

Guiding

magazine

JANUARY 2003 £1.80



**World Thinking
Day**

**New look
Interest badges**



Girlguiding UK

In celebration of Mothers' Day 30th March...

breakthrough
breast cancer

Crocus Walks 2003



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funds for breast cancer research.

www.breakthrough.org.uk

'The crocus represents the start of new life after a long winter. We can all play a part in securing a better future by helping to raise funds for vital research and what better way than by taking to the great outdoors and organising a walk. Every step you take will help Breakthrough Breast Cancer.'

Michelle Collins

Please fill in your details and return to:

Crocus Walk 2003, Breakthrough Breast Cancer, 3rd Floor,
Kingsway House, 103 Kingsway, London WC2B 6QX

PLEASE WRITE YOUR FULL ADDRESS IN BLOCK CAPITALS

full name Mr/Mrs/Ms
address _____
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Welcome

A Happy New Year to you all and a very warm welcome to the first Guiding magazine of 2003. This year promises to be an exciting one for Girlguiding UK. On page 5 you'll find a special message from Jenny Leach, the Chief Guide, and Denise King, the Chief Executive, setting out Girlguiding UK's aims for the near future.

If you turn to page 7 you'll see some more exciting developments for the Brownie section. Unveiled at last are some of the new bang-up-to-date Brownie Interest badges along with answers to some of the questions you and the girls may be asking about them. News of another exciting initiative can be found on page 9. Girlguiding UK has received funding from the Football Association to promote the sport among girls. Football is a great way to get fit and next month we'll be telling you about the football training courses and bursaries that will be available.

Finally, don't forget that we want to hear from you if you have anything to say about any of the topics covered in the magazine, or indeed anything related to guiding. We'd also like to know about the things you get up to this year, anything from special projects to games and holidays.

Victoria

Victoria Wheeler
Acting Editor

ACTIVATE

The first Activate of 2003 is packed full of crafts, games and lots of other great ideas for you and your unit

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Questions and answers about the new Brownie Interest badges

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WORLD THINKING DAY

Find out about the WAGGGS World Thinking Day Fund and how you can get involved

GUEST WRITERS



Mary Matthews is
Girlguiding UK's
Walking Adviser



Jacky Ramsden,
Girlguiding UK's Outdoor
Activities Adviser, has
some exciting news about
football funding

FRONT COVER

Cover photo by Laura Cartwright

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NEWS IN BRIEF

MIDDLE EAST

In November's *Activate*, page 14, there is a mistake in the 'Holy war' paragraph. It should read 'The Dome of the Rock holds the rock from which Muslims believe Muhammed rose up to heaven' rather than 'Allah rose up to heaven'. We apologise for any offence caused.

LOTTERY GRANT

The 14th Eastleigh Scout and Guide band, The Spitfires, has received a £5,000 grant from the National Lottery's Awards for All programme.

The grant will enable the band to replace badly worn instruments and buy instruments for the many new members who have recently joined.

- For an Awards for All application pack call 0845 600 2040 or visit the web site at www.awardsforall.org.uk.

STAMP EXHIBITION

The Scout and Guide Stamps Club will hold its annual exhibition on **February 22** at Baden-Powell House, Queen's Gate, South Kensington, London SW7 5JS from 10.30am to 4.30pm.

A wide range of Scout and Guide stamps, cover postcards and other philatelic material will also be available. Entry is free.

Top of the pops

Some of the biggest names in pop joined 11,000 Girlguiding UK members on November 9 for our exclusive music extravaganza — the BIG GIG 2002.

Following on from the huge success of last year's event, the sell-out show at Wembley Arena attracted big stars such as boy-band Blue, pop idol Darius and all-girl group Atomic Kitten.

SM:tv's Brian Dowling hosted the event which also included performances from Mis-Teeq, Busted, Big Brovaz, Jessica Garlick and D'Side.

- Look out for our exclusive BIG GIG feature in February's issue.



DOUG PETERS

New Depot for Girlguiding Birmingham

Following the closure of the Birmingham Guide Shop, a Trading Depot will open at Trefoil House in the city centre on January 18.

The opening hours will be 10am-3pm on Saturdays and possibly 5pm-7pm on Thursdays.

A coffee bar will run alongside the depot and the County is asking members to donate any spare mugs they may have. If you would like to donate mugs, please bring them to Trefoil House, Brownsea Drive, Birmingham B1 1QL.

Girlguiding UK would like to thank everyone who worked at the Birmingham shop and wish the new depot every success.

Centre Manager Foxlease

Lyndhurst - Hampshire
circa £23,000 plus benefits

We are the UK's largest organisation for girls and young women. At Foxlease we offer residential training/conference facilities and the opportunity for camping and outdoor adventurous activities such as abseiling, climbing, canoeing, archery, team building and swimming.

As the Centre Manager you would be responsible for:

- Taking the lead in the development, delivery and monitoring of the 2003-2006 strategic objectives
- The production of the annual business plan and budget forecasts
- The development of a forward plan to drive the business forward
- Leading and motivating the staff team and ensuring that the Centre complies with Health and Safety legislation and Codes of Practice
- Project management including the forthcoming building works for a new Group Adventure House
- Working effectively with the volunteer committee members.



Girlguiding UK

The successful candidate will possess the following:

- Well rounded business skills and commercial awareness
- Strong leadership skills
- Effective budgetary, asset and resource management skills
- Excellent client and customer liaison skills
- A flexible and customer-focussed approach to providing a quality service
- Previous experience of managing a Centre and a commitment to the development of a Centre of excellence.

This is an opportunity to work in a Georgian mansion which combines 18th-century elegance with 21st-century training and conference facilities for up to sixty people. Set in 65 acres of woodland offering camping and on-site activities in the heart of the New Forest. If you have the relevant skills and enthusiasm then please contact Personnel on 020 7592 1836 for an application pack or e-mail personnel@girlguiding.org.uk.

Closing date: Monday January 27, 2003

Registered Charity no. 306016

Web site: www.girlguiding.org.uk

NEW YEAR MESSAGE

Hundreds of members, from many areas of guiding, responded to the request in *Guiding magazine* last year to share thoughts and dreams about the future of our Association. It was hugely encouraging that so many of you took the time to respond. After your ideas and views were collated, Executive Committee members and senior staff worked together to identify priority areas for development during 2003 to 2006.

The focus has been placed on three key areas:

Partnerships, Quality and Strength. The aim is to keep our Association fresh, modern and up-to-date with a clear sense of direction. We want to play an indispensable part in the development of girls and young women, through a motivated, highly trained and greatly valued team of volunteers.

The first key area is to develop strong partnerships within guiding so that our systems of administration and communication become much more effective. The distribution of *Guiding magazine* directly to all members is a good example of this. The challenge is to create a listening organisation where people feel valued and where they are prepared to support one other in taking the whole Association forward.

The second area is to focus on providing a good quality guiding experience for every girl. The delivery of the renewed programmes will be most successful where leaders are supported and motivated. To avoid Unit Guiders feeling overloaded, we are set to clarify the minimum expectation of every unit together with the extra optional aspects. We must also challenge negativity within our adult membership.

The third area is to strengthen guiding everywhere. Real progress has been made in updating our image – how we are seen by the public and the press – and this will continue. Now, more than ever, we need to join together in promoting



JOHN LEACH

what we do locally and to invite new people to help us. Expanding the adult membership is the key to reducing the waiting lists around the country.

In 2003 we are going to explore initial ideas as to how we should celebrate our Centenary in 2010 — what do YOU think we should do? This is our Association and we move forward purposefully when we work together. Your comments, views and constructive suggestions are all very welcome. Please do share your views locally and ask for them to be passed on. Please do feel free to get in touch directly. Write to *Guiding magazine* so we can have a healthy debate about guiding as we go along this path together.

Finally, thank you for all you do for guiding, in whatever capacity you act.

Jenny Leach

Jenny Leach
Chief Guide

Denise King

Denise King
Chief Executive



JULIE PAIN

Cafédirect winners

After a year of brewing, pouring and serving, the 4th Kingswinford Brownies have been announced the winners of the Think It, Drink It Challenge.

Brownies from across the UK rose to the challenge to serve the most cups of Fairtrade tea and coffee over 12 months, in support of tea and coffee growers in developing countries across the globe.

The challenge was organised by Cafédirect, the UK's leading Fairtrade company, to raise awareness of Fairtrade — a scheme which guarantees farmers a fair price for their produce.

Throughout the 12 months a staggering 50,000 cups of Fairtrade tea and coffee were served by participating Packs. The 4th Kingswinford Brownies won the challenge by serving a huge 10,000 cups at Jubilee parties, school fêtes, adult Leader meetings, workplaces and guiding and Scouting events. They are also the regional winners for Midlands/Anglia.

The Pack has been awarded a cheque for £300.

● The other regional winners were: North East/North West — the 7th Harrogate Brownies; London South East/South West — the 6th Greenford Brownies; and Wales/Scotland/Northern Ireland/BGIFC — the 3rd Burntisland Brownies.

CELEBRATE UNIT HELPERS

HAVE YOU MADE YOUR UNIT HELPER AN AFFILIATE MEMBER?

The role of the Unit Helper is a vital one in supporting Guiders. Sometimes, the Unit Helpers are parents who lend their support on a regular basis while their daughter is in the unit. In other units, the Unit Helper is someone who came along to help once, and stayed.

Unit Helpers can add a great deal to a unit. Not only can they offer more support for the unit Leaders, their presence often means the unit can undertake a more adventurous programme.

Until 2000, Unit Helpers were not technically part of the Association. This was one of the main reasons why the Affiliate membership scheme was set up. It allows us to fully recognise and include Unit Helpers as part of our membership family. In the 2002 census, guiding recorded almost 14,000 Unit Helpers, of whom over 2,000 had been made Affiliate members.

THANK HELPERS

At this time of census-taking, it is a good opportunity to think about your Unit Helpers. Have you recognised their contribution by making them Affiliate members? Have you thanked them recently in front of the girls? Have you asked them if they might like to take on a unit themselves? Many long-standing Unit Helpers would fly through the Leadership Qualification because of their experience. We should be making good use of all our assets, especially where there are waiting lists.

If you do not currently have any Unit Helpers, refer back to the pack *How to involve parents* (Guiding magazine, July 2002, page 7) to see how to recruit parents to help. Remember, if you don't ask, you don't get.

We asked some Guiders and their Unit Helpers in Cirencester, Gloucestershire, how they benefited.

Brownie Guider Sally Grace:

'My assistant and I would not be able to run Brownies without our Unit Helper. She brings in many new ideas to help with the programme. She is also very good with the girls and makes Brownies fun and exciting. I am very pleased that she is starting her adult leader training.'

Unit Helper Claire Wenban:

'I felt that by becoming a Unit Helper, I could help the Brownies to gain the skills and confidence that they need throughout their lives. It has also helped me to gain confidence and new skills, too. I have enjoyed my time as a Unit Helper so much that I am about to start my Leadership Qualification with the help of a very supportive team.'

Unit Helper Duncan Wells:

'Having a mother who was a Division Commissioner, it is hardly surprising that I have a long history of helping out with various guiding activities. I am now married to a Brown Owl. As a Unit Helper, I have my own role within the unit, where I enjoy helping the girls to get the most out of their Brownie experience. I also have fun working with the other Guiders.'

Brownie Guider Corinne Wells:

'Having Duncan as a Unit Helper means that I have another adult whom I can rely on at Brownies. He helps with all aspects of the programme and the girls love having him around.'

Having a Unit Helper may mean the unit can take part in more unusual activities



JOHN MILLS

NEW LOOK INTEREST BADGES

By The Brownie Renewal Team

Brownies

UPDATING INTEREST BADGES AS PART OF THE BROWNIE RENEWAL

This year sees the launch of the renewed Brownie section. We are pleased to share with you details about the new programme and the resources supporting it. In the first of these articles, we feature Interest badges and answer some of the questions that have been raised.

Have the Brownie Interest badges been discontinued?

No, the Interest badges continue to be a fundamental part of the new Brownie programme. All our research showed that the Brownies really enjoy working towards and displaying Interest badges. Firm favourites still include Hostess, Cook and Swimmer.

Will the syllabuses be changing?

Yes, all the syllabuses have been reviewed to ensure that they are relevant and up to date for today's girl. In reviewing the badges, it was apparent that the interests of Brownies have developed since the last badge book. The new syllabuses will reflect this. Therefore, some have been combined to make more exciting badges and some new ones have been introduced.

Will there still be a badge book for Brownies?

Yes, a new badge book will be available when the new programme is introduced.

What will the Interest badges look like?

The new badges will be diamond shape and full-colour (see the designs on the right). They will still be made of cloth.

How much will they cost?

The new badges will cost 35p — an increase of only 2p on the existing badges.

Where can Brownies wear their badges?

The recently introduced gilet was designed for girls to wear their badges on, although the sash may still be

worn if the girls prefer this.

In the current programme, the positioning of the badges on the sash is specified and this remains unchanged. For those who would prefer some guidance on where to wear the badges on the gilet, the Promise badge could be worn on the right, the Pack name tape on the right shoulder and the Six emblem could be worn under the Promise badge. However, Interest badges and any other badges can be worn wherever the Brownies choose on the gilet.

If you prefer, your Brownies could decide in a Pow Wow where they want to wear their badges on the gilet so that you had a look unique to your Pack.

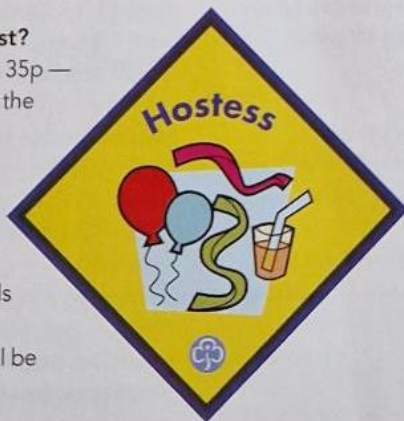
When can I start using the new badges?

The new badges will be available in May 2003.

I currently have a large stock of Interest badges. What can I do with them?

The current badges can continue to be used until you change to the new programme, but Trading Service will not be restocking the old Interest badges once the new ones are introduced.

It's probably best to only retain enough stock of existing badges to take you up to the time you introduce the new ones. We are sure you and your Brownies will want to have the new badges as soon as they are available.



CARRY ON WALKING

By Mary Matthews
Association Walking Adviser

FROM BRIEF WALKS TO MOUNTAIN WALKS, THERE IS A QUALIFICATION AND COURSE TO SUIT YOUR NEEDS

Guiders should enable their girls to experience adventure in an environment that is exciting but where the risks are carefully managed.

Anyone leading Girlguiding UK members aged under 18 more than 30 minutes' walk from a road or landline telephone must be appropriately trained or qualified.

When walking in Easy country, the Leader should have done the Out and About Optional Training Module. In Lowland she should have completed Level 1 of the Walking Scheme, but she does not have to be qualified.

For Open, Wild and Extreme country, the Leader must be qualified with Level 2, Level 3 and the Mountain Leader award respectively. Details of the syllabuses and qualifications are found in *Training Opportunities: Walking Scheme*. Definitions of the country types and requirements are in *The Guiding Manual 3rd Edition 2001 and 2002 Amendments*.

Duke of Edinburgh groups in Open, Wild and Extreme country must be led or supervised by a qualified adult. The qualification must be relevant to the country in which they are walking, irrespective of whether the group is doing Bronze, Silver or Gold Awards.

TRAINING ADVICE

The following guidelines should help you to go walking with your unit:

- If you go less than 30 minutes' walk from a road or landline telephone, you do not need to be qualified.
- If you have been walking and leading groups for many years, you may be exempt from training. Provided you can demonstrate that you have done the requisite

walks and hold an up-to-date First Aid certificate, you may be assessed over one week-end and while leading a walk.

- If you cannot get a required qualification yourself, someone who is qualified may be happy to help. Just ask your Commissioner, Walking Adviser, the local education authority, Mountain Rescue or your Country /Region Walking Adviser.
- You can transfer to the Walking Scheme easily, whether you were part-way through the Walking Safely Training Scheme or already had a walking qualification. Ask your Walking Adviser or OAA for advice and for details of courses.
- Courses are also listed in *Guiding* magazine and on the web site. If there isn't a course suitable for you, ask for one.



MARY MATTHEWS

RECENT SUCCESSES

Many Leaders are now qualified in the new scheme. Congratulations to the five Guiders who gained their Mountain Leader Award this year: Gill Beazley (NEE), Helen Errington (LaSER), Joanne Goldie (Midlands), Vanessa Jackson (NW) and Linda McMillan (Anglia).

WALKING COURSES FOR 2003

March 21-23, Derwentwater, Lakes
Assessors' weekend (for Mountain Leader holders only)

April 4-6, Grasmere, Lakes
Level 3 Assessment (only for Mountain Leader-trained or Severe holders)

April 11-13, Bassenthwaite, Lakes
(with option to stay for a couple of extra nights)
Level 2 Training
Level 2 Assessment

April 11-16, Bassenthwaite, Lakes
Level 3 Training
Level 3 Assessment

September 12-14, Cheviots, NE England
Level 2 Training
Level 2 Assessment

- For more information about any of these courses, please contact Pat Wheatley at CHQ on 020 7834 6242 ext 205 or e-mail patw@girlguiding.org.uk.

MINI SOCCER

FOOTBALL FUNDING PROMOTES TEAMWORK AND HEALTHIER LIFESTYLES

By Jacky Ramsden
Outdoor Activities Adviser

Thanks to the Football Foundation, Girlguiding UK has a brand new programme to help our youngsters keep fit and healthy while having lots of fun at the same time.

In May 2002, the Football Foundation awarded Girlguiding UK £186,600 to develop football at a local level. Additionally, The Football Association has provided us with the support and expertise to make it happen.

WHY FOOTBALL?

In 1999, the Guide Association held an Outdoor Forum at Waddow. At the forum Brownies, Guides and Guiders had the opportunity to try out a variety of activities ranging from the traditional to the sporting. Football was voted one of the girls' favourite activities.

As well as being a really popular girls' activity, football also proves a useful tool for promoting the guiding principles of teamwork, leadership and healthy lifestyles. As you may have seen from using *Go For It! Football*, the sport can be used to explore topics such as racism, inequality, advertising and so on.

KEEP FIT

Many of you will have read headlines and heard news reports about the rising levels of obesity in the UK's children. Reports have said this obesity is a time bomb of early diabetes, heart disease and stroke waiting to explode.

However, bad eating habits are not the sole cause of obesity — changing lifestyles are a leading factor. Fewer children walk or cycle to school, sport is squeezed out of the timetable to make way for the other curriculum priorities and playing fields have been sold off. Parents may have less time to kick a football around or turn a skipping rope with their children.

The football funding we have received will enable more girls to get into the sport, encouraging them to exercise as well as have fun.

FOOTBALL PROGRAMME

The funded football programme covers the following Girlguiding UK activities:

- Two national mini-soccer festivals — the first was held in Sunderland in July 2002
- *Go For It! Football* for Guides (available from Trading Service, order code **6675**, price £5)
- Junior Football Organiser trainings for Guiders
- Free football equipment bags for Divisions (or equivalent) that have at least one Leader who has attended a Junior Football Organiser course

- Coaching bursaries for Senior Section girls who want to take coaching qualifications
- Footballing activities for Brownies and Rainbows in *Guiding magazine*.

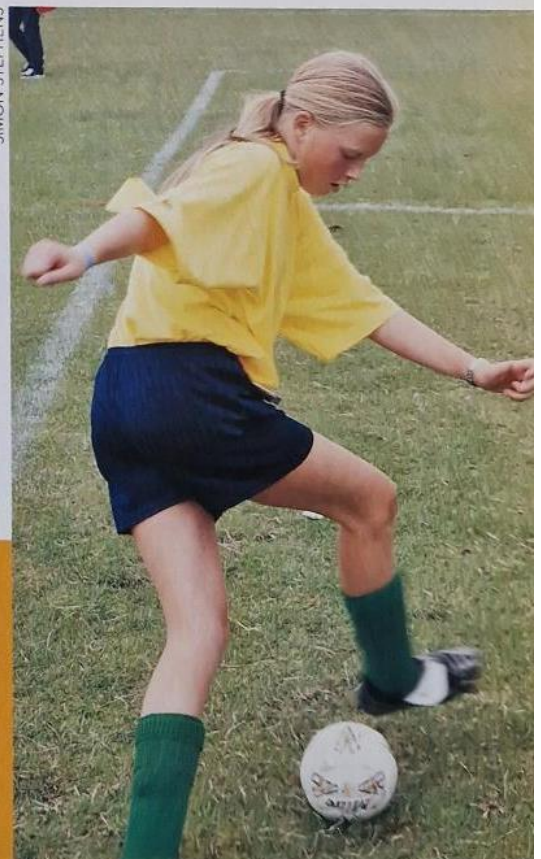
FESTIVAL 2004

The next Football Festival will take place in 2004 and will be even bigger and better than last year!

There's lots of time to get training. In the meantime, you might like to try organising your own local mini-festival so your girls know what to expect. Look out for an article in a future issue of *Guiding magazine* which will give tips and hints on organising football festivals.

For the moment, we want you to just get out there and have fun. The main thing is that young people get outside, enjoy exercise and fight the couch potato syndrome. Exercise improves overall health, increases self-esteem and raises individual achievement levels. Don't our girls deserve that?

SIMON STEPHENS



NEXT MONTH

Find out about the Football Organiser course and coaching bursaries.

SPOTTING THE SIGNS

EARLY DETECTION OF MENINGITIS AND
SEPTICAEMIA CAN SAVE LIVES

By Isobel Durrant

In recent years there have been several high-profile outbreaks of meningitis, when our television screens have been filled with images of young people queuing up in school halls for preventative antibiotics. A voiceover has given details of suspected and confirmed cases. We have seen communities under siege, battling with an invisible enemy. Yet while meningitis has achieved the status of one of the most feared illnesses of our time, few of us could say exactly what it is. In its excellent literature, the Meningitis Research Foundation points out that often our anxieties are misplaced. So,

what is meningitis and what should we know about it in order to allay our fears?

Briefly, meningitis is an inflammation of the membranes covering the brain and spinal cord.

**'Meningitis and septicaemia
can kill in hours'**

There are different types of meningitis. Typically it's the result of a viral or bacterial infection. Usually the viral infection isn't life-threatening,

and, generally, people who contract it soon make a full recovery. The bacterial form of the illness is far more serious and can kill in hours. Although at any given time, one in ten of us is unknowingly carrying the bacteria that cause meningitis, most of us feel no ill effects. However, for an unlucky few the bacteria overcome the body's immune system, move from their usual home at the back of the nose and throat and enter the bloodstream. Once there, in addition to meningitis they can cause septicaemia (blood poisoning).

JOHN BIRDSALL



COMMON SYMPTOMS

There are vaccines that protect against some forms of the disease. However, at the moment vaccines can't prevent all types. There is no vaccine against the most common strain in the UK although scientists are working hard to produce one. Meningococcal bacteria are passed on by prolonged or intimate contact, including kissing. They can't survive for long outside the body, so there's no danger of catching meningitis or septicaemia from clothing, toys, cutlery or furniture. Even if you are close enough to someone with meningitis and septicaemia for the bacteria to pass between you, you're still unlikely to become ill because most of us have a natural immunity to them.

That said, meningitis and septicaemia can kill in hours, so it's very important that anyone who develops it gets medical treatment as soon as possible. It usually responds well to antibiotics if caught early enough. The symptoms of meningitis include a severe headache, stiff neck, dislike of bright lights, fever and/or vomiting, drowsiness and a rash. These last three are also symptoms of septicaemia, as well as cold hands and feet, rapid breathing, stomach, joint or muscle pain. The symptoms can appear in any order and not everyone will have all of them.

Meningitis and septicaemia are often difficult to spot, as many other illnesses share

'One of the groups most at risk is the under 25s'

these symptoms. Given that one of the groups most at risk is the under 25s, it is important that Guiders should be aware of these signs if a girl in their care should fall ill. It's not so bad if you're at a weekly meeting, but what about if you're away on camp?

THE TUMBLER TEST

Dipak Kanaber, consultant paediatrician in a leading London hospital, says that if he had to offer just one piece of advice to Guiders about meningitis, it would be to know the tumbler test. 'If you're stuck in a field somewhere and you're worried that one of your girls who has a rash has meningitis, press a glass – any sort, drinking or magnifying both work – over the rash. If the rash disappears, it's not meningitis. If it stays, it is, and the girl needs medical attention at once.' As the rash can be harder to see on dark skin, check paler areas of the body such as the palms of the hands or the soles of the feet, too. If there's no rash, it doesn't necessarily mean it's not meningitis. If you feel someone is very

MENINGITIS RESEARCH FOUNDATION



If a glass is pressed firmly against a meningitis and septicaemic rash it will not fade.

unwell, the Meningitis Research Foundation recommends you seek medical advice at once, either from a GP or at the nearest hospital Accident and Emergency Department.

Guide Laura Jaeger contracted meningitis and septicaemia in 1998 when she was 12 years old. Laura had a sore throat, but was eager to carry out plans to spend the night at a friend's house. However, the next morning she was clearly unwell and went straight to bed when she reached home. By evening she had developed a rash. Her mother Judith did the tumbler test and when the rash didn't fade, took Laura straight to hospital, where a positive diagnosis was made. Laura spent the next 48 hours in hospital before making a full recovery. Laura was lucky. Meningitis and septicaemia can lead to death or disability, including learning difficulties and amputation.

HOW YOU CAN HELP

Laura's mother says that the Guides were very supportive at the time Laura was ill. There are other ways girls can help. Every year, the Meningitis Research Foundation runs Midsummer Madness for Meningitis in order to raise vital funds. If you want your unit to become involved, the Foundation provides student packs, with information about fundraising and the work of the Foundation. Girls could organise their own garden party with various stalls. They could use the occasion to acquire and practise various skills, both in the planning and in making items to sell. The Foundation provides all the flyers, bunting, collection boxes and so on. There are general information packs with posters and useful telephone numbers too, so the girls could also make an informative display about the illness.

Helping girls and young women recognise the symptoms of meningitis and septicaemia will not prevent them from falling ill, but it will equip them to make an informed decision if they suspect they or a friend has got it. That knowledge could save a life.

FURTHER INFORMATION

For posters, information leaflets and student packs, contact the Meningitis Research Foundation on **01454 281814** or e-mail **info@meningitis.org**. You can also find extensive information by visiting the web site at **www.meningitis.org**. If you think someone may have meningitis or septicaemia, you can call the Meningitis Research Foundation free on the 24-hour helpline **080 8800 3344**.

A HELPING HAND

Every year the Olave Baden-Powell Bursary Fund helps girls to take part in once-in-a-lifetime experiences, learn new skills and develop confidence.

This year 67 girls received awards. We found out how just a few of them put the money into action.

AFRICAN ADVENTURE

For Jennifer Brice, a Young Leader from Devon, taking part in an expedition to Namibia with Raleigh International was the perfect 'gap year' experience.

While working hard for her A levels Jennifer was rewarded with the news that she had gained a place on the three month trip. Her next task was to raise £3,200!

Jennifer fund-raised for over 13

months, saving money given to her as Christmas and birthday presents and organising fund-raising events in her District. She was, of course, thrilled to receive a cheque for £115 from the Olave Baden-Powell Bursary Fund to put towards her trip.

In Namibia Jennifer worked on environmental and community projects with others from all over the world. The group surveyed endangered species and worked with government agencies and non-governmental organisations to build schools and clean, safe water supplies.

With help from the Olave Baden-Powell Bursary Fund Jennifer was able to develop a sense of independence and prepare for her university career.



Let me entertain you.....

Eat, drink, be cool or dance your way to fun and fundraising by taking part in one, or more of Guide Dogs social events. Why not invite your friends, family or local club to a social event raising funds for Guide Dogs? Each event organiser will receive posters, invitations, tips on fundraising and something to help get you started!

Guide Dogs makes a real difference to the independence and mobility of thousands of blind and partially sighted people in the UK every year. We receive no government funding for our guide dog service and rely entirely on the generosity of the public.



Swing your hips and organise a dance 4 Guide Dogs!

Shades for a Day



Be cool for Guide Dogs with Shades for a Day!



Stir up some support and hold a Coffee Morning!



Sizzle this Summer with our BBQ Bonanza!

www.socialevents.org.uk
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THE OLAVE BADEN-POWELL BURSARY FUND HELPS MAKE DREAMS COME TRUE

By Kate Fenning

CALIFORNIA DREAMS

Naomi Luck, a Young Leader from Leicestershire had always wanted to travel the world and learn about guiding in different countries, so when she found out about California Exchange 2002 she jumped at the chance to take part.

Naomi raised money by holding coffee mornings, baby-sitting and selling food and gifts at a guiding event. She also contacted companies to ask for sponsorship.

A group of American Girl Scouts

hosted Naomi and 11 others from her County. During their stay the girls visited Disneyland, Sea World and the Grand Canyon.

The girls enjoyed learning about Guiding in the USA but were keen to promote their English heritage. When Naomi was awarded £40 from the Olave Baden-Powell Bursary Fund she bought polo shirts for the group to wear so that they could distinguish themselves as English Guides!



OLAVE BADEN-POWELL BURSARIES

CASH AWARDS FOR INITIATIVE AND ENTERPRISE

The Olave Baden-Powell Bursary Fund was set up from voluntary contributions in memory of the late World Chief Guide, Lady Olave Baden-Powell.

The purpose of the fund is to create a continuous living memorial to the World Chief Guide by helping girls further their hobbies and interests to help make a dream come true.

Bursaries are awarded annually. Guides, Rangers and Young Leaders between the ages of 10 and 18 are invited each year to write in for an application form and information sheet.

Patrol/Senior Section group applications are welcomed and the Patrol Leader/nominated group leader should apply on behalf of the Patrol or group.

CRITERIA

Applications should accurately reflect the fund's purpose and, to be considered for a bursary, each girl, whether she is applying individually or on behalf of a group, should:

- Be a Guide, Ranger or Young Leader between 10 and 18 years of age
- Complete and submit the application form herself (the leader for a Patrol/group)
- Explain why the bursary will further

the hobby or interest to help make a dream come true

- Demonstrate that the dream is something she has/they have wanted and prepared for, for some time and not just on a whim

- Show any personal saving efforts towards it

- Ensure that the application form is signed by the Guider, District Commissioner (to whom the bursary cheque will be sent) and a parent/guardian for those under 18.

Applications to help make a non-guiding activity come true are just as valid as those relating to a guiding activity, but to qualify for a bursary applicants must be current members.

Bursaries are awarded once only to individuals/Patrols/groups. However, an exception may be made where an individual is subsequently part of a Patrol/group application or vice versa.

APPLICATION PROCESS

Completed application forms should be received at Commonwealth Headquarters no later than **April 30, 2003**. Applications that are received after this date cannot be considered.

If successful, the girl/group must

acknowledge the cheque and, after the dream has been realised, write an article of no more than 500 words to describe how the dream has come true.

This article should be received at CHQ within a month of the dream being realised. Each application will be considered on its own merit.

Successful applications have included:

- Community action projects
- Personal development courses
- Non-academic qualifications.

Applications are welcomed, from both individuals and Patrols/groups, which show initiative and enterprise but, most importantly, capture the ethos of making a dream come true.

OBTAINING A FORM

If you would like further information about the Olave Baden-Powell Bursary Fund, or to obtain an application form – please state whether it is for an individual or group application – write to: The Olave Baden-Powell Bursary Fund, 17-19 Buckingham Palace Road, London SW1W 0PT.

Alternatively, e-mail Vicky Lorimer at: vickyl@girlguiding.org.uk.

FUN AT FOXLEASE

GIRLS CAN LEAVE LEADERS BEHIND AT NEW EVENTS IN 2003

By Anna Thorpe

Youth Programme Coordinator, Foxlease

What do you want from a holiday? Fun things to do? A chance to catch up with old friends or make new ones? Time to pursue hobbies? An opportunity to chill out?

These are the things that Guides are looking for, too. Usually, they find them through their units, during weekend and week holidays and camps led by Unit Guiders.

However, what about units where Guiders don't have residential qualifications or have work and family commitments that restrict their time? What if the Guide's family holiday is the same week as camp?

The girls from these units can leave their Leaders behind and still enjoy residential experiences through Patrol sleepovers, joining with other units who go to camp and by attending exciting events held at the Training and Activity Centres and camp sites — many of which don't require Guides to attend with a Leader.

VARIED PROGRAMME

At Foxlease, there is an extensive programme in 2003 for Guides. There are three Baden-Powell Challenge events, a two-night Arts event and six different events in the summer. Guides are encouraged to attend alone or with Guide friends. Leaders do not have to attend, as the events are fully staffed by experienced volunteer Guiders. Accommodation is indoors, in en-suite bedrooms. Quality food is cooked by Foxlease's chef.

There are events to suit every age and interest in the brand new summer programme. Themes include Artisans, What's Hot about Me, High Adventure, Wet 'n' Wild, Adventure Out! and Backpackers. Approximately half the time will be spent on programmed activities and half will be decided by the girls on arrival — allowing girls to plan and make personal choices.

For further details about these exciting events, please contact annat@girlguiding.org.uk.

There are opportunities for girls at all the Training and Activity Centres and many camp sites. Look out for them in *Guiding* magazine and on the web site at www.girlguiding.org.uk.



ACTION FORUM

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forum



Girlguiding UK

If you have heard about Community Action and would like to know more, this is your special invitation to get involved.

Would you like to:

- Have your say?
- Find out the latest issues that concern today's girls and young women?
- Learn new skills to put into your programme?
- Share your experiences of citizenship?
- Contribute to change in Girlguiding UK over the next five years?

If you do, then you are invited to attend a special forum from **March 28-30, 2003** at Foxlease, Girlguiding UK's Training and Activity Centre in the New Forest.

SHARING IDEAS

Leaders from all sections are encouraged to apply for this event, which will be a weekend spent sharing experiences and ideas, participating in workshops and looking forward.

The weekend is being fully funded by Girlguiding UK. Places are limited to 45 and a selection of applicants will represent the following:

- A range of sections
- A mixture of Countries and Regions
- An interest in Community Action.

If you would like further details, please send your name and address to Helen Channa at CHQ at the address on page 27, or e-mail helenc@girlguiding.org.uk.



January 2003

Activate

A calendar of activities for everyone to enjoy

What's hot

The activities in this Activate are grouped around the months of the year.

However, most of the activities can be used at any time of the year so please don't feel you have to save them for specific months!

Contents

February celebrations 2

World Thinking Day drama

Mad March 4

St Patrick's Day frolics

Arty April 6

Windsock wonders

Jolly June 8

A fishy frieze

July surprise 9

Fairy fun

Sunny August 10

Readers' games

Autumn apples 12

Crafts and cooking

Winter warmers 14

Games and activities

Leaders' note

This month, we've got another brilliant Motivate pull-out especially for you. The theme is all about developing yourself and learning something new.

Pull out and keep





February

Katie Price, a Young Leader with a Brownie Pack in Scarborough, wrote this brilliant play to help her Brownies understand more about celebrations around the world, in particular World Thinking Day.

There are three characters: the Narrator, Elizabeth and Rachel, all to be performed by Senior Section members.

There is a large table in the middle of the stage. Rachel enters dressed in her pyjamas, carrying a large box wrapped in birthday paper. She puts it down and goes off-stage. She returns with a cake and more presents.

Rachel Shouting off-stage. Okay, you can come down now!

Elizabeth enters, also dressed in pyjamas. She sees the box and runs over to it.

Elizabeth Is this for me?

Rachel Of course it is. Happy Birthday, Elizabeth!

Elizabeth Wow!

Rachel Well, aren't you going to open it?

Elizabeth Wow!

Rachel Go on, you can open it.

Elizabeth Can I?

Rachel nods. Elizabeth opens the box and looks inside. She pulls out lots of tissue paper and throws it over her shoulder on to the floor behind her. Thank you. It's a...it's a...balloon! Elizabeth holds the balloon above her head.

Narrator In England we celebrate birthdays with cards, presents, cakes and parties. Birthdays are celebrated all over the world in lots of different ways.

Elizabeth lifts out cards, presents, cakes and a party 'blower'.

Elizabeth Looking back in the box. Oh look! There's something else. It's another box. There's a label on it that says Happy Hanukkah! Here, I think you had better see what it is. I've never even heard of Hanukkah. She gives the present to the Narrator.

Narrator Thank you. She opens the box. Oooh, I wonder what it is.

The Narrator lifts a Jewish menorah (candleholder) out of the box and holds it up to the audience.

Narrator It's a wonderful candleholder. Thank you girls. To the audience. Candles on the menorah are lit during the Jewish festival of Hanukkah, the Festival of Lights. The celebrations last eight days, and take place between the end of November and the end of December. The festival celebrates an important victory and the rededication of the Temple in Jerusalem.

Rachel Well, I'd better clear this mess up.

She turns to the boxes on the floor.

Elizabeth helps her pick them up.

Elizabeth Oh look! Rachel, there's another box in here, and I think this one is for you.

Rachel For me? Thank you.

Elizabeth Feliz Navidad.

Rachel What?

Elizabeth Feliz Navidad. That's what it says on the box!

Rachel looks in the box and pulls out individual Nativity characters, holding each one up to the audience. She passes them along to Elizabeth and then the Narrator, who displays them on the table. There is no crib.

Rachel Mary and Joseph.

Elizabeth Mary and Joseph.

Narrator Mary and Joseph.

Rachel A shepherd.

Elizabeth A shepherd.

Narrator A shepherd.



Rachel An angel.

Elizabeth An angel.

Narrator An angel.

Elizabeth And a parrot!

Rachel Look Liz, it's a Nativity scene.

Elizabeth But there's no baby Jesus or even a crib!

Narrator Feliz Navidad is

Spanish and means 'Happy Christmas'. Christmas in Spain is different to what it's like in England.

Elizabeth What's it like?

Narrator Well, on Christmas Eve the whole family has a big feast at their grandparents' home. They might sing carols and dance the flamenco.

Elizabeth Cool!

Narrator Then they sing carols around the crib of the Nativity but there is no baby in it until after midnight.

Rachel Looking in the box. Elizabeth look! There's something else in the box. It's a king. She pulls it out and holds it up.

Narrator That is because in Spain, children don't get all their presents on Christmas Day.

Elizabeth What?!

Narrator They have to wait until January 6 — that's 12 days after Christmas. As the day approaches, children tell The Kings ('Los Reyes') what they want for Christmas.

Rachel Like we tell Father Christmas what we want?

Narrator Yes, a bit like that. On January 6 children get their presents, then the whole family has a meal together.

Elizabeth Rachel, is there another

fun

Celebrate guiding all over the world with a special play for World Thinking Day

box in your box?

Rachel I don't think so. *She looks.* Oh, yes, there is. I wonder what this one is.

Elizabeth Well, there's only one way to find out. Open it!

Rachel It's not for me, it's for... *she reads the label...* it's for her! *Points to a Brownie in the front row of the audience. Then she takes the present to her.*

Elizabeth Open it! Open it!

Rachel Calm down Elizabeth, let the young lady open it in her own time. *Girl opens box.*

Elizabeth What is it?

Rachel A bed?

Elizabeth Yes, a bed!

Rachel Well, I've never heard of Bed Day! Have you? *She asks audience.*

Narrator It's not for Bed Day. It's for the holiday called Labor Day in America.

Elizabeth Wow!

Rachel Oh, Labor Day. That's when everyone has the day off work, isn't it?

Narrator That's right. *To the audience.* The first Labor Day was in New York City in 1882.

Eventually, all of the people working in America enjoyed a holiday on the first Monday in September, and celebrated with parades and festivals.

Rachel That's a bit like May Day in England, isn't it?

Narrator That's right, it is.

Elizabeth Wow!

Rachel Well, we really had better clear up now — look at all this mess.

They start clearing up again.

Rachel *picks up the box.* Oh no! Not again!

Elizabeth Is there another present?

Narrator Another! Who's it for this time?

Rachel *Reading the tag.* It says it's

for every Rainbow, Brownie, Guide and Senior Section member in the world.

Elizabeth Well, give it here then. I'm a Senior Section member and they're all Brownies. *She points at the audience.* Shall we open it? I said, shall we open it? *The audience shouts agreement.* Okay, here goes. It's a... *She lifts the lid of the box.* It's a...a...a...

Rachel Hurry up!

Elizabeth It's a badge! *She holds it up.*

Narrator It's a World Badge for

World Thinking Day. Every Rainbow, Brownie and Guide in the world celebrates World Thinking Day. It is held on February 22 every year to mark the birthdays of Lord and Lady Baden-Powell.

Rachel *To the audience.* They're the people who started Guides and Scouts.

Elizabeth It's February 22 today! Happy World Thinking Day everybody!

All HAPPY WORLD THINKING DAY!



January

Things to do at the start of the New Year

- Celebrate Burns' Night on January 25.
- Make a door draught excluder to keep out the winter chills.
- Ask the girls to compile a 'wish list' of things they would like to do at their meetings in 2003.
- Make a list of speakers who might be able to come to meetings and talk about what they do.
- Challenge the girls to clear out their old toys and clothes — you could donate them to charity or plan a tabletop sale.



Mad March

Hold an Irish evening to celebrate St Patrick's Day on March 17

Illustrations: Emma Holt

Janice Pettit, Guide Guider of 2nd Highams Park Guides, Chingford, London, created these brilliant activity ideas for an Irish evening.

Girls take part in their Patrols. Each Patrol can tackle a different activity at a time. Many of the activities can be easily adapted for use in other sections.

Before you start the evening, try to gather some books about Ireland and a map that can be displayed. Travel brochures are ideal for pictures and information about the country — they can be cut up, too!

Shamrock brooch

The shamrock plant is the emblem of Ireland. This unusual shamrock leaf brooch is a great way to remind the girls of St Patrick's Day.

Wrap each sweet in a small square of cling film and twist the ends together



You will need

- 3 small green sweets per girl (Mintette sweets are ideal)
- Cling film
- Sticky tape
- Scissors
- Green felt
- Needle and thread
- Safety pins
- Glue
- Green wool

Gaelic football

In Ireland, they play a different type of football to the one you may be used to.

It is a cross between soccer, rugby, basketball and Australian Rules football! This activity isn't exactly Gaelic football, but the girls will find it fun!

Before the evening starts you will need to make the box look like a football pitch. Use the marker pen to draw out a goal at each end.

Divide your Patrol into two teams. Each round is for two players from opposite teams. If you have an odd number on one team, someone will have to play twice.

The two players stand behind their goals. Put the pea in the centre of the box. On the word Go, the two players must use their drinking straws to try and blow the pea into the opposite goal. To make it harder, cut a hole in the goal area that the pea must enter.

When the pea has gone in a goal, that team scores a point and another pair of players takes over. When everyone has had a turn, add up the goals to see who has won the match.

You will need

- A shallow fruit box from a supermarket
- A marker pen
- A supply of dried peas
- A drinking straw for each player

It's a fact

The shamrock is a native plant of Ireland. Each leaf is made up of three parts.

It is the national emblem because St Patrick used its unusual leaves to teach people about the Christian Trinity.

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Irish words

Many people in Ireland speak Gaelic.

Copy these Gaelic words and their English interpretations on to separate cards. Ask the girls to try to match them up.

- Cead Mile Failte — welcome
- Slainte Mhath — your good health, cheers!
- Sidh — a fairy
- Baile — a town
- Currach — open boats
- Fleadh — a musical festival or gathering
- Colcannon — cabbage and potato dish

Armagh bowls

In County Armagh people play a game of road bowls down the centre of country lanes!

If you have a set of boules you can play, too. If not, use tennis balls instead.

Place a 'jack' at one end of the room. This is usually a small white ball but it could be a skittle or a plastic bottle. Each player has two boules of the same colour (or balls marked with a coloured dot).

Each player stands five metres from the jack. They take it in turns to roll their boules towards the jack. Whoever rolls their boule closest to the jack is the winner. The further you stand away from the jack, the more difficult that becomes!

Flying feet

Irish dancing is quite different to traditional dancing in other countries.

The feet move very quickly – a bit like tap dancing – but the body must stay rigid with arms straight down the sides.

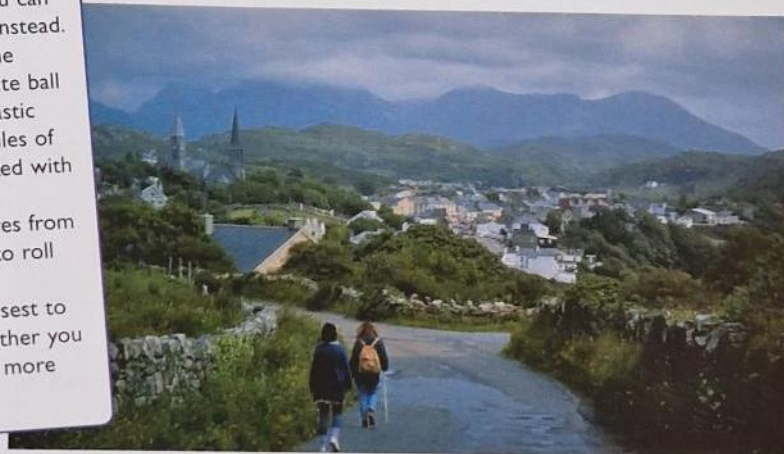
Get the girls to make up a dance to a short piece of Irish music. It should only last a few minutes. Ask each Patrol to listen to the music and work out a few simple steps that they can do together.

They should practise together and then be prepared to show everyone at the end of the meeting.



You will need

- A tape recorder
- Traditional Irish dance music (try to borrow *Riverdance* from your library)



Sweet oat biscuits

Oats are a popular ingredient in Irish cooking. Girls can make these delicious sweet oat biscuits in their Patrols.

Grease a baking tray and preheat the oven to 190°C/Gas Mark 5.

Mix the flour, salt, oats and spice together. In a separate bowl cream the butter, sugar and syrup together. This is easier if you have an electric mixer. If not, use a wooden spoon.

Mix the dry ingredients into the buttery mixture. The mixture needs to be well stirred and soft but not sticky. Roll the mixture into walnut-sized balls and place on a baking tray 5cm apart.

Bake in the preheated oven for 10 minutes. Take the biscuits out and let them cool slightly before transferring to a wire rack.

You will need

Ingredients per Patrol:

- Butter to grease baking trays
- 100g self-raising flour
- A pinch of salt
- 100g rolled oats
- 1 tsp mixed spice
- 50g softened butter
- 100g sugar
- 2tbsp golden syrup

Ideas to go

- Make green peppermint cream shamrocks.
- Find out some of the stories behind Irish legends – such as why there are no snakes in Ireland.
- Have a go at making or drawing a leprechaun.
- Lots of potatoes are grown and eaten in Ireland. Try potato printing or make potato cakes.
- Use travel brochures and a map to plan a trip around some of Ireland's historic places.
- Senior Section members could have a go at reading a travel book with a difference. *Round Ireland With a Fridge* by Tony Hawks is a very funny diary of the author's hitch-hiking trip round Ireland.



Arty April

April is the month when flowers are blooming and there's a spring breeze in the air — an ideal time for arty ideas

Illustrations: Emma Holt

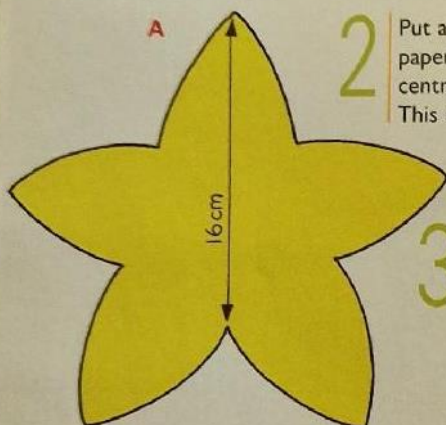
Cupcake daffodils

These fun flowers are easy to make and can be used on all sorts of decorative projects.

You will need

- Yellow card
- Pencils
- Scissors
- Paper cake cases
- Glue
- Yellow paper
- Pipe cleaners or short green garden sticks (optional)

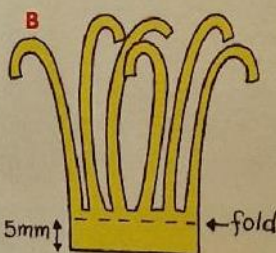
1 Cut out a flower shape from yellow card using illustration A as a guide. The shape is much like a five-pointed star and should be about 16cm long from tip to tip. If you haven't got coloured card, you can use white and paint it.



2 Put a little glue on the bottom of a paper cake case and stick this in the centre of the yellow flower shape. This is the 'trumpet' of the flower.

3 Next, make the centre — the stamen — to go in the trumpet of the flower.

Cut a rectangle of yellow paper 2cm by 4cm. Cut a fringe into this, as shown in illustration B. Leave a 5mm edge at the bottom.



4 Using a blunt pair of scissors, or your fingers, gently roll down the fingers of the fringe. Bend the 5mm edge over so it is at right angles to the rest of the fringe. Stick this edge into the centre of a paper cake case.

All you have to do now is decide what you want to do with the daffodils. Here are some ideas:



- Make some more daffodils, punch holes in their tops and make them into a pretty mobile.
- Stick them on the wall as part of a spring frieze.
- Attach them to a headband made from card to make Easter bonnets.
- Add garden stick or pipe cleaner stems and make a whole bouquet for Mothering Sunday.
- Stick the flower on to the front of a greetings card.

Hungry caterpillar

This caterpillar badge can be made from a variety of materials, depending on the age of the child.

Younger children can make one from clay while older girls can make one from the soft of modelling material that is baked in the oven to harden.

Cut out a green leaf shape from card. Use the black pen to draw on veins. Take four or five of the smallest pom-poms you can get and stick them on to the leaf in a caterpillar shape. Finally, use a piece of tape to stick the safety pin to the back of the leaf.

You will need

- Green card
- Scissors
- Black pen
- Tiny pom-poms
- Glue
- Sticky tape
- Safety pin
- Or
- Oven-hardening modelling material in green and one other colour
- A brooch pin
- Glue

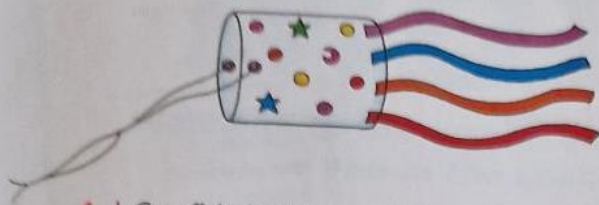
If you want to make a brooch from modelling material, the idea is much the same. Make a green leaf and then model a small caterpillar. Harden the clay according to the instructions on the packet. When it is cool, you can glue the brooch pin on.

Top tips

- Cut a 'bite' out of the leaf to make it look like the caterpillar has been munching!
- Explain how caterpillars grow into butterflies.
- Some large toyshops and garden centres sell 'butterfly houses' complete with real caterpillar eggs, so you can closely observe the life cycle of a butterfly.

Breezy bags

These brightly-coloured windsocks make a great garden decoration as they flutter around in the breeze.



1 Cut off the bottom seam of a freezer bag. The bag can now be used to form the basis of the windsock.

Ask each girl to decorate her bag with sequins, jewels or anything else that seems suitable. Items that you glue on need to be very light so that the finished windsock can flutter freely.

You will need

- Strong, clear or coloured plastic freezer bags (one per girl)
- Scissors
- Sequins, tiny craft jewels and so on
- Glue (such as Copydex)
- Coloured carrier bags
- A stapler
- A hole punch
- Hole reinforcers
- Wool

2 Cut streamers from the coloured plastic bags. Ideally the streamers should be about 2cm wide and about the same length as the bag you are using.

Staple the streamers around the opening of one end of the freezer bag. Do not staple the sides of the opening together.

3 Next, use the hole punch to make two holes at the streamer-free end of the bag.

They need to be on opposite sides, about 4cm in from the edge. Stick hole reinforcers on both sides of each hole.

Cut two pieces of wool that are twice the length of your bag. Tie one piece to each of the holes you have just made. Bring the two lengths of wool together and tie them, with an overhand knot, about 15-20cm from the end of the bag.

4 Finally, tie the ends of the wool together. Once the glue is dry, the windsock is ready for action. Girls can run around to see how the breeze lifts the windsock up.

If you are using the windsock in the garden, tie the wool securely to something that won't blow away, such as a tree or a fence.

Hurray for May

Spring has sprung so don't let the grass grow under your feet!

Lovely lawns

Interior designers have been known to make table tops from grass, but this is a much better way to create your own living art. What's more, it's simple and scientific!

Simply take a sponge, soak it in water and then gently squeeze out the excess water. Put the sponge in a container. Sprinkle grass seed on the top and then sprinkle water over the seeds.

All you have to do now is water the seeds regularly and wait for your own grassy mound to grow!

You will need

- A sponge
- Water
- A shallow container (foil takeaway containers are ideal)
- Grass seed

Top tip

Girls can decorate their sponge's container to match their bedroom decor. Paint it black, add some Japanese-style figures in red and you've got a trendy feng shui plant!

Garden eats

■ Make a 'dirt' pudding from chocolate whip with crushed chocolate biscuits. Put a jelly worm on top for added effect!

■ Desiccated coconut makes very good edible 'grass' when you mix it with a very small amount of green food colouring.

Use water icing to stick some edible grass on to a biscuit or cupcake. Use icing tubes to pipe a pretty flower or a garden bug on top.



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Jolly June

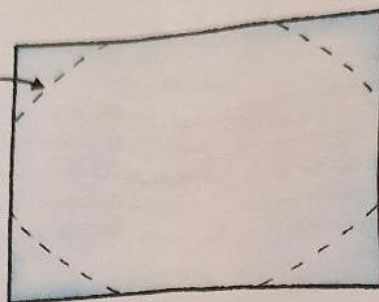
Long June days by the seaside are the inspiration for this jolly fish collage craft for Rainbows

Illustrations: Emma Holt

Guider Julie Atkinson from Milton Keynes designed this pick and mix fish craft for Rainbow-age girls.

Julie says that it's ideal for Leaders who are a bit daunted by arts and crafts as it's cheap and simple but creative and very effective!

cut here



- 1 First, you need to make one fish body for each girl. Hold four sheets of paper firmly together. Cut off all four corners, as shown. It doesn't have to be accurate, so don't worry if they aren't equal.

Keep the offcuts as you will use them to make fishy fins and tails.

Trim off any unsightly angles to make the bodies smooth and curved.

Anything you cut off can be used later to make patterns on the fishes' bodies.

- 2 Mix up all your different coloured components. Let each Rainbow pick her fish body. She can then pick her own fins, tails and patterns from the offcuts.

Each girl designs her fish by placing the bits together to see how it looks.

Once she is happy, the bits can be stuck on with a glue stick. Draw eyes and a mouth with the black pen.

Any other details, such as scales, can be added with crayons.

Pirate treasure

If you're feeling very creative you could add a paper pirate treasure chest to the sea bed.

Tell the girls that they are all pirates and some of the treasure is missing from their chest. Hide chocolate coins or coins cut from yellow paper around the room and get the girls to find them.

You will need

- A4 paper in assorted colours
- Scissors
- Glue sticks
- Black felt-tipped pen
- Crayons
- Darning needle
- Paper hole reinforcers
- Cotton or string
- Paper clips
- Blue crêpe paper
- Blu-tack

Top tip

Girls can make octopuses in a similar pick and mix fashion. Use offcuts from round bodies to make tentacles.

Stick some sand or yellow paper on the bottom of the frieze to make a realistic sea bed.

Julie used the frieze as part of a 'mermaids and pirates' theme, but you could make it on its own and leave it up to remind you of summer days!

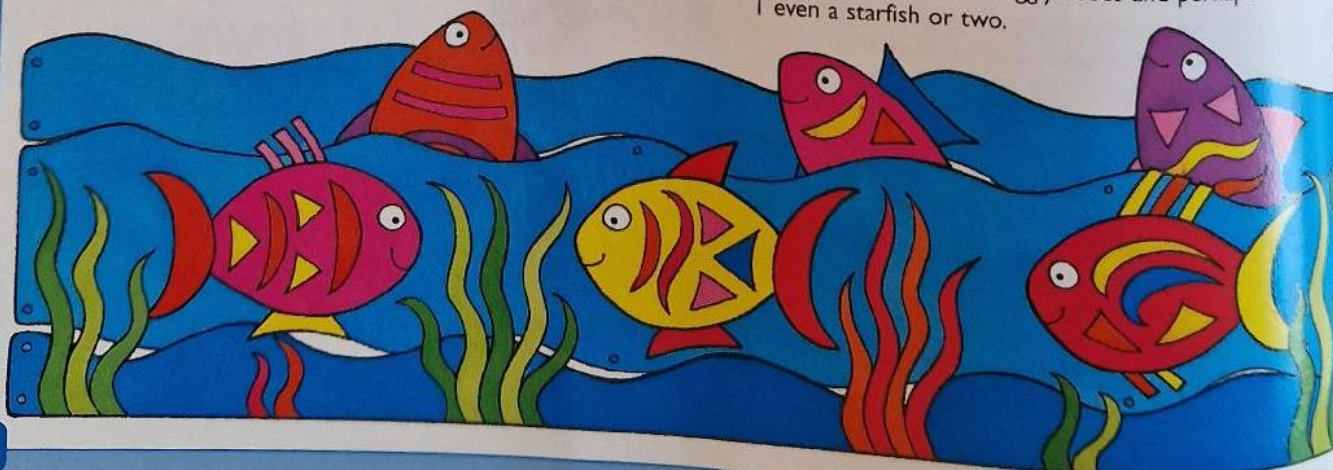
- 3 Some of the fish can be hung up and others stuck on to a wall frieze.

To hang fish, pierce a hole in the top with a darning needle and strengthen with a hole reinforcer. Fasten a piece of thread on and hang the fish from the ceiling. If the fish hangs a bit lopsided, fasten a paper clip on to one side to balance it out.

- 4 For the fish frieze, fasten horizontal strips of blue crêpe paper on to the wall with Blu-tack.

To make it more effective, use darker blue paper at the bottom and lighter blue on top. Cut it with a wobbly edge to look like waves.

Stick the other fish on the blue paper. Finish off by cutting out some wiggly reeds and perhaps even a starfish or two.



Motivate

Welcome to the fifth in an occasional series designed to help you in the challenging role of leadership

The subject of Positive and Effective leadership continues in this section with activities to help you think about your own development. By developing yourself, you will be able to bring wider experiences to girls in your unit, making your guiding even more enjoyable. You may even discover a secret talent you didn't know you had!

So whether you are an adult helper with a Rainbow Unit, a Senior Section member, a Commissioner or Unit Guider, these activities are for you.

Once you have tried them out, why not share how you got on with other guiding friends or write to the Adult Support team at CHQ, who would love to hear from you.

Philosophy of life

Do you have a philosophy of life? This might be a phrase that sums you up or it might be something you value above everything else. Examples could be 'Live and let live', 'Never do harm to anyone' or 'Make a difference'.

If you already have a philosophy of life, have you ever shared it with anyone? If not, think about who you might want to share it with. Think about how your philosophy might help them, too.



Conquer yourself
and the world lies
at your feet

Anon



Inspiration

Think of six women who have inspired you at some point in your life. They could be characters from fiction, history, politics, your personal life — anywhere!

List the qualities you admire about each woman. For example, you may admire Anne Widdecombe MP, because she stands up for what she believes in. Now think about six qualities of your own which could inspire someone else. Swap your list with that of a friend.

Have, do, be!

This is the time of year when many people make New Year's Resolutions — things they want to do over the next twelve months. You may have more trouble deciding on long-term goals. If you do, try making three lists.

- **Your first list is for things you would like to have.** This could include material things such as a car or a holiday. Alternatively, your list might include people-related things like children and friends or it could be personal aspirations such as more energy, choice or time.
- **The second list is for things you want to do.** This could be anything from regularly spending time with your family to a cookery course or climbing Mount Everest!
- **The third list is for things you want to be.** This might include things like being more healthy, being a great friend or being financially secure.

Help yourself further by looking at the 'Action' and 'Reminder' boxes on the next page.

Pull out and keep

Stop and do it!

Sometimes, when things aren't going according to plan, it's hard to see how any good can come out of a particular situation.

At times like this, say to yourself, 'What can I do - right here and now - to make the most of the present situation?' Then do it!

This will maximise the number of times you feel good - which can only be a great thing!

Action

When you have made a list of personal goals in the 'Have, do, be' activity, try to decide which of them you want to achieve this year. What steps do you need to take to get there? Try to plan time for these each week to take you closer to your overall goal.

Review your goals regularly and feel free to change them. They should be things you want, not things that you feel you have to accomplish.

Reminder

Write a letter, setting out the goals you set yourself in the 'Have, do, be' activity and the reasons you want to do them.

Seal the letter in an envelope. Put it somewhere you won't see it every day, for example, in a little-used cupboard or drawer. When you rediscover the letter (which could take weeks or months), open it and take the time to read it and see what you have achieved so far!

Praise you

Ask everyone in your group to turn to another person. The two people must then compliment each other. How many people felt embarrassed? How many people said 'you go first'?

When was the last time you gave someone an honest compliment?

Positive feedback

You may want to get better at receiving positive feedback (taking a compliment) from people. The next time someone gives you positive feedback, don't belittle or underestimate your own efforts. Instead, learn to say thank you. Try saying this: 'Thank you. I'm glad you appreciate my efforts.'

or

'Thank you, it's nice being part of something where people appreciate your efforts.'

or

'I am quite pleased with the results myself. I really think I have something to be proud of.'

If you become better at accepting compliments, you will continue to encourage positive comments from others!

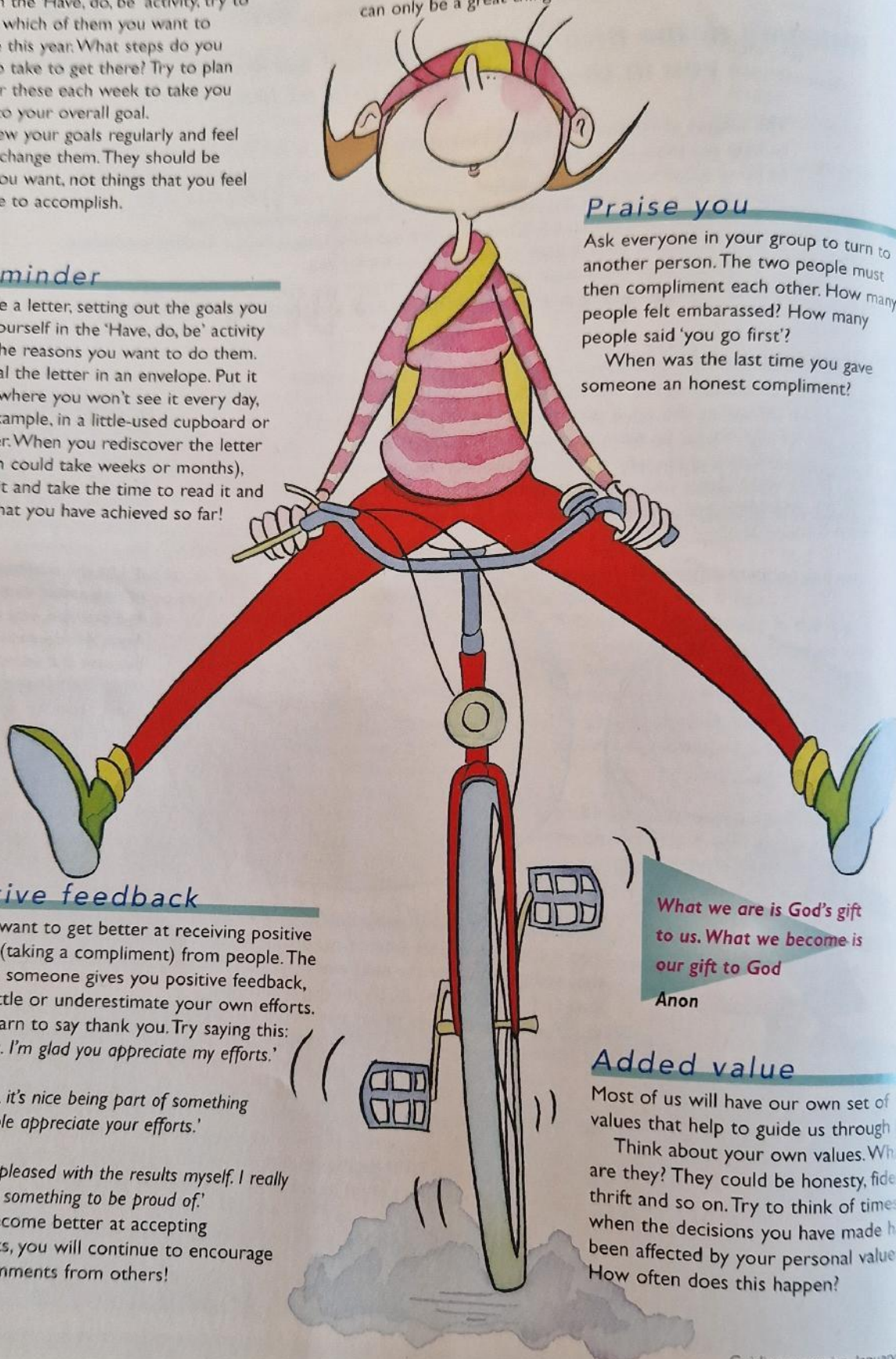
What we are is God's gift to us. What we become is our gift to God

Anon

Added value

Most of us will have our own set of values that help to guide us through life.

Think about your own values. What are they? They could be honesty, fidelity, thrift and so on. Try to think of times when the decisions you have made have been affected by your personal values. How often does this happen?



Census 2003



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Important information to help you complete your census form

Our annual census is one of the most important administrative tasks in the year. It should be seen as an opportunity to celebrate the size and reach of guiding across the UK by recording and recognising ALL our young members, adult members and helpers.

To support the information on the back of the census forms, this *Hotline* will show you how to complete each part of the forms. Unit Guiders only need to concentrate on the section forms and the personal details form. There are guidelines for Commissioners on completing the summary forms.

New for 2003

For everyone

Personal details form

A big thank you goes out to everyone who completed the C/ADD form last year – the fact that you are receiving this *Guiding magazine* is down to a great deal of hard work from County Registration Secretaries and Country and Region offices, checking all the forms. Now, to show our ongoing use of the Adult Membership Database and reduce work for everyone, enclosed with this edition of the magazine is your personal details form.

You should check this form, make any necessary amendments, and pass it on to the person completing the census form where you pay your membership fees. Commissioners, see page 2 of this *Hotline* for further details of what to do with it.

Disability question

This year – 2003 – is the International Year of Disabled People and in 2004 the Disability Discrimination Act comes into force. It is therefore important that we take this opportunity to update our figures on members with disabilities. These figures will be one of the ways that we can show Government, local authorities and other opinion formers what an inclusive organisation we are.

Having said that, we should only be counting the people for whom the disability means they require special or additional help. For example, just because a girl (or adult) wears glasses we would not count her as a disabled person. However, if her level of sight meant that she had to have everything in large print, that would be a disability requiring special help.

Where a person has multiple disabilities please

count them in the box which you think most reflects their disability. For example, please count people with Down's Syndrome as having a learning difficulty.

Please count each person only once.

Multiple roles

This is not new but is a question that is raised repeatedly. Many people in guiding have more than one role. We really appreciate all those who help us in many ways but for the purpose of the census, we can only count you as one person. So, on one form you need to appear as 'counted & paid here'. On every other form that you should appear on, you need to be entered on the 'counted & paid elsewhere' line. For example, a Unit Guider who is also a District Commissioner will appear on her unit form as 'counted & paid elsewhere' and on the District C/P form as 'counted & paid here'.

If someone is a Unit Guider of two units she can choose on which she is 'counted & paid here' and which she is 'counted & paid elsewhere'.

What am I?

As a leader or helper you are an important person who makes guiding happen. As such you may not think about whether you are a Unit Guider, Assistant Guider, Pre-warranted Guider and so on. However, this is one of the few times when we do need to think about this, so here are some quick definitions:

- A Unit Guider is a qualified leader who has overall responsibility for the unit (although there can be two Unit Guiders in a job share).

- An Assistant Guider is a qualified leader but does not have final responsibility for the unit. There may be several Assistant Guiders.

- A Pre-warranted Guider is someone who is undertaking the leadership qualification and may be acting as an Assistant or Unit Guider.

All these people go in the Guiders and Assistant Guiders boxes on the census forms.

- A Young Leader is a member who works with the unit and is between the ages of 14 and 18 (inclusive).

- A Unit Helper is a non-uniformed helper who works with the unit. He or she may be an affiliate member.

- Occasional/other helpers may be parents on a rota, people who help to staff residentials, unit treasurer and so on. These people may be affiliate members.

Using new technology

Paper copies of all census forms will be distributed as normal. However, for the first time this year, on the Girlguiding UK web site you will also find blank census forms at www.girlguiding.org.uk/census. These are not multipart documents so you will need to print off enough copies. Others might find it helpful if you marked them 5th/4th/3rd copy and so on.

In addition, if anyone loses or does not have a personal details form, a blank form can be downloaded from the web at www.girlguiding.org.uk/census.

For Commissioners

More clarity on Unit Helpers

After Guiders and Commissioners, our Unit Helpers are some of our most important volunteers, enabling units to maintain their size and offer girls a more adventurous programme. It is therefore vital that we count every one. This was done very well at unit level last year but there was confusion when all the figures were added together. This year we want to be able to recognise all our Unit Helpers and celebrate all those who have been made affiliate members, so the carry forward columns should now be easier on the C/T forms.

More clarity in adding up all questions on the unit forms

This year Commissioners should find it much easier to add up and carry forward all parts of the unit forms. By doing this we can see an overall picture of the Association and be able to count everyone who has a role in guiding.

Help with completing the C/T and C/S forms

Paper copies of all forms will be distributed as normal but to help Commissioners compile the total numbers and total subscriptions forms, this year there is some software on the web site which you can download, if you prefer. This should make completing these forms much easier. You can then print off enough copies (marking them 4th copy, 3rd copy and so on) and pass them on with your cheque.

The C/P Report

This year Commissioners will be sent a report for their District/Division or County about the persons whom the database has recorded as being part of the team. This should help Commissioners to complete the form, but may not include everyone in the team. For example, a President or Treasurer or Secretary who is not a member or affiliate may not be in the report, but should be added to the census form. The C/P report will be mailed directly to Commissioners in January.

Checking the personal detail forms

Every registered adult member and affiliate member should receive a personal details form with their copy of January's *Guiding magazine*. These forms should be checked for accuracy, any necessary amendments made and then passed on to Commissioners with the usual census forms. If you receive a unit form with a personal details form that has been printed off the web site, you will need to check whether this is a duplicate form (because the first was mislaid) or whether they did not receive one at all. If the latter, then you would need to check with the County Registration Secretary why the person is not on the database.

This process should ensure that the information we hold is accurate and up to date. Thank you for your assistance in this.

Guiders, Assistant Guiders, Pre-warrant Guiders and unit affiliate members give theirs to the Unit Guide.

PERSONAL DETAILS FORM

As at 6 December 2002

PLEASE CHECK AND AMEND YOUR ADDRESS AND THE DETAILS BELOW.
PLEASE PASS THIS FORM TO THE PERSON COMPLETING YOUR CENSUS
FORM FOR WHERE YOU PAY YOUR MEMBERSHIP FEES.

Correct any incorrect details. Please add anything which is missing.

Only add an end date if you have finished your appointment role.

If you have multiple roles please indicate where you pay your census

MailSortCode***

Personal Details

Registration Number:	20378666
Membership Type:	Member
Date Of Birth:	10/10/1951
Telephone - Home:	020 1111 2222
Telephone - Work:	020 3333 4444
Telephone - Mobile:	07777 888888
Fax:	020 0000 9999
E-mail:	Helen@gbrien.freeserve.co.uk
Guiding County	North County

Amendment

020	3333	5555
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Current Role and Appointment Details

Please add to this list if you are a trainer, giving the date you gained your qualification

Role Name	Level Number*	Level Name	Start Date	End Date**	Census Paid (V)
Guider	1234567	1 st Wuthering Heights Brownie unit	01/05/98	29/11/02	✓
Division Commissioner	8765432	Moorland Division	08/07/01		
Guider		1 st Wuthering Heights Guide unit	9/9/02		

* Level means Unit/District/Division/County/Country/Region or Association
** Please only put an end date for an appointment which has finished

Please note: In response to feedback that there was not enough room for some role names, this form has been redesigned in a landscape format and so differs from the form that County Commissioners have seen previously.

If you misplace this form you can download a blank from the web site at www.girlguiding.org.uk/census.

Unit census forms

The most important thing about this form is to record accurately all those involved in guiding so we can celebrate our membership and support.

These comments apply to all section forms: C/Ra Rainbows, C/Br Brownies, C/Gu Guides and C/SS Senior Section.

Please copy from your personal details form as this is how your unit is registered.

Girl numbers should include every girl who has attended more than one meeting.

See the notes on the reverse of the form. Put girls in the most appropriate category. Only record here girls who need additional support because of a disability.

This year, only put the number of people *paid* at unit level in the top row. Put those *paid* elsewhere only in the bottom row.

All units can claim back Gift Aid from subscription payments. This helps us to know how successful we are.

Please pass on your form and cheque by the date shown at the top of the form.

Don't forget to sign and date the form.

You will find this on your personal details form as 'level number'.

These figures can help a District/Unit in its forward planning. Here the team will need to think about the huge number of six-year-olds.

The numbers of affiliate members and helpers are very important to help us recognise all those who keep guiding going.

This is not just for national use - you may be able to benefit locally.

As with girls (above left), record only if additional support is needed.

This year, to help with database entry, please only include full members.

This figure will be given by your Commissioner and usually includes amounts paid to District, Division, County and Country/Region as well as CHQ.

Annual census 2003
Brownie unit

Return form to: Jean Smith
No later than: 28 February 03

Cheques should be made payable to: Heath District Guide Assoc.

As at 22 February 2003

C/BR

The number of young members, leaders and adult helpers is one of our most important statistics. Therefore, it is very important that we count every member. It is only by counting all our members that we can show the world just what a sizeable and significant organisation we are.

GUIDANCE NOTES FOR COMPLETING THIS FORM ARE ON ITS REVERSE.
PLEASE REMEMBER TO FORWARD THE AMENDED PERSONAL DETAILS FORMS WITH THIS FORM.
PLEASE COMPLETE IN BLOCK CAPITALS WITH A BLACK BALLPOINT PEN.

Full title of unit: 1st Nuthering Heights Brownies Unit registration no. 1234567
District: Heath Division: Moorland
Meeting place: W.H. Community Centre Day: Tuesday Time: 6-30

GIRLS Please record the number of girls attending your unit for more than 1 meeting.

Age at 22 February	7	8	9	10	11	Total girls
Number	8	9	6	1		24

How many of the above girls have joined since 22 February 2002? 8
How many girls aged 7 and over are on your waiting list? 2
How many girls on your waiting list are aged between 6 & 7? 16

Disability information

	Sight impairment	Hearing impairment	Physical disability	Learning difficulty
Number of Brownies		1		1

ADULTS Please record the number of adults and Young Leaders who help with your unit.

Types	Guides and Assistant Guides	Young Leaders	Unit Helpers - affiliate	Unit Helpers - non-member	Occasional helpers - affiliate	Other helpers - non-member	Total full and affiliate members	Total non-members
Number counted (and paid) here	2	1	2				5	0
Number counted (and paid) elsewhere	1						1	

Grants In certain circumstances we can receive grants for leaders under 26. Please record those counted and paid in your unit here.

Age	16	17	18	19	20	21	22	23	24	25
Number in unit	1									

Disability information

	Sight impairment	Hearing impairment	Physical disability	Learning difficulty
Number of adults counted and paid here	1			

Unit contact To help us contact units efficiently, please give details of one person who will act as the unit contact (this does not have to be the Unit Guide, but should be a warranted or pre-warranted Guide).

Full name: Helen Mary O'Brien Registration number (from personal details form): 20378666

SUBSCRIPTION

Total number of girls	+	Total number of full and affiliate members paying here	=	Number of members to pay for	x	Subscription per person	=	Total due
24		5		29		£11.30		£327.70

Is your unit claiming Gift Aid? Yes ☒ No ☐

I confirm that this is a true record. Signed: Helen O'Brien Date: 26.02.03
Print name and registration number: Helen Mary O'Brien 20378666
The 5th (bottom) copy is held by the unit / the 4th by the District / the 3rd by the Division / the 2nd by the County / the 1st (top) copy is held by the Country or Region.

Girlguiding UK

For Commissioners: Personnel form

To help you complete this form, in January every Commissioner will receive a printout from the Adult Membership Database of members and affiliate members who should appear on the form.

[illegible]

For Commissioners: Total membership

When these forms are complete all that comes to CHQ is ten C/T and ten C/S (one set from each Country/Region and one from BGIFC) so it is really important that all the way along the forms are as accurate and complete as possible.

To help Commissioners complete forms C/S and C/T you can find some software on the web site at www.girlguiding.org.uk/census. If you prefer this to the paper copies then print out enough copies to pass on, marking them 1st, 2nd, 3rd copy etc.

This form summarises a District, Division, County or Country/Region.

Cross out those which don't apply.

Only include in this summary those who are paid for at your level and below (this is a District example). For instance, if you have a Guider who is also a County Commissioner she will not be included on a District form. Include everyone only once, in the nearest place to the left. You'll need to refer back to your District records and/or personal details form for adult ages.

This information will help us to show other organisations how inclusive we are as this year is the International Year of Disabled People.

Annual census 2003 Return form to: Heather Moore As at 22 February 2003

Totals: Personnel (District/Division/County/Country/Region) No later than: 10 March 03

Cheques should be made payable to: Hoorland Division Guide Assoc. **C/T**

The number of young members, leaders and adult helpers is one of our most important statistics. Therefore, it is very important that we count every member. It is only by counting all our members that we can show the world just what a sizeable and significant organisation we are.

GUIDANCE NOTES FOR COMPLETING THIS FORM ARE ON ITS REVERSE.

PLEASE REMEMBER TO FORWARD THE AMENDED PERSONAL DETAILS FORMS WITH THIS FORM.

PLEASE COMPLETE IN BLOCK CAPITALS WITH A BLACK BALLPOINT PEN.

District Heath Division Hoorland
County North Country/Region Northern Level no. 32341769

Age at February	Commissioners	Guides	Apprentice leaders full member	Apprentice leaders affiliate member	Unit Helpers affiliate member	Other affiliate members	Young Leaders	Rangers	Other Senior Section members	Guides	Brownies	Raiders	Total members	Unit helpers non-member	Total non-members
4															
5															
6												10	10		
7												12	12		
8											25		25		
9											30		30		
10											20		20		
11										20	4		24		
12										32			32		
13										10			10		
14										10			10		
15						2				2			4		
16						2							2		
17									3						
18							1		3				3		
19													4		
20		1													
21															
22															
23															
24		2													
25					2										
26-64					8	4								6	9
65+		1	18												
Total		1	21		10	5	5		6	74	79	22	233	6	9


Raiders may be aged 4 in Uster only.

	Rainbow units	Brownie units	Guide units	Senior Section groups	Districts	Divisions	Friends of Guiding groups
Number of units/groups	2	4	2	1			
Number of units claiming Gilt Aid	4	1	0	1			
Number on waiting lists, eligible to join section	26	12	4	0			
Number on waiting lists within 12 months of minimum age for section	17	34	10	0			
Number having joined sections this year	29	35	16	4			

Disability information

	Sight impairment	Hearing impairment	Physical disability	Learning difficulty
Total Rainbows	1			
Total Brownies				
Total Guides		2	2	
Total Senior Section			1	1
Total Adults				

Declaration
I confirm that this is a true record. Signed: J Smith Date: 8 March 03
Print name and registration number: Jean Smith 48787231
The 4th (bottom) copy is held by the District / the 3rd by the Division / the 2nd by the County / the 1st (top) copy is held by the Country or Region.

 Girlguiding UK

You will find this information on the personal details form and the C/P report sent to every Commissioner.

The only non-members between ages 14 and 17 should be Millennium Volunteers and Duke of Edinburgh Award volunteers.

Total is Unit Helpers column plus any others.

Summarise and add up from unit sheets (Districts) and from C/T sheets (Division, County etc).

Don't forget to sign and date the form.

Please pass on your form and cheque by the date shown at the top of the form.

For Commissioners: Subscription form

As with the C/T form, Commissioners will find software on the web site at www.girlguiding.org.uk/census to help you complete this form. If you prefer this to paper forms you can print out copies, marking them as appropriate: 4th, 3rd copy etc.

Cross out those which don't apply.

Annual census 2003

Subscription:
District/Division/County/Country/Region
Cheques should be made payable to:

Return form to: Heather Moore

No later than: 10 March 03

As at 22 February 2003

Moorland Division Guide Assoc.

C/s

PLEASE COMPLETE IN BLOCK CAPITALS WITH A BLACK BALLPOINT PEN.
PLEASE READ THE GUIDANCE NOTES OVERLEAF BEFORE COMPLETING THIS FORM.

The annual Girlguiding UK subscription is payable in full once a year. It applies to all full and affiliate members, including prospective members. In addition, each County, Country and Region sets its own annual subscription to meet its needs. These subscriptions are collected locally at the same time as the Girlguiding UK subscription. Your local Commissioner will know how much you need to pay.

Area details		Subscription per person	
District	<u>Heath</u>	Girlguiding UK	£ 6 : 30
Division	<u>Moorland</u>	Country/Region	£ 2 : 40
County	<u>North County</u>	County	£ 1 : 40
Country/Region	<u>Northern</u>	Total	£ 10 : 10

Please record below all the personnel who form part of your team. Please ensure that numbers given below tally with the figures supplied on form C/T.

Full and affiliate members	Numbers in census	Subscription collected	
		£	p
Commissioners			
Guiders	<u>one</u>	<u>10</u>	<u>10</u>
Appointment holders (full members)	<u>21</u>	<u>212</u>	<u>10</u>
Appointment holders (affiliate members)			
Unit Helpers (affiliate members)			
Other affiliate members	<u>10</u>	<u>101</u>	
Young Leaders	<u>5</u>	<u>50</u>	<u>50</u>
Rangers (who are not Young Leaders or Guiders)	<u>5</u>	<u>50</u>	<u>50</u>
Other Senior Section members (who are not Rangers or Young Leaders)	<u>6</u>	<u>60</u>	<u>60</u>
Guides	<u>74</u>	<u>747</u>	<u>40</u>
Brownies	<u>79</u>	<u>797</u>	<u>90</u>
Rainbows	<u>22</u>	<u>222</u>	<u>20</u>
Total full and affiliate members		£ 2252	30 p

Ensure this form matches C/T for numbers.

Declaration
I confirm that this is a true record.

Signed: J Smith Date: 8 March 03

District/Division/County/Country/Region Commissioner

Print name and registration number: Jean Smith 48787231

Your registration number really helps when cross-checking against other people with the same name.

For County and Country/Region Treasurers' use only

Total collected as shown above	£	:	Name
Less amount retained by County	£	:	Address
Less amount retained by Country/Region	£	:	Postcode
Amount forwarded with this form	£	:	Home ☐
			Mobile ☐
			E-mail

Ignore this section at District/Division level.

Signed: _____ Date: _____
County/Country/Region Treasurer

Print name and registration number: _____

The 4th (bottom) copy is held by the District / the 3rd by the Division / the 2nd by the County / the 1st (top) copy is held by the Country or Region.



Girlguiding UK

Don't forget to sign and date here. Send the form to the next level with your cheque.

New variety

Variety is the spice of life — but it's so easy to get stuck with the salt and pepper...

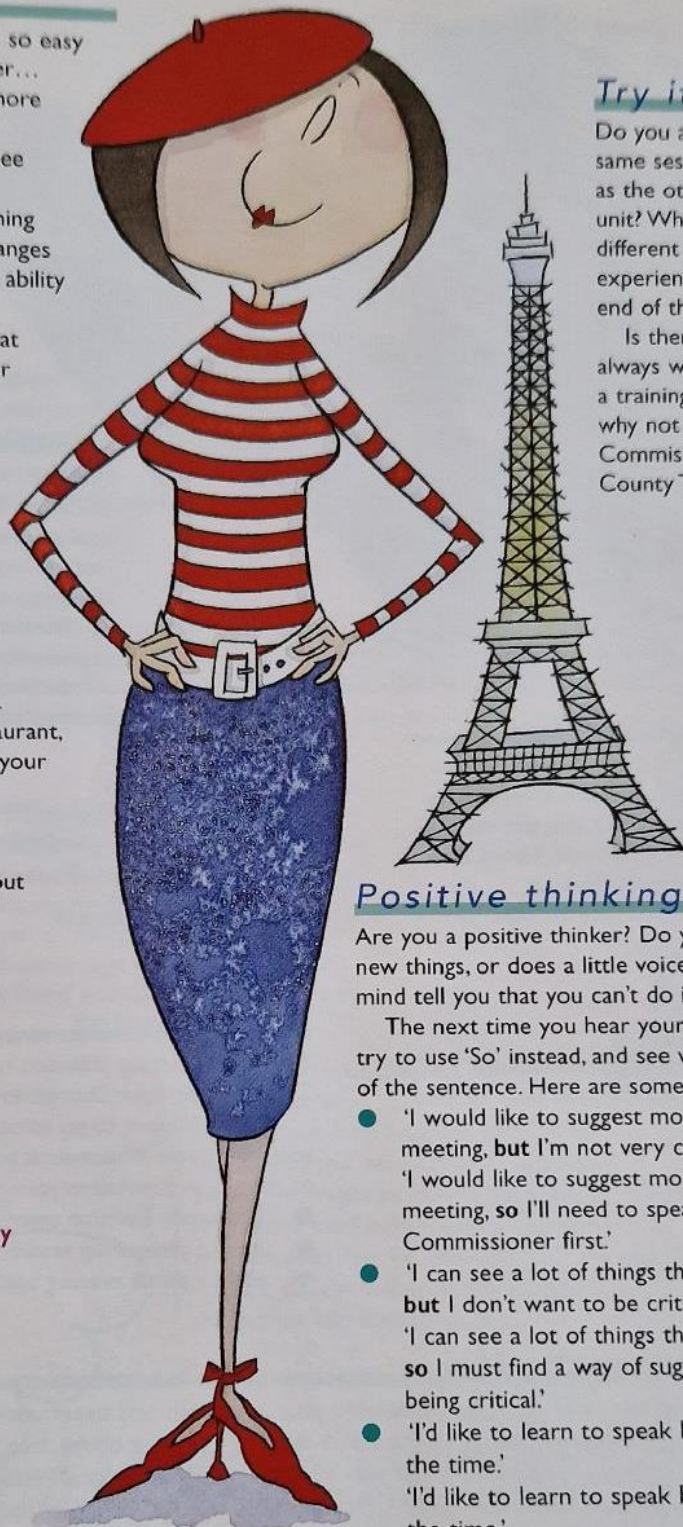
Variety can help make your life more exciting. It can help you to find new ways to do things and help you to see things differently.

You don't have to change everything at once, though. Start with small changes and see how you can use your new ability to change in your guiding life!

- The next time you're asked what you want to drink, try asking for something different — instead of tea, how about decaffeinated coffee, a fruit tea or a cold drink?
- Have a look in the supermarket for something you've never tasted before and give it a go. Most 'unusual' ingredients have recipe suggestions on the back of the packet to give you a head start.
- The next time you're at a restaurant, why not let the waiter choose your dinner for you?
- Try taking a different form of transport to work — you may find an alternative that works out better for you.

I wondered why somebody didn't do something, until I realised that I was somebody

Anon



Try it

Do you always opt for the same sessions at training days as the other Leaders in your unit? Why not try something different and share your experience over coffee at the end of the day?

Is there something you have always wanted to see or try at a training day? Whatever it is, why not suggest it to your Commissioner or to your County Training Team?

Positive thinking

Are you a positive thinker? Do you believe you can do new things, or does a little voice in the back of your mind tell you that you can't do it?

The next time you hear yourself using the word 'But', try to use 'So' instead, and see what happens to the rest of the sentence. Here are some examples:

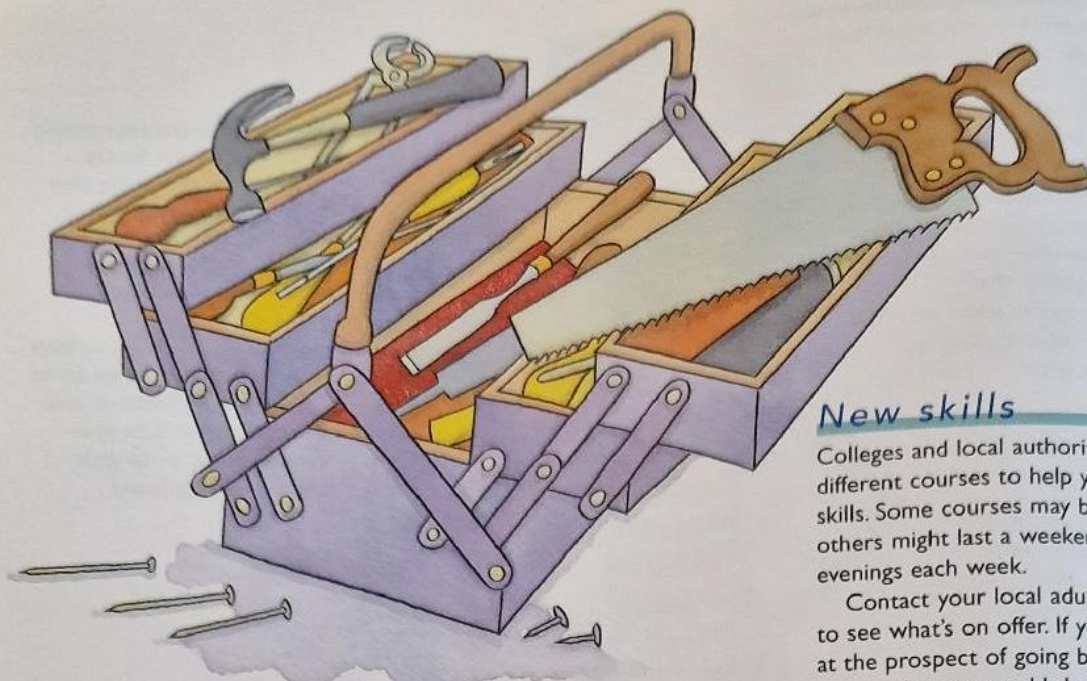
- 'I would like to suggest more ideas at my District meeting, **but** I'm not very confident.'
- 'I would like to suggest more ideas at my District meeting, **so** I'll need to speak to the District Commissioner first.'
- 'I can see a lot of things that we could do differently, **but** I don't want to be critical.'
- 'I can see a lot of things that we could do differently, **so** I must find a way of suggesting them without being critical.'
- 'I'd like to learn to speak French, **but** I haven't got the time.'
- 'I'd like to learn to speak French, **so** I'll make the time.'

Flat-pack learning

What kind of learning helps you to learn best?

Flat-packed furniture is very popular, but how do you put it together? Are you the kind of person who sits down to read the instructions first, or would you rather have a picture of the end result? Do you just want to get stuck straight in and refer to the instructions as a last resort or do you prefer to think it all through first?

Knowing how you learn can help you to choose training that suits you best. Ask a Trainer to come to your District meeting and help you to work out your learning style. Alternatively, you could look in the library or on the Internet for material on adult learning styles.



Guiding opportunity

Guiding presents lots of opportunities for you to develop as an adult. Ask your Commissioner for details of the qualifications you can work for.

If you fancy something different, have a look at one of the Girlguiding UK Training Opportunity publications. These include:

- Camp and Holiday scheme
- Musical activities
- Rowing scheme
- Walking scheme.

Ask your County Training Team about optional training modules. Current titles include:

- Water safety
- Meetings
- Challenging behaviour
- Out and about
- Time management.

New skills

Colleges and local authorities run lots of different courses to help you develop new skills. Some courses may be for one day; others might last a weekend or a series of evenings each week.

Contact your local adult learning centre to see what's on offer. If you're a bit daunted at the prospect of going by yourself, find a course that you could do with a friend.

In all affairs, it's a healthy thing now and then to hang a question mark on the things you have long taken for granted

Bertrand Russell

Social event

Arrange something different for your next group meeting. This could be your District or the adults in your unit team.

You might want to go somewhere different or try something new. Whatever it is, try anything that might help to refresh and revitalise your team. You could:

- Hold your Division meeting in a restaurant
- Have a pampering session at your District meeting
- Hold a social evening and ban all guiding talk!

Useful web sites

These web sites may help you to develop your own skills and experience.

- www.bbc.co.uk/learning — the BBC's learning centre, includes free online courses on a variety of topics, from German to self-confidence to local history.
- www.open.ac.uk — the Open University web site has details of distance learning degrees.
- www.hotcourses.com — huge database of courses, at all levels, available throughout the country.
- www.handbag.com — high street chemist Boots brings you this women's interest site which includes features on everything from motoring to fashion.

All Motivate pull-outs are available on the web site at www.girlguiding.org.uk
Written by: Kirsty Baker and team. Illustrations: Stephanie Strickland

July surprise

Tooth fairies love to fly on warm summer nights, but Rainbows can enjoy them all year round with this crafty idea

Leaders' note

Guider Mrs Powell, from Offington Park Rainbows in Worthing, has made these delightful tooth fairy boxes many times over the last 12 years.

She says they are always well-received and we think that they are sure to be a winner with other Rainbow units!

Girls can also use these fairy boxes to store other secret things, perhaps money or even sweets!

You will need

- An empty film canister, with lid, for each girl
- Green felt or card
- Scissors
- Thin card
- Red card, red felt or red sticky-backed plastic
- Glue stick
- Self-adhesive white dots
- Double-sided sticky tape
- Colouring pens

- 1 Cover the outside of the film canister with a strip of green card or felt. Make sure the edges are firmly stuck down.
Now cut out a circle of card about 7cm in diameter. This is going to become a toadstool for the finished tooth fairy to sit on.

- 2 Cover one side of the circle with red card or sticky-backed plastic. You could also use red felt or any other red material. Stick a few self-adhesive white dots on to the red material so it looks like a toadstool.

Stick the toadstool top to the lid of the film canister. A piece of double-sided sticky tape will keep it firmly in place. If you have 'sticky fixers' you could use one of those.



- 3 Now it's time for the best bit — making the fairy!
Trace our fairy template (left) on to thin card. If you have access to a photocopier you might be able to copy the fairy on to card before your meeting. If you can, copy one for each girl.

Each girl can colour in her fairy as she wishes and then cut it out.



- 4 Once the fairy has been cut out she needs to be positioned so that she can sit comfortably on the top of her toadstool.

To do this, gently bend her forward at the waist until she is sitting upright. Cut out a small strip of double-sided tape and stick it underneath her bottom to her knees.

Peel off the backing strip and sit the fairy in the middle of the toadstool so that her lower legs dangle over the edge. You can bend her knees slightly to make her a bit more comfortable.

Finally, put the toadstool lid on top of the canister. The tooth fairy box is ready to use!

Top tip

After the girls have made their tooth fairy boxes you could read one of Cicely Mary Barker's beautifully illustrated Flower Fairy stories. You may be able to borrow one. If not, ask in your library.

Cicely Mary Barker was born in Croydon in 1895. She loved drawing and her now-famous fairies appear on all sorts of merchandise, from tea towels to clocks.

- Find out more about Cicely Mary Barker at this web site: www.flowerfairies.com.

Sunny August

August is a great month to play some brilliant games

Brownies write in

The 5th Woodley Green Brownies from Berkshire wrote to tell us about their favourite games, with a little help from Fluffy Owl Suzy Eteson. We have sent them a prize for sending in their fun ideas.

Here are just a few of the games that the Brownies would like to share with you!

Even though the games have been sent in by Brownies, other sections can enjoy them too. Most of the games can be played outdoors in the summer or inside all year round!

■ We didn't have room for everyone's game, even though they were all very good, so a special mention goes to Caitlin Meredith, Emily Moodie, Emma Maughan, Emily Johnson and all the other Brownies of the 5th Woodley Green Pack.

Punch and catch

This ball game can be played inside or outside. It was sent in by Lucy Amos who says that it is her favourite Brownie game.

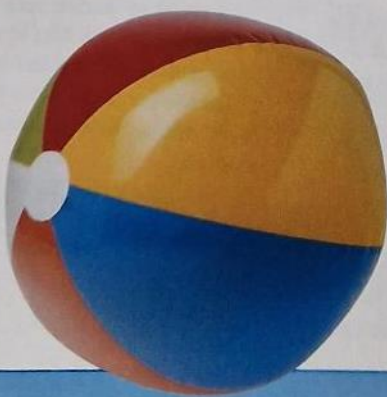
All the girls stand in a big circle. One girl stands in the middle with a ball. A light football or a beach ball is the best sort to play with.

The middle girl throws the ball to someone in the circle and shouts out either Punch or Catch. If she shouts Punch, the girl in the circle has to catch the ball and throw it back into the middle. If she shouts Catch, the girl in the circle has to punch the ball back to the middle. If she gets it the wrong way round she must sit down.

Keep playing until only one girl is standing. If you want to play again, the winner stands in the middle.

Top tip

The faster the ball is thrown, the more confusing it gets!



Leaders' note

This is a great game for the girls' District get-togethers or even your own training events!

Spider's web

This is a great game for a holiday and can be adapted to lots of themes.

You will use a lot of wool but it can be collected afterwards and used for another game or craft. Brownie Charlotte Mills likes this game because, as she puts it, 'You get to do silly movements going over the string and bumping into each other!'

Attach a sweet to the end of a ball of wool. Wind the wool around the trees in a random way, going across from tree to tree. At the end of the wool, attach a sticky label with a girl's name on it. Start again with another piece of wool and so on until you have a big 'spider's web' and each girl has a length of wool with her name attached.

On the starting word, the girls wind up their wool until they reach their prize at the end!

You will need

- An area with several big trees or lots of sturdy, large objects
- Small prizes, such as sweets
- Several balls of different coloured wool
- A pen
- Sticky labels, one for each girl



Top tip

Make sure all the pieces of wool are roughly the same length. If you are playing inside, make sure you wind the wool round heavy objects that won't tip over. Be careful that you don't block doors and fire exits.

Bean handshake

Sophie Marzotjy likes this noisy getting-to-know-you game. It's a good game to play if you have new members or lots of people you haven't met before. You will need four dried kidney beans per girl.

Each player is given four dried kidney beans (you can use other beans but they need to be fairly big). On the word 'Go' everyone moves around the playing space to shake hands with as many people as possible. Every time a player initiates a handshake, she gives a bean to the other person.

The object of the game is to get rid of all your beans as quickly as you can. The winner is the first person to do this. She must shout out 'No beans!' The girls should quickly get the hang of the game and you can play again.

Would you like to be...

Danielle Churchill wrote out the instructions for this acting and singing game. She loves it and hopes you will too.

All the girls stand in a circle and sing the following words (you can make up your own tune or say them):
Would you like to be a duck that says quack?
Would you like to be a duck, would you?
Would you like to be a duck that says quack,
or would you rather be at...

At the end of the last line one of the Leaders says the name of a 'place'. This could be the beach or the zoo, for example. They could also say Brownie holiday. The girls then go into their Six corners to make a tableau of the place that has been chosen. For example, if the girls are on the beach, they could pretend to make sandcastles or paddle in the sea.

One of the Leaders shouts 'Freeze' and the girls hold their positions while the Leaders go to all the Six corners to see what the girls are doing. The Leaders decide which one is the best.

The other girls congratulate the winning Six by shouting, 'Twit-a-woo, good for you'. The winning Six replies, 'Twit-a-woo, thank you', and everyone returns to the circle to play again.

Leaders' note

To make it fair, choose a different winning Six each time — it's not cheating, just encouraging!



Pond dipping

Sara Beeton likes to go pond dipping with her Pack.

The Brownies are lucky enough to have a park with a pond nearby and sometimes they meet there instead of at their headquarters.

The girls take along nets, plastic trays (empty ice cream cartons are ideal), smaller plastic dishes or tubs and disposable spoons. They also have cards that have pictures of some of the beasties that they might find.

Girls take it in turns to dip the nets into the pond and then empty them into the big plastic trays. Anything that looks interesting is carefully taken out with a spoon and put into a smaller tray so they can have a closer look and hopefully identify it.

■ If you would like to go pond dipping, make sure that you have permission from both the landowner and the girls' parents to do so. Don't forget to wear suitable clothes and have lots of adult supervision.

Your games

What are your unit's favourite games? Why not get your girls to tell us?

All you have to do is write out simple, clear instructions, with diagrams if necessary.

We'd particularly like to hear about games for Guides and the Senior Section. If your games are featured in *Activate*, you'll win a prize.



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Autumn

Apples are the fruits of September and October, although these days we can eat them all year round!

Apple key ring

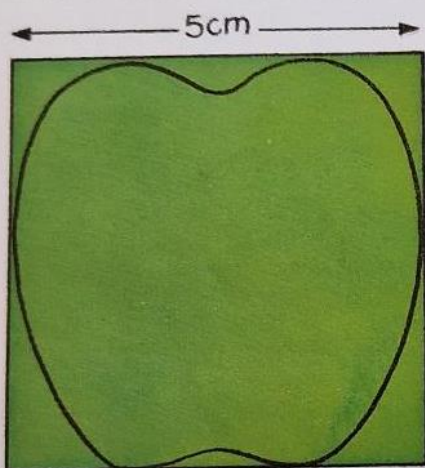
Everyone has heard the saying 'An apple a day keeps the doctor away', so girls can make this key ring as a reminder to eat a nutritious apple as often as possible!

You will need

- Red or green craft foam
- Scissors
- Pencil
- Ruler
- White craft foam
- A thin, permanent black marker
- Tacky glue
- A hole punch
- Thin cord (black, red or green)
- Red, black or green beads with large holes
- A key ring loop

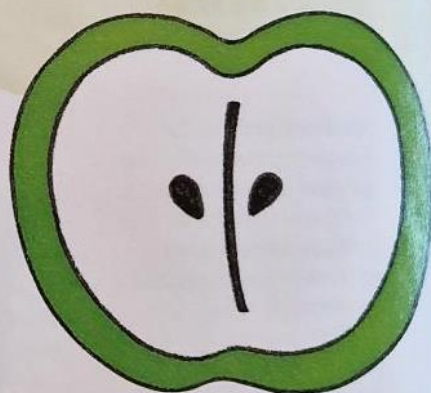


- 1 Cut an apple shape from red or green craft foam. The easiest way to do this is to draw a square with sides of 5-6cm. Inside the square draw a heart shape with a flat bottom. Cut out the shape and use the scissors to curve the bottom in to reflect the natural shape of the apple.



- 2 Next, cut out another apple shape from white craft foam. This needs to be about 5mm smaller than your first apple shape. Use the thin black marker to fill in the details on the white shape so that it looks like the inside of an apple. Apply tacky glue to the blank side and then stick the white apple on top of the coloured one.

Make sure the white apple is centred so there is a neat border of colour all the way round.



- 3 When the glue has dried slightly (the two pieces of foam shouldn't slip around when you touch it), punch a hole in the centre at the top of the apple. Try to get the hole through both pieces of foam to make it neat.

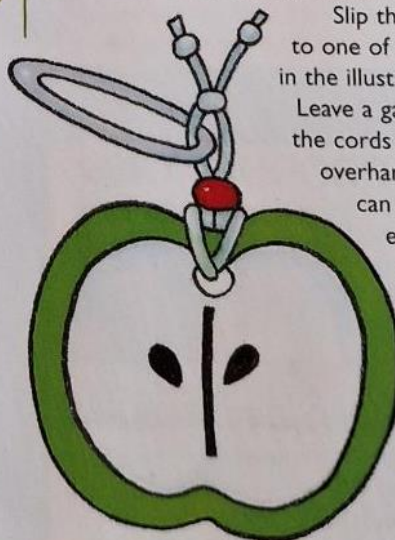
Cut a piece of cord about 25cm long. Double the cord over and push the looped end through the hole in the apple.

Thread the free ends through the loop and pull so that you have what is known as a Lark's head fastening. (For illustrated instructions see page 56 of *The Guide Association Knot Book*, order code 6072, price £10.)

- 4 Thread both of the free cord ends through a bead. Push the bead up to the apple and tie an overhand knot in the cords directly underneath it.

Slip the key ring loop on to one of the cords as shown in the illustration.

Leave a gap of about 2cm in the cords and tie another overhand knot. Now you can tie a knot in each end of the cord to stop it fraying. The apple key ring is finished.



Top tip

Craft shops sell 'tacky glue', which is especially good for sticking craft foam together, as well as other craft fabric.

Tacky glue is a lot more sticky than normal PVA, which means it holds the foam together better, it doesn't slide around and it dries a lot quicker.

apple time



An apple a day

In the UK our apples are ripe and ready to eat in the autumn. However, the supermarkets still stock apples all year round because we are able to import them from other countries.

The organisation Common Ground holds Apple Day every year around October 21. The aim of the day is to celebrate the 2,000 or so varieties of delicious British apples that are forgotten or are in danger of extinction in favour of overseas imports.

Food growers, local councils, community orchards and organisations all over the country, such as the National Trust, support Apple Day.

Apples are a tasty, nutritious and versatile fruit. Hold your own apple theme night with the help of our fun activities.

■ For more information about British apples and Apple Day itself, log on to:
www.commonground.org.uk

Ideas to go

- Measure the height of an apple and work out how many 'apples tall' you all are.
- Instead of *Ten Green Bottles*, sing *Ten Green Apples*.
- Cut thin rings of apples and dry them out slowly in an oven on a very low heat.
- Dried apples make a good snack. You can also add dried apple pieces to flapjacks and muesli.
- Sing *Johnny Appleseed*, a favourite guiding song!
- Try out this old wives' tale: peel an apple in one long piece and throw the peel over your shoulder. Have a look at the peel on the floor and decide which letter it most looks like. This is the initial of the man you will marry!



You will need

For each girl:

- 1tbsp soft cream cheese
- Half a muffin
- 1tbsp apple sauce
- A pinch of ground cinnamon
- A few raisins

Mini-muffin pizzas

Mini-pizzas made with apples? Don't worry, they are really delicious and ideal for younger girls to make.

Spread 1tbsp of cream cheese on half a muffin and spread 1tbsp of apple sauce on top of the cream cheese. Sprinkle on a pinch of ground cinnamon and finally place a few raisins on top.

Place the muffins on a baking sheet and bake on a low heat, about 180°C/Gas Mark 4, for five minutes or until warmed through.

Be careful the apple sauce isn't too hot before you eat your muffin pizzas.

Camp fire apples

Apples taste extra delicious when baked in a camp fire. Of course, if you're not having a fire, you could bake them in the oven, too!

We have three ideas for delicious baked apple fillings.

Start off by washing and coring a big apple. Bramley cooking apples are best for baking.

Lay the apple on a piece of thick tinfoil that has been lightly greased with butter.

Push the filling of your choice into the hole, then wrap the foil up into a parcel.

Place the foil parcel in the fire embers. Wearing fireproof gloves, very carefully turn the parcel over at regular intervals. After about ten to 15 minutes it should be cooked.

Unwrap the parcel carefully as it will be very hot and steam may escape.

Leave it to cool slightly before you eat it. A spoon is recommended!

- Filling one: peanut butter and raisins
- Filling two: chocolate chips and mini-marshmallows
- Filling three: mix 2tbsp of sugar with 1tsp of cinnamon, pack it into the hole and top off with a knob of butter.



Winter warmers

November and December are great months to play games that warm up your brain and body!

Leaders' notes

- The games on this page make great 'fillers' if you've got a gap in your meeting.
- When small groups are required we have called them Patrols. However, you could adapt many of the games for other sections.
- Don't forget, most of the activities in this Activate can be used all year round. You don't have to wait for the months that they are grouped into!



Animal farm

This game can be very funny to watch. Patrols can play on their own or with an audience!

Every girl in the Patrol is blindfolded. The Leader (this could be a Young Leader) whispers the name of a different animal in each girl's ear. The girls then have to arrange themselves in order of animal size. However, they are not allowed to speak. The only way they can communicate is by making their animal noises!

Set a time limit of no more than five minutes. Ask the girls to keep a record of the time it takes them to complete the challenge — the Young Leader could do this. Which Patrol is the fastest?

■ Animals you could use are (in ascending order of size): mouse, cat, dog, pig, horse and elephant.

Top tents

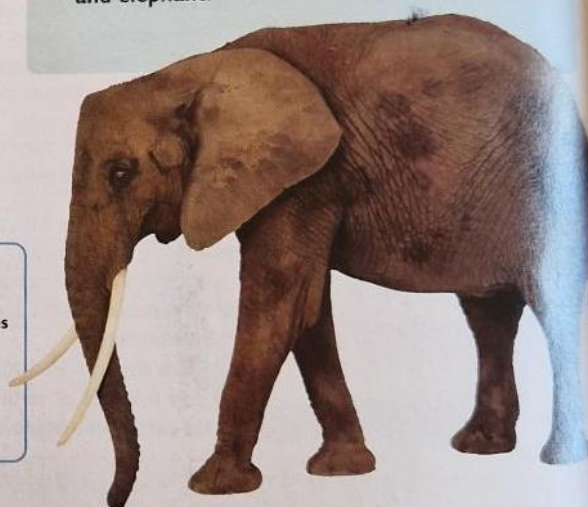
Now here's a challenge for small Patrols. Not only will it get the girls thinking, it will help their teamwork skills too.

Give the girls the materials on the list.

The challenge is to build a tepee big enough to fit one girl inside. Set a time limit of 10-15 minutes and then see how they get on!

You will need

- Per group:
- Six long garden canes
 - String
 - Newspaper
 - Sticky tape
 - Blu-tack



Twopee-tenpee

This is a relay race with a difference. Girls have to keep their wits about them so they don't get too confused!

Divide the girls into two equal teams and get them to line up facing each other. Number the girls one, two, three and so on. Place the chairs at opposite ends of the room and put one of the coins — either a 2p or 10p coin — on each chair. Allocate a coin to each team.

Call out a number. The two players with that number run to pick up their respective coins and take them to opposite chairs. They return to their places. Call out another number and the same thing happens again.

As the game is played the teams transfer their coins from one chair to the other, so each player has to remember where her team's coin is.

For safety purposes, work out a one-way system so that the runners don't bump into each other. For example, girls can only run on the outside of their own team line and not down the middle. Stop the game when everyone has had a go or when they are too tired to carry on!

If the girls would like to keep score, award one point to the first team back each time. If the coin gets dropped, or the girls go to the wrong chair, their team must forfeit a point.

You will need

- Two chairs
- A 2p and a 10p coin

Stamping ground

This activity must be prepared before the girls arrive. It will test their powers of observation!

Prepare a large poster with the following message on:
It is believed that there are two radioactive stamps in the room. Do not alarm other people by discussing this, but see if you can find them. Do not get too close (stay about one metre away) but do write down their locations. Give the paper quietly to (name of Leader) and then carry on as normal.

Before the girls arrive, stick the poster on to the door of your meeting place or a wall near the entrance to your room. You also need to hide the stamps so that only a small part of them is visible. Place the paper and pencils nearby.

Carry on as normal and don't mention the activity to any of the girls. If they ask about it, deny all knowledge. After a suitable length of time, stop the activity. You could even leave it until the end of the meeting before bringing it up.

Get everyone together and find out who managed to locate the stamps. Discuss how well the girls followed the instructions and talk about the importance of being observant.

When could the girls use these skills in a real-life situation? Examples could be: following instructions in an exam or an emergency, being observant so you could report a crime and so on.

You will need

- A large sheet of paper
- A pen
- Two postage stamps, picture ones would be great
- Paper and pencils for the girls

Top tips

- It might be a good idea to reassure the girls that the stamps aren't really radioactive!
- How much of the stamps you leave visible depends on the age and experience of the girls. You could make postcard-sized stamps if you wanted them to be extra visible.
- Some charities welcome collections of used stamps that they can sell to make money. Find out which charities do collect them and save your stamps to help.



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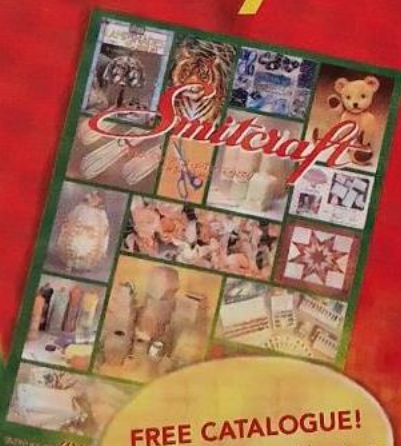
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* The Heritage Centre *

Make a New Year resolution to visit The Heritage Centre in 2003.

* Sleepovers are available every Friday night and weekdays during school holidays (minimum group size for sleepovers is 24, maximum 40).

Weekend fun!

During 2003 it will also be possible to sleepover Friday and Saturday nights - so why not make a weekend of it! (Available for weekends after Easter.)

Regular opening hours

Wednesday to Saturday during term time.
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Prices

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- * Sleepover - £21.40 per head (plus one Guider free with every eight children).

Full access for the disabled and baby-changing facilities are available.

The Heritage Centre, 17-19 Buckingham Palace Road, London SW1W 0PT. Call 020 7592 1818 for information and bookings.

WORLD THINKING DAY FUND

IMPROVING THE LIVES OF GIRLS AND YOUNG WOMEN ACROSS THE GLOBE

By Denise King
Executive, CHQ

In the December issue of *Guiding magazine* we reminded you that once a year we collect money to help support our sisters in Guiding throughout the world. The money is sent to the World Association of Girl Guides and Girl Scouts (WAGGGS). They use that money in many ways, including helping Guiding to develop in new countries, funding special projects and raising awareness at the United Nations of the valuable community work that Guiding does. Here we look at some examples of where the money goes.

ARMENIA

The Republic of Armenia used to be part of the Soviet Union. It is near Georgia, Turkey and Iran. In the late 1980s, some girls started to meet in Patrols. During the next ten years, Guiding slowly developed, during which time WAGGGS sent volunteers and staff to help with training and support.

This involved a lot of travelling around the country, helping Armenians to make up their programmes for girls aged 6-20 and to organise their trainings for Leaders. It also involved helping to persuade the government to formally recognise the Association and allow it to exist.

The Leaders in charge in Armenia are mostly young women in their 20s. The total membership is over 1,000. Armenia was finally welcomed as an Associate member of WAGGGS in 2002.

WAGGGS has been recognised by the UN for its project work



NEW COUNTRIES

WAGGGS is currently working with at least ten more countries like Armenia, some that have never heard of Guiding, including Mongolia and China. It means that more girls around the world will have a chance to be a Brownie or a Guide. Please help to support WAGGGS with this work.

INDIA

India is a vast country, covering more than three million square kilometres and with a population of over 900 million. The Girl Guide section of the Bharat Scouts and Guides has existed since 1911.

WAGGGS has been helping the Indian Guides with a special project on health education. The Association helps to provide funding and support for Leaders who train young people about health issues for teenagers. A lot of cultural challenges surround the issue of female health and the idea is that the Guides can help their non-Guide friends to understand and take better care of themselves. This sort of information and learning is not possible at school. This project is taking place in both rural and urban areas.

SPECIAL PROJECTS

WAGGGS supports many other special projects in all five Regions of the world — Africa, Arab, Asia Pacific, Europe and Western Hemisphere. These projects often concern food and nutrition, health or refugees and peace. WAGGGS has been recognised by the United Nations for its project work and is a valued partner of the UN agencies. Please support WAGGGS to enable the organisation to continue with this important work.

For more information about WAGGGS, visit www.wagggsworld.org or call 020 7794 1181. For a World Thinking Day Pack call Paul Turner or Georgina Peak at WAGGGS on 020 7794 1181.

MAKING A DONATION

If you would like to send a donation to the World Thinking Day Fund, please send a cheque, made payable to 'The Guide Association', to: The International Department (WTD), at the address on page 27. Please write 'WAGGGS WTDF 2003' on the back of your cheque.

WOMEN'S INSTITUTE

Everyone's heard of Tidy Britain but did you know that it was a Women's Institute initiative in 1955?

The Women's Institute (WI) today is all about developing talents and having a positive impact on the world. Why not contact your local WI and see if there are any projects or links you can explore together? If you do decide to work together, please write and let us know.

Like Girlguiding UK, the WI is part of a worldwide organisation and has links with eight million women in over 60 countries.

For more information about the WI, visit www.womens-institute.org.uk or call 020 7371 9300.

DEVELOPING SKILLS

Training on skills such as literacy, numeracy, trade and communication enables young people in developing countries to find a way out of poverty.

Y Care International, an international development agency, has produced some useful activity sheets to explain more about the importance of learning skills. I'm good at this is for seven to 11 year olds and Skill is for those aged 11 and over.

The sheets include ice breakers, games, craft ideas and discussion topics in an easy-to-understand format. If you would like a free sample, please send an A4 sae to Liz Lee at CHQ at the address on page 27. Please state which sheet you would like.

IT'S A FACT

Did you know gardeners like hedgehogs because they eat garden pests?

Many other fascinating facts can be found in *Willows Wonderfacts*, available free from Willows Farm Village, near St Albans.

Willows Wonderfacts topics range from bashful badgers to wild flowers and bird watching.

To order copies of *Willows Wonderfacts* write to: Willows Wonderfacts, Administration Office, Hatton House, Hatton, Nr Warwick CV35 7LD.

You can also download *Willows Wonderfacts* by visiting the web site at www.willowsfarmvillage.com.

EUROPEAN YEAR FOR DISABLED PEOPLE

In celebration of the 37 million people with disabilities across the European Union, 2003 has been declared the European Year for Disabled People.

It is hoped that the year will highlight the barriers and discrimination faced by disabled people.

A huge variety of activities will be taking place across Europe and funding is available for events so that everyone can participate.

For more information, and to find out about funding, visit www.eypd2003.org.

Look out for more information on disability awareness, including new ideas and challenges to use in your unit, in future issues of *Guiding* magazine.

SPECIAL OFFER

Get into the outdoors at the National Boat, Caravan and Outdoor Show at the NEC, Birmingham, from **February 15-23**.

Attractions at the event will include abseiling, an indoor activity pool, camping equipment, and a wide range of caravans, motorhomes and boats.

As a special offer for *Guiding* magazine readers, you can claim two free tickets for every 15 tickets booked in advance. Advance tickets cost £5.50 for people under 16 and £9 for adults.

To book advance tickets, please send a cheque for the correct amount payable to 'NEC Box Office', together with your name and address to: NEC Box Office, PO Box 3348, Birmingham B40 1NS. Please mention 'special Guides discount' when booking.

COLIN SHAWYER



OWL ADOPTION

Owl lovers can give barn owls a helping hand through the Hawk and Owl Trust's 'Adopt a Box' scheme.

The scheme involves putting up nesting boxes to compensate for the loss of natural nesting sites in barns and hollow trees. It has been a huge success since it began in 1988.

By adopting a box in one of seven regions in the UK, you can help increase the declining barn owl population.

Group adoption costs £30 a year. At the end of each year, groups can find out what kind of birds have nested in their box and how many eggs have been laid or chicks reared.

For more information about adopting a box visit www.hawkandowl.org or call 01626 334864.

DANCE 4 DOGS

LISA GILLOW — GUIDE DOGS



DANCE FOR GUIDE DOGS

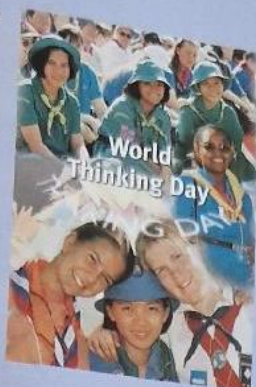
To the patter of dance shoes and paws, The Guide Dogs for the Blind Association is inviting Guides and Senior Section members to take part in Dance 4 Dogs — its new fund-raising event.

Whether you love salsa, a barn dance, strictly ballroom or hitting the dance floor of a nightclub, Dance 4 Dogs will raise money to breed, train and support guide dogs in the UK.

If you would like to organise a dancing event please call 0118 983 8207 or visit www.socialevents.org.uk for further details. All event organisers will receive a support pack containing posters, invitations and fund-raising advice.

WORLD THINKING DAY CARD

World Thinking Day just around the corner. It's time to remember all the wonderful things in guiding — and this new card is a great way of letting them know your greetings. It's bright, colourful and features Guides from all around the world. What a better way to let someone know you are thinking of them? The card is available from Trading Service, order code **6558**, price 90p. See below for contact details.



PUBLICATION UPDATES

- **Training Opportunities: Camps and Holidays:** A revised reprint of this publication is now available from Trading Service, order code **6478**, price £3.50.
- **The Guiding Manual 3rd Edition 2003 Amendments:** These have been enclosed with this month's *Guiding* magazine. Please note that these amendments are in addition to 2000 and 2001 amendments rather than incorporating them.
- **Climbing and Abseiling Training Scheme:** This new publication will help any adult with basic skills to become qualified to instruct members at the lower levels of the sport. Available from Trading Service, order code **6142**, price £5.30.

Trading Service

To order from Trading Service or for further information about goods, please contact GUIDING ESSENTIALS on our 24-hour answering service or by fax or e-mail.



Guiding Essentials

Girlguiding UK's Trading Service & Publications Catalogue

Girlguiding UK

Call now on **0161 941 2237**

Fax: 0161 941 6326

E-mail: tradings@girlguiding.org.uk

Alternatively, shop online for your essential guiding resources and keep up to date with new products at

www.guidingessentials.org.uk

For details of your local depot call freephone 0800 838227.

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.

BRONEIRION

01686 688204

Brone@talk21.com

January 24-26

Camp site wardens — training for adults

January 24-26

Arts challenge weekend

February 21-23

Guide event: 'Badges'

March 7-9

GAINING International training

camp and holidays

February 14-16

District Groups, special offer prices for this weekend

WADDOW

01200 423186

waddow@girlguiding.org.uk

January 24-26

Brownie holiday training —

Guiders and up to five Brownies in the Brownie House

February 21-23

World Thinking Day weekend — Guiders with their Brownies, Guides or Senior Section groups

February 28 — March 2

Programme ideas for Rainbows

February 28 — March 2

Programme ideas for Brownies

BLACKLAND FARM

01342 810493

blackland@girlguiding.org.uk

March 8-9

Girlguiding UK Climbing scheme Level 1

NETHERURD

01968 682208

For details of events and trainings, please contact the centre direct.

LORNE

02890 423180

ulsterhq@girlguiding.org.uk

March 14-16

Make and take craft weekend for Guiders

March 21-22

Londonderry County training for Guiders

FOXLEASE

02380 282638

Foxlease@girlguiding.org.uk

Jan 31-Feb 2

Training for new or less experienced Senior Section Guiders

February 14-16

Guider training — first aid for

BIG GIG MERCHANDISE

Merchandise from the BIG GIG 2002 is still available from Trading Service while stocks last.

Items include a sleeveless black t-shirt with BIG GIG in sparkly reflective print on the front, a fluorescent BIG GIG cloth badge, soft toys sporting their very own BIG GIG t-shirts and a light-up wand that changes colour.

To check availability, and for prices and order codes, please contact Trading Service (see the box on the left for contact details). Alternatively, visit the special BIG GIG merchandise page at www.girlguiding.org.uk/gig/merchandise.asp.

FLEXIBLE GUIDING

IF A GIRL CAN'T ATTEND REGULAR MEETINGS,
SHE CAN STILL BE INVOLVED IN GIRLGUIDING UK

By Jane Mason
Project Coordinator, CHQ



MOOSE AZIM

There are various reasons – illness, family circumstances, geographic location, no places at the local unit – why some girls can't attend regular meetings. However, they can still be involved in Girlguiding UK. As Leaders, you can offer alternatives.

They can, for example, be members of a local unit, attend whenever possible and come along to outings and local events. The girls can become Lone members or NetGuides, and enjoy contacting others in the same section in whichever way is suitable.

Lones use many different ways to keep in touch and undertake a range of activities and challenges. There are Lone members of BGIFC, too! For more details, phone Jane Mason at CHQ on 020 7834 6242 ext 273 or e-mail janem@girlguiding.org.uk.

NetGuides use the Internet to contact each other and their Guiders, using secure

passwords. There are units for Brownies, Guides and Senior Section members. Visit www.netguides.org.uk or alternatively, e-mail info@netguides.org.uk.

RANGE OF OPTIONS

Take the case of a girl who has been a Brownie and wants to become a Guide, but finds that there are no Guide units in her area or any she can get to.

She can join Lones or NetGuides to follow the programme for her age, but can be invited back to her former unit at a suitable point to become a Pack Leader. She then has local contact, can receive invitations to appropriate District/Division events and can be presented with badges by the Brownie Guider.

Look out for further information about Lones and NetGuides in a future issue of *Guiding magazine*.

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It's all in ... **The Pass**

PLEASE RETURN FORM TO: THE PASS, 60 BOROUGH HIGH STREET, LONDON SE1 1XF

Name

Address

Post code

Email address

Organisation you are a member of (eg WI, TG etc)

Individual guild, club, institute or pack

Official position if any (eg secretary, treasurer, leader)

Contact telephone number (optional)

Ref: GA

NEW YEAR, NEW IDEAS

DISCOVER THE BEST WAY TO MAKE – AND KEEP – A NEW YEAR'S RESOLUTION

By The Positive and Effective Leadership Group

It's hard not to get the resolution urge on New Year's Eve. That sense of renewal, of rebirth, and the guilty pleasure that you ate your own weight in chocolate during the holidays. Sure, last year's resolutions didn't make it past the first of January but, hey, this year is going to be different, isn't it?

So why do we make New Year's resolutions? We choose to identify our inadequacies, highlight our guilt and comfort ourselves with good intentions! This should sound familiar to anyone who has read *Bridget Jones's Diary*. So why not be different this year?

Don't resolve to: Give up chocolate, lose two stone, go to bed early or start jogging — you'll hate yourself if you fail.

Do resolve to: Try a new recipe, raise eyebrows, surprise someone — yourself!

For your social conscience: Give blood, start carrying an organ donor card, recycle paper.

For Girlguiding UK: Read *Guiding* magazine, recruit an Ambassador, a Mentor or a new Leader.

THINK POSITIVE

If you do decide to make a New Year's resolution, maybe you will get some ideas from the following list of resolutions that members of the Positive and Effective Leadership Group will be trying to keep in 2003.

- I will try to speak to every girl during every meeting, every week.
- Each week I will find something to praise about the girl I find it difficult to like at the moment.
- I will speak positively to every Guide, Brownie and Rainbow each time we meet.
- I will challenge myself and my unit to try a new and completely different activity.
- This year I'm going to really enjoy the friendship guiding offers by spending more time getting to know the other adults I meet in guiding.
- I will make an effort to e-mail or phone new friends that I make through guiding.
- I will look after my plants! They symbolise new growth and development.
- I will make more time for myself.
- I will learn to say no a bit more often.
- I will set my own personal achievement goals in guiding. For instance, I will work for an award or licence or organise an event or a particular evening activity.
- I will handle each piece of paper (or open each e-mail) only once.

DON'T GIVE UP

False starts are okay. One slip does not mean you have to give up altogether (we sound like the people from a slimming club!).

Have a plan that will help you keep your resolution. You could:

- Tell everyone about it. Then you'd be too embarrassed to break it.
- Make it achievable. Don't make it too difficult or too easy.
- Write your resolution down and stick it to the fridge door.

- Has your involvement in guiding helped you make and keep a particular resolution? Has this article inspired you to do something different? If the answer is yes, write and let us know!



Make a resolution to raise eyebrows!

YVONNE WRIGHT

classifieds

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<http://www.berksguides.freemove.co.uk/thimover>

Camp enquiries: Mrs S. Kitchener,
 20 Regnum Drive, Shaw, Newbury,
 RG14 2HF. Tel: 01635 37286
 House enquiries: Mrs R. Boswell, High Acres,
 Henwick Manor Farm,
 Henwick, Thatcham,
 RG18 9HR. Tel: 01635 865816

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30 acres of pasture and woodland. Indoor accommodation for 48, 24 and smaller groups. Open all year. Archery, shooting ranges, assault course, climbing, pioneering. Hot showers. Local 360 acre public woodlands, sports complex minutes away. Excellent site shop and woodpiles. DAILY ELSAN EMPTYING SERVICE. AND NIGHT SECURITY ROUNDS.
 SAE for brochure: Kevin Wilson
 The warden, Belchamps, Holyoak Lane,
 Hawkwell, Essex. Tel/Fax: 01702 205 081

SOMERMEAD

Somerset Guide Association's Campsite, set in the Mendip Hills, within walking distance of Wedmore and close to Cheddar, Wells, and Weston-Super-Mare.
 Three sites, each with a loo block, one fully equipped shower block with disabled facilities. Lodge with shop on site.
 Enquiries send SAE to: Mrs Ann Weeks,
 The Forge, Vicarage Lane, Wookey,
 Wells, Somerset, BA5 1JT.
 Tel: 01749 673 596

BLACKLAND FARM CAMP SITE

Offers fully-equipped and unequipped camp sites, some with flush toilets and showers.
Activities available are:
 Canoeing, climbing, abseiling, archery (all with instructor), swimming, orienteering, nature trail, assault course, grass sledges, rifle range.
 Further details from:
 Blackland Farm
 Grinstead Lane
 EAST GRINSTEAD, SUSSEX RH19 4HP
 Telephone 01342 810493 or 07860 393 026
 or FAX 01342 811206
 Email blackland@guides.org.uk

Downe Activity Centre.

Guide your Guides down to Downe!
 Set in 86 acres of woodland and field, and only 16 miles from the centre of London, Downe is an ideal base for all your Brownie Pack Holiday and Guide Camps.
 With three fully equipped indoor accommodation blocks, a range of large and small campsites coupled with a wealth of activities, Downe is the ideal location for you.

Steve Jewell is happy to meet with you to discuss your requirements, or to request an information pack contact Steve on 01959 572121 or visit us at

www.downeactivitycentre.org.uk
 Birdhouse Lane, Downe, Orpington, Kent, BR6 7LJ

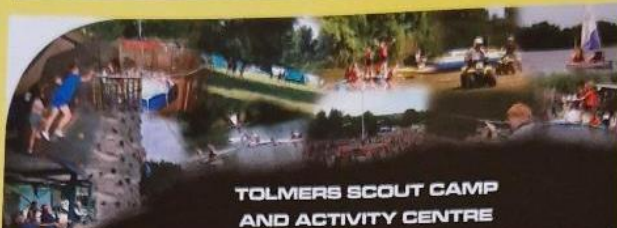
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See our Internet Site www.chalfont.org Or for a colour information pack
 Tel: 01753 882640 Fax: 01753 884108 email: warden@chalfont.org
 Chalfont Heights is owned and operated by G.L.M.W. SCOUT COUNCIL. Reg Charity No 303887



TOLMERS SCOUT CAMP AND ACTIVITY CENTRE

Set in 100 acres of pastures and woodland, Tolmers is ideal for Groups, Districts and Counties of all sizes. Two indoor accommodation areas are available. Facilities include showers, toilet blocks with hot water and separate leaders showers. Several onsite activities include: Archery, Abseiling, Climbing, Canoeing, Orienteering, Pioneering, Rafting, The Rock, Radio Communications Centre, Rifle Shooting, Splash Pool and more. Central London is 30 minutes away by train with the station being under one mile from the campsite.

PAW 2003

Hertfordshire Scouts presents its annual Patrol activity weekend, to be held over the weekend of 2nd to 5th May 2003. A full program of fun and activities aimed at Scouts and Guides. Cost of the camp will be £30 per person.

C.T.T. Activity Fortnight 26th July to 9th August 2003

Over 40 activities available on and off site each day, including: Quad Biking, Sailing, Swimming, Skiing, The Rock and many many more. Evening entertainment each night, including: Campfires, Wide Games, Videos, and the famous Friday night disco.

Fully inclusive price £50.00 per week. The price includes camp fees, on and off site activities and coaches to and from the off site activities.



For more details on any of the above please contact:
 Andy Lanham • Tolmers Scout Camp and Activity Centre • Tolmers Road
 CUFFLEY • Hertfordshire • EN6 4JS

Tel: 01707 872 900 • Fax: 01707 872 960 • email: tolmers@bigfoot.com • www.tolmers.org.uk



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www.willowtreecentre.co.uk
 Charity no.1062138

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 Sheet 160



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www.youlburyscoutcamp.org.uk

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 Deal, Kent CT14 8DU
 Tel: 01304 373713
 Fax: 01304 375202
 email: kingsdown@scout.org.uk
www.kingsdownscoutcamp.org.uk



Thriftwood Scout Campsite

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An international camping ground & activity centre, with over 14 on-site land & water activities. Qualified instructors. Indoor accommodation with 32 beds. 76 acres of woodland. Wood fires OK. Free hot water & showers. Resident staff. Grassy dunes. Information from - Warden, Bill Hindley,
 Deskie Shiel, Alexander Lane, Hutton,
 Essex, CM13 1AG Tel: 01277 226571,
 Fax: 01277 215429, www.thriftwood.org.uk
 Email: thriftwood@btinternet.com

WALTON FIRS SCOUT CAMP SITE SURREY

Charity No. 300 480

Activity Instructor required
 April - September Qualified in climbing/abseiling and archery (GNAS) or air rifle shooting (NSRA)

For details contact:
 Sue or Dave McIntosh, Walton Firs
 Convent Lane, Cobham,
 Surrey, KT11 1HB
 01932 863243 wfirs@lineone.net

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For details: S.A.E. to Mrs E. Dawkins,
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26/07/03 to 02/08/03

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Price per week will be £50 including camp fees and activities - Leaders pay half price!

Contact: Steve Callan, Frylands Wood Scout Camp, Featherbed Lane, Addington, Croydon, CR0 9AA.

020 8657 1154, Fax 020 8657 4069.

Email: warden@frylandswood.co.uk

Frylands Wood Scout Camp is managed by Lewisham Manor District Scout Council A Registered Charity

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www.phaselswood.org.uk Email: phaselsw@aol.com



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For further details please write, telephone or fax

The Warden, Broadstone Warren Scout Site, Forest Row, East Sussex RH18 5JS

Telephone: 01342 822573 Fax: 01342 824055

Email: broadstone_warren@hotmail.com

* BRACKNELL *

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Contact: Mrs Ann Hall

Blackwater Valley Booking Secretary
19 Guildford Road West, Farnborough,
Hants GU14 6PS. Tel: (01252) 515767

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52-acre parkland with lake for swimming, canoeing, fishing. Pioneer, abseiling, archery, also available. Three indoor centres (36 each) with facilities. Plus camp site toilets and showers. 'Wet weather' covered area. Provide for sweets, drinks and souvenirs.

Information SAE to Dennis Patient,
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For details contact: Sue or Dave McIntosh
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Surrey, KT11 1HB
01932 863243 wfirs@btinternet.com

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NORTH OF ENGLAND

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Forest Camp, Kennel Lane, SANDIWAY,
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Tel: 01606 882709
www.forestcamp.org.uk

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Near Otley edge of Yorkshire Dales. Camping troops, patrols, district events. 2 fully equipped indoor centres, one sleeping 40, one sleeping 16. Ideal base for hiking, climbing, potholing, mountain biking, canoeing, sailing etc. On site climbing tower, archery, adventure course, toilets, showers, open fires encouraged. Local Attractions Royal Armories, York Viking centre and natural railway museum. Otley Chevin, Emmerdale Studios, sports centre. Details: Mr R J Hazel, 18 Crofton Rise, Shadwell, Leeds, LS17 8LE, Tel: 0113 2656881

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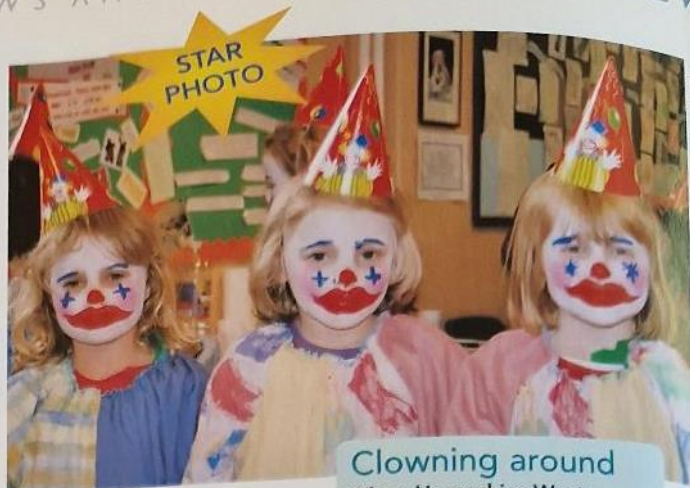
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CAROLE SUMMERS

Jolly hockey sticks

These Young Leaders with the 3rd Oxted Guides, Surrey, showed their support for the England Women's hockey team, when they played at the Commonwealth Games in Manchester last year.



WENDY BATTLE

Clowning around

When Hampshire West Rainbows transformed a school into a circus for the day, girls from all over the County dressed up as clowns, learned circus skills and tried out musical instruments.

Lots of people have written in to say how much they enjoyed the BIG GIG. Look out for a special BIG GIG feature in February's issue.

Great gig!

Please would you pass on our thanks to all who had something to do with the organisation of the BIG GIG. The Guides and I all thoroughly enjoyed it and can't wait until the next one.

Being an older Guider I have never been to a pop concert before and found it an experience I will never forget. The Guides didn't stop nattering all the way home and couldn't wait for school on Monday to tell all their friends about it. I know that tomorrow night's Guides will be hyper but isn't guiding about having fun?

Josie Turner
1st Northfleet Guides

Well what do you say? It was utterly amazing, when is the next one? One of the girls said 'I can't wait to tell my friends about this, they will never do anything like this.'

We even saw the Queen on the Sunday coming out of Buckingham Palace and went on the London Eye in the afternoon! Thank you Girlguiding UK for helping to make some fantastic memories.

Paula Bottomley
7th Penrith Guides

Valuing young people in guiding has proved a hot topic in recent months.

Positive transfer

In reply to the letter *Losing out*, in November's issue, I'd like to point out that we have a transfer form. One of the young Guiders in my District has just gone to university and, by filling in and sending off a transfer form, she is now working happily in a unit in her new town.

I have just received her appointment card so that it can be cancelled and her new appointment card issued. The form is T/A Transfer for adults and for girls, there's T/G Transfer for Rainbows right up to Young Leaders. District Commissioners should hold these forms. These girls are guiding's future we must look after them.

Diane Yates
Via e-mail

I am writing to express my dismay and shock at various letters that have appeared in *Guiding* magazine and comments that I have heard regarding Guiders, particularly young and student Guiders, not being made to feel welcome in their new areas.

Here in Oxford we have a very active Division, with units in the city run mainly by students and young people. We actively recruit them as we know that without them

many units would not exist.

We help our students by understanding their time constraints, helping with transport and by running units in college term time only.

I would encourage all Districts to welcome students and other young people into their units for whatever time they can offer. We often find that the young people who feel they can't commit to running a unit soon get the guiding bug and become valuable members.

Sam Blood
Division Commissioner
Oxford City II

Mentor question

As a District Commissioner and a Mentor, I wonder whether anyone else feels, as I do, that the best person to mentor a new Guider is someone in her own unit?

At the very least I feel that the Guiders in a unit with a 'trainee' should have a good working knowledge of the scheme in order to support her. I have found the new scheme to be excellent and feel we have more confident and better qualified Guiders than before.

However, I do think anyone coming to the scheme, particularly if they have limited guiding experience, will benefit from a Mentor who they see every week and who attends planning meetings with them.

LETTERS LETTERS LETTERS LETTERS LETTERS LETTERS LETTERS LETTERS LETTERS



Perfect pasta

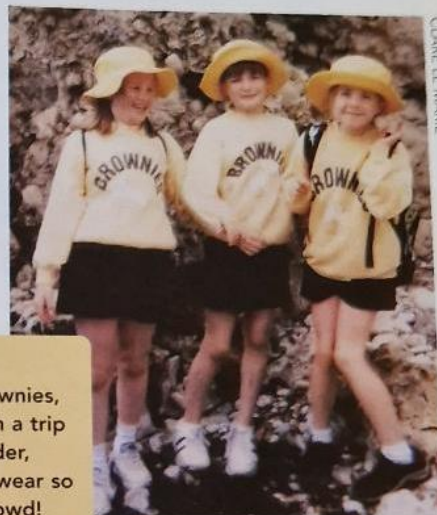
These two girls from the 3rd Droitwich Guides, Worcester, treated their unit to a delicious pasta dish while they were staying at Foxlease.



Neat idea

The 3rd Slough Guides made these snazzy new desk tidies after their Guider got the idea from Activate.

LESLIE ASHTON



CLARE LE MARIE

Top hats!

The 1st Alston St Augustine's Brownies, Cumbria, looked just the ticket on a trip to South Shields. Clare, their Guider, gave the girls yellow sun hats to wear so that they would stand out in a crowd!

I would be very interested to know what other DCs, Mentors, 'trainees' and Leadership co-ordinators think.

Miriam Brooks

District Commissioner
South Woodham Ferrers

Mary Clark's letter about sitters in November's issue of *Guiding magazine* prompted lots of response. See page 27, 'Buckets of fun', for photo evidence!

Sitters solved

With a previous Guide unit I used buckets with lids to sit on for meal times at camp. The girls kept their plate bags inside so that they were always available for mealtimes. We got the idea from an old handbook.

Liz Mansbridge

Guider
1st Cupernham Brownies
Hampshire West

Web watch

While I was searching for games for my Guides to play, I came across a brilliant web site which I think would be a great help for all Leaders. You can visit the site at www.gameskidsplay.net

Sophia Cox
Via e-mail

Beach babes

On a recent holiday to Menorca, Jean and Beatrice – both from Girlguiding Manchester – decided to bring some interesting reading material for the beach!



RUTH BRUCKSHAW



DIANA HART

Flower power

The 7th Alsager Brownie Pack, Stoke-on-Trent, loved their fun flower theme day. They baked flower cakes, made flower bracelets and prepared food for a flower tea party.

GIVEAWAYS

Cartoon creative



Disney Interactive is giving budding movie-makers an opportunity to occupy their own director's chair with the launch of Disney's Cartoon Maker on PC CD-ROM (SRP £19.99). The CD allows children almost limitless ways to create their own short animated films.

For more information visit:
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GIVEAWAYS

WALK FOR CHARITY

The 15th Colchester Brownies, from Essex, recently raised £210 in a sponsored walk for charity.

The girls decided to give the money to three charities including Heart Transplant Families Together at the Addenbrookes Hospital in Cambridge. This was chosen because one of their Pack is receiving treatment there.

The money will be used to buy essential equipment for the hospital.



OLGA MATTS

CLIMBING HIGH



LINDSAY DANIELS

Guides from the 253rd Birmingham unit have always been encouraged to make their Promises in unusual places. Following the sad loss of their Guider Kim, the newest member of the group was determined to follow the tradition.

She decided to make her Promise up a tree while on camp in Rednal, Worcestershire!

FUN RUN

The 2nd Ruckinge Brownies, from Kent, recently took part in an annual fun run to raise money for their local sports stadium.

The stadium is very important to the Brownies because it is where they complete their sporty badges and it is the 16th year that they have taken part in the run.

The tired, but happy girls were all awarded medals for completing the run.



NINA PICKUP

If you want the chance to win one of our great giveaway prizes, the closing date for entries is January 31. Photos, letters and competition entries should all be sent to Guiding magazine, 17-19 Buckingham Palace Road, London SW1W 0PT. You can also e-mail guiding@girlguiding.org.uk.

BUCKETS OF FUN



Inside the buckets when they've finished eating. Here are some of the unit, showing how it's done.

The 9th Bristol Guides have a very clever seating arrangement for their holidays.

The unit use upturned black utility buckets to sit on during meals. The added advantage is that the girls can carry their food and cutlery

GOLDEN GIRLS

Six members of the Embleton Rangers from Northumberland have all gained their Gold Duke of Edinburgh Awards.

The girls, who are all now at university, have worked together since the age of 14 to achieve their Bronze, Silver and now Gold awards.

The Rangers are the first in their Division to gain this prestigious award.



NORTHUMBRIA GAZETTE

BUG NIGHT

The Ashton-under-Lyne Rainbows from Lancashire, discovered more about the wiggly world of creepy crawlies when they spent an evening at Daisy Nook Country Park.

The girls enjoyed collecting bugs and looking at them under a microscope. They also played a caterpillar game and made birds' nests from twigs and leaves.



BLUE PETER BROWNIES

The 4th Putney Brownies from London were very excited when they were asked to appear on the BBC television programme *Blue Peter* for the launch of the new Brownie wear.

The girls modelled uniforms from 1914 to the present day and chatted to the presenters about how much they love their trendy new look.

Here are some of the girls with *Blue Peter* presenter Liz.



FIONA ELLIOT

IN FEBRUARY'S *Guiding* magazine

FLOWER FUN

Spring is in the air with our special flower-themed activities from cancer care charity Marie Curie.

BIG GIG 2002

Find out what happened when eight top pop acts, one celebrity host and 12,000 Girlguiding UK members converged at Wembley Arena for the biggest event of the year.



DOUG PETERS

HITTING THE HEADLINES

A round-up of the media coverage Girlguiding UK attracted throughout 2002.

Plus all the latest news, your views, and much, much more...

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Note Copy for possible inclusion in April's *Guiding magazine* should reach CHQ by February 6. Anyone wishing to have photographs returned, must include a sae.

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