

Guiding

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Girlguiding UK



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Welcome

Go for it!

Welcome to the latest action packed issue of *Guiding* magazine. If you haven't done so already, turn to the centre pages to find your free copy of *Go For It! Show time* — an entertaining resource for Guide Patrols. If you're not a Guide Guider, you should still take the time to have a look as you're sure to find some inspiration and ideas that you can adapt for your own unit's activities.

The rest of the magazine is not to be missed either. If you didn't have the chance to get to our AGM back in May, turn to page 8 of our *Update* section where you can find out exactly what went on and who was there — including members of GOLD and the Peer Education initiative. In the same section, on page 6, you can pick up some fabulous top tips from four Divisions who have successfully recruited new leaders into Girlguiding UK, as part of the Reach Out and Recruit project.

There are more people to meet on pages 14 and 15, as we catch up with the Positive and Effective Leadership group. You can read all about the story so far of this successful project, meet the Chairman, Helen Humphreys, and find out about exciting plans for the future. This month, on pages 10 and 11, you also have the chance to get to know the team who have been working on the revised Brownie Programme. Everyone in the group is a Guider, bringing together lots of skills and enthusiasm from around the UK.

FRONT COVER

Our happy cover girls are enjoying the outdoors

FRONT COVER PHOTOGRAPHER:
MOOSE AZIM



Inside...

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ACTIVATE

Calling all Guide Guiders! This month we proudly present *Go For It! Show time* — packed with activities on and off stage for starry eyed Patrols

Guiding magazine

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Walking trainings

For more information about any of the following Girlguiding UK walking trainings, please contact Pat Wheatley on **020 7834 6242 ext 205**, or e-mail patw@girlguiding.org.uk.

- Lake District, Level 2 assessment, **September 27-29**
- Scotland, Level 3 training, **October 1-6**
- Scotland, Level 3 assessment, **October 1-6**
- Scotland, Mountain Leader refresher for both ML holders and those who have done ML training, **October 4-6**
- Scotland, Level 2 training, **October 4-6**
- Scotland, Level 2 assessment, **October 4-6**
- Lake District, Level 3 assessment (for those who have done ML training or almost completed Severe), **October 25-27**
- Broneirion, Level 2 training/assessment, **November 15-17**.

Walking holiday

A Senior Section walking holiday will take place in Grindelwald, Switzerland, from **July 28-August 7, 2003**.

Participants will walk at different levels and visit places of interest, including Our Chalet.

For more information, e-mail Jane Mason at janem@girlguiding.org.uk.

World Centres meeting

The Friends of the Four World Centres annual meeting will be held at Pax Lodge, London, on **November 2**. Non-members are very welcome to attend. For more information, write to June Webb, 17 Church Lane, Sproughton, Ipswich IP8 3BA.

Flying high

Members of the 4th Lenzie Guides pose before take-off



Nine members of the 4th Lenzie Guides took to the air as part of the Young Eagles flying initiative. The West of Scotland Popular Flying Association Strut ran the event. (A 'Strut' is a centre of PFA activity.)

The initiative, which started in America in 1991, aims to spark enthusiasm for flying in young people aged 10-17.

The girls took it in turns to fly in a two-seater aircraft along with a qualified pilot. They also had the chance to look around the aeroplane hangers.

The girls thoroughly enjoyed the experience. Assistant Guider Sara Scott said, 'After being so quiet beforehand, they couldn't stop talking about it afterwards! It was very easy to organise and worth it for the looks on the girls' faces.'

The Young Eagles Initiative hopes to fly a million young people by 2003, which marks the 100th anniversary of the first Wright Brothers flight.

- If you would like to take part in the Young Eagles initiative, contact your local Strut for more information. Contact details can be found on the Popular Flying Association web site at www.pfa.org.uk/clubroom/struts.

TV gardener helps Guides

The 1st West Wellow Guides, from Southampton, enlisted the help of gardening celebrity Charlie Dimmock for an environmental project.

Charlie, star of BBC's *Ground Force*, helped the girls as they set about providing young birds with shelter.

The Guides made 16 bird boxes as part of Whitbread Action Earth, a campaign that encourages people to become involved in improving their local environment.

A local landowner kindly gave permission for the girls to erect the boxes on his land so that they can monitor the birds that use them.

'Our aim is to attract different bird species and wildlife to the woodland areas and baby birds are much safer in a box than in a nest,' said Guider Hazel Lockhart. 'The campaign has inspired the Guides to learn a new skill and do something positive for the environment at the same time.'



Charlie Dimmock was keen to get involved in the 1st West Wellow Guides' Action Earth project

Celebrity chef gets a taste for guiding!

Celebrity chef Brian Turner will be cooking up a storm as Girlguiding UK's newest Ambassador.

It is hoped the culinary king, who's been frying, dicing and marinating for over 30 years, will get involved with promoting *Go For It! Healthy eating*.

After working as a chef at some of the UK's most prestigious restaurants, Brian became a star on the small screen, appearing on the BBC's *Food and Drink* show and ITV's *This Morning*.

He went on to star in his own series *Out to Lunch* and *Anything you can Cook*.

Despite his television fame, Brian is still very hands-on at his own restaurant, Turner's in Knightsbridge.

Girlguiding UK looks forward to Brian promoting guiding in the future.



DAVID HENDERSON

Celebrity chef Brian Turner is Girlguiding UK's newest Ambassador

Good citizenship

Girlguiding UK members are invited to submit nominations for The Philip Lawrence Awards 2002.

Girlguiding UK has been associated with the awards in previous years, with Senior Section members helping to run the presentation ceremony.

The awards are organised by The National Youth Agency (NYA) in memory of Philip Lawrence, the headmaster of a London school who was murdered outside the school gates in 1995 after going to the aid of a pupil. They reward outstanding achievements in good citizenship by groups of young people aged 11-20.

If you would like to nominate a group for the award or would like more information, please call The National Youth Agency on 0116 285 3780 or visit the web site at www.nya.org.uk.

MBE awarded

Former District Commissioner Ruth Walmsley has been awarded an MBE for her charity work.

Before 'retiring' from guiding, Ruth worked with Rainbow, Brownie and Guide units in Girlguiding Surbiton.

She is now both District and Division Secretary, and County Newsletter Coordinator. She also runs a local club for people who are blind.

Division Commissioner Allison Whittle said, 'Ruth's roles are all gratefully appreciated and keep her and her husband busy! We send her our congratulations and thanks.'

Teaching technology

The 2nd Amersham-on-the-Hill Guides have given local people lessons in how to use the Internet.

As part of Adult Learners' Week – a national event to celebrate adult learning – the girls taught net novices how to surf the World Wide Web at Amersham Library.

Members of the high-tech unit, who use computers regularly to e-mail each other and to design posters advertising events, were very keen to share their skills.

Guider Beryl Brooks said, 'The idea was presented to them because we noticed how good they are on the Internet. They got a great sense of satisfaction out of it and were very pleased to be able to help.'

And their pupils were impressed too. Beryl said, 'The public commented on how the girls conducted the class, saying they were very polite and they felt rather uplifted by the experience.'



Guide Heather Lacy shows a computer novice how to surf the web

COURTESY OF BUCKS EXAMINER



Girlguiding UK

The launch of
Girlguiding UK has brought
positive feedback

surprise yourself

As I write this, it is just over a month since the launch of our new operating name: Girlguiding UK. Now that we can talk about it, the overwhelming response from Guiders has been very positive indeed. In the last month, I've met Guiders in Scotland, Wales and England and had very positive comments, especially about how the name is adaptable to local use so that everyone feels more part of the guiding family.

One of the main reasons for the change of name was so that we would be more recognisable externally, to help us achieve our vision. At the time of writing we have had over 170 pieces of coverage about our name on television, radio and in the national and regional press. This is very good, considering that we had to completely change our launch plans.

Change of plans

We should have launched on April 3, but had to change following the death of The Queen Mother. The launch then had to be rearranged for April 22, to fit in-between the Memorial Service for

Making

Princess Margaret and Take our Daughters to Work Day on April 25. This left us a window of two days at a time when our young members were back at school. So, instead of a surprising DJ activity as part of the new Guide Music badge, we had to go with a more passive story. This meant there was no television coverage.

Press coverage

We lost our feature in a Sunday newspaper due to the Sven and Ulrika story, but we were on Radio Five Live and most of the Monday day nationals. The best piece was in *The Times*. This was followed by Channel 5 news, British Satellite Broadcasting news, more radio and many more press cuttings from daily regionals.

As the week moved on, we received cuttings from PRAs, who had personalised the general release to talk about guiding in their area. These are still coming in. Innovative Guiders used events that were already planned to make a link to the new name and gain broader coverage, as Girlguiding Croydon did with the visit of some birds of prey to a Brownie meeting.

Girlguiding UK operates in many different spheres, so we were also keen to reach the trade press. One of our most important non-profit journals is *Third Sector*. Here we had the accolade of being featured on the front page and they did a follow-up on the Chief Executive, Denise King, the following week. We know this was read by people from many other organisations from the positive comments they have given about what Girlguiding UK is achieving.

Four Divisions reveal how they recruited Leaders and helpers

Leaders in waiting

Girlguiding Esher Division in Surrey had large waiting lists, especially for Rainbows and Brownies. The District Commissioner, Chris Greaves, sent a personal letter to the family of each girl who was on a waiting list, inviting them to an open afternoon. At the event, the girls tried lots of fun guiding activities.

While the girls were enjoying themselves, local Guiders explained to the parents what guiding could offer their daughters and what it now offers adults. In an encouraging way, it was explained that if parents wanted their daughters to join they would need to help in some way.

Several parents volunteered on the day and wanted to know more about guiding. Some parents also involved their friends. As a result of the open afternoon, 12 new leaders and four helpers were recruited and three new units were opened.

Not surprisingly, Esher Division has similar plans for an open afternoon this year.

Focus on parents

Girlguiding Oldham West Division in Lancashire wanted to recruit more leaders and decided to focus on parents. Letters were sent to the parents asking for help in running units. A couple of mums who came along to help at Rainbows enjoyed it so much that they are now warranted. Some Districts also held open evenings for parents. Across the 50 units in the Division, 15 uniformed leaders and six unit helpers were recruited.

Shopping for helpers

Girlguiding Chelmsford South Division in Essex held a recruitment day at the Meadows Shopping Centre in Chelmsford town centre. During the day, each of the four Districts took part. Leaders and girls gave out bugs to shoppers and chatted about guiding.

The Division had prepared a form for those adults who wanted their daughters to join guiding. This included a column asking how the parents could help. As a result, 17 parents agreed to help on unit rotas.

The Guiders in the Division are really pleased and a similar recruitment day is planned for later this year. Guiders and Commissioners are also planning to have stalls at two colleges in the town during the Freshers' Fairs.

We did

a name

By Susan Kay-Williams
Head of Marketing and External Relations, CHQ

Increased recognition

For me, perhaps the best moment was when, at a reception two days after the launch, a woman turned to me, peered at my name badge and said, 'Where are you from? Oh — Girlguiding UK, I know what that is.' Her comment made such a pleasant change from the usual blank look that greeted 'The Guide Association'.

Now, our main challenge is to keep using and reinforcing our new name, so that everyone will be able to say, 'Girlguiding UK, I know what that is.'

Praise in Parliament

On April 25, the Liberal Democrat MP for Colchester, Bob Russell, tabled an Early Day Motion in the House of Commons. The motion, which seeks to draw attention to Girlguiding UK, has been signed by 36 MPs so far: 'That this House welcomes the launch of Girlguiding UK, formerly The Guide Association; recognises that it is the United Kingdom's largest voluntary organisation for girls and young women, with around 620,000 members, drawn from all cultures and backgrounds and attached to more than 34,000 units; applauds its 84,000 leaders plus thousands of helpers, including members of the Trefoil Guild, who collectively give upwards of 10 million voluntary hours each year; notes that 50 per cent of women have at some time been Rainbows, Brownies, Guides or Rangers, and wishes all associated with Girlguiding UK continued success.'



PA PICTURES

surprise yourself

Former Steps star Lisa Scott-Lee helped to launch Girlguiding UK

it!

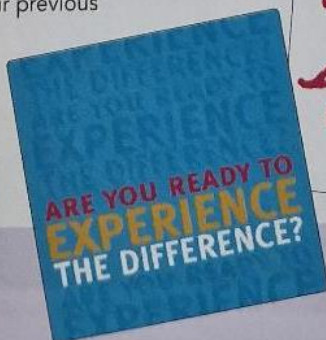
By the Reach Out
and Recruit Working Group

Student freebies

For the second year running, Durham Guides focused on recruiting students. They had a stall at the university's Freshers' Fair, where free goodies were given out. Posters with local contact details were also put up in the colleges.

Soon after the Freshers' Fair, a free 'Pizza and Pepsi' party was held at the Division headquarters in the city. This gave interested students an opportunity to meet leaders in the Division and chat about the various guiding roles.

Student Guiders are vital to guiding in Durham, as they keep many units open. This year, Durham Guides are planning to repeat their previous successes and will be using the new promotional coasters (now available from Trading Service, order code 2977, price £2.50 for 100 coasters).



Top recruitment tips

- Always include parents from the start of their daughters' involvement in guiding.
- The personal approach is always best. Send a letter to invite them to an event and then ask if they will help when they are enjoying themselves at the event.
- Initial freebies can help attract students.
- Young adults attract other young adults, so student Guiders are best at recruiting other students.
- Give young Guiders plenty of support. Listen to them and try to make them feel welcome and fully involved.
- Keep a rolling programme of recruitment — especially in areas where students keep units open.
- Make recruitment a team effort.
- Talk enthusiastically about Girlguiding UK to anyone who will listen.
- Use fresh-looking displays and posters (not tired and tatty posters).
- Positive PR can be effective in recruiting.
- Have fun!

A sense of

Members from all over the UK joined together to celebrate guiding and citizenship

Words: Catherine Slater
Photos: Laura Cartwright

The sounds of laughter, singing and applause filled the New Connaught Rooms in London on May 21, as over 600 Girlguiding UK members gathered to celebrate some of the acts of citizenship that members carried out in 2001. 'I like the sense of belonging here today,' said Iris Stevenson, Guider with the 1st Gorslas Guides, Carmarthenshire, as she chatted with other leaders over coffee and cakes after the event. 'There are so many people here interested in the same thing and it's so friendly — you can talk to anyone.'

Chief Guide, Jenny Leach, opened Creating a New Future — celebrating guiding and citizenship, by welcoming members and introducing Joyce Abernethy and Gillian Robb — Senior Section members from the South West Region and Ulster respectively — who narrated the presentation. Joyce told members, 'This afternoon we are going to celebrate guiding and citizenship, taking a look at last year and feeling proud as we see how girls have participated in their communities, felt able to effect change and confidently stood up for what they believe in at local, national and global levels.'

Making headlines

Girls from all sections took part, sharing their personal experiences of guiding and making it a lively and memorable event. Mandy Corbet, Unit Helper with the 36th Birmingham Guides, said, 'Hearing the children speak was the best part of the day. It's amazing how much things have changed since I was a Guide. The opportunities they have today are fantastic.'

One thing that members were keen to celebrate at the

event was the launch of our new name. Chair of the Marketing and External Relations committee, Carole Hardy, spoke about why the change was necessary and highlighted the media interest that it has attracted so far.

Girlguiding UK's research into girls and citizenship also made headlines last year. Gillian Robb talked about what citizenship means in today's society and how our research in to it was conducted. 'Citizenship helps young people become informed, thoughtful citizens who are aware of both their responsibilities and their rights,' she said. 'The forum and interviews [where the research was conducted] were a great success. The girls were very enthusiastic about discussions and welcomed the opportunity to be asked their opinions.'

Community action

For the Guiding Overseas Linked with Development (GOLD) initiative, 2001 was a big year as it marked its 10th anniversary. During the year seven teams of Rangers and young Guiders took part in GOLD projects in 12 different countries. Dressed in a traditional

sari, Senior Section member Caroline Gaulter talked about her visit to Pakistan, where she worked on a health care project. The team became so popular at a local women's centre that, by the end of the project, they had almost 1,000 women turning up to see them.

Jodi Williams, who took part in a cultural exchange trip to Russia, told the audience how she taught Russian members UK history and learned about Russia from them. In response, Lia Syssoliatina, a Russian house assistant at Foxlease, spoke

**The opportunities
they have today
are fantastic...**



Girls from the 7th Plumstead Brownies had great fun at the celebration



Members had plenty of time to chat after the event

belonging

movingly about what being involved in the guiding Movement in Russia meant to her.

Other Senior Section achievements highlighted at the celebration included the Commonwealth Community Action Challenge (CCAC), which challenged members across the Commonwealth to organise and carry out a project that would benefit their community. Finalists from the Impact Rangers and the Reaburn Rangers spoke about their CCAC projects — saving a river bank in Scotland and running a Mencap project in Leeds.

Looking forward

The achievements of Brownies and Guides weren't forgotten. Narrator Joyce Abernethy told how a project run with Fair Trade has helped Brownies to see the benefits of Fair Trade and how they can make a difference in their local communities by spreading the Fair Trade message. Girls from the 7th Plumstead Brownies gave out Fair Trade chocolate bars that the audience were more than happy to sample!

Joyce then spoke about Girlguiding UK joining forces with the RSPCA to launch *Go For It! Animal active*. Guides from the 2nd Ramsey unit took to the stage matching pictures of animals with the part of the world they are from to show how they had become animal aware citizens.

The commitment of our President, Princess Margaret, and Patron, The Queen Mother was acknowledged by Chief Guide Jenny Leach. Queen's Guide, Cheryl Marshall, shared her experience of meeting Princess Margaret at Kensington Palace where she had her award presented — from the questions

Princess Margaret asked her to the decorations inside the Palace, Cheryl remembered every detail of the day.

As the celebration drew to a close all the participants joined together on stage to the soundtrack of *Heal the World*.



Girls from all sections took part in the celebration

Narrators Joyce and Gillian challenged Guiders in the audience to take the examples that they had heard about that afternoon and develop projects within their own units, Districts, Divisions and Counties. 'We are full of possibilities,' they said, 'but we need you to provide us with the opportunities.'

The 2nd Ramsey Guides demonstrated how they had become animal aware citizens



Growing with guiding

The Peer Education initiative has proved to be a great success since it was established in partnership with Save the Children. At Creating a New Future the scheme was praised for encouraging girls to talk openly with their peers about issues that concern them.

Rosanne Russel, a Peer Educator from Scotland, talked about how she initially found the idea of running a Peer Education workshop quite daunting. 'With the encouragement of some close friends in Girlguiding Scotland I was encouraged to stand up for what I was passionate about and to share my experiences with many other young women,' she confided. 'And I surprised myself! The more that I shared my experiences through leading workshops on areas such as children's rights, bullying and self-esteem, the more my confidence grew.'

In fact, her confidence grew so much that she is now the Coordinator of the Peer Education team in Scotland.

Working

Members of the Brownie Development Group describe their work on the revised Brownie programme

Following pilot projects and much research and consultation, the basis for a revised programme for the Brownie section was formulated in July 2001. To work out the details, the Brownie Development Group was formed in September. The group also set about generating resources and support material for the girls and Guiders who will work with the revised programme.

The group comprised eight Guiders from throughout Girlguiding UK. All were recommended by their Chief Commissioners. Sandra Moffitt, the Association Brownie Adviser who is leading the Brownie renewal process, chaired and led the group.

Each Guider brought her own expertise and enthusiasm to the group, as well as traits from her own corner of the UK. These were extremely important qualities if we were to develop resources that meet the needs of the girls and the Guiders.

Timescales were tight and the group worked very hard to produce the content for the programme and resources. The resources are now being edited and designed, ready for sale by May 2003.

We hope we have successfully revised the programme. We think we have!

Jean Bowers

Trainer who also runs two Brownie Packs.

'My guiding life started a long time ago. I was a Brownie, a Guide, an Assistant Guide Guider, then a Young Leader Adviser.

'I am a part-time primary school teacher, teaching 4-11 year-olds. It's there, as much as at Brownie meetings, that I became aware of the need to adapt and change the programme for Brownies. The children have changed beyond recognition from the 7-10 year-olds of the 1980s.

'As South West Region Brownie Adviser, I was delighted to be part of the Brownie Forum at Waddow and to promote the pilots through the Region. As a member of the Development Group, I have been honoured to be part of the challenge to bring Brownie guiding into the 21st Century. There has been discussion, planning and lots of hard work.

'It has been good to meet such a diverse group. We have shared a common aim to deliver an exciting and relevant programme to the Brownies.'



Anne Hodder

Joint Guider with 36th Birmingham Brownies.

'Since aged seven, I've been in guiding as a Brownie, Guide and Young Leader. When I went to university, I took a break for a year, but found that I missed Brownies so much that I finished my training as an Adult Leader.

'Outside of guiding, I work as a systems engineer for Siemens Transportation Systems in Solihull.

'I was asked to join the Brownie Development Group after I went to Innovate 2001. I expressed an interest in being involved after the Brownie Renewal workshop.

'I have found working in the Brownie Development Group hard, but very rewarding. I feel confident that the new programme will enhance the fun and excitement of Brownies, while supporting the Brownies' personal development.'



Cath Watson

Assistant Guider with 9th Pontefract Guides.

'I used to run a Brownie Pack and have worked with Rainbows. I have also been involved in two Peer Education projects. I was asked to join the Development Group after I participated in Brownie workshops at Innovate. I work for First Direct in Leeds.

'Although it has been hard work at times, I've enjoyed working with the Brownie Development Group and can't wait to see the final products. It has been exciting to see everything go through the development stages.'

Julia Bennett

Guider with 11th Aylesbury Brownies and the District Young Leader Guider.

'Since 1983, I have been in guiding as a Brownie, Guide, Young Leader and Adult Leader.

'I teach Year 3 at William Harding Combined School in Aylesbury. I also enjoy drama (both watching and acting), reading and music. I support Nottingham Forest Football team and love watching football and many other sports.

'I have found working with the Development Group quite exciting, though hard work. It is a chance to put new ideas into the Brownie section for the new century as well as think about all the things that make Brownies special now.'



together

Alison Medler

Runs the 3rd Grove Brownie Pack in Oxfordshire.

'As a child I was a Brownie, Guide and Ranger. I took a break before starting to help with a Brownie Pack in Dorset. I continued to help with or run Brownie Packs and Guide units in Leicester, Southgate, London and Oxfordshire as I moved around with my work.

'For my career, I studied sciences at school and university before going on to do a PhD in silicon processing. I now work as section head of a wafer fabrication inspection and yield department.

'I enjoyed working on the Brownie Development Group, contributing to the development of a programme that is a part of so many girls' lives.

'I also enjoyed the social aspect of meeting new people, exchanging Brownie stories and comparing notes of our typical meetings and activities across the regions.

'My interests are holidays and socialising! I also like outdoor activities, music, craft and sedate sports!'



Gillian Chalmers

Brownie Guider in Glasgow and a Scottish Trainer. Gillian also job-shares the County Commissioner's role.

'I enjoy all aspects of working in a Brownie Pack, but I particularly love Brownie holiday and camping with Guides and Brownies.

'It's clear that the Brownie programme needs to be brought into the 21st Century. I feel a strong sense of responsibility towards the Brownie Guiders and the Brownies, to provide them with a bright, new, innovative programme.

'It's an enormous challenge. But that's guiding, I suppose!'



Kirsty Thorburn

For seven years, Kirsty has been a Brownie Guider with Camberley Heatherside in Surrey West. For the last two, she has also trained new Brownie Guiders on programme ideas at County days.

'In my work, I am a Project Manager for McVities, where I manage multi-functional teams to launch new products into the UK market. For hobbies, I enjoy painting, cooking, having dinner parties, camping, walking and photography.

'I have thoroughly enjoyed my time working with the Development Group although, at times, the meetings and the homework sessions were very challenging.

'I have been impressed by how professional, motivated and focused Girlguiding UK is, and how this spirit also infected the team. We all felt empowered to do the job! I feel very honoured, first to have gained this insight into all the hard work that goes on at CHQ and, secondly, that Girlguiding UK has given me this opportunity to make a difference to the lives of our girls and our guiding future.

'I am very excited about the new programme and can't wait for the launch, to see the look on the Brownies' faces!'



Emmaline Kirton

For the last six years, Emmaline has been an Assistant Guider for the 3rd Ormskirk Brownie Pack. She was a member of the GOLD team for Poland in 2001 and, this year, she is leading the GOLD team to Poland (with a party of eight UK members).

'In the past, I have been a Brownie, Guide and Young Leader. I graduated from Edge Hill College in 1999 with BA (Hons) QTS, a teaching degree for primary age, with music as a specialism. I teach a Year 5/6 class, with children aged from 9-11, in Shoreside Primary School, Ainsdale, Southport.

'At school, I run and assist with the cross-country, cricket and athletics teams. I also love music. In my spare time, I sing and play the piano, cello and recorder. At the moment, I sing in the Southport Bach Choir.'



Young

For some children running away from home seems the only solution

JANIS AUSTIN/PHOTOFUSION

People who run away from home often feel they have no one to talk to

By the age of 16, one in nine young people will have run away from home. This amounts to 100,000 each year, with 77,000 running away for the first time. As the majority of children and young people run away because of problems within the family home, most don't feel able to discuss the situation with their parents. If this is the case, a girl's Guider may be someone to whom she turns for advice and support.

'The main reason why children run away is because they feel they can't talk to anyone about their problem,' says Rachel Petty from The Children's Society. 'The most important thing that a Guider can do is to take time to listen to a girl if she wants to talk.'

A report published by The Children's Society in October 2001, *Home Run: families and young runaways*, defines a runaway as 'a young person under 16 who stays away from home for at least one night without the permission of a parent or carer, or as a result of being forced'. Although most runaways are in their teens, one in four is under 11. *Home Run* found that young runaways come from all sections of society regardless of wealth, ethnicity or geographical location. The one thing many have in common is that they have serious and longstanding problems within their family.

Help and support

Other common reasons that cause children to run away include problems at school, such as bullying or pressure to do well; disagreements with parents over lifestyle, such as boyfriends, clothes and staying out late; and personal issues, such as pregnancy or abuse. Girls are more likely to run away from home than boys.

If a Guider is worried about a girl in her unit, Rachel Petty advises her to look out for any behaviour that is out of the ordinary. 'Signs for Guiders to look out for are things like a lack of

concentration, the girl becoming withdrawn, quiet or sad, or being snappy or moody,' she says. 'She should ask the girl how she feels and take her concerns seriously. If there is a problem the Guider and the girl could discuss how it might be resolved together. If the girl isn't willing

6 ...girls are more likely to run away from home than boys...

to talk to her parents or her Guider about what's worrying her, the Guider could encourage her to get professional help, for example, by giving her the number for ChildLine.'

Although children who run away from home often feel that they have no one to talk to or confide in, there are lots of charities and organisations that can give them advice and support (see 'Getting help' box for contact details). Sarah (not her real name), a teenager from Devon, received help from The Children's Society after running away from home. 'She came from a privileged background, went to a private school and had lots of nice holidays, but she felt that her parents didn't know her or understand her,' Rachel Petty explains. 'She had to resit a year at school and her parents wanted her to attend a local school. She didn't want to go there so she ran away from home. She said she hated her parents and they hated her. Sarah spoke to project workers at The Children's Society and they negotiated a period for her to live with her elder sister while the family sorted out their problems.'

Thankfully, like Sarah, most children are

runaways

By Catherine Slater

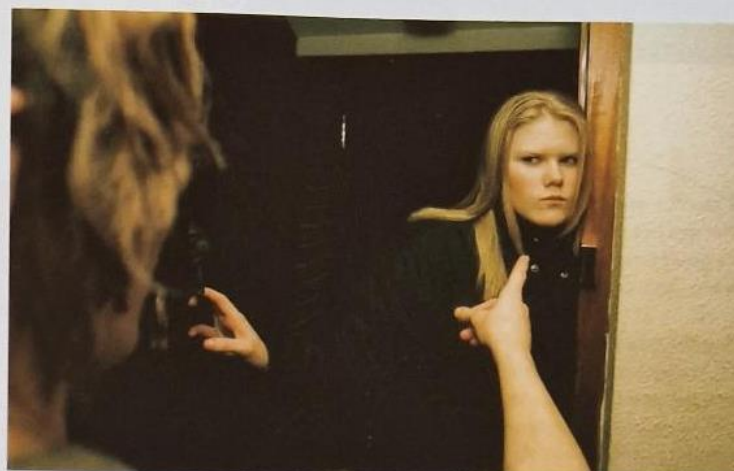
young people who do run away from home don't end up sleeping rough or staying with strangers. *Home Run* found that most stay with friends or relatives and more than half of those who run away return home after one night. But, because there is no national policy on dealing with runaways, once they do return home they receive little help in sorting out the problem that made them leave in the first place.

Tackling the issues

The Social Exclusion Unit (SEU) is working to develop a more effective way of helping young runaways. The SEU's *Consultation on Young Runaways* report, which was launched in March 2001, outlines the extent of the problem in the UK. Daisy Yates from the SEU says, 'Our priority is to prevent young people from running away in the first place. We want to ensure that young people who do run away are safe and make sure that they get the help they need when they return — which will deal with the issues that caused them to run away in the first place and stop it happening again.'

The Consultation sets out a potential system for dealing with young runaways, which includes schools covering the dangers of running away, where to find confidential help, and family related issues in Personal, Social and Health Education lessons, and creating a national network of services that national helplines could refer young runaways to. The SEU has tested the recommendations that emerged from the Consultation and is expected to report to the Prime Minister later this year.

If a girl in your unit does run away from home your support will be needed to help her settle back into the unit once she returns. As every runaway's situation is unique you will need to be sensitive to her needs. Rachel Petty suggests



PAUL BALDESARE/PHOTOFUSION

talking to the other girls in the unit before she comes back to make sure that they understand what's happened. She says, 'The Guider should make sure that the girl is happy and pick up on any problems. But the most important thing she can do once the girl comes back is to make sure that the other girls in the unit aren't treating her differently because she ran away.'

Arguments with parents over lifestyle is a common reason for running away

Getting help

- The National Missing Person's Helpline (NMPH) – 0500 700 700 – offers advice to people who have run away and those who have been left behind. The NMPH also operates a free 24-hour Message Home Helpline – 0800 700 740 – that runaways can call to send messages to their families. For more information, visit: www.missingpersons.org.
- If a young person contacts The Children's Society it will act as a mediator between them and their family to help sort out the root cause of the problem. Call the Public Enquiry Point on 020 7841 4436. For more information visit: www.childrenssociety.org.uk.
- ChildLine gives free 24-hour advice and support to children and young people who are in trouble or danger. Telephone: 0800 1111. Children and young people can also write to ChildLine for advice: ChildLine, Freepost 1111, London N1 0BR (no stamp required). For more information, visit the web site at www.childline.org.uk.
- The Samaritans offer 24-hour confidential support to anyone feeling depressed or in despair. To speak to a volunteer call 08457 90 90 90 from the UK or 1850 60 90 90 from the Republic of Ireland. You can also e-mail jo@samaritans.org or write to: Chris, PO Box 90 90, Stirling FK8 2SA. If you are writing from Ireland, visit The Samaritans' web site to find the address for your area: www.samaritans.org.uk.

Positive

The Positive and Effective Leadership project enters its second year with high hopes for the future

It is 12 months since the three-year Positive and Effective Leadership project began, so now is a good time to look at what has been happening and to tell you what will be coming up.

During the research phase of the renewal of the Guide Section and Look Wider Review, it became apparent that the attitudes of Unit Guiders, Commissioners, Advisers and Trainers tended to determine the success of implementation. The results and comments made by young women at Innovate and the results of The Big Survey painted a similar picture. With this in mind, the Positive and Effective Leadership project was born.

After a successful mini-forum in June 2001, a work plan was devised. Guiders who had indicated they were interested in working on one of the projects were invited to form a small working group. The projects are coordinated by an umbrella group, with each member responsible for a particular project. Upon its completion, they may leave the group and new members can join to take another project forward. Four members talk about their involvement on the opposite page.

Current projects

- Programme to People aims to provide ways for Trainers to combine training on the programme and leadership skills. Thank you if you are one of the 1,500 Guiders who filled in a survey asking about your training experience.

- Supporting Guiders who work in areas of social deprivation is, potentially, one of the biggest challenges the Association faces. There will be two forums for Guiders who work under these conditions. The first is to be held in Birmingham, on October 6, and the second is in Newcastle, on November 16. The Association will cover travel and event costs. A small group from the forums will be invited to implement any necessary actions that will assist Guiders.

Talk to your local Commissioner if you need help with transport or the Guiders in your District if you have caring responsibilities that might prevent you from coming. If you would like to attend, see the 'Further information' box for contact details.



Catherine Holgate is Chairman of the forums on social deprivation

Future plans

- We are exploring the possibility of producing a video to extend the work of *Bringing Out the Best*, produced by Girlguiding Scotland. It will explore behaviour and attitudes between

adults and between adults and girls.

- Investors in Young People aims to recognise and celebrate Counties, Divisions or Districts that can demonstrate they are investing in young people, working with them

appropriately and delivering 'girl-led guiding'. If you have had experiences of girl-led guiding that have really worked, we want to hear from you.

- We aim to provide a range of affordable motivational products that will promote the Positive and Effective Leadership message to adult volunteers. They will be sold through Trading Service and at the Training and Activity Centres. A leaflet will be produced displaying the range of Positive and Effective Leadership products available.

- Guiding magazine has run articles on subjects including training (April issue, pages 12/13) and guiding in areas of social deprivation (May issue, page 15). There will be more articles next year. Motivate, which is another Positive and Effective Leadership initiative, will also be continuing.



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feedback

By Helen Humphreys

Chairman of the Positive and Effective Leadership project

Helen Humphreys

'A few years ago, I was asked to be a member of the Development Group for the renewal of the Guide Programme. Through my involvement and the on-going training programme, it became obvious that it didn't matter how brilliant the resources we were designing were, Guiders needed different help and support in order to deliver them as effective programmes.'

'One Saturday in November 2000, I travelled to an inner-city County to deliver training on the renewed programme. It was raining and, as I travelled around a dismal housing estate looking for the church hall, I saw a row of boarded-up shops as well as houses with blackened and broken windows. Unwanted fridges, cookers, prams and bikes were in the gardens. I could not find the church hall because it was hidden behind two rows of railings. As I entered, these were locked behind me. There were boards at the windows instead of glass.'

'The Guiders I met were eager to hear about the new programme. Despite all the difficulties they worked under, they were delivering great guiding. They deserve recognition and greater support.'

'Through the research phase of the renewed programmes, we read and heard from ex-members who talked about negative experiences of guiding. These included leaders who destroyed girls' confidences, made up petty rules and delivered repetitive, irrelevant programmes. Although this may be a small minority of leaders, we need to ensure that we do not lose girls because of the attitude of our leadership.'

'The Adult Support Group and Guiding Development wrestled with this topic for over 12 months, wondering how it could be tackled. Amanda Medler, then the chair of the Programme Group, suggested that there should be a range of mini-projects to cover all sorts of issues. In January 2001, the remit for the group was agreed at Guiding Development. I was honoured and delighted to be asked to chair this exciting project.'

'As a Rainbow Guider and Chair of Guiding Development for Manchester County, I am well aware of some of the difficulties faced by Unit Guiders. I am the mother of a teenage daughter and son, both of whom are Venture Scouts. My daughter is also a Young Leader who is undertaking the Leadership Qualification. My husband has a national role with The Scout Association, so there is pretty much a shared vision at home.'

'Professionally, I work for the National Care Standards Commission, where I inspect children's homes, boarding schools and fostering agencies. Naturally, I am always interested to know if any of the young people are members of Girlguiding UK and The Scout Association. At a local residential special school, I was very supportive of the formation of a Scout Link Group.'

'Chairing this project is exciting and challenging, particularly as so much of the future of Girlguiding UK depends on its success.'



Denise King Girlguiding UK Chief Executive

'From my experience as a Guide Section Trainer, I have always been concerned to support volunteer leaders, giving them confidence about the way they work with girls and young women as well as the activities and experience they provide. Our relationships are the most important aspect of guiding. Everyone needs to feel valued if they are going to be positive.'

Sue Bell

'I joined as a representative of the guiding Development Programme Sub Group because I was interested in the work of the Positive and Effective Leadership group. In particular, I was interested in the way we can use younger adults, both as Unit Guiders and as part of Division/County teams. I also think that the way we train adults is progressing to a broader look at the Guiders' role, which is very positive.'

Kirsty Baker

'I am doing this because I believe that one of the main ways we can help girls and young women to develop is by helping adult leaders. That's what this project is all about.'



Further information

If you would like to attend the forums for Guiders in areas of social deprivation, or would like some more information on the Positive and Effective Leadership project, contact Rachel Swygart in the Adult Support Team at CHQ on 020 7834 6242 ext 398 or e-mail: rachels@girlguiding.org.uk.

Arabian *rights*

Girlguiding UK played an active role at the Women in Business in the Arab World Conference

Women in Business in the Arab World held their conference in London from May 21-23, and Girlguiding UK was there to share the occasion. A dozen members, aged 18-30, served as stewards and made sure everything was running smoothly.

The conference was hosted by Queen Rania of Jordan and chaired by Christine McCafferty MP, who is also the chair of the Girlguiding UK All Party Parliamentary Group.

Delegates from all over the Arab world attended the event. Topics that were discussed included The Developing Role of Arab Working Women, Managing the Work/Life Balance, Brand Development and Customer Care.

The stewards started on Tuesday afternoon by filling delegate bags, stuffing

envelopes, arranging name badges and setting up the conference.

There was an early start for the group on Wednesday. They worked on the reception desk and helped in the conference room as well as the press and VIP rooms. Christine McCafferty gave the opening speech and then welcomed our members.

On Thursday, the stewards

repeated duties from the previous day. They enjoyed a great opportunity to share guiding with others when Alison Hobson of 1st Brantham Guides, a computer trainer who runs her own business, spoke on the topic Guiding in Business. The conference ended with a reception at Lancaster House in London. Chief Executive Denise King also attended, and the stewards were awarded some presents to thank them for all their hard work.

'An experience I shall remember for a long time.'

Ali Singleton, Unit Guider at 27th Sheffield Guides.

By Siobhan Lewry
Project Coordinator, International, GCH



Queen Rania of Jordan and Baroness Symmonds at the conference

'The Conference is a memory that will stay with me for many years. There was friendship and fellowship at Pax Lodge, excitement at seeing Queen Rania of Jordan and humanity while listening to one of the participants, a fellow female engineer explaining the humiliation she faced when trying to get a job in her home country.'

Nicola Butler, Guider with 1st Wallsend Division Rangers and North Tyneside County International Adviser.

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Go For It!

Free
with
Guiding
magazine

Dance

Music

Costumes

Make-up

SHOW time



Stars in your

Welcome!

We all want to be stars in our own way. *Go For It!* Show time is your chance to use a variety of skills with your Patrol.

Don't forget — you can all be involved in different ways. Putting on a show isn't just about acting. You need directors as well as people to find props, put together costumes and take charge of make-up.

You may also want to make scenery or create lighting and sound effects. All this 'behind the scenes' business requires a lot of thought!

Tip for the top

Sometimes you may need the help of other Patrols or your Guiders to put on a larger performance. You must let your Guider know if you want to invite people to come and see your show.

Hidden talents

Take a few minutes to write down all the skills you have in your Patrol. You'll probably come up with all sorts of talents you didn't know you had!

Who can...

- ☆ Play an instrument?
- ☆ Act on stage?
- ☆ Choreograph routines?
- ☆ Create costumes?
- ☆ Put on a puppet show?
- ☆ Design posters?
- ☆ Arrange refreshments?
- ☆ Provide sound effects?
- ☆ Find things that can be used as props?

Tip for the top

Remember — performing is a huge team effort. An actor is nobody without a script, a costume, make-up or lighting!

Voice exercise

1 It is important to warm up your voice before singing or acting, just like you warm up your muscles before a fitness class.

2 Try some mouth-stretching exercises, making the following noises and exaggerating your mouth as you do it — 'OOO', 'EEE', 'OHHH'.

How low can you go?

3 Hum quietly, gradually getting louder and opening your mouth as you do so.

4 Try reciting some tongue-twisters really slowly:

- ☆ Peter Piper picked a peck of pickled pepper
- ☆ She sells seashells on the seashore, the shells she sells are seashells, I'm sure
- ☆ Red lorry, yellow lorry
- ☆ Round the ragged rock the ragged rascal ran.

Think of some more tongue-twisters of your own.



eyes

Zip zap boing

1 This is a great game to help you warm up before a drama session.

Get your Patrol to stand in a circle with their hands stretched out in front.

2 One person starts to throw an imaginary ball around the circle and, depending on which direction she sends the ball, shouts out one of the following words:

- ☆ Zip (which means left)
- ☆ Zap (right)
- ☆ Boing (straight across)

3 The person who catches the imaginary ball must then throw it to someone else and so on.

If someone gets it wrong (throws it left and says zap instead of zip!) or stops the flow, it suspends the game and someone starts again. As you build up confidence, the ball should move at the speed of light!

Five-minute fun

1 Act out a poem. Do you have a favourite one? If you're stuck for ideas, try looking in the library for inspiration, such as *Roald Dahl's Revolting Rhymes*.

2 Make up a radio advert and record it. What will you advertise?

3 Gather together some dressing-up items such as hats, bags, a walking stick and a shawl.

Pick an item and take on the role of someone connected to the item, such as an old lady with the shawl. Keep the characters for part, or all, of your meeting!

Wink murder

Everyone has played this game before, but this time you can make it into real drama!

Sit in a circle and send one person out of the room to be the detective. While she is gone, choose someone to be the murderer. Get the detective back in.

The murderer has to wink at people to make them collapse in the most dramatic way possible!

The detective has to find out who the murderer is. Give her three guesses to make the right choice.

Make the game more interesting by playing it with the lights dimmed or while you are walking around.

The park bench

1 Warm up and try getting into different characters with this role play.

Put three chairs in a row and ask all your Patrol to sit facing them.

2 Two of you sit on the chairs and act as if you were sitting on a park bench. So you could be eating lunch, having a rest from walking the dog, feeding the birds, reading a magazine and so on...

3 The idea is that you can leave whenever you want and another girl can replace you. Or others can just come up and take your place. You can be spontaneous, meek or outrageous — whatever you like!

This is a simple idea but it will help to build up your confidence and can be really funny!

Tip for the top
Improvisation, or 'improv', is the name given to a piece of drama that doesn't have a script and has not been rehearsed.



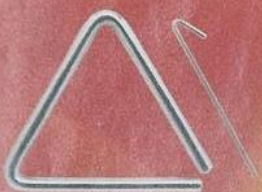
Face the music

Music everywhere

- 1 Think about how important music is in your lives. Count up the places where music can be heard — from football songs on the terraces to piped tunes in shopping centres.

- 2 Borrow a CD or a tape player for the evening and get everyone in your Patrol to bring in their favourite music track. Play the tracks and say what you think of them. Imagine you are the *Pop Idol* judges!

- 3 Design a CD cover for a Patrol compilation album. Would the design include photos of you all or an illustration connected to the songs?



Body rock

You don't have to have an instrument to make music — you are an instrument!

Try making different sounds with different parts of your body — clap your hands and slap your thighs. What happens if you open your mouth and gently tap the sides of your cheeks? If you go to close your mouth what happens to the sound?

You will need

- ☆ A CD or tape player and a power supply.
- ☆ A wide range of different music to play — see how many different styles you can find, such as jazz, pop, rock, world, folk, classical, blues, samba and so on.

Tip for the top

- Go to see a musical show or a concert.
- Compose a ring tone for a mobile phone.

Word rhythms

- 1 Rhythms are really important in music. Think of different instruments that are used to keep rhythm in a song.

- 2 Words can also make rhythms — books by Dr. Seuss provide examples. Here are two rhymes that show how you can stress words in a different way and get different results.

How much wood can a woodchuck chuck if a woodchuck could chuck wood?

The cheque's in the post,
The cheque is in the post,
The cheque's in the post,
Check check.

Sing it loud

- 1 Can you sing? Hold a Patrol karaoke night just for fun. If you have lots of show-offs in your Patrol, hold your own *Stars in Their Eyes* night. You could invite other Patrols to take part.

- 2 Does your Patrol enjoy a lively singing session round the campfire? If so, start a file of your favourite campfire songs, so that new members can learn the words easily.

- 3 Keep adding to the file and decorate it with special memories of your campfire. You might learn new songs from other Patrols, other units or at Division events.

Festival!

- 1 Big music festivals are popular all over the UK. Why not have a music festival with your Patrol?

- 2 Try and decorate the area where you will hold your festival. Do you need a host or DJ for the night? What about trying different styles of food and drink to go with the music? Have a look at *Go For It! Parties* for ideas.



Music...

Mood music

1 How can music affect the mood you are in? Can it stir up different emotions, charge you up and calm you down?

2 Play some Nu-metal, such as Limp Bizkit or Papa Roach. How does it make you feel? Now play a calm piece of classical music, such as Beethoven's *Moonlight Sonata*. Do the two pieces of music affect you in different ways?

3 Some music makes you feel more energetic. What type of music would you listen to if you were getting ready to go out? What's your favourite music for relaxing?

...and dance!

Start up

1 Before you start dancing, try out some basic stretching exercises from *Go For It! Fitness* or use some that you already do in your PE or dance classes.

2 Make sure the floor is suitable for the type of dance you want to do. Hard wooden floors are good for tap but make sure it is not too slippery for line dancing. Clear everything out of the way and check for hazards that might hurt you, such as a pen on the floor or a nail sticking out.

Stylish movers

How many different styles of dance can you think of? Here are some ideas to get your feet tapping and your hips wiggling...

Tap — ask a friend (who is hidden from your audience) to tap out a tune with spoons on a metal tray. At the same time, you can jocularly perform a fantastic tap dance!

Ballet — find out if anybody can teach you the five basic positions and some of the moves of classical ballet.

Ballet usually tells a story. Listen to some music you love and choreograph a story to go with it.

Jive — jive is an energetic rock and roll dance from the 1950s. Do it with a partner. All you need to do is hold hands and swing around, twist under one another's arms and shake your hips in time to the beat.

Ballroom — try to learn the steps of the waltz, cha-cha and tango.

☆ Perhaps somebody's grandparents could come in to the Guide meeting to teach you some basic jive moves or ballroom dancing.

Culture culture

1 Dance is an international art form, and many countries have their own traditional dances.

Find out about our own traditional dances from around the UK — what about Morris dancing, maypole dancing, clog dancing, Scottish or Irish dancing? How did the dances originate and what are the stories connected to them?

2 What about traditional dances from other countries?

Pick a continent and research the dance and music styles that you might find in that part of the world.

Tip for the top

■ Do you have any local dance groups? There might be groups for line dancing, salsa, ballet, tap or even rock and roll. Ask if you can go along for a taster session.

Tip for the top

■ Have you seen any dance recently — either live or on television? Try and copy some of the dance moves you see on music programmes.

Clowning

- 1** If you manage to master the skill of basic juggling, you will be able to show off to your heart's content and incorporate it into a show!

If you have never had a go at juggling before, try these exercises with three small balls of an equal weight. You can buy juggling balls quite cheaply from toy shops. Alternatively, some people find it easier to start with beanbags.

Jiggle juggle

- 2** Hold a ball in each hand and throw them both up at the same time – slightly higher than your head – and catch them.

Practise until you can always perform good throws and good catches.

- 3** Now imagine that there are two bells in the air directly above your hands. At brief intervals, separately throw the balls up to hit them and make a 'ding, dong, catch, catch' rhythm. For example, 'ding' could refer to the ball thrown from your left hand and 'dong' to the ball thrown from your right. Next, change the hand you start throwing with to make a 'dong, ding, catch, catch' rhythm.

- 4** One by one, toss the balls up in the air diagonally across your chest. The rhythm is 'criss, cross, catch, catch'.

Again, stop and start throwing with the opposite hand so that you 'cross, criss, catch, catch'. Now see if you can introduce a third! Criss-cross starting with the left hand. As the second ball peaks, make a third toss from the left, fourth from the right and so on. See page 16 for more help!

Funny faces

There are three main types of clown face – funny, sad and white-face. With these three looks, you can make anything seem funny!

Funny Clown has no dress sense. Her clothes don't fit and the colours clash horribly. However, Funny always looks on the bright side and finds everything absolutely hilarious.

Rugged, unshaven and miserable, Sad Clown is always in the wrong place at the wrong time. Funny Clown bosses her around and White-face ignores her.

White-face Clown is very elegant. She usually gives all the orders and doesn't laugh much. The act gets silly when the other clowns make mistakes and White-face gets angry.

Fancy frills

- 1** Make a fancy accessory for a clown's outfit – a traditional neck frill.

Cut two strips about 25cm wide from a pack of crêpe paper. Don't unfold the paper, just cut straight across after you take it out of the packet. You could use the same colour or two different colours.

- 2** Unfold both strips and lay them on top of each other.

Get out your needle and thread and, along one long edge, make a row of small running stitches through both layers of paper. Leave some thread hanging spare at the start.

You could do this on a sewing machine, if you have one. Leave a length of thread when you get to the end.

Juggling lunch

If you're really good at juggling, try showing off with two balls and an apple. You may even be able to juggle two balls in one hand while taking a bite of the apple. Be careful you don't bite into a ball by mistake – yuck!

Bigger the better

Start your show by juggling three table tennis balls and work your way up in size until you are juggling big balls.

- 3** Gently pull the threads at both ends together. This will gather the stitches together and the paper will start to bunch up into a frill.

When the frill fits neatly around your neck in a circle, tie the ends of the thread together.

Don't get the crêpe paper wet as the colours will run!



around

Tops and bottoms

- 1** You can make your own clown outfit without spending too much time or money.

Clowns often wear loose, baggy clothes. Look for oversized jackets and trousers at car boot sales, jumble sales and second-hand clothing shops.

- 2** You can also hunt out some really loud ties and belts. You may even find some braces to decorate.

Big badges are a great way to brighten up your outfit. Start collecting them or you could make them from card.

- 3** Look out for big trousers that have an elasticated waist. Remove the elastic and replace it with a long strip of thick card.

This will help to make the waistband look really big. Attach a pair of braces to keep your trousers up.

Glue or sew colourful patches on to your trousers or use fabric paint to brighten them up.

Tip for the top

If you can find a pair of trousers big enough, you could loop the waistband over a hula hoop and sew the hoop inside. That would make a brilliant pair of clown's trousers!

Shoe off

Clowns often wear shoes that are much too big for them, but you will need to practise walking in oversize footwear! Try borrowing some really big trainers and stuffing the toes with tissue paper.

Wear your big shoes with spotty socks or stripy tights. Decorate your shoes with wacky laces and paper stars.

No words

- 1** Clown shows are a good excuse for slapstick humour and mime. Miming is acting without speaking. Instead of using words to tell a story, you use your face and body.

- 2** Clowns can tell a whole story with facial expressions alone. Practise different expressions in front of the mirror — scared, worried, sleepy, proud, thoughtful, furious and happy.

- 3** Clowns can tell more complicated stories using their bodies as well as their faces. Make up a clown miming routine around the title 'Slipping on a banana skin'.

Are you superstitious?

There are lots of strange superstitions that surround the theatrical world. Can you find out how and why the following theatrical superstitions came about?

- ★ Why do actors say 'Break a leg' before they go on stage?
- ★ Why do actors refer to Shakespeare's *Macbeth* as 'The Scottish Play' and never by its real name?

A lot of theatre superstition also surrounds these things: peacock feathers, candles, make-up, mirrors, black cats, crutches and wedding rings. Can you find out what is supposed to be unlucky or lucky about them?

Puppet on a string

Shadow show

1 Shadow theatre has a brilliant atmosphere, as the audience has to sit in the dark. Puppets created from simple cardboard cut-outs or even your bare hands can produce fab effects.

2 Start by setting up a lamp so that you can cast strong shadows.

Find a big white wall. If you haven't got one, stick up a sheet or some card. Set up a lamp in front of the wall, about 75cm away. Stand between the lamp and the wall.

3 Now have a go at making some of these hand shadows. Tell a story to go with the shapes and make noises to go with all of the different characters.

Funny bunny

This little bunny can twitch its ears and pick things up. Make a cardboard carrot for it to eat!



Tip for the top

Find out what Indonesian shadow puppets look like. Make your own shadow puppets in a similar style and use them to put on a show.

British bulldog

Move your thumb to make the dog bark and give it a deep, gruff voice.



Elegant dove

Practise fluid, swooping movements so that it looks like the bird is flying. Give it a smooth, posh voice.



Toothy dinosaur

Cut some dinosaur teeth out of cardboard. Now you really will be scared of your own shadow!



Tip for the top

Set up a washing line across the centre of the room and hang a sheet on it to make a screen. Put a lamp behind it. Stand between the lamp and the sheet and then use hand shadows or puppets to put on a performance. The audience sits in front of the 'screen' to watch the action!

Tom Clayton



Big box theatre

- 1 Make your own Punch and Judy-style puppet theatre from a huge cardboard box.

You need the type of box that a fridge-freezer might come in. Try asking an electrical superstore if they have one that you can have.

- 2 Cut a rectangular hole on the front of the box. This should be large enough for your audience to see the puppets in action and high enough for you to stay out of sight while standing inside. Make a 'door' in the back panel so you can climb inside.

Paint the outside of the box with bright colours. You could paint a signboard on top and give your theatre a name. You can even add some theatrical curtains.

All you need now is some hand puppets! You can easily buy them or have a go at making your own.

Tell us a story

- 1 Storytelling is a great tradition in many countries. Australian Aborigines are famous storytellers. Much of their history is passed down by word of mouth through the generations.

Try to find some traditional Aborigine stories.

- 2 Practise your own storytelling techniques. Start by reading a child's short story directly from a book.

Read the story to yourself a few times first. Decide which bits need emphasising, if there are any 'voices' you can put on and so on. Read slowly and clearly, with lots of expression.

Don't forget to keep making eye contact with the audience to help involve them in the story.

- 3 If you would like to try and tell a story from memory, don't try to learn it word for word.

Read the story frequently so that you are familiar with all the important details. Use a prompt card with important details such as dates and names. Tell the story in your own style and keep that all-important eye contact with the audience. Remember to speak slowly and distinctly.

- 4 If you forget part of the story, don't panic. The chances are that people won't even notice! If you remember it later, try to include it without looking too obvious.

Marionettes

- 1 Marionettes are puppets that are operated from above by strings.

Professional puppeteers train for years to handle the very complicated controls. Have a go at designing and making your own marionette and a theatre to operate it in.

- 2 Famous marionette puppets include the original Bill and Ben characters and the Thunderbirds gang.

If you watch an episode of *Thunderbirds* – it's often repeated on TV or you could borrow a video – you can sometimes see the strings that make the characters move.

Tip for the top

Stick plastic hooks at waist-height inside the front of the box. You can use these to hang your puppets on when they are not in use.

Tip for the top
Practise your storytelling techniques at Guides and then run a storytelling session for the Rainbows, local play-group or at a library.



What a perfo

On with the show

- 1 You could put on a show at home or in a garden, in the park, in a hall or at a place of worship. You could even produce a special show for a talent contest or a hospital visit.
- 2 Whatever you do, have confidence in yourself, be considerate to your partners, rehearse the show well and give the audience a real treat. Most of all, have fun!
- 3 If you have ever been backstage at a theatre or even a television studio, you will know how complicated show business can be — so many people, so much equipment and so many strange words!
- 4 But you don't need lots of complicated, technical stuff to enjoy putting on your own show.
Over the next few pages, you will find helpful hints, job descriptions and useful ideas to help you put on a performance.

Get noticed!

- 1 If you plan to hold a big show, then you need to tell other people about it!
Even if your show is for your unit's eyes only, you can still have fun making some programmes and posters.
Design a cool poster that will attract people to your show. Don't forget to include the time, date and venue.
- 2 Have a go at writing a press release. Professional performers who are putting on a big show send press releases to newspapers, magazines, web sites and TV and radio stations to let them know that it is happening.
A press release should include the following information: what's happening, when, where, who is doing it, who can go, if there is a cost involved and a contact number for enquiries.

Rehearsals

- 1 Some plays have to be rehearsed for weeks and weeks but your show can happen much more quickly.
As long as you concentrate on your job and give your other team members a lot of support, it will all come together.
- 2 You should plan as many rehearsals as you need. It's not just the actors that need to practise their moves.
Each person — from the scene shifters to the prop manager — needs rehearsal time to help them do their jobs well.

Tip for the top
Remember the showbiz motto: 'It will be alright on the night!'

Tip for the top
Write out a checklist to make sure everything is done. Each person can have their own list to tick off, but someone should take charge to ensure everyone does what they are supposed to!

- 3 A programme outlining what is going on in the performance will help your audience.
Give your programme a decorative cover and include this information inside:
 - ★ What's happening, including when there is an interval.
 - ★ The words to any singalong.
 - ★ A list of all the performers and crew.
 - ★ Thanks to the people who have helped and lent you things.

rmance!

Jobs for the girls

Lots of people help to bring a performance to life. Here are just a few of the roles that you may have come across:

Director — organises rehearsals, makes sure everyone arrives on time and on the right days, works out where the actors should move on stage and so on.

House manager — sets out seating, makes sure exits are visible, toilets are clean and organises refreshments.

Sound engineer — looks after all the music and sound effects, makes sure volume levels are correct and the audience can hear.

Stage manager — coordinates the stage crew to set up the stage and makes sure everything is in its place ready for the action to start.

Dresser — stands by to help actors with their quick changes between scenes.

Prompter — this is a very important role! The prompter stands in the wings and follows the action on the script so that she is ready to remind the actors of their lines if they forget them.

Time to shine

After all the rehearsals and hard work, it's time to put on the show! This is your chance to shine, so enjoy yourself.

- ☆ Try not to get too nervous! Get rid of any tension by having a good stretch and shake.
- ☆ Ask some friends to help you set up your stage and props before the audience arrives.
- ☆ Leave plenty of time to put on your make-up and costume.
- ☆ If your show has lots of different acts — such as a singer, a juggler and so on — it's a good idea to have a presenter introducing each one.
- ☆ Wait until the audience has settled down before you start your act.
- ☆ Try to vary the pace of your acts, so that you are not running around at top speed all the time!

Very important bit

Staged performances are very strictly ruled by important regulations.

If the words and music in your show are produced wholly by the cast and you are not charging the public to see it, then there's no need to worry.

You don't need a licence for campfire singing and normal unit activities.

However, if you are putting on an event for public entertainment, you need to make sure that the owner of the hall holds a licence from the Performing Right Society (PRS).

If an admission charge is made to the public, you will also require a Public Entertainment Licence from your local authority.

Check all this out with your Guider. She can find more information in *The Guiding Manual*.

If you are using someone else's scripts and songs, you will also need to check out the copyright situation. Copyright exists to protect people's work, which you may need permission to use. Again, ask your Guider to refer to *The Guiding Manual* for more information.

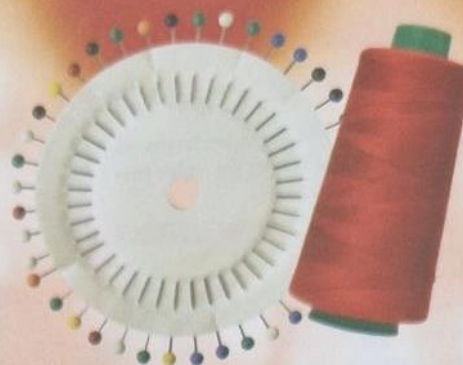


Dressing up box

Costume designer

The costume designer reads the script and discusses the costumes with the director and the set designer. She can then start designing!

★ Have a go at designing costumes for a play set in Elizabethan times, at a 1970s disco or inside a garden shed!



Costume maker

The costume maker works closely with the costume designer. As well as doing lots of sewing, she will have to measure actors to make sure the costumes fit properly.

★ Have a go at making a wig for any character of your choice. You could sew coloured wool on to a 'cap' made from a pair of tights. Alternatively, you could try making a wig from papier mâché!

Tip for the top
The wardrobe department deals with the day-to-day maintenance and upkeep of costumes during the life of a show.

Making costumes

1 You don't have to be brilliant at sewing to make fantastic costumes.

As well as different fabrics, you could use paper, plastics or even household junk!

2 Before you start making things, have a clear idea of what your costumes will be like. Sketch them out on paper and include samples of the materials you will use.

Don't forget to measure the performers so that the costumes fit.

3 Gather up all your sewing equipment, as well as scissors, paper, glue, sticky tape and so on.

Make sure you have all the materials you need, including buttons, decorations, Velcro and so on.

Rockin' retro

Dig around at home for any clothes that you could use as costumes — but find out if it is okay to use them first!

Go to charity shops and jumble sales and check out possible cheap costumes. If you're lucky, you might find some original retro gear from the 1960s or 1970s.

Tip for the top

- Safety pins are essential in your wardrobe kit. If a costume falls apart during a show you can just pin it back together!
- It's also a good idea to have a clothes rail and lots of hangers backstage to keep your costumes neat and tidy.
- Label the costumes so you know who they belong to and which scene they are worn in.

Tip for the top
Try making part of a costume (such as a waistcoat) from a simple paper pattern. If you haven't used a sewing machine before, ask someone to show you how.



Hats off

1 Instead of a whole costume, you could use different hats to distinguish between characters. Put together a collection of hats or make some of your own.

2 Make a basic cone to fit on your head from a circle of card, about 40cm wide. Tape the edges down so that it doesn't spring apart. Add a chin strap made from elastic.

Stick three pom-poms vertically along the front so it looks like a Pierrot hat. What other ways could you decorate your hat? How about attaching a long veil to recreate the style of a medieval princess?



3 Decorate an old straw hat with paper flowers. Cut two lengths of crêpe paper, about 8cm wide and roughly 30 centimetres long.

Snip a fringe along the lengths. Wind the strips around the top of a straw to make the centre of the flower. Cut a slightly wider and longer strip in a different colour. Wind it around the centre, pleating and crumpling it as you go. Tape the ends down and attach the flower to the hat. The more flowers you make, the merrier!

Tip for the top

Visit a fancy dress shop to see how they make their costumes and see what they have to offer. You may even get to try things on!

Making up is fun to do!

Face paints

With good stage make-up you can create really convincing characters.

Practise the basic techniques and then try making yourselves up into animals, old ladies, aliens — in fact, anything you like!

Have a look in your *Yellow Pages* under Theatrical services and supplies. You should be able to find businesses in your area that sell stage make-up. Alternatively, many toy shops sell face paints.

Basic techniques

1 It is best to use water-based make-up or face paints. You can use cheaper make-up for smaller details.

If you want to apply a layer of colour over your whole face, you can buy special make-up called 'pancake', which comes in a flat, round container.

2 Always start with a clean face. It's a good idea to do a patch test first to make sure you are not allergic to the make-up you hope to use.

Using long, careful strokes, apply a base paint with a damp sponge. Use different colours and a fine brush to paint in details such as whiskers and lips.

3 Remember to clean off all your make-up as soon as the performance is over. It's a good idea to moisturise as well, otherwise the make-up can dry out your skin.



Human statue

Put on a waxworks show with 'living statues'. Make yourselves up to look like statues and pose around the room on 'pedestals'.

Watch out for street artists who do this kind of thing. They keep very still until they want to give someone a fright and they suddenly come to life!

Ahoy there!

Pirates are fierce and adventurous. Make yourselves up to look like swash-buckling pirates for an action-adventure drama.

Behind the

Sound bites

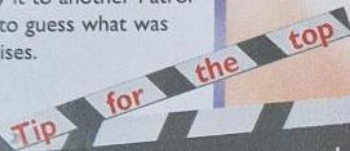
From speech to special effects, sound is very important in a performance. Try out these activities based purely on sound.

- 1 Make up and perform a short sketch that relies on mime and sound effects.

Try creating sound effects such as a creaking door, rain, thunder and lightning, someone walking up a gravel path...

Try telling the story through sound effects alone. Can the audience work out what is happening?

- 2 Record household sounds on tape. You could include a boiling kettle, a toilet flushing, a window shutting and so on. Play it to another Patrol and ask them to guess what was making the noises.



You could try borrowing a sound effect tape from a library audio department.

Property values

- 1 Props include all the furniture, decorative objects and household items that are included in scenes and handled by the actors. This may include umbrellas, letters, lamps and so on.

- 2 Read through your script to decide what props you need. Getting the right props for a production is very important and they will add the finishing touches to your setting.

Having decided what you need for your play, you must start looking as soon as you can. There are four ways to find a prop for your production.

- 3
 - ★ Someone might be willing to loan you the item.
 - ★ Some people will lend it in return for free tickets to your show or a mention in the programme.
 - ★ You could pay to hire it from a specialist theatre props hire company.
 - ★ You can have a go at making the prop yourself!



List it

You will need to keep a log of your props so that they can be used effectively and returned safely. The list should include:

- ★ Name of prop
- ★ Which actor uses it
- ★ What page of the script it is on
- ★ Where the prop has come from and contact details for its return.

Making it

Your Patrol can have great fun making props for your play. Have a go at making a candlestick, a medieval goblet or a regal crown!

You will need to collect lots of different materials to make your props. Here are some suggestions:

drainpipe	paper
bottles	rope
cardboard	washers
dowelling	nails
plaster	fabric
newspaper	rags
wire netting	canvas
florist's wire	paints



scenes

Setting up

- 1** It's hard work to create the set for a stage production. The set designer gets some ideas from descriptions in the play before starting work on the design.
- 2** The set designer needs to be artistic, good at technical drawing and have a good imagination! Once she has decided what she wants, the designer makes sketches to show to the director.
- 3** The designer can then make a scale model of the stage set. You can use an empty cereal box to make your model. You will also need scissors, glue, paint and so on.
- 4** Once your model is finished, you could use some of the torches and filters from 'Lighting up time' to change the shades and colours of the room.

Tip for the top
Instead of making a stage set, you could all make exact replicas of your bedrooms!

What's that word?

Brush up on your theatrical knowledge with a quick rundown of some important theatrical terms.

Wings — the sides of the stage (out of sight of the audience) where actors stand before making their entrance. This is also where props are kept, ready to be brought on to the stage.

Spotlight — the single, narrow beam of light that picks out an actor on stage.

Rig — a grid attached to the ceiling that the lights are hung from.

The Book — the stage manager's copy of the script, marked with all the actors' cues and special notes about props and so on.

Green room — a room backstage where the cast can relax when they are not on stage.

DSL (down stage left) — DSL is a stage direction meaning the front of the stage on the left-hand side as you look at the audience.

DSR (down stage right) — DSR means the front of the stage on the right-hand side as you look at the audience.

Tip for the top
Practise your special theatrical terms so that you can drop them into conversation and sound like a theatre diva!

Lighting up time

Lighting design is an important part of putting on a play or show. Not only is it there to let the audience see what is going on, it also sets an atmosphere.

Professional lighting can cost thousands of pounds, but you can achieve some funky effects with the help of some torches and lamps!

Get as many torches as possible and shine them on people's bodies from a range of different angles.

Make a note of where the shadows fall from each angle. This will help you to create shadows for scenes that need them (such as those set at night). Don't create shadows unless they are required, otherwise the cast and audience will be distracted.

Coloured filters called 'gel' are put in front of stage lights to change their colour.

Try making your own filters from coloured tissue paper, acetate or cellophane. Use them to create the following effects: a forest, a firelit room and a sunset.

Warning

Never shine a torch in someone's eyes.



Useful web sites

Starry eyes

www.nayt.org.uk — web site for the National Youth Theatre

www.amdram.co.uk — find an amateur dramatic company in your area and get involved.

www.theactorsstore.com — theatrical hints and tips as well as things, such as make-up, to buy

Clowns and puppets

www.juggling.org — lots of help for jugglers

www.acm.uiuc.edu/webmonkeys/juggling — great animation to help you juggle!

www.clowns-international.co.uk — everything you need to know about clowns, from the oldest established clowns group in the world

www.zippo.dial.pipex.com/zacad.htm — web site of the Academy of Circus Arts, if you are serious about joining the circus this is the place to start

www.sagecraft.com/puppetry — an international world of puppets

Behind the scenes

www.fancydress.com — get some amazing ideas from Angels, the UK's biggest costume hire company

www.abtt.org.uk — web site of The Association of British Theatre Technicians

www.lightheart.co.uk — see how professional set and lighting designers do it

www.key-light.co.uk — another professional lighting designer, includes a guide to theatrical lights

Notes for Guiders

One of your responsibilities as a Guider is to ensure that there is a balanced and varied programme for your Guides.

You also need to work with the girls to make sure that they take part in activities which cover all the five zones (see the publication *Notes for Guiders*, order code 6635, price £4.50).

Extending an interest

If a Guide has particularly enjoyed *Go For It! Show time*, she may like to try the Performing Arts and Music Zone badges that you can find in this month's *Hotline* (August 2002).

Safety

Another responsibility is to ensure that the Guides are safe. The rules within *The Guiding Manual 3rd edition*, should be adhered to.

Depending on their age and abilities, you may need to supervise the Guides during activities that involve lighting and sound equipment, and props.

You should also be aware when Guides are using make-up (professional stage make-up or otherwise) that they may have sensitive skin or allergic reactions.

Team up in Europe



Enjoy activities and community action in Portugal

By Jane Murphy
Development Manager, International, CHQ

Thousands of Guides and Scouts from across Europe are gathering next summer for a new, exciting event. 'RoverWay — people in motion' will unite people from 40 countries in Portugal from July 31 to August 11, 2003. Now's your chance to join the fun.

Every four years, one of the countries in the European Scout Region will host RoverWay. The Portuguese Scouting Federation is organising the first event.

RoverWay will offer all sorts of experiences, including the chance to enjoy a huge camp. Those who attend will be able to participate in community projects and an amazing range of activities.

In preparation for RoverWay, Scouts and Guides in Portugal are now working on various community and environmental projects. These focus on a variety of themes including environment protection, culture, history, global peace, personal development, society, community action and adventure. Only 50 projects can be selected, with the winners soon to be announced on the web site at www.roverway2003.org.

Select a project

RoverWay takes place in stages. The initial phase is called RoverWay ManyWays. Participants form teams and can then choose an exciting project from the web site. They will have the opportunity to contact the project organisers via e-mail, fax or post.

Once most of the registration process is complete, UK teams will be put into 'Communities' together with teams from other countries. Some Communities will mix Scouts and Guides. They will carry out community and environmental projects during the first week of August in locations across Portugal. To assist the work, each Community will include the Portuguese team that initiated the project.

The next stage is CrossWays, when everyone carries out activities and workshops at camp. There will be a fantastic range to choose from, with subjects including theatre, music, video, photography, climbing, hikes, canoeing and bird-watching. There will also be a chance to address social and environmental issues affecting us all. In this stage, people will have the chance to try out new skills, develop old ones and test their creativity.

Share the experience

The final stage is Chain Reaction. As the name suggests, the aim is that once the participants are back home, they will develop projects that reflect the values and achievements of RoverWay. The



Join thousands of Guides and Scouts to camp near a Portuguese lagoon

experience that they have gained on this camp can then be shared throughout Europe.

Community and environmental projects aside, young women will have the chance to make new friends. In addition, they can learn more about Portugal and its people during the Welcome.net project, an optional home hospitality programme that takes place after the main event.

How to get involved

First you need to form a team of eight. All participants must be aged 16-22 during the camp dates. If you are aged 23-25, you can also get involved as one of the international staff at the camp. Registration of staff has already started and should be completed by November. Check out the RoverWay web site for more information. Alternatively, you can talk to your local International Adviser or e-mail the International Commissioner at InternationalCommissioner@girlguiding.org.uk.

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Email: bph.hostel@scout.org.uk
URL: <http://www.scoutbase.org.uk>

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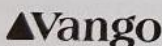
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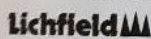
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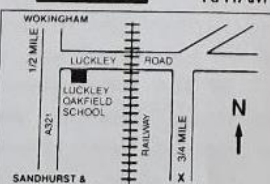
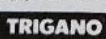
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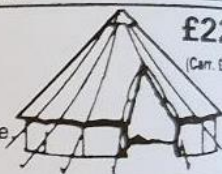


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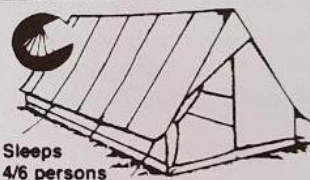
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Friend for life

By Liz Lee
Project Coordinator,
International, CHQ

The Guide Friendship Fund offers crucial support for girls abroad

The Guide Friendship Fund offers a range of support for vital Association projects abroad. This year, the aim is to raise awareness of HIV and AIDS. So far, through your donations, we have been able to give money to two projects in South Africa and Gambia. Here we look at their progress.

Support for Africa

The Girl Guides of South Africa received £1,350 to fund the production of an information booklet to be used by Peer Educators. This resource was put together with the assistance of Nicola Grinstead, a UK Guider. She spent three months in South Africa working with the Association to develop new ways of training Guiders and girls in various health issues.

Eugenia Mbekeni, the Chief Commissioner, wrote:

'Through Nicola Grinstead, the UK Guides have not only helped us to develop the modules for this project but have now made sure that these modules will be produced and used by our units.'

'The fight against HIV/AIDS in our country is intensifying and we, the Girl Guides of South Africa, are very proud to be a very active part of this struggle. The publication of these modules will assist our Educators a great deal. Your generous donation is encouraging and helping us to meet this challenge.'

'On behalf of the Girl Guides of South Africa, I wish to thank the UK Guides most sincerely.'

Gambian Guides

The Gambia Girl Guides Association will receive £7,000. The aim is to train 60 youth Peer Educators to raise awareness of HIV among women and young people across the country. Their ambitious project aims to spread information through radio discussions, debates, quizzes, house-to-house campaigns and drama activities.

Maimuna Kingsley-Jallow, Chief Commissioner, wrote:

'I write to register my profound thanks and gratitude for the kind, noble and timely gesture accorded to us by your philanthropic

organisation. With the advent of this project, it is envisaged that a lot could be achieved to create awareness and reduce the rapid spread of this deadly epidemic among our youths.'

Giving thanks

Yvonne Tew, the GFF Adviser, travelled to Pwllheli, North Wales, to make the 2002 GFF presentation. This event moves around the UK so that different groups can find out more about the GFF as well as receive thanks for their fund-raising efforts.

The Pwllheli Guides took part in an activity demonstrating the unfair distribution of world resources. Each had to pick a ticket that decided what food they were allowed to eat. The unfortunate girls had dry crackers, while the lucky ones got to eat chocolate cake!

Finally, a big thank you is due to everyone who has donated money to the GFF this year. Your contribution is invaluable to Associations that otherwise could not afford to carry out such impressive activities.

If you would like to send a donation, please make your cheque payable to 'The Guide Friendship Fund' and send it to Girlguiding UK, at the address on page 3, in an envelope clearly marked 'Guide Friendship Fund'.



Pwllheli Guides demonstrated unfair food distribution with cake and crackers

Aid in action

Nicola Grinstead spoke of her experiences in South Africa at **Creating a New Future** — celebrating guiding and citizenship, on May 21: 'The problems South Africa faces because of HIV are numerous and complex. They will not be solved overnight or with a quick solution. If the battle is to be won, it will be done so through many small, grassroots-level projects which make a difference in people's lives and which change attitudes. Through being a member of the Girl Guide Association of South Africa, girls can learn life skills which will make a difference in their own lives. Through being involved in HIV/AIDS projects, girls can make a difference in the lives of other people.'

- For a full report of **Creating a New Future** — celebrating guiding and citizenship, turn to pages 8/9.

Making a splash

Encourage your girls to get fit and raise money for asthma sufferers with Swim for Asthma from **October 5-13**.

Groups are being encouraged to organise their own sponsored swim for the event, which is organised by the National Asthma Campaign.

A free Organiser's Pack is available to help you plan your swimming event and all the money raised will fund asthma research.

To order your free pack, call **020 7704 5861** or e-mail swim@asthma.org.uk.

Let's get physical

The Stroke Association is challenging you to get physical during its Stroke Awareness Week from **September 29 to October 5**.

Research has shown that people who don't exercise more than double their risk of suffering from a stroke compared to those who exercise regularly.

To encourage everyone to start exercising regularly, The Stroke Association has produced an Eight-Week Challenge where participants take up exercise every day for eight weeks.

For more information about the Eight-Week Challenge, call **01604 623933** or e-mail administration@stroke.org.uk.



London Bridges Walk

Adults and children are being invited to join celebrity walkers in this year's London Bridges Walk on **September 7**.

Former *Eastenders* star Troy Titus-Adams – who played barmaid Nina Harris – and characters from children's television programme *The Hoobs* will be taking part in the event organised by The Children's Society.

The 10-mile route will begin at the Tate Modern and take in eight of the capital's bridges, including the re-opened Millennium Bridge. Alternatively, walkers can choose a shorter five-mile route.

For more information, call **0845 300 1128** or visit the web site at www.childrenssociety.org.uk.



The Hoobs will be joining participants in the London Bridges Walk

In the trenches

Discover the reality of daily life in a First World War trench at the Imperial War Museum, London, until **October 27**.

Linked with the BBC2 series, *The Trench* exhibition looks at how the series was made and real-life experiences of those who served on the Western Front.

Visitors to the exhibition can walk through a life-size trench complete with barbed wire, latrines and the sound of machine-gun fire.

For more information about *The Trench*, call **020 7416 5320** or visit the web site at www.iwm.org.uk.

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

TRAINING AND ACTIVITY CENTRES

BRONEIRION

01686 688204

Brone@talk21.com

Jubilee Jamboree activity weekend for Brownies

Aug 14-16

Syniadau ar Cyfer Rhaglenni (programme ideas entirely in Welsh)

Sept 6-8

Teens and Twenties – activities for Senior Section members

Sept 6-8

Jubilee Junket – sleepover event for Guides

Nov 22-23

All wrapped up! Christmas arts

Nov 29-Dec 1

HAUTBOIS

01603 737357

Anghela@angliaguides.org.uk

Brownie Holiday for Brownie Guiders and Brownies

Aug 16-21

Come and camp (camping for those without a Pack Licence)

Aug 16-21

Adventure Out

Aug 30-Sept 1

What a performance – training for Guiders

Sept 13-15

Hautbois G Force

Oct 25-27

Santa's biggest Brownie adventure

Nov 29-Dec 1, Dec 6-8,

Dec 13-15

FOXLEASE

02380 282638

Foxlease@girlguiding.org.uk

Adventure Out for Guides

Aug 5-7

District groups – exploring new ideas and activities

Sept 13-15

Make and take for Brownie Guiders

Sept 27-29

'Tents@camp.com' training weekend

Sept 27-29

Relax, refresh, renew

Oct 25-27

Guiding the girls

Nov 8-10

First aid for camps and holidays

Nov 15-17

Senior section pre-Christmas get away

Dec 13-15

New Year house party

Dec 29-Jan 2

WADDOW

01200 423186

waddow@girlguiding.org.uk

Flower festival

Dec 6-8

B-P Challenge Adventure

Dec 13-15

75th celebration

Dec 13-15

BLACKLAND FARM

01342 810493

blackland@girlguiding.org.uk

Beginners' rock-climbing

August 10-11

B.C.U. 1 and 2 star kayak

August 31-Sept 1

Beginners' rock-climbing

Sept 7-8

B.C.U. 1 and 2 star kayak

Sept 14-15

B.C.U. 3 star kayak and B.C.U. 2 star improvers

Sept 21-22

Grand National Archery Society Leader Award Module A (indoor accommodation)

Sept 27-29

Grand National Archery Society Leader Award Module B (indoor accommodation)

Oct 4-5

Guide Association Climbing Scheme Level 1 Training (indoor accommodation)

Nov 9-10

Guide Association Climbing Scheme Level 1 Training (indoor accommodation)

Dec 14-15

NETHERURD

01968 682200

Programme and Training Advisers – your role in the County

Aug 30-Sept 1

Introduction for prospective Trainers and Tutors

Sept 6-8

Music and celebrations training weekend

Sept 27-29

ASSOCIATION NEWS ASSOCIATION

Make and take

A Make and Take event for Brownie Guiders will be held at Foxlease from **September 27-29**.

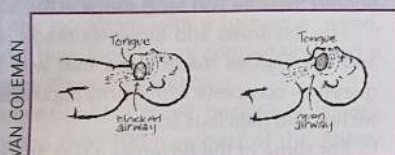
This training will give both new and experienced Brownie Guiders an opportunity to make new friends, explore the arts, the outdoors and the world, look at the Programme and take away ideas to use within their Pack.

If you would like more information about Make and Take please contact Foxlease on **02380 282638** or e-mail foxlease@girlguiding.org.uk.

1st Response correction

The 2002 revised reprint of the *1st Response Participant's Course Book* contains an error on page 12. The illustration that shows how to check a casualty's airway is incorrect and, therefore, should be replaced with the artwork below.

An extra sheet with the correct illustration will be added to all copies sold from now on. This sheet is also available free from Girlguiding UK Trading Service shops and depots for those who have bought the revised reprint since February. Please contact your point of sale to get a copy.



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For details of your local depot call freephone 0800 838227.

Fun and games

A new book published by Y Lolfa is a breath of fresh air for children age five to 11.

Welsh Fun and Games is a collection of games, songs and activities that are enjoyed by children throughout Wales and in countries beyond.

The book includes old favourites such as hopscotch and Mr Wolf as well as activities that will challenge children to use their imagination and improve their communication skills.

Welsh Fun and Games (ISBN 0 86243 627 3) is available in bookshops throughout Wales, priced £4.95, and from Y Lolfa's web site at www.ylolfa.com.

Treasure hunt

Enjoy a dazzling display of secret treasures and sparkling gemstones at the Creetown Gem Rock Museum in Galloway, Scotland.

The award-winning museum houses a collection of gemstones, crystals, minerals and fossils.

Visitors can see a spectacular volcanic eruption display, watch gemstones pieces being created for sale and visit the crystal cave.

For more information, call **01671 820357** or visit the web site at www.gemrock.net.

Dinosaur discovery

Take a giant step back to when dinosaurs ruled the Earth at an exhibition at At-Bristol, until **September 22**.

Dinomites is a fun, interactive display that gives a face-to-face experience of what life was like over 65 million years ago.

For more information about *Dinomites* and other exhibitions at At-Bristol, call **0845 345 1235** or visit the web site at www.at-bristol.org.uk.



One of the dinosaur models on display in the *Dinomites* exhibition

Hidden heritage

Learn about England's cultural treasures for free as part of Heritage Open Days 2002.

From **September 13-16** hundreds of properties and buildings all over England – many of which are privately owned – will be open to the public, free of charge. This year's event, coordinated by the Civic Trust and sponsored by English Heritage, is themed around children and young people.

For further information call **020 7930 9294** or visit www.heritageopendays.org.



Joining in at one of last year's Heritage Open Days in Coventry

Going for gold

Girlguiding UK members celebrated the Golden Jubilee with events fit for a queen!

By Catherine Slater

Royal races

Girls from the Girlguiding Styvechale had a right Royal time during their Golden Jubilee funday at St Thomas More Primary School, Coventry.

The Rainbows played on bouncy castles, had their faces painted and made jewellery to go in the jewellery boxes they had made in preparation for the day. The Brownies took part in a competition to make a Royal cloak and competed in their own royal races, including a hobby horse steeplechase!

Meanwhile, the Guides were given a series of Royal challenges to complete — including building a famous London landmark out of junk. The finished models ambitiously included Buckingham Palace, Tower Bridge, 10 and 11 Downing Street, the London Eye and Cleopatra's Needle.

The action-packed day finished with a presentation of trophies and an indoor camp fire.

Fund-raising fayre

Brownies and Guides from Girlguiding Harpenden Southdown celebrated the Golden Jubilee by holding a Jubilee fayre to raise money for the local Keech Cottage Children's Hospice. The hospice provides care for children with life-limiting illnesses and supports the whole family to ensure they make the most of their time together.

The girls helped prepare and run a variety of stalls at the fayre, including cakes, gifts, games, nail-painting, tombola and face-painting.

The girls and their Guiders put in a tremendous effort and raised a fantastic £755.

Carnival Queens

The 1st Llantwit Major Rainbows were delighted when they won best float in their town's Golden Jubilee carnival.

The unit decorated their float with purple and yellow crêpe paper flowers and a table full of cucumber sandwiches and fruit tarts. The girls looked the part too, dressed in long dresses, feather boas, hats and beads.

But the highlight came when the girls saw themselves on Welsh television news later on that day.

Overseas occasion

British Guides in Foreign Countries (BGIFC) didn't miss out on the celebrations. Over 60 members from the Brussels District enjoyed a Golden Jubilee garden party where they played games, hunted treasure and sang songs in the sunshine.

The Rainbows and Brownies made jewellery and the Guides made a tea that was fit for a queen — complete with dainty cucumber sandwiches and delicious scones.

For some of the Brownies it was an extra special event as many of them completed Interest badges such as Hostess, Craft and Jester.

The successful Jubilee celebration ended with the Brussels District Orchestra playing the National Anthem.



Posh hats were the order of the day when the 1st St Austell Rainbows, Cornwall, held their Golden Jubilee garden party



The 1st Hague Brownies, BGIFC Netherlands, celebrated the Golden Jubilee with a trail in their local woods



JULIA THOMSETT

The 1st Lenham Guides, Maidstone, organised fund-raising activities at their village Jubilee carnival — making £250 for their local church and £100 for their unit

Other golden moments...

- It was a joint celebration for the 1st Blackfen Guides, Sidcup. As well as the Jubilee, the girls were celebrating the unit's 35th birthday. They marked the occasions with a barbecue, a red, white and blue fancy dress competition and a 1960s fancy dress competition.
- St James Church, Carlisle, became St James's Palace when over 100 members of the Abbey District, in Cumbria, attended a Golden Jubilee celebration in evening dress and tiaras.
- The 1st Alcester Rainbows, Warwickshire, made pasta necklaces, golden crowns decorated in red, white and blue and lots of decorations for their Jubilee celebration.
- Rainbows, Brownies and Guides from St Austell's Boscoppa District, Cornwall, designed clothes fit for a queen at their Jubilee party. The girls also played games and enjoyed a celebration tea.
- Brownies and Guides from Girlguiding Battle Hill, in North Tyneside, had fun at their weekend Jubilee jamboree. Some girls camped while other chose to sleep indoors. Younger Brownies and Rainbows joined them on the Sunday for a street party and a garden party.
- Seventy girls from the 1st, 2nd and 4th Studley Brownies, Warwickshire, made crowns, orbs and sashes, danced and sang songs at their Jubilee party. As well as having a lot of fun, the girls completed a clause of their Jubilee challenge badge that was put together by Girlguiding Warwickshire.

Parading our new name

Over 200 members of the Association took part in The Queen's Jubilee Parade in London, on June 4. Each Country and Region in the UK was represented with members travelling from as far away as Aberdeen and Northern Ireland.

Girlguiding UK was asked to take part in the Service part of the Jubilee Parade, which also included representatives from, among others, the Police, the RNLI and a range of other youth organisations.

We were asked to portray the past, present and future. Some members wore guiding uniforms from the past 50 years and it was also a brilliant opportunity to show off our new name. At the front of our part of the parade was a huge banner — which was very useful for getting us noticed on TV!



JOHN LEACH

Over 200 Girlguiding UK members took part in The Queen's Jubilee Parade

Four Brownies from the High Littleton with Farmborough Pack, and their Guider Naomi Russell, were among the group of 20 representing Girlguiding South West in the Jubilee Parade. Naomi said:

'We had the time of our lives and will never forget it. It was amazing to see so many people on the streets. When we walked through Horseguards Parade there were hundreds of people waving, cheering and having a good time.'

'The Brownies had pompoms and the Guides had 'surprise yourself' balloons. All the members wore 'surprise yourself' hats and the Senior Section carried the banner at the front of the Parade.'

'Our instructions were to wave, smile, cheer, sing and have a good time — which is what we did. We were so proud to be members of Girlguiding UK.'

'After walking down The Mall, to see The Queen and the rest of the Royal Family waving and clapping was just wonderful.'

'We were very lucky to have been chosen to take part. We had a fantastic time and enjoyed every moment of this memorable occasion.'

Flying the flag for fancy dress:
This 1st Blackfen Guide enters
the red, white and blue
competition



MELISSA WILSON

Passport to adventure

By Liz Lee, Project Coordinator, CHQ
and staff at Kandersteg, International
Scout Centre, Switzerland

Europe for You! helps young women to explore the changing world

Can you imagine anyone forbidding you from being a Guide? For decades, this was the case for young women in many European countries. Over the last 15 years, however, Guides and Scouts have reappeared after a long absence. In some countries, such as the Czech Republic, they had never gone away but had been 'underground' for years.

With so many changes taking place, there is clearly a need for programmes to help young adults discover more about Europe. Towards that goal, the European Scout Region has developed Europe for You!, a programme for 16-25 year olds. Over the last decade, the programme has aimed to help young people by giving them information and ideas so that they can actively participate in Europe.

Although the programme was designed for a specific age range, much of it is suitable for all ages. So, if you are a leader looking for a location for a summer camp, a Senior Section member planning an expedition or a Guide looking to complete a badge, then there is something for you.

Varied programme

There are three main elements in the Europe for You! programme. The first part, Passport for Europe, is the main tool for developing activities and to help your planning. The other two parts, EuroSteps and the booklet *Where to Stay in Europe*, are designed to help you plan your travelling and programme.

Passport for Europe

This is the central part of the programme, with six key themes for you to think about and use as a basis for programme ideas. The themes are Exploration and Discovery, Quality of Life, Democracy, Culture, Solidarity and Career and social skills.

The aim is to help you to discover Europe. Anyone can have a go, at home and abroad, for an evening or a week. All you need is an open

mind and the desire to learn and take part in new activities.

Each theme offers a 'ticket' providing lots of related activity ideas. When you complete a project, you get it signed in the 'passport' that is also part of the kit. When you have completed at least one project from each theme, you receive the EuroBadge.

EuroSteps

This part of the programme helps you to travel around Europe, staying at assorted sites. There you will be able to complete projects for the Passport for Europe.

You can stay in the mountains, by the sea, in a city or even a medieval castle. Each site offers basic facilities and special projects that you can take part in while you are there.

This summer's projects include protecting forests, learning how to make cheese and helping to run a camp for child victims of war. At each site, Guides can meet other young people and take part in a wide variety of activities to have fun, learn and develop.

Where to Stay in Europe

This is a really useful booklet for leaders and anyone who is thinking of travelling to Europe. It could help if you are searching for information on other countries, a location for your summer camp or places to stay while travelling on Inter-Rail. You can obtain *Where to Stay in Europe* in booklet form or on the Internet.

The booklet looks at more than 330 different centres in 24 European countries, providing information and contact details for each site.

Further information

For your free Europe for You! programme booklets, please contact Siobhan Lewry in the International Department at CHQ on 020 7834 6242 or e-mail: siobhanl@girlguiding.org.uk.

For more information about the Europe for You! programme, please contact your County International Adviser or visit the web site at www.scout.org/europe/foryou.



The Europe for You! programme allows young women to actively participate in Europe

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se yourself

The first Midlands-based 5th Codsall Scouts surprised themselves and their fellow villagers at their local Scout Caravan recently.

The 5th entered a Christmas-themed float in the middle of May and all dressed up as reindeer and elves!



STAR
PHOTO

Please keep sending in your guiding photos, we love to see them. There's a special prize for the best photo and £5 Trading vouchers for other photos that we print. Please include a sae.

Natural talent

Guides and Guiders from the Reigate and Caterham Divisions, in Surrey, took ideas from Go For It! publications on a recent fun day.

These girls are making this fab sculpture out of completely natural materials.



Space night

I'd like to say thank you to Pauline and Teresa Leddy for the Space Theme Night (Activate, April issue). We had eight new Guides coming up from Brownies and this was an ideal introduction for them.

The Guides really enjoyed the activities, particularly where they had to rescue the little green men from the space gunk. The only problem we had was discouraging them from eating the jelly gunk after 25 pairs of hand had been in it!

Ira Luxton
St Ninians Guides
Isle of Man

Senior Section members share their views on the Look Wider Octants.

Young Leaders speak out

As Senior Section members we have decided as part of our Look Wider Octants to examine what we get out of guiding and how we feel guiding could be changed so that others can get as much out of guiding as we have.

We have both been abroad as representatives of Guides Cymru and have benefited greatly from these experiences and from being part of the Movement.

We feel that we have gained the following qualities from guiding: independence,

confidence, communication skills and many new skills, such as camping.

We think advertisements showing exactly what we do – such as walking, socialising and stating that we decide what we want to do and when – would be a good idea. We also think the age range is too vast. Our youngest member is 14 and our oldest just 17, but even this causes problems and we cannot imagine having a 26-year-old in our group.

In our opinion, slowly losing the uniform is not a move for the better. We like belonging to a movement that has an identity. However, we do like the introduction of rugby shirts for leaders. It looks great when Young Leaders and Adult Leaders are dressed the same.

Becky Broughall and Donna Williams
Guides Cymru

Octant incentive

I am a Young Leader and a Ranger in Worcestershire and am writing on behalf of other Senior Section members from our County. We have a Senior Section group that meets regularly in different places so that we can share ideas as well as getting to know one another. At the last meeting we discussed Look Wider and felt prompted to

write to *Guiding* magazine.

We propose that there should be a badge and a certificate for completing all three phases of all Look Wider Octants. It would be even better if the badge was designed by a Senior Section member. We know there are not many who achieve all eight Octants, but this would be more of an incentive.

Shona McHugh
Droitwich Rangers
Worcestershire

Golden birthday

The 1st St James Brownie Pack (formerly known as 9th Rotherhithe and 9th Riverside) will be celebrating its 50th anniversary in September. To celebrate the occasion they are holding a special birthday party on September 17.

If you were a member, or know someone who was, please contact Lesley Marsh on 0208 761 2245.

Lesley Marsh
Brownie Guider

Fluffy fun

These two Beatrix Potter fans from the 10th Keighley Rainbows and Brownies, West Yorkshire, enjoyed a visit to Beatrix Potter World in the Lake District.



ANNE ARGALL



SUE VINT

Animal active

Inspired by Go For It! Animal active, these two Guides from the 1st Burley-in-Wharfedale unit, in West Yorkshire, attended a meeting dressed as animals and raised over £24 for the RSPCA.



VERA MC MULLAN

Royal visit

These two Brownies from Millisle, in County Antrim, were very excited to see The Queen when she visited St Anne's Cathedral in Belfast on her Jubilee tour.

Celebrating 80 years

The 2nd Worcester Park Guide unit is celebrating its 80th birthday on September 28.

If you were a member of the unit and would like to attend the celebration, or you wish to share your memories of being in the unit, please contact Pat Nicholls on 020 8330 2148 or e-mail Sally Clarkson at sallyclarkson53@hotmail.com.

Emotional memories

I have just seen the item on page 21 of April's *Guiding* magazine calling for volunteers to help at Woodlarks camp site. Nearly 25 years ago I was working for my Gold Duke of Edinburgh award as a Ranger Guide in Oxhey, Hertfordshire. For my worthwhile project someone suggested that I volunteer to help at Woodlarks.

I have never forgotten the time that I spent there. It was physically and emotionally challenging, but was a tremendous experience. Everyone was so friendly and helpful. I got to know a group of young people with physical and mental disabilities and learned so much from them about what is important in life and how to have fun.

I can honestly say that it was a life-changing experience for me.

Jane Willis
Guider

9th Bushey Brownies
Hertfordshire

Caution needed?

In response to the article *Help is at hand*, in June's issue, I agree that parents are an invaluable source of help be it as a Helper, Guider, Secretary or Treasurer.

However the article advises 'never turn down parents' offers of help'. As a Safe from Harm Trainer I feel this advice should be taken with caution.

Of course, unit Guiders should follow the basic procedures and ensure that parent helpers are not left unsupervised with the girls. If they believe the parent has potential then it is only right that they should encourage him or her to take a more active part in District life. If, however, they feel at all uneasy then they must feel able to refuse any further offers.

Jacqui Williams
Prospective Trainer
London South East

Up for discussion

Where has 'A problem shared' gone in *Guiding* magazine? I found it quite useful and I'm sure other leaders did too. Therefore, a series of noticeboard discussions on the web site would be useful for leaders to voice issues and get other points of view. I'd also like the recruitment resources easily accessible on the web site.

Rosemary Beecher Bryant
via e-mail

● We have so much to pack into each *Guiding* magazine that sometimes not everything will fit! However, if you have a topic or issue that you would like to know others' views on, please write to the address on page 3.

The web site is constantly under review and we will keep you up to date with any new developments.

What a response

The 1st Newent Rainbows would like to thank units around the country for joining in its 'People who help us' challenge. Nearly 200 packs were sent out and almost 2,000 badges were issued.

If anyone has not received their badge order it may be because payment was not received with the order! There are still some badges left. Please submit your orders to me, with payment (£1 per badge, payable to 1st Newent Rainbows).

Badges do have 2002 printed on them so if you would like to run the challenge later in the year, please order additional badges and/or another challenge pack (£2) as soon as possible.

Frances Beavers
Rainbow Guider
33 Lakeside
Newent
Gloucester
GL18 1SZ

LETTERSLETTERSLETTERSLETTERSLETTERSLETTERSLETTERSLETTERSLET

Cuddly crafts

Around 100 Rainbows, Brownies and Guides from the Kingthorn District enjoyed an arts and crafts day recently.

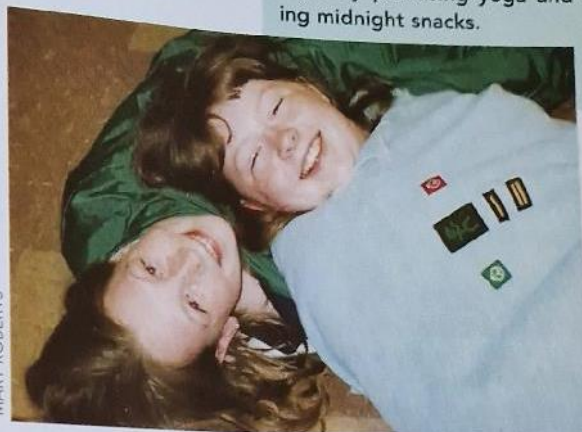
This Rainbow is showing off her creation.



Sleepy heads

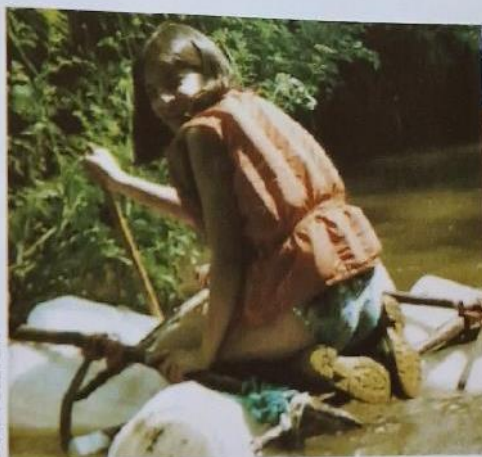
The 1st Cimla Guides held a sponsored 'stay awake' in April to raise money for two Guides from their Pack who will be travelling to Iceland and Ireland in July.

They kept themselves awake all night by practising yoga and eating midnight snacks.



Splashing fun

There were some very clean cars in Boscombe, Wiltshire, when the 1st Boscombe Down Guides held a car wash to raise money for the unit's summer activities.



That sinking feeling

The Surrey-based 1st Medvale Guides enjoyed a camping holiday in Chiddingfold, Surrey.

The unit's favourite activities were swimming and rafting in the nearby river.

Homework sorted!

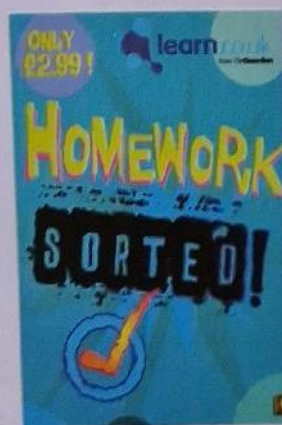
With the new school term approaching, girls will appreciate the handy pocket-sized guide books, *Top Websites for Homework* and *Homework Sorted!*, published by Hodder Children's Books.

Guiding magazine has 15 sets of both books, worth £2.99 per book, to give away.

For a chance to win a set, send your answer to the question below, along with your details, to Guiding magazine/Homework to the address on page 3, or e-mail: guiding@girl-guiding.org.uk.

All entries must arrive before August 28.

How much do each of the books cost?



HODDER CHILDREN'S BOOKS

GIVEAWAYS GIVEAWAYS GIVEAWAYS

LETTERS LETTERS LETTERS

Get creative!

The International Craft and Hobby Fair's Autumn shows, at venues across the UK from September to November, are a must for all craft enthusiasts:

Creative Stitches & Crafts Alive, Westpoint Exeter — **September 26-29**

Crafts for Scotland & Hobbycrafts, SECC Glasgow — **October 25-27**

Creative Stitches & Crafts Alive, CIA Cardiff — **November 8-10**

Crafts for Christmas and Hobbycrafts, NEC Birmingham — **November 14-17**

For show information please call **01425 272711**.

Tickets cost £5.30 per person for each venue, except Birmingham, which cost £7.70 per person.

Guiding magazine has five pairs of tickets for each Craft and Hobby Fair show to give away.

For a chance to win, simply answer the question below, stating your choice of venue, and send your entry, along with your details, to Guiding magazine/ICHF to the address on page 3, or e-mail: guiding@girlguiding.org.uk.

All entries must arrive before **August 28**.

Who are the ICHF shows a must for?

GIVEAWAYS GIVEAWAYS GIVEAWAYS



A lifetime of commitment

Valerie Stead from Cheltenham, in Gloucestershire, recently celebrated her retirement after 47 years as a Guider!

On retirement, Valerie was a Guider for the 37th Cheltenham Rainbows and an Assistant Brownie Guider for the 15th Cheltenham Rainbows.

Valerie continues to be

involved in guiding as Registrations Secretary for Cheltenham, as well as a Mentor, a Commissioner tutor and a member of the Trefoil Guild.

Celebration of bravery

Assistant Guider Karen, from Surrey, who is recovering from a long illness, was recently rewarded with a celebration evening organised by the girls in her Pack, the 11th Cheam (St Pauls) Brownies.

During the evening, Karen was presented with her Duke of Edinburgh Silver Award, her First Aid Certificate and her Pack Holiday Licence.



Medieval mayhem

Around 50 Guiders from Girlguiding Worcestershire attended a very unusual training event earlier this year when they spent a medieval-themed weekend at St Briavel's Castle, located in the Forest of Dean.

In-between training sessions the Guiders had a go at medieval crafts, such as embossing and iron work, before enjoying a banquet fit for a king on the last evening.

These ladies had fun designing and making their very own monk costumes especially for the medieval occasion!



Return visit

Guides from Portsmouth recently played host to 21 Japanese Girl Scouts.

It was a return visit for Japanese Guider Nobuko, who had become interested in guiding when she visited Portsmouth in 1976.

The Japanese girls entertained the Guides with dancing, a tea ceremony and a sword routine.

Everyone got on really well and addresses were exchanged. Who knows, perhaps in 25 years one of them might return to Portsmouth with her unit!



GIVEAWAYS GIVEAWAYS GIVEAWAYS

Bright idea

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Guiding magazine has 30 packs containing two lightsticks, worth £4.99 each, to give away.

For a chance to win a pack, simply answer the question below and send your entry, along with your details, to Guiding magazine/Lightsticks to the address on page 3, or e-mail: guiding@girlguiding.org.uk.

All entries must arrive before **August 28**.

How many hours of instant battery-free light can Omniglow lightsticks provide?



Royal tribute

Members of the 2nd Godmanchester Rainbows and the Godmanchester Brownies used a Whitbread Action Grant to plant three mountain ash trees outside their County headquarters.

One tree was planted to celebrate The Queen's Golden Jubilee, while the others were planted in memory of our President, Princess Margaret, and Patron, The Queen Mother.

The girls enlisted the help of unit Ambassador Roy Norris, Mayor of Godmanchester, and Councillor Anne Looker, as well as the Cambridge West County Commissioner, Jane Lloyd.



Flower power

The 1st 'A' Aberdour Guide unit helped to raise just under £3,000 for Cancer Research UK by picking daffodils, with other members of the community, to be sold in local town and village shops.

The Guides also used the daffodils to decorate the chapel of the local hospital.



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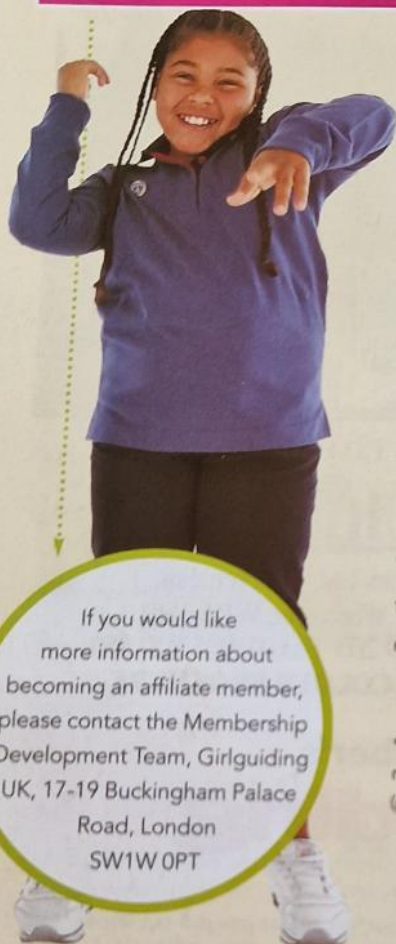
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