates and numbers of people involved.

The Houses of Parliament are

usually open for groups to tour on Mondays to Thursdays, during the morning. This includes a visit to both the Lords and Commons.

I have taken many Guide groups to the Houses of Parliament and it has proved to be an excellent day out, especially if combined with visiting Guide Headquarters or other places of interest.

Mrs Hazel Bruce
District Commissioner
Weymouth, Dorset

Getting in touch

In 1987 I was fortunate to be chosen to represent Wales in Thailand as a Ranger Guide, and in the last 13 years I have had contact with two of the party who went from the UK.

I would love to hear from others who went on the trip.

Mrs Carolyn Davison
(née Allen)
34 Russell Terrace
Carmarthen
Carmarthenshire
SA31 1SY

picture this

Sleeping beauty

A happy sight for any Guider! This sleepy Brownie from the 1st Hope Pack, Clwyd, has been worn out by an action-packed holiday in Shropshire.



SHEILA LAND



Who's watching who?

These Brownies from the 1st Fivehead Pack came face to face with a gang of hungry lemurs at the Cricket St Thomas Wildlife Park in Chard.

The public is not usually allowed to feed them, but this lucky Pack happens to know a friendly lemur keeper!

MARGARET HILLMAN

A stitch in time

When the people of Edenfield in Lancashire decided to make a Millennium Tapestry, the 20th Rossendale Rainbows wanted to be a part of the action.

Everyone taking part was given a square of canvas, and asked to stitch a design on it that summed up what Edenfield meant to them. The Rainbows decided to sew their Promise badge and parachute, and took turns to add stitches each week.

project

special offer

Win a Disney Store voucher

If you are wondering how to entertain the children this summer or have a child's birthday looming and are stuck for a gift idea, look no further than The Disney Store.

This summer The Disney Store is adding a vast new range of toys to its already packed shelves. These cater for every child's interest – from the artistic through to the athletic – but they have one thing in common. They all feature some of Disney's greatest characters – Mickey, Minnie, Tigger, Pooh, and the Little Mermaid. So, whichever one is your child's favourite, you can guarantee there is a toy to match!

Another good reason to bounce along to your nearest Disney Store is the range of Tigger toys, which have become the hottest 'must-haves' for children everywhere since the release of *The Tigger Movie* at Easter.

We've got eight Disney Store vouchers – worth £20 each – to give away. For a chance to win one, send your details and the answer to the question below, to *Guiding magazine*/Disney Store at the address on page 3, or e-mail guiding@guides.org.uk. Entries should be received by July 31.

What is the title of the Disney film which was released at Easter?



letters

Canadian challenge

'Can the Guides learn two new dances, do some acting and learn five new songs in an evening?'

This was the question asked of me when a Canadian Guide leader visited our unit – the 15th Worcester Guides. 'No problem' was the general opinion, and so a very busy evening of song and dance followed.

Had we heard of Robbie Williams? Not only had we heard of him, we now know the Canadian Millennium dance – the Brownie and Guide version – to his song *Millennium*. We also learned their Millennium song, *When tomorrow is Today*, along with several other songs and dances.

At the end of the evening we were pleased to hear that 24 of us had passed the Canadian Millennium Arts Challenge badge. We are now eagerly awaiting the arrival of the badges in the post.

Jayne Betteridge
Guider 15th Worcester Guides

A reader responds to a letter in May's issue

Trio of awards

I am writing in response to the letter from Elspeth Bolland in May's *Guiding magazine*. I gained my first Queen's Guide Award as a Guide with the 1st Hanmer Guides in June 1984. I gained the Baden-Powell Trefoil in June 1985 with the same unit.

I became a Queen's Guide for the second time in June 1996 as a Guider with Wrexham East Rangers.

That must be quite a unique age bracket to be in, and a rare trio of awards. I have 12 years between Queen's Guide Awards – two more than Elspeth!

Megan Jones
Guider, 1st Hanmer Guides
Clwyd

International pen pals

I am a new Patrol Leader at the 1st St Mellons Guides, Cardiff. We are des-

perately looking for overseas pen pals, although we are restricted to English-speakers only.

We are intent on making a unit blanket with badges on it from all around the world, and we can't wait to start to become involved in the Movement on an international basis.

Laura Humphreys
1st St Mellons Guides

● If you want a pen pal, write to the Post Box Secretary at CHQ or, if you live in Wales, Scotland or Ulster, to your Country Head Office. On a postcard, write your name, address, age, date of birth and indicate your first and second choice of countries. Send this in, with a sae. Or you can e-mail AnnCut@guides.org.uk. Don't forget, much of Europe speaks English, as well as the USA, Australia and Canada.

If you don't want a pen pal, but do want to receive a World Guiding badge in return for one letter, visit the Web site at www.guides.org.uk.



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fund raising

Air and water

Droitwich Ranger and Young Leader Kirsty McHugh recently raised £250 for the County Air Ambulance with a sponsored swim.

Kirsty's efforts were boosted by her Brownie Pack – the 2nd Droitwich – who raised £50 by holding an entertainments evening for friends and family. The Brownies performed a play, sang, and served tea with home-made cakes and biscuits.

Two of the Brownies are pictured here with Kirsty, and Dave Lee from the Air Ambulance team.



JANE MCHUGH

award



SLEAFORD ADVERTISER

Three bags full

This year, the 6th Sleaford Brownies took part in the National Spring Clean for the fifth year running.

The girls managed to collect three bags full of rubbish, and a bag of cans and bottles to recycle.

Last year, their environmental efforts earned them a cup for 'Best Voluntary Effort', awarded by the Sleaford in Bloom Committee.

STELLA M HERITAGE



Guides meet Founders

Two Guides from the 3rd Cheadle unit, Stoke-on-Trent, were presented with their Baden-Powell Trefoil Awards by Lord Robert Baden-Powell and his wife, Lady Olave themselves — well almost!

Sarah Wright and Kirsty Wint received their awards in a ceremony on Thinking Day from the Threapwood Division Commissioner and her husband, who dressed up especially for the day.

KENT MESSENGER GROUP



Millennium mug

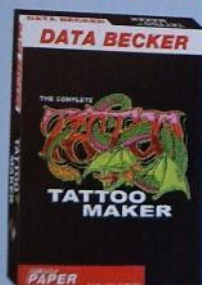
These Guides from the 5th Dover (Charlton) unit were winners in the Kent East 'Design a Millennium Mug' competition.

Katie Derrick (top) came first, and her design is featured on a mug which has been given to every Rainbow, Brownie, Guide and Senior Section member in Kent East.

Abigail Clitheroe (bottom) was a runner-up, and her design was incorporated into a decorated tea towel, along with the designs of other winners.

special offer

Tattoo Maker



Your girls will love this great new product. The Complete Tattoo Maker, from the Data Becker design range, allows you to have all the tattoos you want, but without the permanence – or pain – of having a real tattoo.

There are over 300 designs to choose from — plus you can even scan in your own designs and print them off from your computer on to the special film provided.

The Complete Tattoo Maker — priced at £14.99 — comes with five sheets of A4 tattoo film, and refill packs costing £7.99, are available. To place an order or to find out about special promotions, visit the Web site at www.databecker.co.uk. Find out about local stockists by calling 01420 22707.

Guiding magazine has ten Tattoo Maker CD-Roms to give away. For your chance to win one, send the answer to the question below, together with your details, to the magazine address on page 3, or e-mail guiding@guides.org.uk. All entries to arrive by July 31.

How many designs are there on The Complete Tattoo Maker?

E-mail entries

Please note: when entering our competitions by e-mail, please send a separate e-mail for each competition.

In August's

Guiding magazine

Here comes summer

Fun wide games to play at camp, great 'swops' to make and some super quizzes and puzzles to occupy your girls.

Having your say

The first article in a short series about citizenship covers the subject of democracy.

Today's Girl, Tomorrow's Woman

The news from this exciting conference, plus the findings of the Association's research into the hopes and fears of today's girls.



GLARETH DAVIES

Plus the latest news, your views and lots, lots more

next month

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