

APRIL 2004 £1.80

Guiding

m a g a z i n e

Eco-living

Brownies

**Step out for
the world**



Girlguiding UK



Contact Information:



Girlguiding UK



Welcome

How many fund-raising activities has your unit held in the last year? How many of these were for other charities? The News and views section of *Guiding* magazine is always packed with stories of members' support of their communities and raising funds for a range of very good causes. But how often do we stop and reflect that we are ourselves a charity?

This month we are launching Girlguiding UK Walks for the World, a fund-raising initiative with the ambitious-sounding target of raising £500,000. In reality this represents less than £1 per member, surely an achievable target. The money raised will be split equally between international Guiding and local guiding in the UK. So, for example, if your unit raises £50, £25 would go towards the work of the World Association of Girl Guides and Girl Scouts (WAGGGS) and £25 to your own unit. To inspire you and your girls to action, the booklet that comes free with this month's magazine gives you lots of great walking-related activity ideas – many of which can be used for fund-raising – plus some inspirational stories about the work of WAGGGS. For more information about the initiative, turn to the article on page 7 of this issue.

Take the first step, ask the girls for their ideas, discuss it with your fellow Leaders – then get fund-raising. Your efforts will make a difference to your own guiding locally and to Guiding across the world.

Jenny Leach

Jenny Leach, Chief Guide

ACTIVATE

Find out about sustainable living and how to be environmentally friendly.

Volume 92 Number 4 April 2004 £1.80

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STEP OUT FOR THE WORLD

All you need to know about the Girlguiding UK Walks for the World fund-raiser

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ECO-LIVING

People across the UK are doing their bit for the environment

GUEST WRITERS



Read all about former Ranger Sarah Robinson's experiences with Antarctic fur seals



Russ Back, Web site Manager, tells us about the changes underway on the Girlguiding UK web site

FRONT COVER

Cover photograph by Laura Ashman

This month's highlights

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NEWS IN BRIEF

OXFAM STEWARDS

Oxfam is recruiting volunteer stewards to work at the Glastonbury festival, from **June 22-27**, the Leeds festival, from **August 26-29** and the Reading festival, from **August 26-29**.

You must be 18 or over and work three eight-hour shifts. Stewards must pay a deposit of £115 (refundable on confirmation of working three shifts) and attend a short training session. In return, you will gain free access to the festival, camp in a separate area and be given free meal tickets.

For more information, or to apply, call **0870 0108553** or visit www.oxfam.org.uk/stewards.

GUIDING MANUAL

There is an error in the new 4th edition of *The Guiding Manual*. On Page 194, please amend the 'Requirements for Senior Section Residential Event (continued)' table so that the 'Minimum number of adults' for 'Holiday abroad' and 'Camp abroad' reads 2 instead of 3.

BAPTIST FELLOWSHIP

The web site address for the Baptist Scout and Guide Fellowship has changed since it was printed in December's issue. The new address for the site is <http://homepage.ntlworld.com/daveprior59>. If you would like to find out more about the Fellowship, Relationship Secretary Peter Bately can be emailed directly from the web site or you can write to: 9 Cromarty Way, Caister on Sea, Great Yarmouth, Norfolk NR30 5UG.

STOP PRESS

This year's annual event at the Mermaid Theatre, London, on **May 20** will be attended by Her Royal Highness The Countess of Wessex The President, Girlguiding UK. To apply for tickets please email event@girlguiding.org.uk or call **020 7834 6242**.

OPPORTUNITIES FOR MEMBERS

APRIL

- Girlguiding UK Walks for the World is launched (November's issue, page 19).

MAY

- **20** Annual celebration event, London.

JULY

- **2-4** Innovate, Girlguiding UK's forum for young women, Winchester. This is now full.

Guider brings pride to Oldham

Lynne Mansfield, Guider with the 46th Oldham (St Anne's Royton) Brownies, has been given a certificate and pin after being nominated for a Pride in Oldham award.

The awards are organised by the *Oldham Evening Chronicle* and community members are invited to make nominations.

Lynne was jointly nominated for the award with her husband Robert for their care and devotion to young people in Oldham.

A Guider for 15 years, Lynne continued even after the heart-breaking loss of her first husband just before the birth of their second daughter. Brownies kept her going as it was a normal happening in a life which had been turned upside down.

Lynne's midwife told her about Robert, whose wife had died three weeks after the birth of their twins. Like Lynne, Robert had found help in continuing his work with a Pilots Youth Group. They met up, became friends and eventually married.

Marion Gow, PRA for Oldham West Division, said, 'Lynne's friends in guiding are full of admiration for her devotion to her Brownies throughout the troubles she has experienced and they are very proud of her and the way she has coped with the events in her life.'



OLDHAM EVENING CHRONICLE

Guider Lynne Mansfield and her husband Robert were jointly nominated for a Pride in Oldham award

Head of Regional Operations

World Association of Girl Guides and Girl Scouts

Salary circa £40,000 plus benefits

The world's largest voluntary organisation for girls and young women, the World Association of Girl Guides and Girl Scouts (WAGGGS), is looking for a dynamic manager to co-ordinate its five international Regions. As a key member of the Senior Management Team, you will implement strategic plans for the improvement of quality Girl Guiding/Girl Scouting within Member Organizations, increasing membership targets and growing the number of girls and young women in decision-making roles within Member Organizations.

You will also lead and manage the professional staff of the four World Centres based in India, Switzerland, Mexico and London.

You must have proven experience of project management, policy and strategy development; strong analytical and communication skills and significant line management and team working experience.

The post involves significant travel across the Regions. The language of management is English. The post holder must be prepared to accept the principles of Girl Guiding/Girl Scouting.

For an application pack call Jashwanti Parmar on **020 7794 1181** or email jashwanti@wagggsworld.org. For further information about WAGGGS visit the web site at www.wagggsworld.org.

Closing date for applications: **April 16, 2004**.



TV COMIC BECOMES AMBASSADOR

Comedy actor Doon Mackichan has been appointed as an Ambassador for Girlguiding UK. Doon, who starred in Channel 4's comedy sketch show *Smack the Pony*, was approached by Girlguiding UK after doing a voiceover for the Recruitment Week radio campaign.

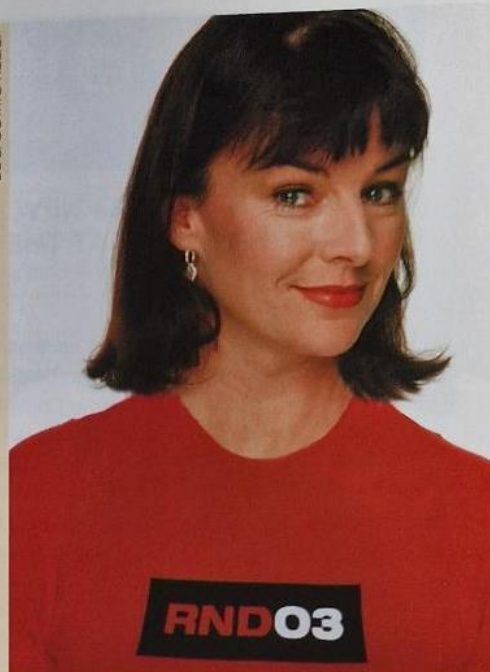
As a former Brownie, Doon was very keen to become involved. 'I wanted to do it because I had a fun time as a Brownie,' she said. 'It gave me a sense of independence, I had lots of fun and made lots of friends.'

Guiding has run in the family and Doon's daughter has been in Brownies for two years. 'She absolutely loves it,' said Doon. 'Her favourite things are all the new games she learns and camp. I think being a girl in an all-girl environment is good for them. It provides an unselfconscious way for the girls to express themselves.'

Doon, who starred in the film *The Borrowers* and has done numerous voiceovers for television and radio, was full of praise for the volunteers who make guiding possible. 'They have the secret of eternal youth,' she joked. 'I'm so full of admiration for them. They give young girls a good start.'

In her role as an Ambassador Doon is going to do as much as she can to promote guiding. She said, 'I want to empower young girls and women to achieve their best.'

BBC/COMIC RELIEF



New Ambassador Doon Mackichan is looking forward to promoting guiding

AROUND THE REGIONS

BGIFC The 3rd Dubai Brownies held a sponsored silence raising a fantastic £886.25 for the Guide Friendship Fund.

LASER 1,200 members of Girlguiding LaSER travelled from the London Eye to the Eiffel Tower for World Thinking Day, raising £25,000 for the charity Sight Savers International. The focal point of the event was meeting up with members of Guides de France at the Eiffel Tower. The Guides, Young Leaders, Guiders and Trefoil Guild members also took part in French Monopoly where, in groups, they visited famous Paris landmarks.

NORTH WEST ENGLAND Guides from Lancashire West attended a Patrol Leaders' World Culture Day. The girls completed clauses to gain the World Culture badge and shared ideas for World Thinking Day.

● Do you have any interesting news from your Country or Region? If so, let us know by writing to the address on page 30.

Guides gain geology award

Guides from Girlguiding East Lothian have won a prestigious geology award.

The ENI-Lasmo Geological Challenge Award recognises the achievements of an individual or group in the field of conservation, interpretation or field geological education within the UK. The girls won the award by producing a brochure on Barns Ness, a local site which is rich in carboniferous fossils, and a Go For It! called Geology Action.

The girls, from the 4th Haddington unit, worked with members of the local Regionally Important Geological Sites (RIGS) group to produce the brochure which contained details of fossils and other rocks found in the area. Thanks to a grants from Science Year in Scotland and Scottish National Heritage, the girls were able to print 10,000 glossy brochures that were distributed to other Guides in East Lothian, libraries, schools and the Edinburgh Geological Society.

The Go For It! was produced by local Community Action Adviser Alexandra Robb and her daughter Jane as an educational pack. It contains information on RIGS, rocks, fossils and minerals. *Go For It! Geology Action* also outlines areas within East Lothian where the geology project will continue.



Members of the 4th Haddington Guides at the presentation

As the winning group, the Guides and RIGS members were presented with a specially commissioned glass trophy.

Another group of Guides from the County are continuing the geology project by producing a brochure to investigate North Berwick's volcanic past.

RECRUITING ADULTS

**GIRLS CAN HELP FIND NEW VOLUNTEERS
AND GAIN A BADGE AT THE SAME TIME**

By the Reach Out and
Recruit Working Group

If you are finding it difficult to free up time to recruit help for your weekly meetings, then this article may be able to help.

Why not integrate the recruitment drive as an activity during a couple of meetings? The Friends Badge syllabus provides ideas for meetings that could result in a Friends Badge for each of the girls, as well as a new volunteer. Visit www.girlguiding.org.uk and click on 'Recruitment Week' then 'Information for Leaders' and 'Resources for Recruitment Week' to find the Friends Badge syllabus.

Recruiting a volunteer could also count towards the Chief Guide's Surprise Yourself Challenge (see *Guiding* magazine June 2003, for details) for both you and your unit members.

- Approach their family and friends
- Talk to the local newspaper.

Get the girls to think about how long this may take. Do you want to spend two meetings on it or 20 minutes every other week?

The amount of time needed to complete the next part of the Friends Badge – the actual recruiting – will depend on your unit's plans.

HOOK THEM IN!

Once a volunteer comes forward, arrange for them to talk to the Commissioner and visit the meeting place. If the first plan doesn't succeed straight away, encourage the girls not to give up. Let them decide for themselves whether they want to keep trying with the current plan or whether they want to choose a different approach.

TOP TIPS

During Recruitment Week 2003, waiting list numbers helped Girlguiding UK get newspaper coverage. Perhaps you could use your District or Division waiting list numbers to get coverage in the local press.

Your local Public Relations Adviser will be able to give you tips on how to approach the press and what to say to make sure the printed article gives a positive message about guiding.

Potential volunteers will probably want to know what they will get out of the role as well as what they will need to do. Talk to the girls about the rewards of being involved in guiding and ask them to help spread the word to their friends and families and in their local communities.

REWARD AND REFLECT

When a volunteer has started in the role, award the Friends Badge to all the girls who have taken part. Ask the girls what they thought went well, what they would do the same way again and what they might do differently.

Remember to share your success with your District and Division, your story might help others who are struggling to recruit.

ORDER YOUR BADGE

If you would like to order the Friends Badge, it is available from your local Badge Secretary, order code **1184**, price 80p.

The Chief Guide's Surprise Yourself Challenge Badge, order code **2399**, price 80p, is available to order from the Trading Service.



LAURA ASHMAN

**Start your recruitment process by discussing
your unit's needs with the girls**

DISCUSS YOUR NEEDS

You can break the recruitment down into meetings, or even steps, to make it easier on yourself.

Firstly you should discuss your needs. This should take 20-30 minutes in one meeting, starting off with the unit agreeing on what role they want to fill. Are your own ideas different from the girls'? Could your unit benefit from a Unit Helper, occasional helpers, a Unit Administrator or another Unit Leader?

Discuss what the girls think the role involves and how much time it will take up. Ask younger girls to draw a picture of the ideal person and older girls to make a list of what skills they think the person will need to do the role.

BEGIN YOUR SEARCH

Deciding how to find a volunteer will take about ten minutes of discussion at another meeting. How do the girls want to find a volunteer?

For example, do they want to:

- Use posters
- Write letters

HALF A MILLION POUNDS!

By Hilary Cooper
Chair of Girlguiding UK Walks for the World Working Group

EVERYTHING YOU NEED TO KNOW ABOUT GIRLGUIDING UK WALKS FOR THE WORLD

What could you do with £500,000? Girlguiding UK knows what to do with £500,000 — put half towards international Guiding and half towards local guiding in the UK.

Half a million pounds is the target set for the Walks for the World fund-raiser which begins in April and runs until World Thinking Day on 22 February, 2005. It sounds an awesome amount for one fund-raiser but it actually represents less than £1 for each member of Girlguiding UK — a very achievable target.

So get walking because half of the money you raise will go straight into your own unit, District, Division or County. The other half will go to Guiding worldwide, helping the World Association of Girl Guides and Girl Scouts (WAGGGS) support new member organisations in countries where Guiding is new.

WHAT'S IT ABOUT?

The Girlguiding UK Walks for the World booklet, free with this month's Guiding magazine, will help you understand what the initiative involves and what it's all about.

If you've heard of WAGGGS but don't know what it does, you'll find all you need to know in the booklet. The information is set out in a way that makes it easy to explain the work of WAGGGS to your girls.

The booklet also features some incredible and inspirational stories from around the world about the role that guiding plays in primary health care, education and also environmental projects.

TAKE A WALK

From the smallest Rainbow to the most mature Leader and member of the Trefoil Guild, everyone can join in and enjoy Walks for the World. All members of Girlguiding UK are being asked to take part in one walking-related activity this year.

PROGRAMME ACTIVITIES

The Girlguiding UK Walks for the World Working Group tried to think as laterally as possible about the word 'walk' so that members who don't want to — or can't — take part in physical activity can still find interesting and challenging activities to participate part in.

Activities are based on themes: **Virtual Walks**, **Theme Walks**, **Life Walks**, **Challenge Walks** and **Active Walks**. The booklet has details of the themes and most activities can be altered to meet the needs of your members.

In order to achieve the target of £500,000 we need you to organise fund-raising events. A sponsored walk is a great way to raise money or you may want to try one of the inventive fund-raisers suggested in the booklet.



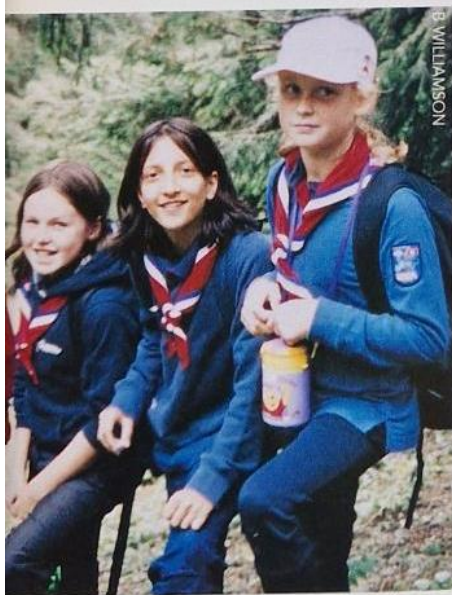
WHY SHOULD I READ THE BOOKLET?

- It's got lots of fund-raising activity ideas
- There are details of how to obtain the Walks for the World Badge and Walks for the World certificate
- You can find out how your unit can be entered into the draw to win a trip to London for the presentation of the money raised to WAGGGS.



FURTHER INFORMATION

For more information on Girlguiding UK Walks for the World, visit the web site at www.girlguiding.org.uk. We'll also keep you updated about events people are taking part in around the UK.



Every member is being asked to take part in one walking-related activity this year

YOUR SAY

FEEDBACK FOR THE GUIDE EVALUATION IS IN AND YOUR CONCERNS ARE BEING ADDRESSED

By Sue Bell
Girlguiding UK Guide Adviser

The overwhelming message from the Guide Evaluation is that the Guide Programme is working well with girls enjoying the opportunities and challenges it offers.

More than 2,500 questionnaires were received in the evaluation along with 11 focus group reports and 162 District Commissioner checklists. The task of sorting and reading the thousands of comments seemed never-ending. But read them we did and from your positive and constructive feedback came the focus for a meeting of Country and Region Guide Advisers in November 2003. The group discussed the five focus areas from the evaluation overview – Go For Its!, Challenge badges, Special Interest badges, Unit Guidelines and Community Action – as well as other concerns raised in the feedback.

THE RESULTS

Flexibility, self-programming, teamwork, and new and exciting activities in a Patrol-based environment were just some of the reasons you gave as to why your units enjoy the Guide Programme.

We also asked Districts if Guide numbers had increased and if so, why. The response was positive — 'Yes they have. It's because the new programme is modern, trendy and varied'.

Here we take a closer look at some of your feedback.

THE FIVE ESSENTIALS

'The Five Essentials is a good model to work from.'

When the Guide Programme was introduced in September 2000 it strengthened the Five Essentials (our tool for the delivery of guiding in our units).

The Guide Programme celebrates and rewards participation, teamwork and personal challenge.

GO FOR ITS!

'I enjoy being a Guide because I have lots of friends and we work together.'

Guides have told us overwhelmingly that they enjoy working in Patrols and making decisions. The tools which help them to do this are the Go For Its!, The girls like the variety of themes and formats however, there are some issues for Guiders which prevent them using Go For Its! to their full potential. These will be explored at a later date.

GUIDE CHALLENGE

'I enjoy being a Guide because I am accepted for who I am.'

We can only expect a Guide to do her best — something unique to her alone. To help the individual Guide grow, the emphasis is on doing her best, participating in the unit programme, meeting new opportunities, and extending existing skills.

The Guide Challenge Badge is her reward for completing the 12-month challenge. It rewards a Guide for doing her best in all the key areas of the programme — working and making decisions with her Patrol; community action; outdoor opportunities; personal reflection; and her understanding of the Promise.

THE INDIVIDUAL

'As a Leader it's great to see the girls having fun and working independently.'

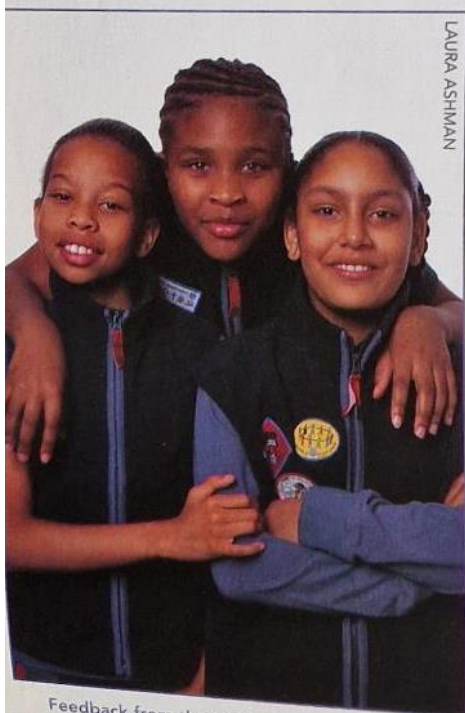
Caring for the individual starts the minute she arrives at Guides. As a result of your comments we will be looking at ways of helping new girls become part of the unit, ways of challenging them as they move through the unit, and ways of encouraging them to move on to the Senior Section.

Feedback raised issues surrounding the Challenge badges including the Baden-Powell Challenge and a working group has been created to address these. Comments also focused on the G file as an information source and personal guiding record, highlighting the need to create a badge file for the girls. A focus group of unit Guiders and Guides will help develop this.

ADDRESSING THE ISSUES

Over the coming months there will be articles in *Guiding magazine* addressing Guide Programme issues. Articles aimed at increasing the support and information for Patrols and Guiders on how to use Go For Its! to suit the needs of individual units will also feature. Local training will reflect the needs of Unit Guiders.

Together we can move the Guide Programme forward so it offers opportunities to girls that can only be found in our units and which are delivered by Leaders who are enthused by the success of their Guides.



LAURA ASHMAN

Feedback from the Guide Evaluation will help move the programme forward

BY THE BOOK

IT'S WHAT'S IN THE GUIDING MANUAL THAT MATTERS, NOT BY-LAWS

By Jennie Lamb
Head of Guiding Development, CHQ

In last November's issue of *Guiding* magazine we let you know all about the new updates of *The Guiding Manual* and *The Guiding handbook* series. In case you missed the article or the details are a little hazy, we'll refresh your memory.

The Guiding Manual 4th edition was published along with *The Guiding handbook* series in January this year. *The Guiding Manual* is a reference book designed to protect and support Guiders and each unit should have one.

Along with *The Guiding Manual* comes the *Supporting Information* booklet which includes the index for *The Guiding handbook* series. *Supporting Information* also includes an illustration and explanation of all the Girlguiding UK forms that Unit Guiders will need.

The Guiding Handbook covers the core aspects of guiding. The series also comprises *Guidance Notes for Guiders*; *What You Need to Know about Record-Keeping*; and *What You Need to Know about Safety*.

manual also includes Girlguiding UK's policies on things such as equal opportunities, retirement, child protection and health and safety. Just remember — it's the manual that matters, by-laws don't.

GET YOUR COPIES

All the publications are available from the Trading Service:

- *The Guiding Manual*, order code **6455**, price £6
 - *Supporting Information*, order code **6059**. This comes free with *The Guiding Manual*
 - *The Guiding Handbook*, order code **6052**, price £5.50
 - *What You Need to Know about Record-Keeping*, order code **6058**, price £2.75
 - *What You Need to Know about Safety*, order code **6057**, price £2.50
 - Guidance Notes for Leaders are available for all sections (Brownies, order code **6055**; Guides, order code **6056**; Senior Section, order code **6054**), price £4.
- Guidance notes for the Rainbow section will be published in June 2004.

For more information or to order, call the Trading Service on **0161 941 2237** or visit www.guidingessentials.org.uk.



STAY UP TO DATE

If you follow the latest edition of *The Guiding Manual* you can be sure you are up to date and using good practice. Since the manual was first printed in 1990 many changes have taken place and Divisions and Counties need to be sure that they look things up before giving advice.

GETTING IT RIGHT

One Guider was planning a residential for her Guides but cancelled it when her Adviser told her that Guides can't stay in caravans. However, the Adviser was wrong so the unit missed out on the trip unnecessarily.

The Guiding Manual is written to clarify the rules and when-ever you take responsibility for trips, events or residentials you should check the relevant section. The latest edition of the

LAURA ASHMAN



ELECTED MEMBERS

INTRODUCING THE ELECTED MEMBERS OF THE EXECUTIVE COMMITTEE

Keeping Girlguiding UK focused on continuing to grow and develop as the largest organisation in the UK for girls and young women is just one of the tasks of the Executive Committee of the Council.

Responsible for the management of the business of Girlguiding UK, the Executive Committee also fulfils statutory obligations such as compliance with charity laws.

Members of the Executive Committee include the Chief Guide, the Honorary Treasurer, the Country and Region Chief Commissioners, the Chairs of the three main sub-committees (Finance, Guiding Development and Marketing and Communications), and the Chairs of the Youth Forum and Innovate.

In addition, the Council of Girlguiding UK elects six of its

members to serve on the Executive Committee. Like many guiding appointments, elected members serve for three years, with an opportunity to be re-elected to serve for a further three years.

THE MEMBERS

Each of these six members have been elected because of her own personal and professional knowledge, skills and strengths. All are involved locally with guiding in a hands-on capacity, and carry out other roles on behalf of Girlguiding UK.

As part of a well-balanced committee 'team', the members bring together experiences of many different Countries and Regions and a range of interests and expertise.



JENNIFER SOLOMON

Elected to the Council by North East England in 1998, Jennifer was re-elected to serve a second term on the Executive Committee in 2003. Jennifer is Chair of Guiding Development in North East England. She also chaired the Guiding Manual Review Group, which recently produced the 4th edition of *The Guiding Manual*.



MARY PUTT

Elected to the Council by Anglia in 1996, and to the Executive Committee in 2000, Mary is a Division Commissioner and Guide Guider

locally. Mary has given extensive input and guidance in developing user-friendly unit account procedures using her professional expertise as an auditor.

SHEILA BAMBER

Sheila was elected to the Council by North East England in 1996, and began her second term as a member of the Executive Committee in 2002. Sheila is currently a Trainer and coordinated the 2002 World Thinking Day services in London.

Sheila is a team vicar in Durham and has contributed extensively to the strategic planning process for Girlguiding UK using her skills as a facilitator.



LYNNE CHANCELLOR

Elected to the Council by South West England in 2000, Lynne was elected to the Executive Committee in 2002. In addition to local roles as a Young Leader



Guider and PR Adviser, Lynne recently chaired the Census Review Group for Girlguiding UK.

MARY PATTERSON

Mary was elected to the Council by Scotland in 1994, and completes a second three-year term on the Executive Committee in May 2004.

Mary is Public Relations Adviser for Girlguiding Scotland, having held appointments throughout guiding, from Assistant Brownie Guider to County Commissioner. Mary continues to serve Girlguiding UK as a member of the Marketing and Communications Committee, sharing experience from her paid role as assistant Head of Education at Edinburgh Zoo.



KAREN TRICKER

Karen was elected to the Council in 2000, and became a member of the Executive Committee in 2001. Karen is very much an outdoors person and is – or has recently been – County Adviser for climbing and boating, Chair

of Programme for London and South East England, and Association Adviser for Outdoor Activities. Karen brings a wealth of knowledge to Committee meetings in the areas of outdoor activities, safety and providing exciting programmes.

COUNCIL MEMBERS

See June's issue of *Guiding magazine* for information on how you could become a member of the Council.

EXECUTIVE NEWS

A SUMMARY OF THE JANUARY EXECUTIVE COMMITTEE MEETING

THANKS

Thanks had been received from the President's Office for flowers and greetings sent by Girlguiding UK on the birth of the daughter of Their Royal Highnesses the Earl and Countess of Wessex.

NEW YEAR HONOURS

Mrs Sheila Brown was awarded an MBE from the Queen for services to Girlguiding Manchester.

VISION AND MISSION

The focus of development during 2004 would be on the new vision. A working group will be set up to support Counties in recruiting adult volunteers to welcome those currently on waiting lists in to guiding. Sub committee remits were revised to recognise the priorities of the vision and the work of the new group.

LONG SERVICE AWARDS

A design for the new Five-year Long Service Badge was agreed. This badge and the newly designed Long Service Brooches awarded for service from ten to 40 years will be available in the autumn of 2004 for presentations in 2005. Girlguiding UK will provide the first batch of the new five-year awards without cost to Counties.

NEW CONSTITUTION

A new Constitution for Girlguiding Cymru was agreed, signed and sealed.

THE GUIDING MANUAL

The Trustees received copies of *The Guiding Manual* 4th edition. The Chief Guide reminded them that the manual provides a framework and, although guiding can be flexible to suit local needs within this framework, Girlguiding UK does not encourage additional 'rules'. The manual has been issued along with The guiding handbook series which includes the *Supporting Information* booklet. *Guidance Notes for Leaders — Rainbow Section* will not be available until June 2004.



CENTENARY

Principles for the celebration of the Girlguiding UK Centenary in 2010 were agreed. Work will now begin on the next stage of the planning to define projects and events.

HONORARY THANKS

Thanks were recorded to Edward Holding who served as Honorary Treasurer of Girlguiding UK for 13 years.

APPOINTMENTS

The following appointments were ratified:

- **Members, Finance and General Purposes Committee** — Maureen Doggett, re-appointed for a further two years, from October 12, 2003; Karolyn Culverwell, from December 4, 2003; Ann Medcalf, from March 4, 2004.
- **Member, Programme Group** — Fiona Stocker, from October 16, 2003.
- **Chair, Waddow Management Group** — Janet Taylor, re-appointed for a further two years, from February 29, 2004.

The following appointments were noted:

- **Honorary Treasurer, Girlguiding UK** — Graham Littlewood, from January 22, 2004.
- **Brownie Adviser** — Sue Waller, from January 14, 2004.
- **International Education Adviser** — Nicola Grinstead, from November 29, 2003.

AWARDS

The following members have been awarded the Laurel Award:

- Jacquie Dixon, Hampshire East
- Sally Illsley, Leicestershire
- Barbara Kennedy, Tyrone
- Jane Pelosi, East Renfrewshire
- Anne Robinson, Herefordshire
- Jacqueline Weir, Belfast.

The following members have been awarded the Star of Merit:

- Lucy Savage, Greater London West
- Sarah Davidson, Wiltshire South
- Sarah Daymond, Sussex West
- Emily Jane Waite, Nottinghamshire
- Victoria Botting, Warwickshire.

GIVE AND TAKE

WHILE SOME PEOPLE CHOOSE TO LIVE IN AN ECOVILLAGE, THERE ARE ELEMENTS OF THEIR GREEN LIFESTYLE THAT WE CAN ALL LEARN FROM

By Isobel Durrant

In 1962, three adults and three children set up home in a shabby caravan park near the windswept Scottish village of Findhorn and started living off the land. Today, some 42 years later, the Findhorn Foundation Community is home to around 500 people from over 40 countries.

The residents live in eco-houses, caravans and mobile homes. They live by the simple principle of not taking more away from the Earth than they give back. The community spans dozens of holistic businesses and initiatives, and every year nearly 14,000 curious people visit the ecovillage to learn more about eco-living and alternative lifestyles.

SUSTAINABLE LIVING

John Talbott has been an inhabitant of the community for 24 years. Under the professional engineer's direction, the trailer park has become a model for 'sustainable' living. This meant replacing the caravans with houses, providing energy from renewable resources like wind and solar energy, treating all waste-water ecologically, and growing as much food as possible. As a spiritually-minded community,

Findhorn residents also place an extremely high emphasis on the integrated existence of mind, body and spirit.

Maximising natural resources is a priority and in 1989 the Community installed a wind generator at a cost of £72,000. Supplying a fifth of the community's electrical needs, it paid for itself within six years and has been so successful that more are planned. The current mains supply is a combination of hydropower and wind energy with any shortfall being made up by fossil fuels. But the goal is to supply 90 per cent of the community's energy needs from renewable sources within the next few years.

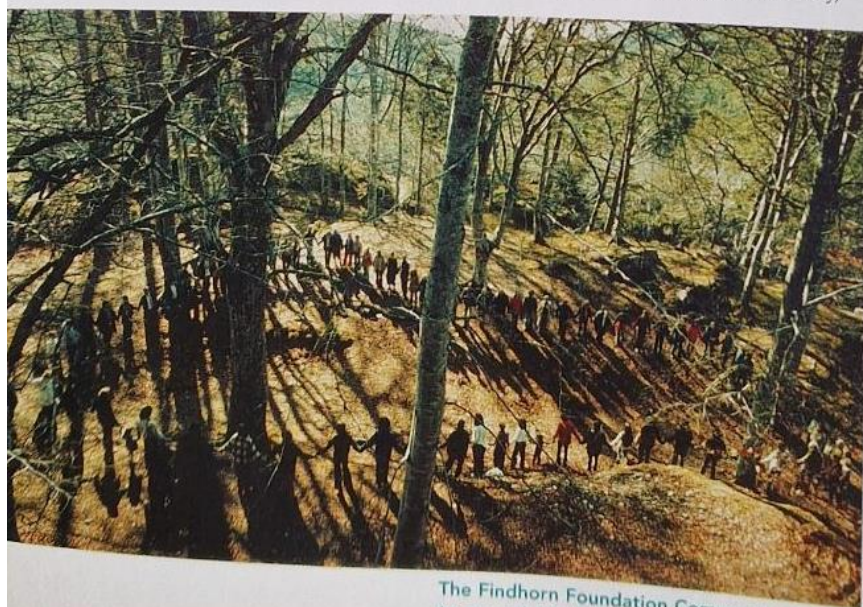
'Maximising natural resources is a priority'

Naturally, recycling is part of daily life at the Community. Sewage is treated using a chemical-free treatment plant called the Living Machine which mirrors processes that occur naturally in the environment through a series of tanks. Flowers are grown on the sewage with different plants being used to extract different elements. The end product – purified water – can then be recycled or dispersed safely into the sea. Materials such as metal, glass, paper, batteries and clothes are also recycled and local authorities have been encouraged to provide similar services for people living outside the Community.

BACK TO BASICS

On the domestic front, most homes benefit from solar heating systems and have been built with non-toxic organic paints and wood preservatives. Inside, houses are heated by wood with propane instead of oil to avoid unnecessary pollution. Low energy light bulbs are used and facilities such as laundries and kitchens are usually shared.

Following the example that was set by the



The Findhorn Foundation Community is home to around 500 people from over 40 countries

vegetable-growing Findhorn pioneers, an organic farming scheme called Earthshare was begun in 1994 and now provides over half of the community's fresh food. A nearby farm also supplies organic milk, cheese, eggs and meat. So, does this mean that supermarkets are out of bounds?

'It depends,' explained Richard Coates, a Community resident for 26 years. 'The other day we had 140 people to feed and there were no eggs left because there had been a party the night before. You can't force chickens to lay 200 eggs to order so somebody rushed to Tesco to buy them instead!'

He added, 'We experimented with an electrical bus recently. It was all very ecological but could only do 20 miles per hour uphill so it would have been very unpopular with all the local drivers. We decided that it just wasn't practical. It's all a matter of common sense.'

The Community has a bus service connecting its different sites, including a weekly service to its base on the Isle of Iona. 'Some people use cars, some share every car journey and some cycle,' said Coates. 'People have different opinions about these issues — just like any society.'

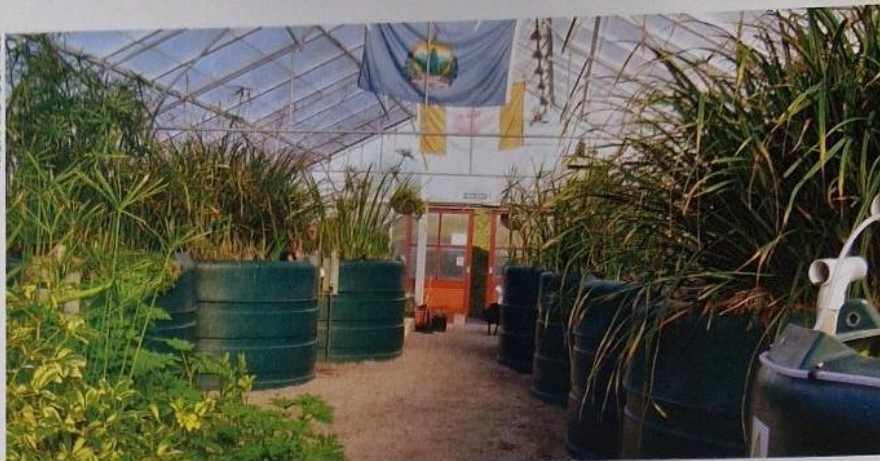
So living ecologically doesn't mean not being part of the real world. In fact, most residents are extremely aware of global issues. As Coates explained, 'Materials from countries which employ child labour would just not be used here.' He added, 'Our ethical standards are not set in stone — they shift in response to particular situations.'

But how is the Community perceived externally? Its standing extends well beyond the local area and it is even associated with the Department of Public Information of the United Nations as a non-governmental organisation. Co-founder Eileen Caddy, 86, who still lives within the Community, was also awarded an MBE in the 2004 New Year's honours list.

Daily life at the Community presents both challenges and opportunities. Children, for example, attend outside schools and are involved in activities such as guiding. May East, mother of 11-year-old Inana sees Findhorn as a positive experience for her daughter. 'It's a wonderful place for children to grow up,' she said.

Like Inana, eight-year-old Isla Coates was born in the Community. Both attend the Moray Steiner school in nearby Forres founded by community members in the 1980s. Isla is waiting to join her local Brownie Pack: 'My friend told me about Brownies. She says they do fun things. There's a girl who's going up to Guides, so when she moves I'll be able to start.'

RICHARD COATES



The Living Machine at Findhorn mirrors the natural processes of treating sewage

COMMUNAL LIFE

On a smaller scale, Redfield Community in Buckinghamshire is a Victorian mansion and home to 18 adults and nine children. Strictly speaking, being only one house, it's not an ecovillage. As a fully 'Mutual Housing Co-operative', inhabitants are effectively both landlord and tenant. Members farm the smallholding organically and, like their Findhorn counterparts, much of their waste is recycled with residents sharing the kitchen, laundry and other facilities to minimise the resources needed.

Saffron Myhill-Hunt lives there with her son. She laughs at the popular images of co-ops. 'There are so many myths. We're boringly normal,' she said. 'We watch television like everyone else. It's just that we're willing to give up a bit of individuality to make collective living work. People join places like Redfield because of the lack of community they experience outside.'

'Living ecologically doesn't mean not being part of the real world'

Redfield Community and Findhorn Foundation residents have made a conscious decision to live out their vision of how the world can be, but perhaps we can all learn something from their personal lifestyle choices.

Take Chris Neylon, for instance. After visiting Findhorn she returned to Australia with a new outlook on life. 'I will be more mindful of reducing the ecological footprint that I make by taking small realistic steps. By recycling, composting, energy saving with water and light, starting a garden and buying organic food,' she said. 'As I go on my way, I will keep the love, the vision, the beauty, the playfulness and the inspiration of everyone I met at Findhorn in my heart.'

GET INVOLVED

- Find out more about the Findhorn Foundation Community at www.findhorn.org. For details on how to visit Redfield Community, visit www.redfield-community.org.uk.

- Some Redfield Community members founded the Low Impact Living Initiative (LILI) and teach courses in sustainability to various groups including Guides. Visit the web site at www.lowimpact.org to find out more.

- Ex-Guider Alison Coates has an eco-hamlet in Leicestershire where she works the land around her cottage permaculturally, meaning everything is sustainable and self-sufficient. She's happy to be contacted at alisonc@stayfree.co.uk.

- Join a Working Weekends On Organic Farms and receive board and basic accommodation in exchange for helping on organic farms, smallholdings and gardens. Visit the web site at www.woof.org.uk to find out more.

BE SUSTAINABLE

Turn to this month's *Activate* to discover ways that you can practise sustainability

WEB SITE UPDATE

FOLLOWING LAST YEAR'S WEB FORUMS, CHANGES ARE UNDERWAY ON THE GIRLGUIDING UK WEB SITE

By Russ Back
Web Site Manager

Following on from our two very successful web forums in 2003, the web team at CHQ has been hard at work developing the Girlguiding UK web site for 2004 and beyond.

So far this year a number of additions have been made to the web site, the first being the new Football Festival mini site which was launched in the first week of January. The site has online application forms for the Girlguiding UK

Football Festival to be held on August 13-16, 2004. Visit the web site at www.girlguiding.org.uk/football to find out more.

The launch of the football site was closely followed by the release of this year's interactive annual census forms. The census is now over of course, but these forms proved to be a real time saver for many Leaders.

ADDRESSING THE ISSUES

In an effort to address concerns, this year we have also published a comprehensive new guide to online child safety. We've also set about addressing the most significant problem perceived by the delegates of the web forums — the site search.

This January we integrated a powerful new search engine allowing instant access to more than 4,000 web pages and PDF downloads. As a result, more than 20,000 search requests every month are being served. The search engine can also record each individual request with the most common being World Thinking Day, the promise, badges and forms at the time of going to press.

COMING UP

The first quarter of 2004 has been a productive one, and we're planning on being just as productive during the rest of the year.

This month there will be a new sports section for our Leaders in Guiding site and we're currently working hard on the new Senior Section mini site. This has involved working closely with a team of young women, all Senior Section members, who have created the structure and written the content.

A revamped interactive Rainbow mini site will be up and running from August 1 as part of the Rainbow renewal. As with the Brownie site, the Rainbow site will include information for parents plus games and features for the girls.

Since the launch of the Brownie site last April, more than 12,000 people have submitted scores for the games available online. It's obviously a popular pastime!

In addition to these new resources, we are also updating the structure, layout and design of the web site in response to our extensive review in 2003. This includes taking on board comments

and suggestions from volunteers, best practice guidelines for usability and accessibility, and the recommendations of a design agency we worked with during 2003.

FOR OUR MEMBERS

The current online registration system will also be expanded to integrate with our off-line adult membership database, allowing us to provide a secure area for registered members. Our guiding-specific resources, such as forms and programme information, will be moved to this area which will allow us to publish more sensitive documents for internal use only.

Since the online registration system went live in April 2002, 6,600 girls have enquired about guiding. Although figures are hard to quantify, the web site has raised the profile of Girlguiding UK with web, email and phone enquiries doubling over the last two years.

Membership Development Manager Liz Harris believes the web site, often being the first point of call for both members and non-members with enquiries, is an invaluable resource. 'The web site provides a useful resource tool and, together with word of mouth, is how most people find out our contact details,' she said.

DID YOU KNOW?

In 2003 more than 15 million web pages were viewed at www.girlguiding.org.uk. That's a massive increase of 252 per cent on the 2002 figures! The average user also stays online for more than 15 minutes.



The Girlguiding UK web site provides information and entertainment for members of all ages

WARM WELCOME

VALUING AND INFORMING YOUR VOLUNTEERS IS
ALL PART OF BEING A CREATIVE COMMISSIONER

Creative Commissioners is not intending to suggest that Commissioners need to be creative in the artistic sense of the word but, if we think about their role, it does require some degree of creativity.

Creating a welcoming atmosphere within the team will help an adult volunteer feel relaxed and encouraged. By creating opportunities for volunteers to gain confidence and develop their skills in a caring setting they will feel valued and supported. By doing all this we will create an environment in which our Leaders feel motivated and enthusiastic about their guiding.



LAURA ASHMAN

Creating a friendly and supporting atmosphere within the team will help new volunteers feel relaxed at meetings

BE WELCOMING

As a Commissioner there are many opportunities to be creative. One of the best opportunities is when an adult offers to become involved in guiding. A new volunteer means it's time to get creative!

The first meeting with a new volunteer is a wonderful opportunity to create a friendly and welcoming atmosphere. Keeping a simple checklist like the one opposite is an excellent way of ensuring that nothing is forgotten.

PART OF THE TEAM

Team meetings can be a bit daunting for new members. Creating a warm and supportive atmosphere within the team can make attending meetings a more relaxing experience for a new adult helper.

You need to create a climate that encourages full participation in whatever role your new helper is undertaking. If her views and actions are valued and her skills and talents acknowledged she will feel so much more motivated to increase her involvement.

A few 'memory joggers' to refer to just before the new adult helper's first meeting can be a helpful reminder.

CONTINUAL SUPPORT

It is not unusual for a parent/Unit Helper to go on to become a Unit Guider. Their decision to do so could be greatly influenced by their initial impression and enjoyment of guiding.

By becoming creative Commissioners, who knows what benefits it may bring to Districts, Divisions and Counties?

LET US KNOW

If you've been creative in your District, Division or County we would love to hear from you. To share your ideas and celebrate your successes write to CREATIVE, Girlguiding UK, 17-19 Buckingham Palace Road, London SW1W 0PT.

First Meeting

Have I remembered to:

- Thank Sam for offering to help?
- Arrange to meet with Sam to...?
- Explain the purpose and aim of guiding to Sam? (I could give her a copy of our local newsletter, Guiding magazine, District directory or training diary)
- Explain the options and opportunities available to Sam?
- Define Sam's role clearly to her? (I need to try and match her skills with the appropriate role)
- Explain and complete all the necessary paperwork?

Next meeting

For the next meeting I must remember to:

- Let Sam have an agenda and a copy of the minutes from the previous meeting
- Make sure Sam knows where the meeting is being held
- Arrange for an existing Leader to act as Sam's 'buddy'
- Welcome and introduce Sam to other team members at the beginning of the meeting
- Be prepared to explain the background to current topics that are discussed
- Thank everyone for attending at the end of the meeting
- Chat to Sam after the meeting in case there was something she did not understand.

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April 2004

Activate

Be a planet-saving superhero with these great activities



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What's hot

This month's Activate is all about being environmentally friendly.

Girls can try out some brilliant ideas for reusing rubbish as well as design their own home recycling unit.

Leaders' note

Have a look at the great reader ideas on pages 10 and 14.

If you like them and feel inspired, don't forget that you could send some of your ideas in too!

Pull out and keep

Reduce, reuse and recycle

Help save the planet and money with these great ideas

The three Rs

To help save the environment we need to follow the three Rs — reduce, reuse and recycle. This means we should first of all aim to reduce what we use and consume. Then we should reuse as much of our waste as possible, recycling what we can't reuse.

There are lots of ways we can reuse some of the things we throw away that can't be recycled. Challenge yourselves to reuse paper for craft activities. You could make scrap pads from old envelopes; use cereal packets when you need cardboard and so on.

Ask the girls to monitor your paper use for a term. Make a chart to show what craft activities you do each meeting and what materials you use. How much of your materials are reused?

Sorting it out

Some of the rubbish that goes into our bins, such as food and paper, is biodegradable.

Biodegradable means that something will decompose and can safely be turned back into the earth. If rubbish cannot do this, such as plastic or metal, it is known as non-biodegradable.

Ask the girls to write down the following four headings on a piece of scrap paper: Biodegradable; Non-biodegradable; Reusable; Recyclable.

Save all your rubbish from one meeting and get the girls to look at it. They should write down each piece of rubbish under the appropriate heading as to whether it is biodegradable or not and if the items can be reused and/or recycled.

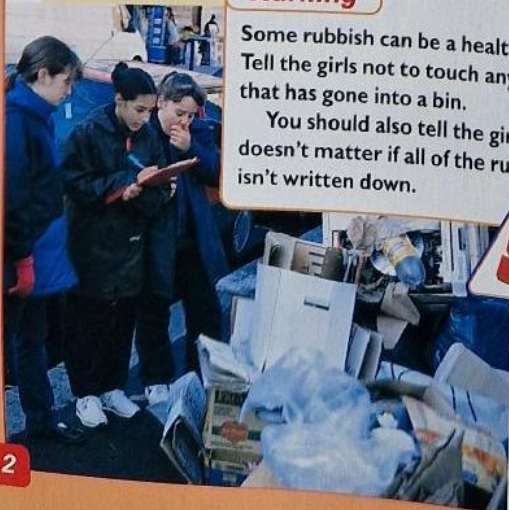
Ask the girls to keep their list by a bin in their home for a week and ask their family to write down what they are throwing away each time they put something in the bin.

The following week, discuss your findings. What was thrown away the most? What items could be reused?

Warning

Some rubbish can be a health hazard. Tell the girls not to touch any rubbish that has gone into a bin.

You should also tell the girls that it doesn't matter if all of the rubbish isn't written down.



2

Making firelighters

Senior Section members can make their own firelighters for their next camp. The activity involves the three Rs — reducing, reusing and recycling old candle stubs and bits of string!

First you need to melt some candle stubs. You can do this in an old saucepan. Alternatively, put the stubs in a used plastic tub set over some hot water. Chop up or grate the wax so that it melts quicker.

Dip a pine cone into the wax. Be careful as hot wax can burn. You may wish to use tongs to do this.

Cut a length of string, about 10cm, and lay it over the side of an individual pie tin so that the majority of it is in the tin but some is outside.

Pour some wax into the tin so it comes about 1–2cm up the side. Put the pine cone on top and leave it to set.

When the wax is hard the cone should come out with its string wick intact. If the string is not sticking, with the next firelighter try tucking it inside the 'fingers' of the pine cone.

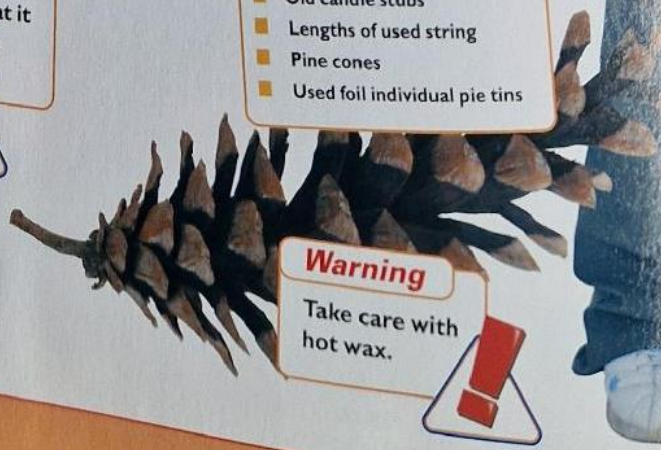
When you want to use the firelighters, place them under the kindling of your fire and light the wick. Be sure to store any spare firelighters in a tin or similar, out of harm's way.

You will need

- Old candle stubs
- Lengths of used string
- Pine cones
- Used foil individual pie tins

Warning

Take care with hot wax.



Into extra time

- Find out more about how you can compost biodegradable rubbish.
- See pages 4 and 5 for a great idea to help girls design a home recycling unit. This will help them to sort their rubbish in the home.



Cardboard tubes

Lots of things we buy are wound around cardboard tubes, for example wrapping paper and kitchen roll.

There are lots of useful ways to reuse cardboard tubes. Try out these ideas.

- Design and make a carrier bag store that you can hang up and is made from old cardboard tubes or an old long sock.
- You can also cut tubes into segments to form the basis of napkin rings. Wind strips of paper covered in PVA glue around the napkin ring. You can add paint to the glue so that it dries a shiny colour.

Decorate the napkin ring with buttons, bows and small baubles that are reused from something else, such as old hair decorations or parcels or old clothes.

New boxes

Make something useful from something you would otherwise throw away!

Get collecting

If anyone has a baby brother or sister at home, they may have lots of old baby wipe boxes and formula milk tins.

Make a collection of these items and turn them into something new that can be sold at your next fund-raising event or given as useful gifts.

Make sure the containers are clean and dry before you use them.



Tissue holder

Turn a baby wipe box into a pretty box for tissues.

If the box hasn't got a slit in it, you will need to carefully cut a long rectangle, about 2cm wide along the length of the lid. An adult should do this.

Cut out lots of bright pictures from old magazines or used wrapping paper. Try to theme the pictures and group them. For example, the girls could make a pile of flower pictures, food pictures, famous people, transport pictures and so on.

Use PVA glue to stick the pictures on the sides and top of the box, just like découpage.

Make sure you don't stick anything over the slit. If anything does overlap the slit, it can be trimmed when the glue is dry.

When the glue is dry, fill the box with tissues. Pull the tissue on the top through the hole so it can be pulled out easily.



Snack tin

Use a formula milk tin that has a lid to make a tasty treat box.

Découpage the outside of the tin in the same way as the tissue box holder. For a change, you could cover the tin in used postage stamps.

Make a jazzy label that has the word 'Treats' on it and stick it on the front of the tin. Cover it in a layer of PVA glue or clear sticky-backed plastic.

Top tips

- Cover the tin with pet pictures and fill it with cat or dog treats
- Stick sweet pictures on the outside and put some fun-sized chocolate bars inside.

Design it!

Design a recycling unit with help from the Centre for Alternative Technology

What's CAT?

The Centre for Alternative Technology (CAT) in Powys, Wales, has helped us put together this special activity for the girls in your unit to research and design a practical unit for recycling in the home.

CAT is an environmental charity that aims to 'inspire, inform, and enable people to live more sustainably'.

At the CAT visitor centre you can see renewable energy sources – such as wind and water power – in action. You can also see how our homes, food, gardens and animals can be more sensitive to, and less draining on, the environment.

■ For more information about CAT visits and for some excellent resources, log on to www.cat.org.uk or call their free information service on 0845 330 8373.

Leaders' note

Hold a competition in your District to design the best recycling unit. You could offer an environmentally-friendly prize.



Household waste

The amount of waste that is carried away from our doorsteps in plastic bin bags has become a big problem. Most households produce one ton of waste a year.

Most of it goes to landfill sites where it is dumped in a hole in the ground. In some areas it is becoming difficult to find enough suitable space for the expensive landfill sites. Landfill sites also use a lot of energy. For example, the rubbish lorries run on fuel and so cause additional pollution.

Recycling is not a magic answer to these problems. It's a great idea but with some materials it does use energy. Recycling some materials often requires a lot of energy for a small result.

So, as well as recycling we need to reduce the amount of waste that we produce in the first place.

Leaders' note

Your local council may already have a recycling scheme in operation. If this is the case the girls might want to incorporate elements of the council's programme (such as recycling bags and boxes) into their design.

Which waste?

Think about the types of waste you will need to put in the recycling unit.

■ **Absolute rubbish** — this means things which cannot be composted, reused or recycled and are therefore going to end up as landfill.

■ **Food waste** — this includes tea bags, banana skins and leftovers.

All of this could eventually go on a compost heap. After a few days it will start to rot and smell so this container will need to be airtight and waterproof.

■ **Paper and cardboard** — find out what types are suitable for recycling.

Any paper can be composted — shopping receipts, paper bags, kitchen paper and so on. Find out how to do this on CAT's web site.

Cardboard coated with metal foil or plastic might have to go into the absolute rubbish.

■ **Steel cans** — is there anywhere locally where they are collected? If not they may have to go in the absolute rubbish.

■ **Aluminium cans** — these can be recycled.

■ **Plastic containers** — some, such as bottles that contained washing liquids, shampoo, milk and other drinks are suitable for recycling.

Some plastic wrapping which is used on lettuce or around boxes of tea bags can't be recycled. So, if you can't reuse it, put it in the absolute rubbish.

Things like ice cream tubs can be reused for all sorts of storage.

■ **Plastic bags** can be reused a few times but will probably end up in the absolute rubbish.

■ **Batteries** — small batteries contain polluting chemicals. They should not go into landfill sites, the ideal thing to do is to send them back to their manufacturers.



Design brief

This activity will have the girls thinking green while challenging them in a practical way.

Your family has decided that they want to deal with their rubbish in a way that is environmentally friendly.

The problem you have is how to actually collect and separate the materials in your home.

You must design a home recycling unit that could be mass-produced and sold at a price that most households could easily afford.

Think about the rubbish that you will need to sort — junk mail, plastic milk bottles, plastic bags, pet food tins, glossy leaflets, tea bags, potato peelings and so on.

Everyone in your house needs a quick and easy way of sorting these things and keeping them out of their way until it is convenient for them to be dealt with more permanently.

The unit itself must not add to the problem. It must have a long life and not depend on having specially manufactured 'disposable' containers in it.

However, you can use disposable containers that are themselves part of the waste that is produced in the house. Maybe you could make the unit entirely from recycled materials.

It's a fact

Design promotional materials for your recycling units. Make sure you use recycled materials to do this.

Size and shapes

In order to start designing a recycling unit, you need to think about these things:

- Where will the unit be kept?
- How big will it be?
- How many sorting segments will there be?
- How big will each segment be?
- What shape will the segments be?
- What materials will it be made of?

Ease of use

Once you have a basic idea of what your unit will look like and what rubbish it will hold, you need to give the project some more thought:

- How often will the unit be emptied?
- Will it stand on the floor or hang on the wall?
- What is going to happen to the waste when the unit is full?
- Can the containers in the unit be used to take the materials to their final destination, such as the bottle bank? Or will the contents be put into larger containers somewhere else in the home, before being taken off to the recycling centre or the compost heap?
- Can it be easily cleaned?
- Could it be 'modular' so that you can add or remove segments if needed? You may need to do this if your council starts to recycle something new.
- How can you reduce the volume of your waste so that it fits in better? For example, can you crush plastic bottles or tin cans before putting them in?



A questionnaire

Your design has got to be useful to most households, so you need to get a good idea of what will be suitable for lots of people.

You should think of some questions to ask your families, for example:

- How much room is available for a unit?
- How much of each type of waste do you produce?
- Would you be prepared to use the unit every day?
- How important is the appearance of the unit to you?

It's a fact

Aluminium is a particularly suitable material for recycling because it takes 20 times as much energy to produce aluminium from its raw material than it does from scrap aluminium.

However, we should still use as little aluminium as possible as the recycling process still causes pollution.



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Some for all

What is sustainable development?

Sustainable development is all about ensuring a better quality of life for everyone now and for the future. For example, sharing and improving our natural resources – such as water, forests and oil – and making sure that we leave some for the future generations of the world.

In short, sustainable development means 'some for all forever'.

If you want to find out more about sustainable development, a good place to start is the web site www.sustdev.org. You'll find all sorts of useful information, news and materials to get you thinking about the topic.

■ See the 'Web watch' box on the right for more useful web sites that are connected to sustainable development.

Leaders' note

The UN Decade of Education for Sustainable Development will be held 2005-2014. Visit www.unesco.org/education for more information.

Peace Child

A big thank you to Peace Child International who put together some of the activities and information on these pages.

Peace Child International is a youth-led organisation that works with young people all over the world, educating and encouraging them to take action to promote sustainable development.

For more information about Peace Child and its work on sustainable development, log on to: www.peacechild.org.

It's a fact

Trees are the longest living organisms on earth. Some can live up to 1,000 years.

Trees breathe out oxygen which we breathe in.

Web watch

Find out more about sustainable development topics with the help of these web sites.

■ Find out about forests and sustainable wood supplies at www.wwf.org.uk

■ Find out more about energy at the Energy Saving Trust, www.est.org.uk

■ If you want to know about recycling, log on to www.recycle-more.co.uk

■ To find out more about the world's water supplies visit www.wateraid.org.uk

■ All you need to know about global warming can be found at www.toowarm.org.

These are just a few suggestions for helpful sites, there are lots more out there.



It's a fact

Each year food shops give away enough plastic bags to cover the whole of London with a layer of bags.

Agenda 21

Agenda 21 is a 'world blueprint' for sustainable development in the 21st Century.

It looks at the major changes that the inhabitants of our planet must make to ensure the world survives.

Agenda 21 has been taken up by everyone from world leaders to local councils.

For more information about Agenda 21 log on to the web site of the United Nations Division for Sustainable Development at www.un.org/esa/sustdev/agenda21.

You can also ask your local council what they are doing about Agenda 21.

Children's conference

The 2004 Tunza International Children's Conference on the Environment takes place from July 19-23 in Connecticut, USA.

At the conference, 600 children aged ten to 13, from 100 countries will gather to discuss critical environmental issues. Topics they will discuss include: Oceans, rivers and waterways; Living on the edge of extinction; Indigenous healing ways; and Energy policy.

Find out more about the conference and how you can get involved by logging on to www.icc04.org.

forever

Find out all about
sustainable development

Needs and wants

This game helps girls to tell the difference between what they really need to live and what they want to make their lives more comfortable.

For example, we need clean water and food to survive, but we don't need a DVD player and a big bag of sweets!

Start by telling the girls the difference between needs and wants. Now tell them that because the planet has got too overcrowded, with not enough resources, they have been especially selected to take part in a new experiment.

Divide the girls into small groups. Each group will travel in a space rocket to a newly discovered planet. However, they only have ten minutes to prepare and pack a total of ten things to take with them to help them survive.

You can make this easier by giving the girls cards with items written on. For example, to help them survive they would need water, seeds, fertile soil, a first aid kit, plastic sheet (to make a shelter) and so on. Mix in some things that they don't really need such as a CD player, dictionary, kettle and so on.

After the time allowed get the groups back together to discuss their choices. Did they sneak in some unnecessary things just to keep up morale?

Idea to go

Gather up lots of information about these five sustainable development topics: water, waste, forest, energy and fair trade.

Ask groups to choose a topic and make a poster that illustrates how people can help save and preserve these resources for future use.

It's a fact

People can survive without food for a month, but without water, we would die in less than a week.

Into extra time

Discuss how there are many people who live in poverty and do not have even their basic needs – such as water, shelter and food – met.

It's a fact

Renewable energy is energy with never runs out such as wind, sun, and water.

Whereas non-renewable energy is energy that cannot be used repeatedly such as oil and coal.

You will need

- A cardboard box
- A doll
- A light bulb
- A toy windmill
- A toy elephant or fish
- A bottle of water

Ideas box

Use this idea to help explain the ideas behind sustainable development to Guides and Senior Section members.

Place an empty cardboard box in the middle of the room and put the other items on the list around it.

Ask a volunteer to pick up one of the items, put it in the box and say what it has to do with sustainable development. You may need to help the girls.

For example:

- The doll represents our growing population needing more and more resources
- The water represents a right to clean drinking water and a reminder that we should be conserving our use of it for the future
- The windmill and light bulb remind us that we should be looking towards renewable energy sources
- The elephant or fish remind us of the endangered species that we should be protecting.

What other items could you put in the box?



One World —

Try out some great global activities
as part of our special arts theme

Share it!

One World — Share It! is Girlguiding UK's arts theme for 2004. To find out more about it, see March's *Activate* and look out for more information and activities in future issues of *Guiding* magazine.

The monkey and the shark

Make some time for a global story session. Rainbows will enjoy this Swahili tale. You could also read it to Brownies and get them to act it out.

Long ago, a young monkey lived alone in a huge baobab fruit tree that dipped its branches into the crystal clear Indian Ocean.

One day, a friendly shark swam up to the monkey's tree and they soon became firm friends. The monkey collected fruit for the shark and in return the shark invited the monkey to visit his home in the ocean.

As the two swam, the shark said that he was really taking the monkey to see the King of the Sharks. The King was very unwell and a shark doctor had said that a monkey's heart was the only way to make him better.

The monkey was so scared he told the shark that he had left his heart in his tree and he would swim back to get it.

Some time passed and the shark went to see if the monkey had found his heart yet.

'Yes I have,' shouted the monkey.

'Well bring it here,' said the shark.

'I can't,' said the monkey, 'It's where it has always been — in my chest!'

And the monkey told the shark to go away.

This is why you will see monkeys near the ocean, but they never, ever go in — just in case the shark comes back!

Easy batik

People on the Indonesian island of Java have been producing batiks for around 2,000 years.

Batik is the name given to fabric that has been decorated with a special method involving wax and dye. Fabric is painted with molten wax and then dyed. A pattern emerges a bit like the Ukrainian eggs in last month's *Activate*.

We've got an easy batik for you that doesn't involve hot wax and so is suitable for all age groups.

It uses a flour and water paste and paint to produce a very similar result to batik, but is cheaper and easier.



You will need

- Small washing-up bottles or any bottles with nozzles
- Flour and water mixed to a paste, the thickness of double cream
- Powder paint, ready-mixed
- Paper
- A4-sized cotton fabric
- Pieces of sponge and paintbrushes
- Firm card

Into extra time

Many people in the world don't go to school and cannot read or write. Because of this, many stories are passed down through generations by word of mouth or by using pictures.

Ask the girls to draw pictures that illustrate the story of the monkey and the shark.

Ancient cave paintings and mosaics are also a way of 'hearing' stories from our ancestors. Try and find some pictures of cave paintings and mosaics that the girls can look at.



Helping guiding globally and locally



Girlguiding UK
**WALKS FOR
THE WORLD**

Programme activities for all . . .



Girlguiding UK

'Put a sPring into your Step'



We challenge everyone to 'put a spring into your step' this year, and

- discover more about WAGGGS and its work.
- have fun taking part in a walking-related activity.
- raise money for guiding locally and globally.

Money is being raised for the practical work of WAGGGS in developing guiding throughout the world. To make this work real to our members you will find several stories in this pack of how WAGGGS is helping girls and young women around the world to fulfil their own potential and make a valuable contribution to their communities. From Guides in South Africa to Twinklers in The Philippines, we are all under the umbrella of WAGGGS.

Our target is to raise at least half a million pounds with half the raised sum to go to WAGGGS and the other half towards local guiding. It might sound like a lot, but in reality it means less than £1 needs to be raised by each of our members – surely we can do that!

At the same time we want you all to have fun in trying out new activities, working together and helping to make a difference. Not all of the activities are about fund-raising – some are simply here to give you new ideas for having a good time with a 'walking' theme!

Useful web sites

www.ramblers.org.uk For all your walking information.

www.btcv.org British charity encouraging positive environmental change.

www.walkingbritain.co.uk and **www.go4awalk.com** Top tips on good places to take your units.

www.ordsvy.gov.uk The site for all your mapping needs.

www.walktoschool.org.uk Official web site for the National Walk to School initiative with interesting walking facts and links to other international walking sites.

www.feetforlife.org and **www.foot.com** Two great web sites all about feet!

www.northampton.gov.uk/Museums/default.htm Shows a great boot and shoe collection.

www.whi.org.uk Official web site for the Walking the way to Health Initiative.

www.bwf-ivv.org.uk The official British Walking Federation web site.

www.cix.co.uk/~bof The British Orienteering Federation web site.

www.globalfootprints.org A site educating young people about sustainable futures with quizzes and fun interactive activities.

Record information: © 2004 Guinness World Records Ltd, a HIT Entertainment Plc Company

RISK ASSESSMENT

Remember to ensure that all activities are suitable for the age group and be aware of the guidance in Girlguiding UK's *Being Prepared* and in *The Guiding Manual*. It is always necessary to follow Girlguiding UK's rules and guidelines.

DID YOU KNOW . . .

● There are more than ten million Girl Guides and Girl Scouts in over 140 countries!

● Over 50% of women in the UK have been involved with Girlguiding UK at some point in their life.

● Hillary Clinton, the Rt Hon Dr Marjorie Mowlam MP (leading politician in the UK), Roberta Bondar PhD, MD (first Canadian woman astronaut), Helen Sharman (first woman in space) are just a few former and current Girl Guides and Girl Scouts.

Walks

Theme Walks

Choose a theme and organise a special 'walking' fund-raising event.

Moon Walk

- Follow a moonlit trail of fluorescent objects.
- Stargazing – ask an astronomy enthusiast to help you identify the stars and constellations.
- Moon quiz – make up questions with a night time theme.
- Animals at night – go on a badger or bat-spotting walk inviting local experts to explain all you see and hear.
- Make your own space suits and walk on the moon!
- The moon is made of cheese! Hold a cheese tasting event.

Ghost Walk

- Dress up as ghosts and hold a best-dressed ghost competition.
- Go on an organised ghost walk around 'haunted' sites.
- Tell ghost stories.
- Create a ghost trail treasure hunt with tape-recorded clues.

HOW TO RAISE MONEY

- Charge a fee for taking part
- Pay an entry fee for a competition
- Sell quiz sheets
- Get sponsored
- Make and sell themed goodies and snacks

Catwalk

Hold a catwalk fashion show with a theme and invite parents and friends to watch. You could arrange to obtain clothes from charity shops or ask people to bring in unwanted clothes to model – then sell them in an auction afterwards. Perhaps you could make your own clothes to model. You could hold a special 'shoe' fashion show as well, modelling different shoes and other footwear!

Walking Olympics

Organise a family fun day of Olympic walking events!



WALK THAT TALK

(16th century)

After dinner rest awhile, after supper walk awhile.

Proverb

Neil Armstrong, on landing on the moon, 21 July 1969

'That's one small step for a man, one giant leap for mankind.'

Daniel Defoe (1660–1731)

'It happenend one day, about noon, going towards my boat, I was exceedingly surprised with the print of a man's naked foot on the shore, which was very plain to be seen in the sand. I stood like one thunderstruck, or as if I had seen an apparition.'

Robinson Crusoe

Case Study

Europe



Ukraine

Ukraine became a member of WAGGGS in 1999. There are eight main themes to the guiding programme in Ukraine, which focus on health, culture, environmental issues and the community.

One of the community projects that the Guides in Ukraine are involved in is 'Born Female – a Challenge to Life'. This project provides services to young, single, low-income mothers to give them access to free consultation with doctors,

psychologists and lawyers. The aim of this project is to give the young mothers the opportunity to improve their situation.

Another project is 'Water is Life', aimed at educating girls about water pollution – particularly significant after the Chernobyl disaster in 1986. The project also teaches the girls how to protect and manage fresh water. Over 600 Girl Guides took part in the project and were taught how to tell if water was safe to drink, how to clean it and keep it clean. They worked alongside the local community to clean up rivers. The project was so successful that it has been extended and is still ongoing.



DID YOU KNOW...

The average person takes 8,000 to 10,000 steps a day, which can add up to about 115,000 miles over a lifetime. That's enough to go around the circumference of the Earth four times.

Reflexology is a natural healing art based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. Stimulating and applying pressure to these reflexes can help promote healing and well-being. Reflexology has been practised for over 4,000 years, by Egyptian, Chinese and Indian cultures.

Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all-round well-being.

Walks

Virtual Walks

Not all activities need to actually involve walking to anywhere – there are all sorts of ways of taking part in a 'virtual' walk.

Walk on a treadmill

– the equivalent distance of Land's End to John O'Groats, London to Paris, Cairo to Cape Town... you decide!!! Ask your local gym if they will let you use their equipment for free.

Invite a speaker

to talk about walking. This could be someone who has taken part in a charity trek like Trek Chile, a local town guide, someone from a Mountain Rescue team or a pavement sweeper.

Ask someone to give a slide show of a 'virtual walk' through the local town, or an area of interest. Perhaps you could invite someone who has a physical disability which affects their mobility to come in and give a talk.

Hold a **treasure hunt** – use walkie-talkies for a group inside to direct a team outside around a series of walking-related clues and/or pictures.

Hold a **music concert and sing songs** with a walking theme – *Lambeth Walk*, *You'll Never Walk Alone*, *Walking In Memphis*, *Walking On The Moon*, *Walk This Way*...

Make up a **quiz about different shoes** for different occasions. Ask people to cut out the most appropriate shoes from magazines and stick them on the sheet as their answers. Judge the best entry.

HOW TO RAISE MONEY

- Get sponsored
- Charge a fee for attending
- Sell quiz sheets
- Hold a collection
- Sell refreshments

● dance ● edge ● follow ● hike ●

Case Study

Western Hemisphere

Brazil



The Girl Guides in Brazil (Federacao de Bandeirantes do Brasil) as part of the Building World Citizenship programme, have been involved in a series of nutrition programmes. The aim of these projects was not only to help the Guides to change their food habits and avoid wasteful attitudes but also to educate local communities about nutrition.

Guides showed

local disadvantaged communities how to reuse leftover food in a creative way and resulted in them writing a recipe book for local people. They also were involved in showing people how to build and cook with a solar powered oven.



Programme

Activities

Why not get creative as well? Exercise your imagination!

Make up a board game about Climbing Everest with challenges along the way.

Or how about a **guiding version of Monopoly?** Travel to the four World Centres or visit guiding places around the world, learning about the countries along the way.

Try **walking blindfolded** with someone to guide you. You could have sounds and smells along the way to try and recognise.

Design and **make your favourite shoe**. Hold a display of all the shoes. What makes a good shoe? You could decorate an old pair of trainers to give them a new lease of life.

Let your fingers do the walking. Using the Yellow pages or Thompsons

directory, make a quiz about the local services in your area. For example:

Q: 'What South East Asian restaurant sounds delicious?'

A: 'Yum Yum Thai restaurant!'

Take a walk on the wild side. **Look at the animals in your area** and learn about how to find them by looking at their tracks. Perhaps you could try and match tracks to pictures of the animals. Or make it more exotic and do the same for elephants, lions and giraffes!

Marathon madness! **Plot the marathons of Sir Ranulph Fiennes** – 7 marathons in 7 continents in 7 days! Use a world map to plot his route and work out the number of kilometres he travelled. You could have activities from each country, maybe find some travel brochures and make collages.

Go for a **donkey ride** and let the donkey do the walking!

● *amble* ● *bounce* ● *charge* ● *creep* ●

Guides in the Ceara District worked on a project called 'With health and without hunger'. This project aimed to reduce malnutrition in under-privileged families by using available space to set up community allotments and to cultivate orchards.

Over 983 Guides were involved in the project and as a result of their fantastic work they were awarded the FAO (Food and Agricultural Organisation) WAGGGS Food and Nutrition Medal in both 1999 and 2000.



The Greatest Recorded Amount Raised By A Charity Walk Or Run is £9.1 million for cancer research by Terry Fox of Canada, who, with an artificial leg, ran from St John's, Newfoundland, to Thunder Bay, Ontario, in 143 days from April 12 to September 2, 1980. He covered 5,373 km (3,339 miles). See www.guinnessworldrecords.com for more walking-related records.



WALKTHAT TALK

Lewis Carroll (1832-98)
'Now, here, you see,
it takes all the
running you can do,
to keep in the same
place. If you want to
get somewhere else,
you must run at
least twice as fast
as that!'
Through the Looking-Glass

George and Weedon
Grossmith (1847-1912,
1854-1919)

'I left the room with
silent dignity, but
caught my foot in
the mat.'
The Diary of a Nobody



DID YOU KNOW...

The foot is an engineering 'masterpiece' made up of 26 bones, 33 joints, 107 ligaments and 19 muscles.

70% of women at the age of 60 will have some arthritic ailment in their feet due to damage from improper footwear.

The oldest existing footwear in the world is a sandal found in a cave in Missouri, USA, which was made 8,000 years ago.

Keeping feet healthy:
Keep them dry.
Wear clean socks each day.
Allow shoes time to dry if wet.
Wear correctly fitting footwear.
Cut nails safely.

Walks

Challenge Walks

Some activities will be a real challenge – are you up to it?

Challenge the girls to get fit by walking for twenty minutes each day.

Hold a group, District, Division or County challenge where everyone sets out to achieve the same aim. For example every hill in the county could be climbed on the same day. Why not make it into a **community challenge** where you involve all the family and local community?

Undertake a challenge to pick/clear litter and repair vegetation from a local footpath. Contact The Ramblers

Association or British Trust for Conservation Volunteers (BTCV) and find out how you could get involved with their projects. See 'Useful web sites'.

Get sponsored for a walk that is **personally challenging** – cover a certain distance, reach a summit, visit a certain number of towns, walk the length of a river...

HOW TO RAISE MONEY

- Get sponsored
- Charge a fee for taking part
- Carry collecting buckets
- Ask for a donation for work carried out

● hop ● jog ● march ● pace parade ●

Case Study

Africa

South Africa



There are currently over 42 million people in the world living with the HIV virus or AIDS today. Three quarters of these people live in Sub Saharan Africa. More than half of those people suffering from AIDS are women.

Faced with figures such as these the Girl Guide Association of South Africa have decided to tackle the issues that lead to people not only contracting the virus but also the stigmatisation that they face within society.

Nicola Grinstead (pictured right), from the UK, had the opportunity to be involved with their work first-hand, helping to develop and write the programme materials and peer education training resources tackling the issues raised by HIV/AIDS. She worked on the development of the

WAGGGS HIV/AIDS curriculum which was then used by units to educate girls about HIV/AIDS.

'We worked with people from very different backgrounds. Black, white,



Programme

Activities

You could also serve your community – literally!

After your event, walkers may want to indulge in some pampering – offer a **foot massage service**! Maybe a company will donate pumice stones and foot lotions.

Take it further and offer **toe nail painting**! Get everyone to bring in a different colour nail varnish and see what designs you can come up with. Just remember to bring nail varnish remover as well!

Find out about **Reflexology** or foot massage – invite someone to talk to your group about it.

Can you tie your own shoe laces? Make new **fancy laces** out of ribbons twisted together and put them in your trainers.

Try barefoot painting!

Fill trays large enough to step into with poster paint; take off shoes and socks and get stepping! Use the back of a large piece of old wallpaper as a canvas to create a big group painting. How many footprints can you make? Can you write with your toes? Wear old clothes and expect to get messy!

Why not try **orienteering**? See if there is a permanent course near to you and/or a local orienteering club you can get in touch with. You can also contact the British Orienteering Federation for more information. See their web site address under 'Useful web sites'.

● pigeon step ● prance ● ramble ● run ●

wealthy, poor, young, old, HIV positive and HIV negative. We all had our prejudices and perceptions about each other and about HIV but these were challenged on a daily basis as we learned to broaden our own views by seeing things from other people's perspectives. We realised that we all had valuable opinions and ideas to contribute and that simply by working together we were already beginning to challenge the stereotypes and prejudices held by local communities.'

Sinethemba, an 11 year old Guide, had this to say about raising awareness: 'At Guides I have learned about HIV/AIDS

and how to protect myself. We always give help to the orphans at The Home of Comfort, an AIDS orphanage in our town. I have enjoyed working on the HIV/AIDS Badge curriculum at Guides and have learned to be confident, open and supportive of people with HIV and AIDS.'



(nineteenth century)
One white foot, two
hat, two white feet,
try him; three white
feet, look well along
him; four white feet,
go without him.
Proverb on horse dealing

WALKTHATTALK

Mme Du Deffand
(1697-1780)

'The distance is
nothing; it is only
the first step that is
difficult.'

Crazy Horse (c.1849-77)
Oglala Sioux leader

'One does not sell
the earth upon
which the people
walk.'



The Longest Walk By A Woman was one of 30,321 km (18,840 miles) by Ffiona Campbell of the UK, who in five phases walked across four continents and 20 countries, leaving John O' Groats, Scotland, on August 16, 1983, and returning on October 14, 1994.
See www.guinnessworldrecords.com for more walking-related records.



DID YOU KNOW...

Children in Britain today walk 50 miles less per year than they did about a decade ago.

There are 250,000 sweat glands in a pair of feet. These sweat glands can excrete as much as half a pint of moisture a day.

The bones in children's feet are not fully developed until they reach 18 years of age.

Walking one mile (1.6km) can burn up at least 100kcal (420kJ) of energy.

Walks

Life Walks

People come from different 'walks of life' – different places, different cultures, different professions, different backgrounds... Why not find out more about them?

Invite someone who has experienced a different walk of life to **give a talk** – a GOLD participant, a VSO volunteer, someone who has volunteered at a World Centre...

Hold a **non-uniform night** and dress up as people from different walks of life. This could mean people from different professions or from different cultural backgrounds.

Many people don't have access to transport and have to walk everywhere. Can you **give up transport for a day** and travel everywhere on foot? You could donate the money you save from fuel and fares.

Some people have to walk a long way for their basic needs: to collect water and firewood, which they often carry on their heads! Try walking with an empty **bucket on your head** – it's not easy! Get sponsored for the number of times you can walk back and forth along a certain distance balancing a bucket on your head without hands.

HOW TO RAISE MONEY

- Pay an entry fee
- Sell refreshments
- Charge a fee for taking part
- Donate money saved
- Get sponsored

● stride ● stroll ● strut ● stumble ●

Case Study

Arab Region



Girl Guides and Girl Scouts are encouraged all over the world to think about their own health and that of their friends and family. Through peer education projects Guides and Scouts inform others about how to stay healthy.

With the help of a local organisation the Tunisian Scouts

and Guides were trained by local midwives and psychologists in sexual and reproductive health education. Over 10,000 teenagers subsequently attended workshops held by the Scouts and Guides, where they were taught about all aspects of their sexual health, such as the use of



Programme

Activities

Many people in the world cannot afford shoes and have to walk in bare feet.

Do a **bare feet blindfold game** where you guess what materials you are walking over. Fill trays with different materials, for example sand, soil, gravel, turf, and carpet. Or you could be more daring and fill the trays with jelly, custard, baked beans... Can you guess what they are?

Find out about the different kinds of shoes worn **around the world** – clogs from Holland, Japanese slippers, Native American moccasins and so on. Think about the best type of footwear for each different environment.

Think of some of the hazards of not wearing shoes. Are there any drawbacks to wearing shoes? Make a leaflet about how to **keep your feet healthy**.

It is often said you that you cannot understand a person until you have had to '**walk in their shoes**'. Think of ways in which you could do this:

- Get a sense of what it is to be like to be homeless by sleeping outside.
- Eat only plain rice and drink water for a day to imagine what it is like to be hungry.
- Spend a day in a wheelchair to discover the problems you would face if disabled.

● saunter ● shuffle ● step ● stomp ●

contraceptives, and HIV/AIDS awareness.

They were also taught about issues such as unplanned pregnancies and given an opportunity to discuss subjects which would normally be considered taboo.

As a result of the project the Guides and Scouts greatly improved their knowledge and understanding of these important and relevant issues, as well as gaining greater confidence in their communication skills. The organisation who assisted with the project were extremely impressed with the Guides and acknowledged the importance their work.



Guinness World Records logo. Furthest Distance Walked On Water is held by Remy Bricka at 5,636 km (3,502 miles). He 'walks on water' by having polyester ski-floats attached to his feet and by moving in the same way as a cross-country skier, using a double-headed paddle instead of ski-poles. See www.guinnessworldrecords.com for more walking-related records.

WALKTHATTALK

Mary Howitt (1799-1888)

"Will you walk into my parlour?" said a spider to a fly:
"Tis the prettiest little parlour that ever you did spy."

The Spider and the Fly.

Emily Dickinson (1830-86)

What fortitude the Soul contains,
That it can so endure
The accent of a coming Foot—
The opening of a Door.

Charlotte Brontë (1816-55)

'There was no possibility of taking a walk that day.'
Opening line in Jane Eyre



DID YOU KNOW...

There are several footwear size scales. The most common in Britain has sizes that are 1/3 of an inch long, which is the length of three barleycorns. The Paris Point system is the most commonly used throughout Europe. A Paris Point equals two-thirds of a centimetre, begins counting at zero centimetres and counts upward.

A quarter of all the bones in the human body are down in your feet.

Only half of 11-16 year olds currently walk for ten minutes a day.

The oldest existing footwear in the world is a sandal found in a cave in Missouri USA, which was made 8,000 years ago.

Walks

Active Walks

Some of you will be keen to really 'put a spring in your step' and get active walking out and about!

Walkie-talkie treasure hunt

Join up with your local radio club. You will need a large park or other open area. Make up an activity where teams are directed around a course to complete challenges, by walkie-talkie.

Make and sell a leaflet of a **guided walk**. You could feature local areas of interest, nature/seaside, town trail. Include photos, diagrams, sketch maps. Ask your local library and shops to stock them with an honesty box for donations. Alternatively plan and lead guided walks, and charge people a donation to take part. You could **design a walk** between your favourite cafes or tea shops!

Walk the boundaries of your District/Division – arrange to meet up with other groups on the day.

Offer a **dog walking** service to family and friends for a charge.

Walk it off! Leaders who have gained a few extra pounds may want to get sponsored to 'walk it off' to get ready for the summer holidays.

Organise a **walking bus** to get to your meeting and save your bus fare or petrol money. Further information is available on the 'Useful web site' page.

Hold a **travelling supper**. Everyone pays to take part. You eat each course at a different home – you choose the number of courses!

HOW TO RAISE MONEY

- Get sponsored
- Charge a fee for taking part
- Carry collecting buckets
- Donate money saved
- Charge a fee for your service

● tramp ● tread ● waddle ● walk ● wobble ●

Case Study

Asia Pacific



The Phil



In The Philippines there are currently around 716,000 members in the Girl Scouts. They have been full members of WAGGGS since 1948 and as a result they have a strong programme in place.

As part of their contribution to Building World Citizenship, the Girl Scouts have been involved in a variety of environmental campaigns including tree planting, collecting litter from beaches and planting vegetable gardens.

They have also been involved in income generating schemes where they have recycled waste materials. One Guide was

Programme

Activities

How many different styles of walking can you think of? Take it in turns to cross your meeting hall in a different style.

Walk on water. How many ways can you find of doing this?

Plan a group hike – the equipment you will need, the route you will follow, and emergency procedures.

Count the number of footsteps you take in a day or work out the distance you have walked. How far do you walk in a day? In a year?

Why not try **synchronised walking**? You will need two girls, two planks of wood and four pieces of long string or rope. The girls must walk using the planks of wood and pieces of rope.

Perhaps you could have

relay races. Rather than going for a walk why not try doing it in a conga style, you could take it in turns being the leader.

Compass fun. Give each patrol a piece of paper and a pen, and two lollipop sticks. Each patrol puts one stick at the starting point of their trail. Then the girls make up their own compass trail, writing down the directions as they go: 25 paces N, 40 paces S, and so on. At the end of their directions, the girls place another stick to mark the end. The patrols can then swap their instructions.

Invent a Walkathon. A **24 hour walk**? Walking on a treadmill? Relay walking throughout a meeting?

● **swagger** ● **tiptoe** ● **toddle** ● **totter** ●



The First Man To Walk To Both The North And South Poles was Robert Swan (UK). He led the three-man 'In The Footsteps Of Scott' South Pole expedition in 1986, and three years later headed the eight-man 'Icewalk' North Pole trek.

See www.guinnessworldrecords.com for more walking-related records.

WALK THAT TALK

Lewis Carroll (1832 – 98)
'Will you walk a little faster?' said a whiting to a snail,
'There's a porpoise close behind us,
and he's treading on my tail.'
Alice's Adventures in Wonderland.

George Herbert (1593–1633)
*Love is swift of foot;
Love's a man of war,
And can shoot,
And can hit from far.
'Discipline'*

ppines

very involved in replanting a deforested area along the coast in the Philippines with mahogany and mangrove seedlings. She worked on this project for over a year and involved other Girl Scouts of all ages and members of the community on her project.

'I was happy with my effort. It was only a small, first step, but I know it made a difference, and the biggest difference was that it opened the eyes of the community to their role in the protection of the environment. They realised that they can make their area cleaner, greener and a better place in which to live.'



WAGGGS

Girlguiding UK is part of the World Association of Girl Guides and Girl Scouts (WAGGGS), which is the largest women's organisation in the world. WAGGGS currently has nearly 10 million members in 144 countries.

From Antigua to Belarus the national associations share the same aim: 'to develop girls and young women into responsible citizens of the world'. With the help of WAGGGS young girls and women are able to find a voice which is all too often not heard. Throughout the world women and young girls are discriminated against and coupled with issues such as poverty their ability to develop and participate fully in society is limited.

Being part of WAGGGS enables young women and girls the world over the chance to have a voice. Not limiting itself to the confines of their units, this voice goes on to spread into their homes and communities. Through our work we aim to create a better environment for young women and girls, one where they can grow into self confident, articulate and creative members of society.

By participating in Walks for the World we are enabling guiding to grow and develop all over the world and with such a large membership the sky is the limit with regards to what we can achieve.

Sending cheques 5 important steps to follow when sending us your cheques...

- 1 Please make all cheques payable to Girlguiding UK.
- 2 Send the paying-in slip below (also available from our web site) with the cheque.
- 3 Write the name and address of your unit on the back of the cheque so that we can send your unit our very special Girlguiding UK 'Walks for the World' certificate.
- 4 Send your cheques to:
Girlguiding UK Walks for the World
Girlguiding UK
17-19 Buckingham Palace Road
London SW1W 0PT.
- 5 The 'Walks for the World' badges are available from Girlguiding UK Trading Services (cost 60p/badge ordering code 2542). So get involved and get ordering!!!

Have you remembered...

Send in your photos of you taking part in your event. You could end up in *Guiding magazine*!
The money you raise is eligible for Gift Aid. Look on the Association web site for detailed information.

Name of leader:	Name of unit and Country or Region:	
Leader's address and telephone number:	Brief description of event:	
Signature of leader:	Cheque amount for:	Date:
<input type="checkbox"/> Tick the box if your unit would like to enter into the final draw on December 31, 2004.		



INSURANCE UPDATE 2004

Aon Ltd are the Association's Insurance Brokers. They manage our Insurance Service.

This leaflet gives details of the services and products available to members.

There is now one number for all enquiries which connects you with the most appropriate contact.

0870 2403706

The Association effects two main insurance policies for the benefit of its members,

The Personal Accident & Medical Expenses Policy and the Public and Employers' Liability Policy.

There are also schemes in place for the benefit of members.

THE PUBLIC LIABILITY POLICY

The Limit under the Public Liability Policy is £20 million. All members of the Association and people acting on the Association's behalf (see list overleaf) are covered for legal liability for claims made against them resulting in death, injury, disease or loss or damage to third party property. The Policy has been extended to include "Member to Member" cover.

If you own property, or use Trust Corporation property this policy covers your Property Owner's Liability and you do not need to buy this elsewhere. If you let your property out to other organisations, you should ask them to complete an indemnity to hirer form. If they do not have their own PL cover you should warn them that, if they cause damage to the Associations' property, you may be able to claim against them personally.

When using property or premises outside the control of the Association for Guiding activities you may be asked to sign a Hiring or Booking Form. It is not necessary to forward the hire and letting forms to Aon Limited unless you are unsure of the terms or the indemnity required is over £20 m

It is important to remember that Members of the Association are also considered Third Parties.

If you are asked to forward a copy of the Association's Liability cover with the Policy Number, you can use the attached "To Whom It May Concern Letter" or obtain an original from the address below.

SOLICITOR'S LETTERS

If you receive a letter from a Solicitor alleging that you were in charge when an accident happened, do not panic. Do not take allegations to heart and do not answer the letter, send it to the address below with your contact details. If you are worried, call the Helpline and talk to Aon.

EMPLOYER'S LIABILITY

The Limit of Indemnity under the Employer's Liability is £20 million.

The Employer's Liability Policy includes all the Guide units and all Trust Corporation Projects and covers Caretakers, Cleaners or Wardens and others to whom weekly, monthly or annual payments are made.

Cover is also in place for Counties and Divisions, and you do not need to purchase Employer's Liability cover separately. If you pay more than £5,000 a year in wages, you should declare the amount to AON by post or email stating your division, County or Country. An Employers' Liability Certificate is available on request.

INSURING YOUR OWN EQUIPMENT

You are responsible for arranging Insurance for your unit's own Property and Equipment and failure to insure adequately could result in your unit facing serious financial consequences. The Association does not cover any personal effects or belongings. You may need to insure Money (Subs, Camp or pack holiday Money, borrowed equipment, camping and cooking equipment, canoes, vehicles and trailers, standards, art and craft materials, and buildings.

You may wish to insure against cancellation of an event or camp and the items you borrow for the camp.

If you run a depot you should insure the stock which is your responsibility as soon as it arrives, as well as the cash you receive for the goods. If this is kept at home, you should advise your household insurers as they will not automatically cover it.

All these covers are available on a scheme arranged by us through Aon Limited (Personal Services), Capital House, 1 Houndwell Place, Southampton, Hampshire SO14 1HU. Their team will be happy to offer advice and a competitive quotation from the Cornhill who are a reputable company. You will be asked to complete a form and it is useful if you have the values, details of security and construction of buildings (if any) available when you call.

MINIBUSES COVER

We have negotiated an insurance facility for minibuses on behalf of all Members who may need to insure minibuses for a Guiding activity. If you borrow a vehicle which does not come with insurance, you can obtain competitive cover for a few days. Please telephone GSI on 01634 727 7666 and ask for the Girlguiding Minibus scheme.

TRAVEL INSURANCE

You should always take out travel insurance when you go abroad. You can obtain a quote through AON SURETRAVEL, who have a scheme especially for Members, covering groups, or individuals on single trips or annually. This Policy includes Guiding activities recognised by The Guide Association including winter sports, but not bungee jumping, canyoning or non recognised activities. If you buy cover elsewhere you must check that the policy includes all the activities you intend to do. An application Form and medical information may be required. Contact Aon Suretravel, Garrod House Chaldon Road, Caterham, Surrey, CR3 5YW

GENERAL ENQUIRIES

The Guiding Manual sets out the procedures and regulations, and gives details of the activities that are recognised by The Association. If you are not sure if you have insurance for anything you are doing, contact the helpline. Girlguiding Insurance Service, PO Box 410, Redhill, RH1 1AW, E-mail girlguiding@ars.aon.co.uk

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Girlguiding UK

AON
Insure your vision

3 February 2004

The Guide Association Insurance Service

PO BOX 410, Redhill, RH1 1AW
Tel: (01737) 783690 Fax: (01737) 783706
Email: girlguiding@ars.aon.co.uk

TO WHOM IT MAY CONCERN

The Guide Association (Incorporated by Royal Charter) Period of Insurance: 1st January 2004 to 31st December 2004

We act as Insurance Brokers for the above client and confirm that Insurance is in place in respect of Public and Products Liability up to £20,000,000 any one loss under the following policies: -

Public and Products Liability Policy Number 04055F04AA issued by Mitsui with a limit of £1,000,000 any one occurrence or series of occurrences consequent on one original cause, unlimited during the period, but £1,000,000 in the aggregate in respect of Products Liability.

This Insurance arranged for the period 12 months at the 1st January 2004 provides indemnity to the following organisations and/or persons: -

- (i) The Guide Association and all its Members including Branch Associations, and British Guides in Foreign Countries and Administrative Units
- (ii) The Friends of Guiding
- (iii) The Trefoil Guild
- (iv) The Link International Fellowship
- (v) Officers and Officials of any of the foregoing
- (vi) Any employee of the Guide Association
- (vii) Any British guide operating abroad under the jurisdiction of the Guide Association
- (viii) Any person not acting as a member of another organisation who is authorised to be in charge of or supervise or otherwise assist in Guiding activities
- (ix) Children of Members of the above whilst their parents are involved in Guiding activities
- (x) Prospective Members of the Guide Association (prior to taking the promise)
- (xi) Guide Association members of the Student Scout and Guide Organisation.
- (xii) The Guide Association Trust Corporation
- (xiii) The Trustees of and/or members of the Committee responsible for the management of any property or premises belonging to or leased to Trustees for any unit
- (xiv) Guides Cymru

The policy indemnifies the Insured in connection with accidents occurring in respect of Guiding activities within Great Britain, Northern Ireland, The Channel Islands, The Isle of Man and overseas, including Branch Association Countries and in respect of BGIFC units and members.

Cover includes Indemnity to Principals.

The policy provides for cross liabilities, Health and Safety at Work Act, Defective Premises Act, Occupier's Liability Act and liability arising for Death and Bodily injury to passengers being carried on Carnival Floats.

Excess Public and Products Liability 1st Layer

Policy Number 24580579 issued by AIG Europe with a limit of £9,000,000 any one occurrence or series of occurrences consequent on one original cause, unlimited during the period but £9,000,000 in the aggregate in respect of Products Liability.

IN EXCESS OF £1,000,000 any one occurrence or series of occurrences consequent on one original cause, unlimited during the period but £1,000,000 in the aggregate in respect of Products Liability.

Excess Public and Products Liability 2nd Layer

Policy Number 46UKA08145 issued by Ace Europe with a limit of £10,000,000 any one occurrence or series of occurrences consequent on one original cause, unlimited during the period but £10,000,000 in the aggregate in respect of Products Liability. IN EXCESS OF £10,000,000 any one occurrence or series of occurrences consequent on one original cause, unlimited during the period but £10,000,000 in the aggregate in respect of Products Liability.

Policy Wordings Match underlying terms.

We trust this information is adequate for your requirements, however, should you require further details, please do not hesitate to contact us.

Yours faithfully,

Heidi Jenn

Girlguiding UK Insurance Service



GIRLGUIDING UK BENEFITS FOR MEMBERS

Introduction

Girlguiding UK is committed to our volunteers and has developed a plan to help you if you are injured while on Guiding activities. The death and disablement benefits are backed by Norwich Union Insurance Co but the weekly benefits and treatment costs are covered by the Association from a fund set up especially for this purpose. This leaflet explains the cover and how to claim. Claims are administered by Aon Ltd our Insurance Service.

Who is covered?

- The Guide Association and all its Members, Administrative Units, including Friends of Guiding and members of the Trefoil Guild, The Link International Friendship and any Officers and Officials of any the above. Any voluntary part-time instructors.
- All non members of The Guide Association whilst involved in assisting or supervising Guiding activities,
- Children of Members of the above whilst their parents are involved in Guiding activities
- Prospective Members to The Guide Association prior to taking their promise,
- Guide Association members of Student Scout and Guide Organisation,
- Self employed instructors whilst working for The Guide Association.
- Any Employee.
- Guides visiting foreign Countries whether Nationals of the Country concerned or not.
- Foreign or Commonwealth Guides visiting the UK at the invitation of the Insured

When am I covered?

You are covered for an accident which happens when you are on a recognised Guiding activity including travelling to and from home.

What is the cover?

Benefits are payable for bodily injury or death, permanent, temporary and partial disability. Limited cover is also provided for medical and other expenses as detailed. Cover includes Exposure to the Elements, and Disappearance.

UK medical and travel expenses

- | | | |
|---|-----------------|-------------------|
| 1. Costs of private medical treatment including consultants | Fees and scans. | Maximum £2,000.00 |
|---|-----------------|-------------------|

(These costs have to be agreed prior to incurring costs and be accompanied by a letter from the GP giving details of the NHS waiting list for similar treatment and a written quote showing the potential cost. Waiting list must be at least 6 weeks).

Benefit 1 can only be claimed in the first 9 months after the accident.

Members are expected to utilise NHS facilities in the first instance.

- | | |
|--|-----------------|
| 2. Travel expenses (currently 30p per mile) Including reasonable overnight accommodation | Maximum £500.00 |
| 3. NHS prescription charges if levied | Maximum £25.00 |
| 4. Hire of wheelchairs and crutches if not supplied by NHS | Maximum £25.00 |
| 5. Cost of painkillers or other medicines | Maximum £25.00 |
| 6. Replacement of emergency bandages if soiled | Maximum £25.00 |
| 7. Replacement of clothing damaged beyond repair by the accident | Maximum £200.00 |
- (All claims must be accompanied by receipts)

Items 2 - 7 can only be claimed in the first 6 weeks after the accident

- | | |
|---------------------------------------|------------------|
| 8. Dental and Future dental treatment | Maximum £2000.00 |
|---------------------------------------|------------------|

(These costs to be agreed prior to any work being done and to be accompanied by a dentist's letter confirming the work required and duration of treatment)

Members should utilise NHS facilities where available

- | | |
|---|------------------|
| 9. Professional counselling is available under certain circumstances. | Maximum £2000.00 |
|---|------------------|
- In respect of all of the above, any one claim limit

Excess: £25 increased to £50 in respect of persons under 10 years old

What is not covered?

- Theft of cash, or loss of personal effects
- Loss of earnings
- Non authorised Guiding activities (bungee jumping, canyoning etc)
- Suicide or self injury, illness.
- Flying other than as a passenger or on a recognised Guiding activity
- War whether declared or not
- If in doubt, please refer to *The Guiding Manual*, contact GirlGuiding Insurance Services or Guiding Development at CHQ.



Weekly Benefits

Persons aged 16 and over in full time or part time gainful employment

Payment for up to 104 weeks

If you are being paid by your employer during your absence from work, you may choose not to claim the weekly benefit.

Persons aged 16 and over and not in gainful employment

Payment for up to 104 weeks

This payment is to help you with additional costs during your recovery such as child care and other expenses.

All absences must be evidenced by an original or certified copy of a doctors certificate, and proof of earnings.

A medical review will be requested after 9 months.

£75.00 per week or net weekly wage whichever is the lesser

£30 per week

SCALE OF PERMANENT AND PARTIAL DISABILITIES

(Whilst on recognised Guiding Activities.)

Accidental Death	(over 18) £15,000	(under 18) £2,500
PTD (Permanent Total Disablement)		£15,000
Loss of one or both eyes/hands feet or any combination of these		£15,000
Total Incurable Insanity		£15,000
Loss of osseous substance of the skull in all its thickness:		
Surface of at least 6 sq cm		£6,000
Surface of 3 to 6 sq cm		£3,000
Surface of less than 3 sq cm		£1,500
	<u>Right</u>	<u>Left</u>
Permanent total loss of use of shoulder or elbow	£3,750	£3,000
Permanent total loss of use of wrist	£3,000	£2,250
Loss by amputation of one thumb	£3,750	£3,000
Loss by amputation of one forefinger	£3,000	£2,250
Loss by amputation of any other finger	£1,500	£900
Permanent total loss of use of hip or knee or ankle	£3,000	£3,000
Loss by amputation of one big toe	£1,500	£1,500
Loss by amputation of any other toe	£750	£750
Shortening of the lower limb by at least 5cm	£4,500	£4,500

Permanent disabilities not mentioned above shall be compensated in accordance with their seriousness as compared with that of those mentioned, the occupation of the Insured Person not being taken into consideration.

The total compensation payable in respect of several disablements due to the same accident shall be arrived at by adding together the various sums, but shall not exceed £15,000

If the Insured Person is left-handed, the percentages set out above for the various disabilities of the right upper limb and left upper limb shall be transposed.

I am a member of the Trefoil Guild, do I have different cover?

In respect of persons aged 75 years or over the cover is for accidental death only, but as a members of the Trefoil Guild, you have extra benefits as follows:

- loss of one or more eyes/hands/feet or any combination of these/loss of use
- hospital cash (up to max. of 180 days)

£15,000
£10 per day

Travel Cover

This cover is an emergency contingency in case there is a problem with your own travel policy. When travelling abroad you should take out full travel cover.

What do I do in the event of a claim?

You should complete a Notification of Accident form (NAF) found on the Website immediately and send it to Girlguiding Insurance Services. They will send you an expenses form. This should be returned with any receipts and certificates and Girlguiding Insurance services will contact you.

How can I appeal?

If you are unhappy with the handling of the claim or the payments, you can complain in writing via your Country or Region Chief Commissioner giving full details.

What should I do if I think I don't have enough cover?

The benefits under this plan cannot be increased and we recommend you make private arrangements for higher benefits or income protection

How can I find out more?

You can call Girlguiding insurance services on 01737 783690 or girlguiding@ars.aon.co.uk

Share It!

1 Give each girl a pen and a piece of paper and ask them to draw a simple design, such as a face, a flower or circular patterns. Explain that this design will be used to make their batik fabric.

2 Fill a small squeeze bottle up with the flour and water paste. You will need a bottle of paste for every three girls.

Each girl uses the paste to 'draw' out her pattern on to her fabric — just like icing a cake. She should use her paper design as a guide.

Once the girls have finished, leave their designs to dry. If you are doing this activity in a weekly meeting, then leave it to dry until the following week.

3 When the paste is dry, sponge or paint the paint on the fabric. The paint should be quite thick like poster paint and not too watery.

You can fill in areas between the paste or paint over it, however try not to get the paste too wet with paint as this will spoil the effect.

4 When the paint is dry, peel or scrape off the flour paste to reveal the design.

This can be quite fiddly but girls can use a piece of firm card to help them scrape the paste off. Alternatively, gently bending the fabric will help the paste to flake off.

Top tips

■ Older girls can experiment with fabric dye in place of paint to create a piece of washable fabric that could be used as a cushion cover

■ The girls might want to make a batik patch for their camp blankets.

African bowls

African tribal art is very distinctive. Tribes use different patterns and bright colours in their clothes, jewellery and so on to distinguish them from other tribes.

The girls can have a go at making some decorative African-style bowls of their own.

As the bowls are made from papier mâché, drying time will be needed. The activity will take two weeks if you are doing it in a weekly meeting.

1 Cover a strip of paper with wallpaper paste and lay it on the outside of the bowl. Keep laying more and more strips of paper covered in the paste until you have covered the bowl with three or four layers of paper.

2 Leave the bowls in a safe place to dry until the following week.

In the meantime, the girls can start to design what they want to paint on their bowls. They could use traditional African black, white and red geometric designs, using triangles and squares. You might like to find some books in the library that will inspire you.

3 Once the papier mâché is dry, gently squeeze the plastic bowl to separate it from the papier mâché bowl. The girls can then paint their bowls. Once the paint is dry, you can paint a layer of PVA glue over the bowl to varnish it.

You will need

- Strips of paper (newspaper or coloured paper)
- Wallpaper paste without fungicides or a thin flour and water paste
- Plastic bowls (one per girl)
- PVA glue
- Paints and brushes

Top tip
Paint your bowls in an oriental-style instead.

Into extra time

Many people in developing countries cook over open fires, as they do not have electricity. This also means they do not have electric light, television or radio.

■ Ask the girls how they think this must affect the everyday lives of these people.

■ Ask younger girls what they use electricity for. What would they miss if they had no electricity? What problems would it cause?

■ Ask older girls to find out how the invention of the clockwork radio (a radio which works by turning a handle) is helping to fight AIDS in some developing countries. It has meant that even though they do not have electricity people can still listen to special health and education broadcasts.

Rainbow Promise

Make a mobile to help Rainbows explore their Promise

Reader idea

Fiona Masterson, Guider of the 2nd Berchin Rainbows, in Angus, Girlguiding Scotland, sent us this great idea for a Rainbow Promise mobile.

The idea behind the activity is to help Rainbows understand their new Promise. It will also help them to find out about the colours of the rainbow.

Top tip

Encourage the girls to be kind and helpful. When a Rainbow has collected all her pieces, she should go and help a girl who has yet to find them all.

Promise pieces

You will need to prepare the mobile pieces in advance. Each girl will need one set of pieces.

To do this cut out the following shapes and write the appropriate part of the Promise on each one:

Purple cloud — I promise
Green raindrop — that I will
Orange raindrop — do my best
Yellow raindrop — to love my God
Red raindrop — and to be kind
Blue raindrop — and helpful.

Talk about the Promise with the girls and the different parts of it. Hide the pieces around the room and let the girls know they have to find six different pieces each.

Into extra time

Encourage the girls to think of ways in which they can be kind and helpful.

They can write one of these things on the back of the appropriate raindrop.

For example, on the back of 'and to be kind' a girl could write 'to my brother'. On the back of 'and helpful' she could write 'tidy my room'

Make the mobile

When all the Rainbows have found their 'pieces of the Promise' they can make their mobile.

Each girl needs to cut six different lengths of nylon thread or cotton. Tape the end of each thread to a different Promise piece.

Tape or tie the free end of each thread to the bottom of the coat hanger. The girls can take their mobiles home to hang up. Every time they look at them they will be reminded of their Promise!

You will need

- A plastic coat hanger for each girl
- Sticky tape
- Light nylon cotton or thread
- Scissors
- Pens
- Card in the following colours: red, orange, yellow, green, blue and purple

Leaders' note

- Have you made up a song or a game based on the Rainbow Promise? If so, write and let us know, you'll find the address on page 30.
- Don't forget that the Rainbow Promise Certificate is available from the Trading Service, order code 6500, price 25p.



Getting along

These special activities will get girls thinking about others

Special agents

This activity will work well with any age group. It will help them to think about others as well as about the skills they can share.

At the end of a meeting, tell the girls that the following week they will all be handed a top secret, special agent mission as soon as they enter the building.

Tell the girls that it is very important that they do not discuss these missions with anyone else, but the mission must be carried out, according to the instructions, during the meeting.

The following week, prepare a slip of paper for each girl. Each piece of paper should say 'Your mission is to offer to help someone tonight'.

As the girls come in hand them their piece of paper and remind them that it is really top secret and they should destroy the paper after they have read it.

At the end of your meeting, ask each girl what her secret mission was. Were they surprised that everyone had the same one? Had anyone let the secret slip?

Ask the girls if they all carried out their missions successfully and what kind of things they helped each other with.

Explain that it shouldn't take a special secret mission to encourage them to help each other out — it's something they should do naturally!

Make it harder...

Ask Senior Section members to think about what causes the main disputes in your unit.

How are these resolved? Can you think of a better system for resolving unit disputes?

Is there a difference between the way that children and adults solve their differences?



Falling out

We all fall out with people at some point in our lives, whether it's over a possession, a friend, or because we think we're right or someone else won't admit they're wrong.

Divide the girls in to Patrol-sized teams. Ask the teams to go away and think of a situation when people might fall out and how it can be resolved.

One half of the team set the scene and role-play how the quarrel arises. The other half of the team play the same characters, but this time show how the quarrel could be resolved.

Give everyone about ten to 15 minutes to have a go.

After this time, the girls could show you their dramas. Alternatively, if you want to save time, they could explain to the rest of the unit what their quarrels were about and how they resolved them.

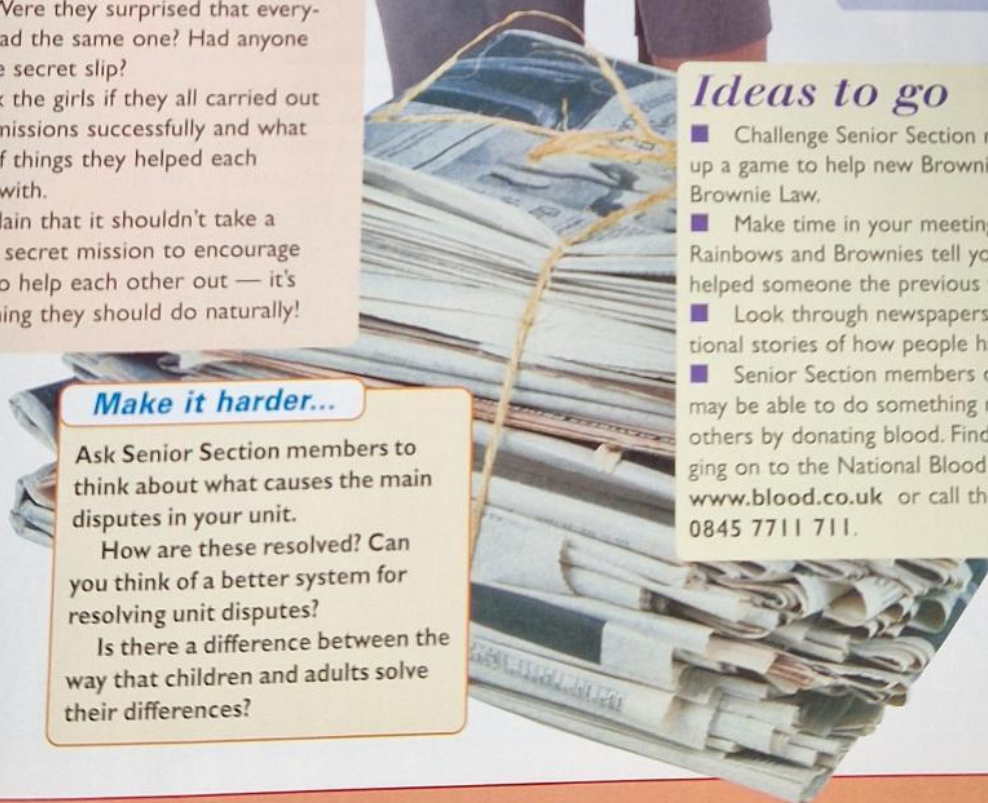
Ideas to go

- Challenge Senior Section members to make up a game to help new Brownies get to know the Brownie Law.

- Make time in your meeting to let the Rainbows and Brownies tell you how they have helped someone the previous week.

- Look through newspapers to find inspirational stories of how people have helped others.

- Senior Section members over the age of 17 may be able to do something really amazing for others by donating blood. Find out more by logging on to the National Blood Service web site www.blood.co.uk or call the helpline on 0845 7711 711.



One plastic bot

Find out how you can reuse empty plastic bottles to make some fun things

Bottle bank

Lots of things come in plastic bottles, such as water, fizzy drinks and milk.

Ask the girls to collect plastic bottles that you can use for crafts. Large, clear fizzy drink bottles are best for most of the crafts on these pages. All the bottles should be clean and dry.

You should also make sure that the girls only bring in bottles that they would have had at home anyway and they do not buy them specifically for these activities.

Warning

Never use detergent bottles for crafts or play. For example, don't use containers that have contained bleach or other cleaning chemicals.



Into extra time

Make your plastic butterflies into a mobile.

Use a needle to pierce the centre of each butterfly and thread some cotton through. Hang lots of butterflies on a coat hanger.

You could make a mobile out of any plastic shapes you wish, such as flowers.

Plastic butterflies

Make some beautiful butterflies that can be used to decorate all sorts of items, from wrapped gifts to fridges.

Draw a simple butterfly shape, about 5cm high, on a piece of card. Cut it out. Carefully cut the top and the bottom off the plastic bottle so that you are left with a deep ring of plastic. Cut down the centre so you have a plastic sheet.

If younger girls are doing this activity, an adult should cut the plastic for them.

Place the card butterfly on the plastic and draw around it using a permanent marker pen. You might need to place heavy objects on either end of the plastic so it lies flat. Carefully cut out the plastic butterfly — mind any sharp edges.

Decorate the butterfly using permanent felt-tipped pens or pens or paints that are specially designed for drawing on glass and plastic. Don't use big smelly markers as the fumes can be toxic.

Alternatively, use a latex glue, such as Copydex, to stick sequins on to the butterfly.

When the butterflies are dry, carefully bend them in half along the centre line of the wings.

They can then be stuck wherever you like, using double-sided sticky tape or Blu-Tack.

You will need

- Card
- Permanent felt-tipped pens in different colours
- Scissors
- Clear plastic fizzy drinks bottles
- Double-sided sticky tape or Blu-Tack
- Glass paints (or you can use felt-tipped pens) for drawing on glass/plastic (optional)
- Sequins and latex glue (optional)



tle...

Seaside shaker

You don't have to go to the coast to enjoy the sea. Girls can make a funky version of a snowstorm with these instructions.

The plastic bottles used in this activity must be clear and smooth, not ribbed like some water bottles. Use small bottles or you will have to use a lot of oil.

Half fill a bottle with water. Add enough blue food colouring to give a vivid colour. Put the lid on the bottle and shake it so the colouring is mixed in well.

Take the lid off. Roll up a piece of paper into a funnel shape and add a teaspoonful of glitter to the bottle through the funnel.

Carefully fill up the rest of the bottle with oil. Leave a space of about 2cm at the top. Screw the lid on tightly.

When the girls gently turn the bottle upside down and back again the oil and water will separate. The blue water will stay at the top and the yellow 'sand' will stay at the bottom.

You will need

- Cheap yellow-coloured cooking oil
- Water
- Glitter
- Blue food colouring
- One small plastic drink bottle with lid per girl (around 250ml size)

Into extra time

- Girls could draw small pictures of fish to stick at the top of the bottle where the water stays. Use a green permanent marker to draw seaweed around the bottom of the bottle.
- Can you find some small shells or a small plastic boat to put in the bottle?

Tree decorations

These tree decorations aren't for Christmas, girls can make them to decorate their garden in the summer.

They work a bit like windsocks. When the breeze picks up they will flutter gently.

Cut the top and bottom off the bottle so that you have a plastic cylinder. You will need to do this for younger girls.

With the hole punch, make four holes, evenly spaced, around the top of one end of the bottle.

Cut four lengths of string, about 30cm long each. Tie the end of each one on to a hole.

Next, take the hole punch and make eight holes around the opposite end of the plastic tube.

Cut the plastic bags into strips about 2cm wide and 30cm long. Tie one end of two strips on to each of the eight holes. You need at least 16 strips.

Girls can use the strings to tie the decoration up where they like. If you are going camping, you could even try decorating your campsite or the top of a tent pole!

You will need

- One two-litre plastic fizzy drink bottle per girl
- Hole punch
- String
- Scissors
- Old coloured plastic carrier bags

Ideas to go

■ Fill a large plastic bottle with sand or gravel. Screw the lid on tight and then decorate the bottle. Use it as a doorstop.

You could use a polystyrene ball and some fabric to make it look like a person.

■ Cut a plastic bottle 10cm from the base, decorate it and use it as a plant pot.

■ Challenge Guides to design and make a plastic bottle string holder or a piggy bank for their Patrol boxes.

■ Make a set of plastic bottle skittles that can be used over and over again.

■ Make a handy funnel with the top of a plastic bottle.

■ Cut off the top of a bottle so you have a long container. Cover the outside with papier mâché and then decorate it. When you've finished you've got a great vase with a water-proof liner.

■ Use the bottom of a plastic bottle in place of a plastic bowl for the 'African bowls' activity in One World — Share It!, pages 8 and 9.

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Bandaged up

Have fun with this great theme night for Brownies

Theme night

Gail Dowdle, Guider of the 1st Water Eaton Brownies near Bletchley, Buckinghamshire, sent in this brilliant hospital theme night.

Gail says that her Pack had a great time completing the challenges and she wants to share it with other Leaders so that other girls can have a go too!

■ Some of these activities are also suitable for Rainbows.

The right department

Ask the girls if they can think of the different departments you find in a hospital. For example, Accident and Emergency, Outpatients and so on.

Next allocate four areas of the room to be these departments: Operating Theatre, A-ward, X-ray and Accident and Emergency.

Tell the girls that when you call out one of these departments they must go to the correct area. Before you start the game have a test run and see if the girls remember where the departments are.

Once you've been playing for a while, tell the girls that you have some more instructions to complicate matters.

Whenever you shout out the following commands, the girls must do the action that corresponds:

- 'On a trolley' — girls lie on the floor
- 'Visiting time (plus a number)' — girls get into groups of that number
- 'Waiting room' — girls sit on the floor
- 'Physiotherapy' — girls jump around.

Award a point to the girl who is the first to do the right action each time. Can the girls think of actions for any of the hospital departments they thought of?

Who's the patient?

This ball game makes a great warm up for the hospital night.

All the girls stand in a big circle so they are about two metres apart. A light football is thrown from girl to girl across the circle. Anyone who drops it becomes a patient and sits down in her place.

Leaders can, at their discretion, tell anyone who throws the ball incorrectly to be a patient. The last one standing is the winner.



Hospital alphabet

This thinking game will go well after you have played an active game.

Give each Six a pencil and a piece of paper. One girl from each Six is chosen to be the writer. First of all she writes all the letters of the alphabet down.

The girls in each Six then put their thinking caps on to try to think of words associated with a hospital for each letter. For example: ambulance for the letter 'a', bandages for 'b', cleaner for 'c' and so on.

Give the girls about five minutes to do this then ask them to read out their suggestions.

Award each Six a point for every word and two points for any word that other Sixes haven't thought of.

Make a stretcher

Ask the girls if they know what a stretcher is.

They are now challenged, in their Sixes, to make their own stretcher that will carry a soft toy over a given distance.

Give the girls about 15 minutes to do this with the materials supplied. The ones on the list are just a suggestion, you may be able to find some more.

When everyone has finished, have a look at the stretchers in action.



You will need

- One soft toy per Six
- A selection of blankets, newspapers, sticks, string and sticky tape

Bandaged up

Hold a fun bandaging competition where some of the Brownies will end up looking more like Egyptian mummies than patients!

Divide each Six into two groups of three. In each group the Brownies should decide who will be the patient and who will be the two nurses. Each group of three will need a roll of toilet paper.

A Leader calls out a part of the body that is to be bandaged for example, 'left arm'. The nurses in each group must then bandage the patient. Allow an appropriate amount of time to complete the task before calling out another part that is to be bandaged.

When the girls have run out of paper, or when there is not much left to be bandaged, hold a pretend 'inspection'. You can award points for the funniest bandages, enthusiasm and so on. Award each group a point or two so that everyone can feel proud of themselves.

Warning

- Keep safe and make sure that the girls do not bandage above the shoulders.
- Make sure that no one plays the part of the patient if they don't want to.



Top tips

- Do some research into bandaging and show the girls the correct way to bandage wounds and sprains. First aid books and the Internet would be helpful resources.
- Roll up the toilet paper and store it away. It could be used again for the same game or for dusting or mopping up spills around your meeting place.

Into extra time

How many words of two letters or more can the girls make out of the word 'hospital'? Give the girls a time limit.

What word?

Here's another thinking game that will help to balance out all the running around and noisy activity.

The letters from the word 'hospital' can be rearranged into lots of other, smaller words. Give each Six a pen and a piece of paper and ask them to write 'hospital' at the top.

Now explain that you are going to ask some questions. The word that makes the answer to each question can be made up by using some of the letters in the word 'hospital'.

- 1 What is the opposite to cold?
Answer: hot
- 2 What is the opposite of stand?
Answer: sit
- 3 It sails on the sea.
Answer: ship
- 4 A word that comes before box and office.
Answer: post
- 5 Somewhere you buy things.
Answer: shop
- 6 Something you walk on.
Answer: path
- 7 It joins the top of your leg to your body.
Answer: hip
- 8 Another name for the earth in the garden.
Answer: soil
- 9 If you can't find something it is...
Answer: lost
- 10 What do you do with a duster?
Answer: polish

You will need

- Pens
- Paper



Leaders' note

Have you got a great theme night that you would like to share with other units? If you have, send your ideas to Activate, 17-19 Buckingham Palace Road, London SW1W 0PT. We'd love to hear from you!

Give the girls enough time to write down their answers. When you have asked all the questions, sixes can swap their papers to mark them. Award a point for each correct answer.

Alternatively, Sixes can shout out the answers as you go along. The first Six to do so wins a point.



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THE GREAT OUTDOORS

By Jacky Ramsden

Girlguiding UK Outdoor Activities Adviser

HOW GREEN IS YOUR CAMPSITE?

When camping we have a responsibility to protect the environment. But there's a fine – and sometimes conflicting – line between keeping our campsites neat and tidy and protecting wildlife habitats and flora. There can be a temptation to keep campsites neatly cropped with hedges rigorously trimmed.

HEDGED IN

Hedgerows provide a rich source of food and shelter for birds and small mammals and unite otherwise isolated wildlife habitats. Trim hedges in late winter, after all the berries have been eaten but before the birds start to nest. Hedge trimming should not be carried out annually.

Guidelines for farmers recommend that areas within 4.5 metres of a hedgerow should be left for wildlife. This may not be practical but it may be possible to set aside an area for wildlife in a corner of a field. You will be surprised at the variety of flowers that may grow, providing added interest for the girls.

CREATE A HAVEN

Does your campsite have a boggy area which everybody walks through creating a churned up mess? Fence off the area to divert those feet and see what grows. The plant life will be very different to the rest

of the site. Add a pile of old logs or tree stumps to create a haven for insects and small mammals.

WASTE MANAGEMENT

Do you have a waste management policy at your site or is everything black bagged and placed in a skip? How you manage your waste will be partly defined by the facilities on offer from your local council. There are other measures you can take to reduce the amount of landfill waste your campsite produces:

- Introduce a waste policy statement for your site. Choose products with little packaging and ask girls to bring drink bottles and lunch boxes to reduce packaging waste.
- Sort the waste into compost, vegetable matter, egg shells, tea bags, cardboard and so on. It can be used on the garden area of the campsite or donated to your local community garden.
- Plastic bags can be returned to most supermarkets for recycling.
- Bottles, flattened cans, clean paper and newspaper can be taken to a local collection point.

POWER MANAGEMENT

Look at the lighting in your activity bases and toilet blocks. With fluorescent lighting strips it is more energy efficient for the

lighting to be left on rather than turned on and off. If you have light bulbs, have you changed over to energy efficient bulbs?

Water is a precious commodity. Taps with automatic cut-offs and toilets with two levels of flush prevent wastage.

GET GIRLS INVOLVED

Young people are keen to protect the environment. As well as helping with any campsite changes, girls might enjoy creating identification cards for the site's indigenous flora and fauna. Get them to keep a record of all wildlife sightings. They could even have a go at composting or creating their own wormeries.

Girls could make bird, bat and bug boxes and raise money for ladybird and butterfly feeders. If you have a garden, they could convert it to a nature garden, choosing and planting wildlife-friendly plants and creating wildlife habitats.

FURTHER INFORMATION

Check out these web sites and resources for help with keeping your campsite green.

- Find out more about hedges and hedge laying at www.hedgelayer.freemove.co.uk
- www.hdra.org.uk has information on composting and nature gardens
- For advice on birds visit the Royal Society for the Protection of Birds web site at www.rspb.org.uk
- *The Small Ecological Garden* by Sue Strickland, published by Search Press Ltd, ISBN 0855327731.

HENRY IDON



Happy campers: help protect the environment with a few campsite changes

GOLDEN LANDMARKS

GIRLGUIDING UK'S GOLD PROJECTS EXPAND THE HORIZONS OF EVERYONE INVOLVED

Last October, the inaugural GOLD Tripartite Project took place between Australia, Thailand and the UK. This was the first time that another country had joined the UK in helping to organise a GOLD (Guiding Overseas Linked with Development) project. Held in Thailand, the idea had been conceived by the International Commissioner of Guides Australia who was impressed by what GOLD had achieved around the world.

For GOLD Tripartite project UK team leader Deborah Sibthorpe the highlight was working on life skills with senior girls. She said, 'The young women improved the skills they needed to enable them to achieve their goals in Thai society.'

The first ever GOLD Tripartite project was an absolute success and a second will take place later this year. In November one of the 2003 UK team members Claire Stoney will return to Thailand with fellow UK and Australian participants. She hopes to be able to spend more time showing the hill tribe children new crafts which may help them to earn a living.

A RICH HISTORY

Girlguiding UK has operated GOLD trips for the past 12 years across 20 countries. The projects give members aged 18-30 the chance to contribute towards community development overseas. Projects cover a range of topics from HIV and AIDS education through to business skills, leadership skills, programme and Guiding development.

GOLD participants have visited places as diverse as Bangladesh, Poland, Russia, Thailand and Ukraine. This year, Thailand aside,

volunteers will work in Bangladesh, Belarus, Hungary, Madagascar, South Africa and Uganda. Most projects last for two or three weeks with participants usually required to raise between £1,000 and £1,750 each, depending on the country they're visiting.

NEW FRONTIERS

Caroline Gaulter visited Madagascar last year on a preliminary GOLD trip and never dreamt that she'd be watching rarely seen lemurs in the jungle. Indeed the whole expedition was unforgettable — right down to her daily shower.

'This was a wash from a bucket that I will never forget,' said Caroline. 'The view towards the rainforest was simply beautiful.'

A veteran of two GOLD projects in Poland and Pakistan, Caroline was part of a team investigating how a GOLD project could work in Madagascar together with their Guide Association. It was hard work but worthwhile.

'Flexibility and adaptability are key in many situations — you will be astounded by what you can cope with!' she said. In July, Caroline will lead the first ever GOLD trip on the island with five other Girlguiding UK members. Their main goal will be to show local Guiders activities to help highlight HIV/AIDS issues.

LIFE CHANGES

Working on a GOLD project is demanding, but all three young women are fully aware that the benefits are two-way. Like many other GOLD participants before her, Deborah found it extremely rewarding to train people from a different part of the world.

'The best part of the Thailand project was seeing the delight on an underprivileged Thai child's face as she played with the 'match-box wizzy' she had made during our session,' she recalled.

Claire said, 'The skills I have developed through GOLD will stay with me for life. They will help me in my future career which will be working with young people and families.'

GOLD also offers the perfect challenge. 'It's a chance to push yourself to the limit, while learning about a different culture and making some fantastic friends,' said Caroline. 'GOLD offers a combination of challenge and fun — and it may well change your whole perspective on life. Surely this is an opportunity you cannot miss.'

TAKING PART

Prospective participants need to attend a GOLD International Opportunities (INTOPS) weekend. The next INTOPS weekend will take place from **September 3-5**, at Chalfont Heights, Bucks, England.

For information about INTOPS weekends and GOLD, contact the International Department at CHQ on **020 7834 6242** or email JaneA@girlguiding.org.uk. Alternatively, you can also visit www.girlguiding.org.uk/international/travel.

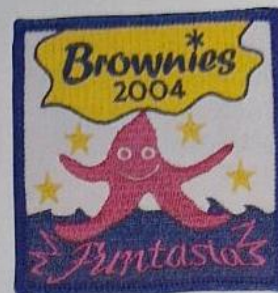


Caroline Gaulter (far right in the front row) during a GOLD trip to Madagascar

FUNTASIA

IT WAS ALL FUN AND GAMES
AS BROWNIES CELEBRATED
THEIR 90TH BIRTHDAY

Words: Kate Fenning
Photos: Laura Ashman



Wall-to-wall activities and entertainment awaited 3,500 Brownies and Leaders who attended the Funtasia event at Butlins, Bognor Regis, in January.

Organised by Girlguiding London and South East Region (LaSER), the event was held to celebrate both the Brownies' 90th birthday and the launch of the new Brownie Programme.

The fun-packed weekend made the most of the huge Butlins site, with activities held in both indoor and outdoor areas.

The winter chill didn't discourage Brownies from taking part in outdoor activities such as fairground rides, football, go-kart racing and crazy golf.

Indoor activities included a soft-play house, bungee trampolines, Butlins' Red Coat entertainment and karaoke. Adults could either enjoy their own crafts area or join in the Brownie activities.

Splash Waterworld had a swimming pool and water slides and Jumpin' Jaks had line dancing classes and discos.

BROWNIE HISTORY

The event culminated on Saturday night with a ceremony on the centre stage, where girls put on a play about the history of Brownies and modelled Brownie uniforms from over the years. The grand finale saw 90 girls on stage holding lights to represent birthday candles.

The Chief Guide, Jenny Leach (pictured below left), visited the event and presented Brownie Leah Humphrey with a framed Funtasia badge which Leah had designed for the occasion.

Jenny said, 'It was an ambitious and exciting event — a real Brownie Adventure of the best kind.'

'The new books for Brownies are really exciting to look at — very today!'
Marie Eve, Leader, 3rd St Johns Brownies, Surrey

'It's great to celebrate changes in Girlguiding UK with events like this.'
Sarah Payne, Leader, 4th Waterlooville Brownies, Hampshire

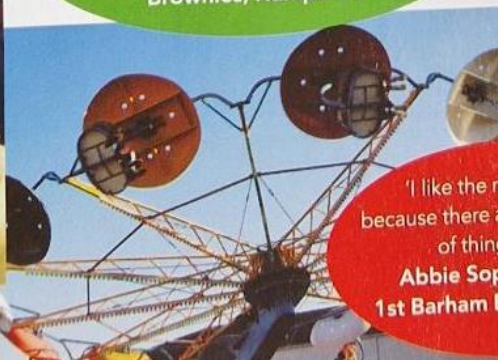
'This event shows the girls that they're not the only Brownie Pack. They were amazed to see so many other Brownies!'
Fiona Doyle, Leader, 5th Liphook Brownies, Hampshire



'This is the first time I've been away on Brownie holiday and it's really fun!'
Becca, Brownie, 4th Waterlooville Brownies, Hampshire

'The new programme teaches Brownies the skills they need in real life and there's a lot of support for the Leaders.'
Jackie Wright, Leader, Torrington Brownies, North Devon

'I like the new activities because there are lots of choices of things to do.'
Abbie Sopp, Brownie, 1st Barham Brownies, Kent



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4WARD TRAINING

BOOK YOUR PLACE ON ONE OF THE 2004 TRAININGS FOR THE 4 PEER EDUCATION INITIATIVE

Since the launch of Girlguiding UK's new peer education initiatives 4ward, 4 self, and 4 others last September members of the 4 Coordination and Support Team (4CaST) have been successfully delivering a number of Basic and Refresher trainings to Senior Section members. These training sessions are open to all members of the Senior Section — there isn't a selection process to go through.

WHICH TRAINING SHOULD I ATTEND?

Basic: For those aged 14-25 with no previous peer education experience who want to be In4mers. The training develops basic techniques and introduces two core topics: Refugees and Eating Disorders.

Refresher: For those aged 14-25 who took part as peer educators in the 1996-2001 Save the Children Project. The training is a chance to renew your skills and learn about the structure of 4.

Topic: Two one-day trainings held over a weekend and a chance for In4mers who have either been on a Basic or Refresher training to expand their portfolios. A new topic will be introduced on each day with overnight accommodation available if required.

TRAINING DATES

The 2004 training dates are as follows:

- **April 23-25** — Topic Training, Durham. Saturday — Stress Management; Sunday — Disability Awareness
- **June 4-6** — Basic/Refresher Training, venue to be confirmed. Topic training: Saturday — Disability Awareness; Sunday — Media
- **October 1-3** — Basic/Refresher Training, London. Topic Training: Saturday — Media; Sunday — Stress Management.

Victoria, an In4mer and Ranger from West Yorkshire South enjoyed the training. She said, 'It's fun and you learn a lot. When you go back into the unit, it's great to know that

By Melanie Selby

4 Coordination and Support Team

the girls have more knowledge of the topic that you've just done a session on. It's definitely the best high I've ever had!

FURTHER INFORMATION

Some Countries and Regions are planning to hold their own Taster Sessions, Basic and Refresher trainings, and Supporter's Briefings during 2004 which are open to participants from across the UK. Contact your Country/Region Senior Section Adviser for more details.

If you would like more information on 4 please contact Catriona MacMillan at CHQ on 020 7834 6242. Alternatively, email CatrionaM@girlguiding.org.uk.

Refresher trainings will run depending on demand alongside the Basic Trainings. Previous peer educators who are interested can contact Catriona to discuss their options.

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The last two Guiding Essentials catalogues have seen the introduction of new gift ranges. While old favourites such as the stationery set were updated, new High Street products were added. The buyers at the Trading Service formed partnerships with High Street brand Tatty Teddy and with jeweller Kit Heath to ensure guiding gifts are fresh and exciting.

NEW DESIGNS

Amongst the gift products are sterling silver jewellery pieces designed and produced exclusively for Girlguiding UK by Kit Heath. Based in Devon and with a shop in Covent Garden, London, Kit Heath is recognised as a leading designer of innovative and contemporary jewellery.

The products include a 'Friendship range' (featuring a design that is a variation of the Friendship Badge), items with the Trefoil, and pieces specifically for Brownies, Guides and the Senior Section.

SPECIAL GREETINGS

The Trading Service has also joined forces with Carte Blanche Greetings, using its design expertise to come up with products like the Brownie sling bag and resin figures. Carte Blanche has also tailored a range of exclusive gifts that adds the Trefoil to the world-famous 'Me to you' Tatty Teddy bear. A greetings card supplier to many High Street shops, Carte Blanche has also designed an exclusive range of Tatty Teddy cards for Girlguiding UK which feature the Trefoil.

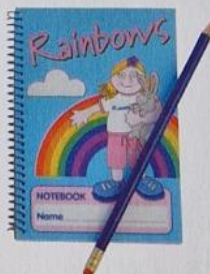
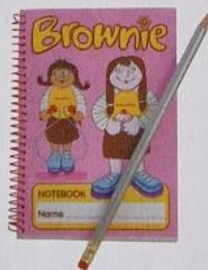
With watches from Sekonda, a range of products from Caithness Glass and even a Guider character key ring there is surely a gift for all occasions.

FURTHER INFORMATION

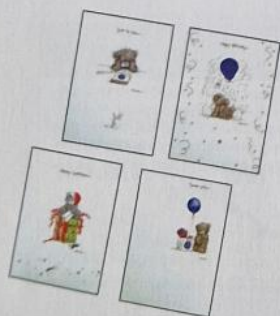
Need a new catalogue? Contact the Trading Service on **0161 941 2237** to request one. Alternatively, email tradings@guidingessentials.org.uk.



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Clock, order code **2169**, price £40.



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POLAR GUIDE

STUDYING SEALS IN THE ANTARCTIC, A FORMER RANGER IS DRAWING UPON SKILLS SHE LEARNED IN GUIDING

By Sarah Robinson

I have just spent the afternoon chasing after Antarctic fur seal pups. An easy task you may think, considering that I am currently on Antarctica's Bird Island which is inhabited by thousands of seals.

Had I been looking for just any old pups, you would be right. As I write this it's summer down here, south of the Antarctic Convergence, and female seals are arriving on the beaches to give birth. However I am looking for a specific 30 pups for their weekly weigh-in, it's part of the fieldwork I am doing here in my job with the British Antarctic Survey.

BIRD ISLAND

I arrived on Bird Island (a British Antarctic Survey station) in November 2003 and will be here for two and a half years studying the behaviour of the seals that inhabit the seas surrounding this Sub-Antarctic Island. Bird Island is four miles long and situated to the north-west of the island of South Georgia. The number of people at the base varies with up to ten people in the summer and four throughout the winter, so we are easily outnumbered by the wildlife.

Seals are not the only animals to be found here. Bird Island lives up to its name and is the breeding site for several species of albatross, huge colonies of penguins, as well as petrels, terns, shags, the list goes on. Because it is home to some of the most spectacular colonies of

birds and seals to be seen anywhere in the world, Bird Island is listed as a site of special scientific interest. It is therefore a privilege to be one of the few people able to spend time here, and I've no doubt that Girlguiding UK has contributed to me getting to the Antarctic.

GUIDING SKILLS

My time with guiding from Brownies through to Rangers fuelled an interest in the outdoors and travel and guiding provided me with opportunities to pursue both.

While at St Annes I belonged to a Sea Ranger unit and gained my Queen's Guide Award, becoming assistant Ranger Guider for a while. A Girlguiding UK trip to Thailand gave me the experience and reference to gain a place on an expedition to Svalbard, Norway, where my interest in the Polar Regions began. Further expeditions and the decision to study zoology led me to apply for this post. Living and working in a remote location, I have drawn upon many skills which were developed by guiding activities.

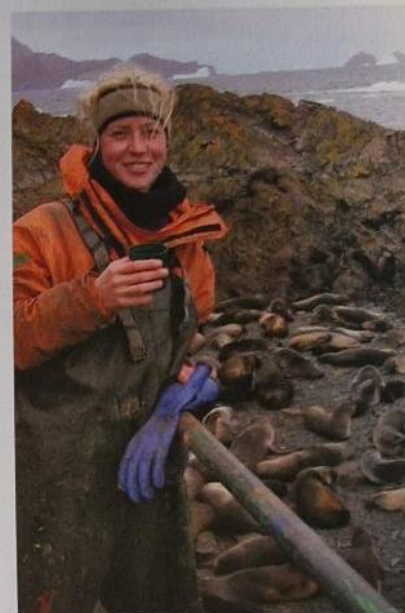
POLAR EXPERIENCE

So far, my time has been jam-packed, learning the skills needed for my specific job as well as helping out with work being conducted on the penguins and albatrosses and of course throwing myself in to life on base. Cooking for ten and fitting in fieldwork takes some juggling, but it's all part of the fun.

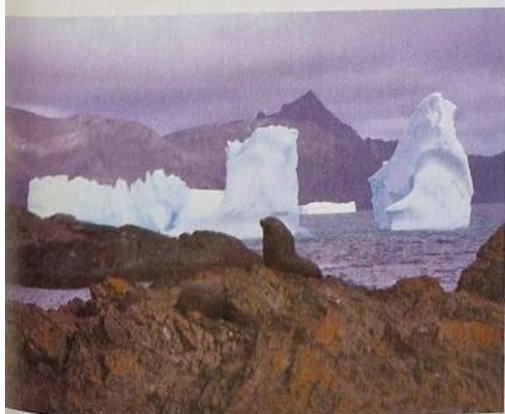
Amongst tomorrow's tasks will be the less glamorous side of seal work, sifting through 'diet samples' — also known as faeces! The undertaking of this task is helped by the view from the lab window — icebergs of all shapes and sizes which, on a good day, glisten beautifully in the sunlight.

INSPIRED BY GUIDING?

If you know of someone whose involvement in guiding has helped them to develop a special interest or land them an unusual job, let us know. Write to the magazine team at the address on page 30.



Sarah Robinson's guiding skills are proving useful on Bird Island



The stunning scenery of Bird Island

TAKE UP THE CHALLENGE

Teams of young people aged 13-16 are invited to take part in the heats stage of the 2004 Kielder Challenge, organised by outdoor access charity, Fieldfare Trust.

Open to young people with and without disabilities, the competition aims to develop teamwork and communication skills. The heats will take place across the UK in April and May.

Teams will complete a series of problem-solving activities, such as a rope maze or an obstacle course. The 12 top-scoring teams will then battle it out in the grand final to be held in Kielder Forest, Northumberland, in September.

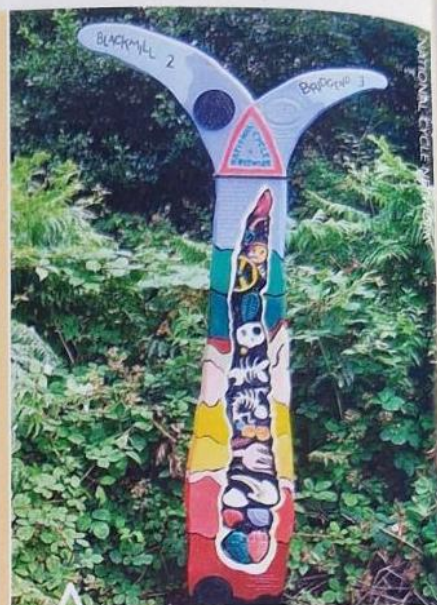
For more information and an entry form, please call **0115 9508415** or visit www.fieldfare.org.uk.

WORLD BOOKS

Two top publishers have joined forces to produce a range of children's books which reflect the world we live in.

Produced by Tamarind and Frances Lincoln, the titles aim to foster racial and cultural understanding. The books, which have been praised by the Chair of the Commission for Racial Equality, will help children of every background look at their world in a positive way, with an open mind.

For more information visit the children's department at www.franceslincoln.com or call the publicity department on **020 7284 4009** to request a catalogue.



CONNECTED EARTH

From bongo drum to email, you can learn all about the UK's telecommunications heritage at an online museum created by BT.

The Connected Earth museum provides visitors with a wealth of information including audio and video clips, 3D images, interactive demonstrations and photographs.

The 40,000 artefacts, documents, images and films provide a comprehensive record of telecommunications throughout the centuries, bringing to life how communication has shaped the world.

Connected Earth physical collections and displays can be found in many UK museums. For a details of these museums and to find out more about Connected Earth, visit the web site at www.connected-earth.com.

PEDAL AND PAINT

Help your Brownies become interested in cycling by taking part in a competition run by the National Cycle Network.

The National Cycle Network has over 8,000 miles of safe routes throughout the UK denoted by mileposts. For the competition, Brownie Packs are invited to paint a local milepost during Bike Week from **June 12-20**. The finished milepost should complement the natural environment and remain a visible marker to cyclists using the route. Paints will be provided and the winning unit will receive a prize of £150.

To order a registration pack and find out where your nearest milepost is, call Emma Keegan on **0117 915 0125** or email emmak@sustrans.org.uk.

FOOD SAFETY WEEK

Highlight the importance of food hygiene during National Food Safety Week from **June 14-20**.

The focus of this year's week will be raising awareness of how easily germs can spread. Display stands, exhibits and roadshows will be put on throughout the week across the UK.

If you would like to organise your own event, the foodlink web site at www.foodlink.org.uk contains plenty of suggestions for events and details of ready-to-use resources.

For more information about National Food Safety Week 2004, please visit the foodlink web site or call **020 7836 2460**.



GET COLLECTING

You can help young kidney patients by collecting foreign coins and notes, used postage stamps and old postcards.

The British Kidney Patient Association uses the money raised through these donations to send young kidney patients and their families on much-needed breaks.

In 2003, 50 children enjoyed a week at an adventure centre, 13 young patients went on a sailing holiday to the Isle of Wight, and Majorca and Crete provided welcome breaks for many who are usually unable to take holidays.

For more information about collecting used items for The British Kidney Patient Association, please visit its web site at www.britishkidney-pa.co.uk or call **0142 047 2021/2**.

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NEWS AND VIEWS

Your chance to share a slice of guiding life through letters and photos.

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LYNDA DAVIS

Green fingers

Brownie Elizabeth, from the 4th Purley Pack, Surrey, enjoyed working on her Gardener badge, and even took some yummy veggies to a unit meeting for her friends to try.

Star letter

The writer of this month's star letter is Jean Moore who wins a Girlguiding UK pen.

Uniform success

Kate Vale raised an interesting point about how, with the large range of uniform available, it can be difficult for Girlguiding UK Leaders to be identified (November 2003 issue).

We are lucky to have such a selection suitable for a wide range of activities and I have a suggestion which may help solve this 'identity' problem.

When I was on an international Guide camp in South Africa, I saw some Patrol members who had decided which uniform they were going to wear for each event they attended. For example, they wore full uniform for the opening ceremony, shorts and T-shirts for the wide games, and their own blue tracksuits for the overnight hike. They looked really smart, had a great team spirit in their Patrol as nobody felt left out and were also easily identifiable as Guides when we went on trips.

Perhaps groups attending international events can put their heads together before each event and coordinate their mix and match uniform?

Jean Moore

Guider

1st Orkney Rangers

Rainbow tabard

I was interested to read the letter 'In the pink' in the January's issue. As a Rainbow Guider for 15 years, I too find that the tabard is ideal for Rainbows. They make the girls feel that they 'belong' when wearing it and it does not matter whether a child is wearing their school uniform or the latest designer clothes under it.

Please can we see more evidence that the tabard is the recognised item of clothing for Rainbows in future trading catalogues?

Maura Haughton

Fleetwood

Portimão anchor mystery

While on holiday in the Algarve, I came across an anchor embedded in a concrete block with this inscription (pictured below).

The anchor is situated near a church at the top of a hill in Ferragudo near Portimão. Does anyone know the story of the anchor? Or why it's there it is?

Kim Holt

1st The Hague Brownies



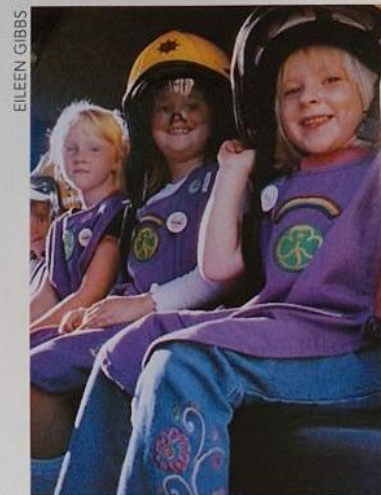
Blanket request

Some Guiders from our District are holding a 24-hour badge sew-a-thon to raise money for our International Camps Fund. We are hoping to sew in shifts and to cover a whole blanket within the 24 hours.

We would love to receive badges or names and tapes from as many units as possible, by April 21, to help us create a wonderful blanket. Please write to me c/o Guiding magazine (address on page 30).

Pam Delaney

Kennet Vale District



EILEEN GIBBS

Fire safety

The 2nd Stotfold Rainbows, from Hertfordshire, learned all about fire safety at a visit their local fire station. They also had a great time using the fire hose to wash their Leader's car!



CAROL JANE

Men from Mars

The 2nd New Haw Brownies had a great time making Martians and rockets at a space-themed unit meeting.

GIVEAWAYS

Brilliant badges

To celebrate its 40th anniversary, Webb Tolley Badges is offering one unit the chance to have its very own badge made up for camps, events or simply just to stand out from the crowd!



Webb Tolley is one of the leading suppliers of high quality embroidered, woven and metal badges to members of Girlguiding UK. For more information visit the web site at www.webbtolley.co.uk.

Guiding magazine can offer one unit the chance to have 100 embroidered badges made from their own design. Mark your entry Guiding magazine/badges.

Creature Comforts

Fans of the Creature Comforts series will be pleased to know that the last seven episodes of the popular TV show will be released on video and DVD by Momentum Pictures on April 5.

The series brings to life the real and unscripted views of the British public and features many of the original plasticine stars of the show, as well as some great new characters.

Guiding magazine has ten videos and ten DVDs of Creature Comforts, series 1, part 2 to give away. Mark your entry Guiding magazine/Creatures.

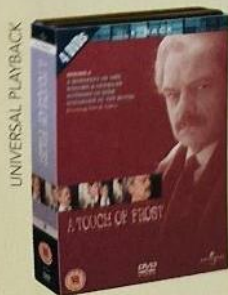


A Touch of Frost

Fans of the popular detective series A Touch of Frost can now buy series one and two on DVD and video.

Starring David Jason as the rogue Police Inspector William 'Jack' Frost, the award-winning series continues to top the TV charts.

Guiding magazine has ten sets of series two on DVD, worth £24.99 per set, and ten sets on VHS, worth £19.99 per set, to give away. Mark your entry Guiding magazine/Frost, stating your preference for VHS or DVD.



GIVEAWAYS

FUND-RAISING FUN

Rainbows, Brownies and Guides from Girlguiding Bramley raised money for the BBC's Children in Need Appeal at a District fun day.

Attractions at the event included a raffle and a bouncy castle. Participants also enjoyed making biscuits and badges, swimming and meeting Pudsey Bear.

The fun day raised a brilliant £80.



ELAINE MILLNER

EASTERN PROMISE



JILL HEYES

The 1st Pannal Rangers, Harrogate, were pleased to welcome Thai student Aom into their unit while she spent a year studying in the UK.

Leaving her friends and family in Thailand was a big change for Aom but she enjoyed taking part in Ranger activities and made lots of new friends in the unit.

The highlight of her year was making the Thai version of the Ranger Promise outside the gates of Buckingham Palace.

NEW MEMBERS

The Episkopi Guides, based in Cyprus and part of British Guides in Foreign Countries, had a fascinating visit to a local donkey sanctuary in Vouna.

The girls were split into groups of four and given the task of either feeding, grooming or walking the donkeys.

During the visit Katie (pictured right) made her Promise and the unit adopted a donkey.



CAROL ANNIE ASHWIN

If you want the chance to win one of our great giveaway prizes, the closing date for entries is April 30. Photos, letters and competition entries should all be sent to Guiding magazine, 17-19 Buckingham Palace Road, London SW1W 0PT. You can also email guiding@girlguiding.org.uk.

NEW SKILLS

As part of their Surprise Yourself Challenge, the 9th City of Coventry North (St Thomas') Guide unit learned how to knit.

A member of the local Trefoil Guild was enlisted to teach the unit and they made a blanket in just two weeks!

The blanket will be donated to the unit's local RSPCA dogs' home.



NICOLA PARR

GUIDING LIGHT

The Buttsbery Guides, from Essex, gave their local Guide Dog Centre a cheque for £100 after fund-raising at their weekly meetings.

The girls presented the money during a visit to the centre. During their visit they also found out how dogs are trained and 'adopted' their own dog Basil.

The unit now keeps in contact with the centre and receives regular updates about Basil's progress.



JANETTE GAGG

MEDIEVAL MAGIC



ANN JAMES

Brownies from the 5th Yarm Brownie Pack, Cleveland, had a great time dressing up as knights and ladies on their Brownie holiday.

The holiday was based on the legend of King Arthur and the Knights

of the Round Table. Highlights included making knight outfits and hobby horses and taking part in a jousting tournament using water bombs instead of lances!

MAKING A SPLASH

Assistant County Commissioner Fiona Carle and Leaders Pam Clements and Hannah Merchant, from Radstock in Somerset, took part in the Aspire Channel Swimming Challenge.

Between them, Fiona, Pam and Hannah swam the length of the English Channel in the comfort of their local pool. They raised over £500 for the charity which works with people with spinal cord injuries.



FIONA CARLE

IN MAY'S

Guiding magazine

THINKING DAY FUN

Find out what happened at World Thinking Day events with our special photo round-up.

VALUING YOUNG WOMEN

How to encourage young Guiders to get more involved in guiding.



LAURA ASHMAN

MOTIVATE YOURSELF

Learn valuable teamwork skills to use within your unit, District or Division with our ninth Motivate pull-out.

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Dorothy Langton - North Walsham Guides

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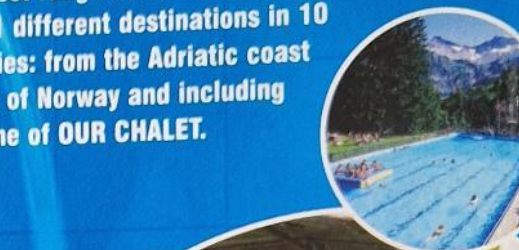
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