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Magazine

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# Welcome

Summer is truly on its way and with the 2004 Olympic Games fast approaching, this issue contains a strong sports theme. While the Olympic Games is undoubtedly the greatest sports show on Earth, the Girlguiding UK Football Festival also has a special place on the sporting calendar. To help you prepare for August 13, we asked England junior international Eniola Aluko to reveal her top tips. Off the pitch, BIG GIG veterans D-Side will be mingling with the Football Festival crowds. Meanwhile tickets for BIG GIG 2004 are on sale from May 19 — don't miss out!

This year is also the Brownies' 90th birthday. To mark this important anniversary, a specially cultivated rose will be launched at the Chelsea Flower Show in the presence of our President Her Royal Highness The Countess of Wessex. Turn to page 9 to find out how you can purchase a rose for your own special 90th Brownie birthday celebrations! And speaking of festivities, turn to page 6 for an update on this year's World Thinking Day commemorations.

Wendy

Wendy Kewley  
Editor

## ACTIVATE

Get sporty with our Olympic special — hold your own mini-Olympics, cook up some Greek treats and learn about team spirit.

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Cheryl Marshall tells us about RoverWay, an international experience with a difference

### FRONT COVER

Cover photograph by Henry Iddon

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Over to you! Plus enter our great giveaway competitions

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## NEWS IN BRIEF

### ANNUAL REVIEW

Look out for your copy of the Annual Review 2003, free with June's Guiding magazine. Please note that there will be no Activate with June's issue.

### FREE INSERT

Don't miss the second Distance Learning booklet, *Valuing Good Practice*, free with this issue.

### TENTS APPEAL

Thank you to everyone who responded to Jean Taylor's appeal for spare tents in February's Guiding magazine. Following her letter, over 70 tents have been donated to the Children of Honduras Trust. The appeal has now closed.

### GLOBAL EDUCATION

A So Far Yet So Near event to make global education fun and accessible to everyone will take place on **June 20** at Lladinam, near Broneirion, in Mid Wales. The event costs £2.50. For more information please call the Girlguiding Cymru office on **0168 668 8652** or email [waleshq@girlguiding.org.uk](mailto:waleshq@girlguiding.org.uk). More events like this will be held in Countries and Regions. Please contact your Country or Region International Adviser for more details.

### ASBESTOS ALERT

Property Committees need to be aware of the introduction of Regulation 4 of the Control of Asbestos at Work Regulations, which comes into effect on May 21. The regulations require a precautionary survey of the premises to locate and assess any materials that contain asbestos. The report must be kept on record and used to inform contractors working at the site.

Please be aware that some unscrupulous contractors are persuading property managers that they need a far more extensive survey than the regulations require. You can download the free publication *Managing asbestos, your new legal duties*, by visiting the Health and Safety Executive web site at the following address: [www.hse.gov.uk/pubns/asbindex.htm](http://www.hse.gov.uk/pubns/asbindex.htm).

## OPPORTUNITIES FOR MEMBERS

### MAY

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

### JULY

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

### AUGUST

- **13-16** Football Festival for Guides and Senior Section members, Rugby — visit [www.girlguiding.org.uk/new/football](http://www.girlguiding.org.uk/new/football).

## Walks for the World

Della Salway, a Senior Section Guider in Somerset North and also Girlguiding UK's International Commissioner, trained for 18 months to run her first marathon at Disney World Florida. During the lead-up to the event Della collected sponsorship, with all donations going to Girlguiding UK Walks for the World.

Della said, 'As WAGGGS (World Association of Girl Guides and Girl Scouts) is close to my heart, I wanted to put in a big effort to boost the donations. Support from my Guide friends around the world helped me increase my runs from less than a minute to 5 hours 31 minutes — my marathon time. Careful training meant that I even enjoyed the run, while also surprising myself and others.'



## Silver Fish

Former International Commissioner Liz Burnley has been presented with the Silver Fish award for her services to guiding.

Liz was presented with the Silver Fish — which is Girlguiding UK's highest award — in Westminster Abbey before the World Thinking Day service held on February 22.



Liz Burnley with Angie Goddard, former Chief Commissioner of North East England (left) and the Chief Guide Jenny Leach (right)

## AROUND THE REGIONS

**LaSER** Girls from the 6th Paddington Brownies took part in a quiz show for digital channel Challenge TV. The programme will be aired later in the year.

**NORTH EAST ENGLAND** Members of Holme on Spalding Moore Guides, East Yorkshire, appeared on the BBC's *DIY SOS* to make an appeal for the team's help.

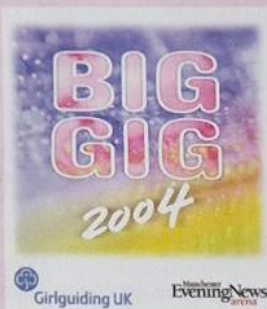
**NORTH WEST ENGLAND** Young Guiders aged 18-30 attended a weekend conference at Waddow Hall. Participants came from 14 different Counties to try out new activities developed to benefit their units, Districts and themselves as individuals. ● Lancashire North held its first County Rainbow event. Girls had a brilliant time at the circus-themed day. ● Cheshire Forest County held an international day with a Commonwealth theme. Over 80 Brownies and Guides took part in activities which included making boomerangs, tasting exotic fruit from around the world and taking part in a mini-Commonwealth Games. ● Fifty Brownies and Guides celebrated 52 years of the Guide and Scout hut in Saddleworth by taking part in a sleepover in the hut.

**SCOTLAND** Senior Section members from Orkney visited the Scottish Parliament as part of Take our Daughters to Work Day. Their fascinating day included observing the First Minister's Question Time.

- Do you have any interesting news from your Country or Region? If so, let us know by writing to the address on page 26.



# BIG GIG TICKETS ON SALE

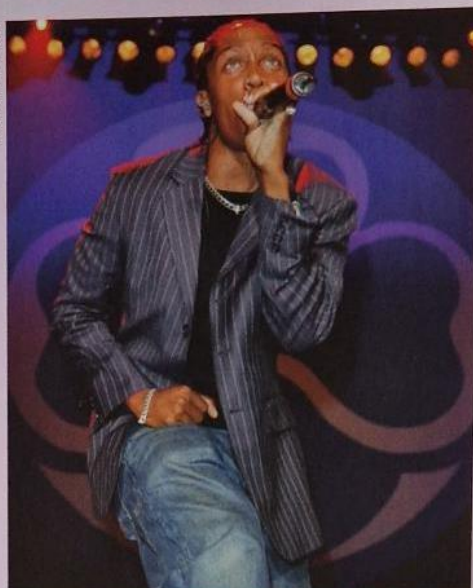


Get ready as BIG GIG 2004 hits Manchester and gets bigger and better than ever before. It's the musical event of 2004 – exclusively for Girlguiding UK members – and for the first time features two concerts, a matinee and an evening show, on the same day. Both events will have exactly the same line-up and will be held at the Manchester Evening News Arena on **October 16**. Last year, 11,000 girls enjoyed 12 fantastic pop acts — make sure you catch the action this year!

Tickets for BIG GIG 2004 go on sale on **May 19** at £18 each (£17 plus £1 booking fee). Tickets are available by postal application only, on a first come, first served basis. After last year's sell-out BIG GIG, there are more than twice as many tickets up for grabs, but they are in great demand, so get your applications in quickly.

Tickets are available to Girlguiding UK members aged ten and over. No refunds will be given. For full details and the ticket booking form, see this month's edition of *Hotline*.

DOUG PETERS



Lemar on stage at last year's sell-out BIG GIG

## Letter from the President

The Chief Guide, Jenny Leach, received the following letter of thanks from Girlguiding UK's President, HRH The Countess of Wessex:



10<sup>th</sup> March 2004

*Jessie Jones*

I so much wanted to write and thank you and everyone involved in Girlguiding UK for your wonderful support after Louise's birth. His Royal Highness and I have been overwhelmed by everyone's kindness and have been deeply touched by all the lovely messages of congratulation we have received. We very much appreciate all the beautiful drawings and hand-made cards so many of the Rainbows, Brownies, Guides and their Leaders have made for us to celebrate Louise's arrival.

*With best wishes & thanks*

*Sophie*

HRH The Countess of Wessex

## Anniversary book

A book celebrating 75 years of a Sunderland Guide unit has been written by the unit's retiring Leader.

Sylvia Thompson, who has been with the 22nd Sunderland (All Saints) Guides for nearly 25 years, wanted to mark her retirement from the unit. Realising that her leaving coincided with the unit's 75th birthday, she decided to produce a book about its history — *Guiding goes on and on... in 22nd Sunderland (All Saints)*.

After two years of research, she had enough photographs and anecdotes to compile the 72-page book, as well as a CD-ROM with 160 extra images.

Sylvia said, 'I wanted today's girls and those from the past to bridge the generations and share their experiences.'

● The book, priced £6.50 (plus £1 p&p) and the CD, priced £3.50 (plus 50p p&p) are available directly from Sylvia. Please call 0797 907 2328 or email [sylvia\\_t@btopenworld.com](mailto:sylvia_t@btopenworld.com).

SUNDERLAND ECHO



Sylvia Thompson with her book and CD-ROM



# GIRLS GET GLOBAL!



Members across the UK had a brilliant time celebrating World Thinking Day from February 21-22. Here's a look at some of the many events that took place over the fun-packed weekend.

## Cardiff International Arena

Nearly 5,000 members got global at Girlguiding UK's biggest World Thinking Day event in Cardiff, South Wales.

Participants visited different parts of the world to take part in fun activities and crafts. Highlights of the event included henna hand painting, making fez hats, Chinese dancing, Ghanaian drumming and walking through the inside of a Welsh dragon!

Visit the following web site to see more pictures:

[www.bbc.co.uk/wales/southeast/tours/events/pages/get\\_global.shtml](http://www.bbc.co.uk/wales/southeast/tours/events/pages/get_global.shtml).

Here's what some of the participants said about the festivities afterwards.

'THE ATMOSPHERE WAS ELECTRIC AND EVERYONE ENJOYED THEMSELVES.' A Guide

'IT WAS A GREAT WAY TO CELEBRATE WORLD THINKING DAY AND PROMOTE

GIRLGUIDING UK.' A Leader 'I HAD LOTS OF FUN AND MADE LOTS OF FRIENDS.' A

Brownie 'THE SHEER VOLUME OF PEOPLE ENJOYING THEMSELVES, ALL UNITED FOR ONE CAUSE, WAS AMAZING.' A Senior Section member



EMMA DAVIES



EMMA DAVIES

## Eye 2 Ei

An amazing 1,200 people took up LaSER's World Thinking Day Challenge, Eye 2 Ei, to travel from the London Eye to the Eiffel Tower in Paris to raise money for the charity Sight Savers International.

The 152 teams joined members of Guides de France at the Eiffel Tower for a huge celebration, where they sung the *World Song* in French and English and renewed their Promise.

Participants raised a fantastic £25,000 for Sight Savers International.

Pictured below are the South Goodwin team at the beginning of the challenge.

JILL FILMER



## Westminster Abbey

Over 2,500 members celebrated the global strength of Guiding and Scouting at services in Westminster Abbey and St Margaret's Church, London.

These three Guides from the 3rd Haywards Heath unit were lucky enough to receive their Baden-Powell Challenge Awards from the Chief Guide, Jenny Leach, after the service at Westminster Abbey.

DIANN JOHNSON



## Lorne

Almost 200 members from all sections enjoyed a day touring the world at Lorne in Ulster.

Activities included Japanese writing, origami, making English cream teas, and learning about the work of the World Association of Girl Guides and Girl Scouts (WAGGGS).

## Waddow Hall

International activities were enjoyed by girls and Leaders at Waddow Hall in Lancashire.

The weekend celebration included amateur radio, grass sledging and curling. Participants also learned all about Fairtrade and held a party in honour of Lord and Lady Baden-Powell.



# OFF TO WORK



## Netherurd

Celebrations at Netherurd in Scotland started with a bang when participants took part in a parade followed by a fireworks display.

The girls also explored the WAGGGS resource *Our Rights, Our Responsibilities*; enjoyed a birthday party and an international campfire; and spoke to Guides in the Netherlands and Nova Scotia via amateur radio.



SHEILA CAIRNS

## Foxlease

Almost 90 Guides and Brownies visited South America, Africa and New Zealand during celebrations at Foxlease, Hampshire.

Over 30 Rainbows joined them on Saturday for a Baden-Powell birthday party and in the evening the girls celebrated the Brownies' 90th year.

## Hautbois

The celebrations at Hautbois in Norwich centred around WAGGGS. Guides, Senior Section members and Leaders toured the WAGGGS Regions, enjoyed an international feast and made bead bracelets.

Participants also raised money for Girlguiding UK Walks for the World in a 75-minute walk where they collected water using an African shadoof — a pole with a bucket used for raising water.

## AS PART OF TAKE OUR DAUGHTERS TO WORK DAY, GIRLGUIDING UK'S CHQ OPENED ITS DOORS TO A GROUP OF GUIDES

By Wendy Kewley

Participating in Take our Daughters to Work Day (TODTWD) on March 18, more than 30 Guides arrived at Girlguiding UK's CHQ to learn about different career options available there — from archiving and event promotion work to graphic design and journalism.

While many of the girls already had a career in

mind, some found themselves considering other options after spending the day finding out about various occupations at CHQ.

Ten-year-old Chelsea Fregis said, 'I would really like to be a doctor, but after seeing all these other career choices available here I might look into other jobs as well.'



GIRLGUIDING UK

Guides find out about different careers at CHQ: international development (above), archive work (bottom left) and graphic design (bottom right)

## THE BIG DAY

Celebrating its tenth anniversary this year, TODTWD encourages employers across the UK to take girls and young women to work. The day is about illustrating first-hand different career choices available to girls, including traditionally male-dominated professions.

This year's TODTWD participants included

IBM, MACE Construction, BT and Morgan Stanley.

Julie Mellor, Chair of the Equal Opportunities Commission, believes TODTWD is a positive way of introducing girls to the work place. 'Stereotypes shouldn't hold girls back from considering jobs in male-dominated occupations — they can offer girls rewarding careers and higher levels of pay than many traditionally "female" jobs,' she said.



GIRLGUIDING UK



GIRLGUIDING UK



# A RAINBOW'S CHOICE

By Lynda Munro  
Girlguiding UK  
Rainbow Adviser

## EVEN THE YOUNGEST RAINBOW SHOULD BE ENCOURAGED TO MAKE DECISIONS

It might be as simple as choosing what colour pencil to use when colouring in or who her partner will be for a game, but a girl of Rainbow age is capable of making simple choices.

Every Rainbow meeting offers the girl plenty of opportunities to make her own decisions; from deciding where she wants to sit in a group discussion to choosing which activity group to join.

### DECISION-MAKING

A Rainbow must also learn to live with the decisions of others. In small group activities she is encouraged to be aware of her Rainbow friends, acknowledge their wishes and accept compromise (all of which are key elements of her social development). For example, if in a painting activity there is only one pot of yellow paint she must either agree to take turns or choose to use another colour.

Rainbows should also be involved in the process of making collective choices for the

unit. Unit decision-making is just as valid for Rainbows as it is for the other sections of Girlguiding UK — even at the age of five girls know what they like and what they want to do.

Although they cannot make detailed decisions about their programme, they have opinions to express and suggestions to make. Allowing Rainbows to contribute gives them ownership of their programme.

### RAINBOW CHAT

Rainbow Chat is the main method of unit decision-making and is an opportunity for girls and Leaders to talk, listen, discuss, and agree on plans. In some units Rainbow Chat happens weekly, in others less frequently but it must have a regular place in the unit's programme.

To reach a decision during Rainbow Chat some form of voting may sometimes be needed and this will need to be adapted to suit the situation. Leaders should be encouraged to find methods that suit their

own unit and to ensure that it is simple enough for the youngest Rainbow to understand clearly.

Methods include:

- A show of hands to indicate if the girls agree or disagree — this is ideal for quick decisions for example, making a choice between two games
- Drawing smiley faces on to a chart to indicate their preferred choice
- Labelling four areas of the room and asking the girls to stand in the area that they choose.

### EASILY INFLUENCED

Girls of Rainbow age are very easily influenced by their friends and while this does not matter for some decisions, sometimes a secret vote may be needed.

Methods include:

- A show of hands where the girls close their eyes
- Writing or drawing their suggestion on a piece of paper and placing it in a 'voting box'
- Placing gold coins in labelled pots of gold.

Rainbow Chat should allow every girl to have her say. The quietest Rainbow will have good ideas, she just needs encouragement to share them.

### DEVELOPING SKILLS

As a Rainbow approaches the age of seven she should be given more opportunities to practise her decision-making skills at Rainbows. A Rainbow who has been encouraged to develop these in her unit will find the skills very beneficial when she moves to Brownies.

Allowing Rainbows to make decisions both individually and as part of a group ensures they learn that their opinions matter. It makes them feel involved and they come to realise that the unit belongs to them.



H WALMSLEY

Rainbows are encouraged to be aware of their Rainbow friends



# BROWNIES BLOSSOM

A SPECIAL ROSE HAS BEEN CREATED TO MARK  
THE BROWNIE SECTION'S 90TH YEAR

By Wendy Kewley

With its bright yellow petals symbolising friendship and a light herbal scent, the Brownie Rose has been grown to commemorate 90 years of Girlguiding UK's Brownie Section.

Much thought went into selecting the Brownie 'Floribunda' which was grown by flower specialists Harkness Roses. The Brownie Rose reflects today's Brownies, as the creator of the rose, Robert Harkness, explained: 'We have taken the fun, adventure and excitement element of Brownies to create the perfect rose to celebrate this amazing achievement of 90 years.'

Pictured above, the Brownie Rose is a stunning buttercup yellow and echoes the familiar bright yellow uniform of Brownies up and down the UK.

The special rose will be launched at the Chelsea Flower Show which is taking place in London from May 25-28.

## BLOSSOMING ROSEBUDS

Brownies have long been associated with roses, starting with their founding by Lord Baden-Powell in 1914 when the group was named Rosebuds. However, the girls didn't take to their name and in June 1915 the Rosebuds were renamed Brownies.

The rose association continued when Brownies celebrated their Golden Jubilee in 1964 by giving rosebuds to people. Ten years later, a Brownie laid a posy of rosebuds on the Founders' memorial in Westminster Abbey on World Thinking Day to commemorate the Diamond Jubilee. The custom has since become part of Girlguiding UK's annual World Thinking Day service.



## TODAY'S BROWNIES

The Brownie Section has come a long way in the last 90 years. In 1914, there were approximately 2,450 Rosebuds in the UK, 90 years on there are more than 260,000 Brownies. Indeed, today, one in three eight-year-old girls in the UK is a Brownie.

The Brownie Rose is just the latest in a string of new developments for Brownies. The last two years has seen the new Brownie Adventure Programme introduced, together with a vibrant new clothing range designed by Ally Capellino.

The 90th anniversary is also a huge achievement for the thousands of Brownie Leaders who have dedicated their time to keep the organisation fun while helping the girls bloom into successful and confident young women.

The new Brownie Rose is the perfect excuse to encourage today's girls to remember their Brownie predecessors. Get the girls involved in planting and tending their own special Brownie Rose. You could even introduce curious friends and family to the Brownie Adventure by having a party to celebrate the planting. Details on how to order the Brownie Rose will be published in the June issue of *Guiding* magazine — don't miss out!

## BROWNIE MERCHANDISE

To mark the Brownies' 90th birthday, specially designed badges, key rings, mugs and teddy bears are available from the Trading Service. For more details, call 0161 941 2237 or email [tradings@girlguiding.org.uk](mailto:tradings@girlguiding.org.uk). For details of your nearest depot call freephone 0800 838227.



From Rosebuds to Brownies





# CUTTING THE WAIT

## TURN YOUR WAITING LIST INTO A JOINING LIST — A UNIT LEADER SHARES HER EXPERIENCES

By the Census  
Working Group

With 25 Brownies and a waiting list of five girls of the right age and 15 girls who were aged five and six at the time, my unit had no spaces and a problem waiting list.

I expressed my concern to the District Commissioner and together we looked through the District's numbers. Being a large District, it was quite complicated, so all the Leaders were asked to bring their waiting lists with them to the next meeting.

### GET TOGETHER

The first thing that we noticed was that one unit had no waiting list, while most others had unmanageable lists. We came up with a few reasons for this including the unit's location, meeting times, activities on offer, and different ways of managing a waiting list.

One of the Rainbow Leaders spotted the name of a girl who was on another Rainbow unit list as well as her own. Looking through the lists, there were eight duplicate names. While going over the lists, the Ranger Leader spotted the name of a girl who she knew had moved out of the area and one of the other Brownie units had the details for a girl who was already in my unit.

This exercise decreased the waiting lists slightly, but there were still girls missing out on guiding. The Leader without a waiting list suggested that we scrap the lists entirely, but no one else saw this as an option.

Pass on your  
**PASSION**  
for Guiding

### THE IDEAL SITUATION

Eventually we all agreed that the ideal situation would be that:

- Girls of the right age should not be on the waiting list — they should all be members
- There should be a manageable number of girls on the waiting list for the coming year.

### FINDING SOLUTIONS

A Guide Leader suggested having a District waiting list. Our District is too large for this though so we decided to:

- Hold unit waiting lists, but have them administered by one person in the District (luckily, we quickly found a parent to do this)
- Contact the parents on the waiting list twice a year, to tell them where their daughter is on the list, allow details to be updated, and – if need be – ask for extra volunteers
- End the local tradition for girls to move up to the next section at the last possible date, thus allowing more girls to join the younger sections
- Run joint activities (including Brownie holidays) so that all units are seen as 'desirable'
- Review the waiting lists during District meetings so that we can check our progress.

Our waiting list figures for this year still aren't 'perfect' — but we're working on them. So far we've had one new volunteer — a parent of one of the girls on the waiting list — and the numbers aren't such a shock any more.

### FINDING SOLUTIONS

Have you reduced your waiting lists? If so, let the Membership Development Team know your top tips by emailing [join.us@girlguiding.org.uk](mailto:join.us@girlguiding.org.uk) or writing to them at the address on page 26.



LAURA ASHMAN

Finding ways to reduce your waiting list  
means more girls can enjoy guiding



# FOOTY MAD



## ADVICE FROM ONE OF ENGLAND'S UP AND COMING SOCCER STARS TO HELP YOU WITH YOUR FOOTBALL FESTIVAL TRAINING

By the Football Festival Planning Team

Girlguiding UK's Football Festival is fast approaching so hopefully you've had your place confirmed and are now busy training for the event.

To give you a little more inspiration to get training for the festival, we spoke to Birmingham City LFC player Eniola Aluko, (pictured below) who also plays in England's Under-19s women's team.

### FOOTBALL-MAD

Eniola learned to play football in her back garden, and now the 16-year-old has her ambition to play for the England senior women's team firmly in her sights. Despite how far she's come, Eniola's just like any other football-mad girl. She's got football heroes – Real Madrid's Ronaldo and England striker Kelly Smith



FAOPL

– and she's constantly working on perfecting her moves.

'The "drag" is my favourite football move,' she said. 'I always do it. I pretend to pass the ball on and then go in another direction.'

Eniola also has some advice for would-be female footballers: 'Don't listen to all the boys who tell you girls can't play. Keep playing football and believe in your ability.'

Amanda Woodcock, a Guider with the 1st Woodthorpe Guides, Nottingham, attended last year's Football

Festival and agreed with Eniola that football is definitely for girls.

'I think football's important to girls as an equal opportunity,' she said. 'The Football Festival offers the girls a totally different experience. Not all girls play football at school so it's certainly something new for those girls.'

### GET TRAINING

Now's the time to get your girls working on perfecting their moves in time for the Football Festival.

Emily Windley, from the 1st Woodthorpe Guides, trained hard with her team the Woodthorpe Wonder Guides for the last festival. 'We did training for about six weeks before the festival with a football trainer. We had games of five-a-side which was good practise,' she said.

### SPECIAL GUESTS

Irish boy-band D-Side will be at this year's Football Festival. The band have performed at the BIG GIG twice and even had a kick-about with some of the girls at last year's concert. We're hoping they might show off their football skills at the festival too. For more information on the band visit [www.dside.co.uk](http://www.dside.co.uk).

### DID YOU KNOW?

- England is hosting the 2005 Women's European Championship Finals next summer.
- There are over 61,000 registered women players in England, and there are over 4,200 girls' football teams in England, making it the top female sport.
- There are 34 teams in the FA Nationwide Women's Premier League's three divisions.
- The Scottish Women's Football League (SWFL) was formed in 1999.

### FOOTBALL TIPS

- If you watch the FA Women's Cup Final on May 3, try picking a particular player and watch their positioning around the pitch.
- Spend as much time as possible playing around with the ball to get comfortable with it.
- Find a wall to kick a ball against to strengthen your passing skills.



FAOPL

Eniola Aluko plays in England's Under-19s women's team



# A SPORTING CHANCE

GIRLGUIDING UK IS DEDICATED TO HELPING ALL GIRLS GO FOR THEIR OWN PERSONAL GOLD

By Isobel Durrant

It started with Charlotte Cooper in 1910. In the first Olympic Games women were allowed to compete in, Charlotte won gold for Great Britain in tennis. More than 60 years later in 1976, 14-year-old gymnast Nadia Comaneci cemented women's status as top athletes with her perfect score — the first ever by an Olympic gymnast. Then in 1992 Zhang Shan, a Chinese skeet shooter, took women to the top of the Olympics when she became the first woman to win a gold medal in a mixed event.

This year Gianna Angelopoulos-Daskalaki is making a mark for women at the Olympics outside of the sporting arena as President of the Athens 2004 Organising Committee for the Olympic Games.

Of course making it to Olympic-standard isn't easy. For females to reach the standard required by an Olympic athlete requires much dedication and hard work — often more so than for their male counterparts.

## MAKING IT

For many people the seeds for sporting success are sown in childhood. For girls though, the path to sporting achievement isn't always easy.

For various reasons many girls are put off sport at school. Some dislike old-fashioned PE kits, others find getting changed in front of their peers embarrassing, many don't like the range of sports on offer or are uncomfortable competing in public.

Girlguiding UK offers girls the chance to participate in sport without these worries.

*'Many girls are put off sport at school'*

For example, Brownies and Guides can work towards sports badges (covering a range of sports including cycling and swimming), and the girls are encouraged by their section programme to try a whole range of sports.

Girlguiding UK is keen to widen the sporting opportunities of members. Taking on board research which has shown that many girls enjoy less conventionally competitive activi-

ties such as aerobics, Girlguiding UK has produced a number alternative resources. *Go For It! Fitness* and the *Brownie Badge Book* cover less competitive sporting activities and Girlguiding UK caters for girls with physical disabilities as well.

Sue Campbell, Chief Executive of the Youth Sport Trust, a charity which aims to build a brighter future for children through sport, endorses this approach. 'Taking part in sport and physical activity improves more than just health. Like guiding, sport can contribute to increased motivation and self-esteem,' she said.

'The variety of out of school activities offered by Guide and Brownie groups show their members that there is more to physical activity than just traditional school sport.'

## GETTING INVOLVED

For 21-year-old Heather Corrie, guiding encouraged her to reach her sporting aspirations. As the UK's leading female canoe slalomist, Heather is hoping for a medal in Athens. The former Brownie and Guide grew up heavily involved in sport.

Heather began competing in international slalom events at the age of 14 and she now believes so passionately in the importance of sport for girls and young women that she spends time and energy promoting it. 'Listening to someone talk about her experiences in sport can make all the difference,' she said. 'I know it did for me.'

Unit Leader Michelle Hattley, 18, combines guiding and sport. But unlike Heather, Michelle's interest in sport has taken her to the other side of the scoreboard. Like many girls, she liked playing football and joined a new local football team — Farncombe Girls — in Surrey. After playing with them for four seasons Michelle attended a talk given by a referee training officer and was inspired.

'I decided refereeing was what I wanted to do. I started my course when I was 13 and took the exam three days before my 14th birthday. I am gradually progressing up the levels and am now at level six,' she said.

Refereeing has not only increased



LAURA ASHMAN

Girlguiding UK is keen to widen the sporting opportunities offered to members



Michelle's involvement in sport but also opened up career opportunities. 'Through refereeing I've taken up coaching, and I'm looking to turn my hobby into a career.'

### 'There is more to physical activity than just traditional sport'

Michelle is a very active member of Girlguiding UK and has just taken over her own unit. She was therefore delighted when Girlguiding UK joined forces with the Football Association to promote women's and girls' football.

'There are girls in the unit who play for the local girls' team, and Guides who joined the team having talked to Guides who play already. It has also worked the other way. We've had girls join Guides from the football club,' she explained.

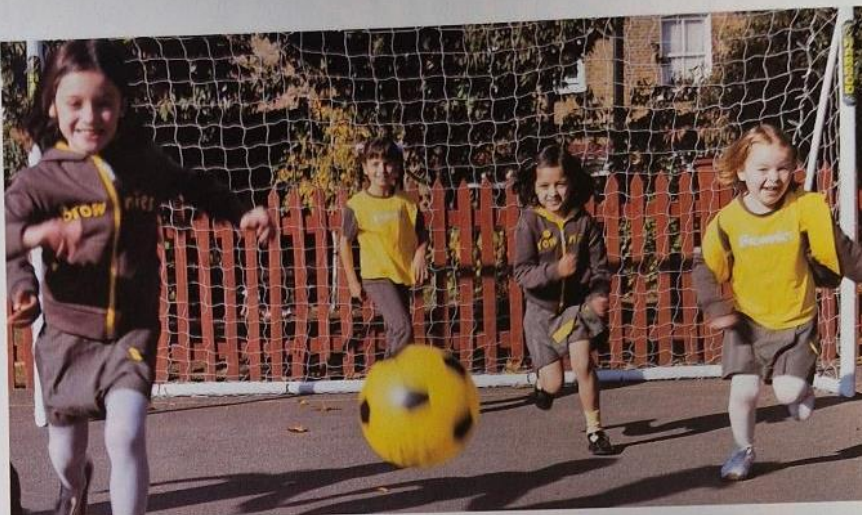
### OFF THE COUCH

Of course not all Leaders are as confident as Michelle when it comes to sport, many shy away from including it in their activities. But help is at hand — Girlguiding UK's Sports Strategy offers training and support for Leaders.

To make sure the training is not too overwhelming, non-sporty Leaders, as well as their sporty sisters, have developed Off The Couch, an optional training module for Leaders and Trainers which will be available from Easter. Off The Couch aims to help Leaders and Trainers increase activity in their units and support girls' sporting prowess. As well as helping with the physical activities, there's also information on grants and funding. In addition, Girlguiding UK is currently developing a sporting web containing information about sports, ideas, and links to other web sites. This site will go live later this year.

Beyond Girlguiding UK, Leaders can tap into all sorts of schemes and expertise. For example, British Cycling is pairing up with washing powder manufacturer Persil to offer off-road bicycle training to primary-aged children. Leaders can contact British Cycling

LAURA ASHMAN



Guiding offers girls the chance to participate in sport without the worries some experience at school

for help in finding a coach who can run a scheme with the group over several weeks.

There are also specialist sports colleges which are designed to improve the quality of sporting provision for young people. Leaders can also contact their local sports college and find out what they can get their unit involved in, from street dancing to skateboarding — whatever takes the girls' fancy.

### MAKING THE COMMITMENT

Girlguiding UK is committed to helping all girls reach their full potential. As the Youth Sport Trust found, it's a sobering fact that by the age of 18, 40 per cent of girls will have dropped out of sport and physical recreation. Aside from encouraging girls to get active, Girlguiding UK's Outdoor Activity Adviser Jacky Ramsden believes Leaders need to be flexible and understanding when girls miss meetings to pursue their sporting interests. She said, 'If she shows promise, this may be her niche. We have to remember we're trying to help each girl reach her full potential and increase her self-esteem.'

The Youth Sport Trust also recognises the difference Girlguiding UK can make in motivating girls to lead active, healthy lifestyles through positive experiences of physical activity. Trust Chief Executive Sue Campbell said, 'By providing a range of opportunities to get active — which link into guiding values such as leadership, volunteering and promoting positive female role models — Guide and Brownie groups are ideally placed to ensure the benefits of all kinds of physical activity.'

And who knows, just like Heather, some of these girls may even compete in the Olympics one day.

### FURTHER INFORMATION

- Get the low-down on women and the Olympic Games at [www.olympic.org/uk/organisation/missions/games\\_uk.asp](http://www.olympic.org/uk/organisation/missions/games_uk.asp).
- To find out more about the Paralympics visit the web site at [www.paralympic.org](http://www.paralympic.org).
- The Women's Sports Foundation has a resource pack on the Olympics for schools and youth groups. It includes information about women's participation, the Paralympics, a quiz and project ideas. For more information visit the web site at [www.wsf.org.uk](http://www.wsf.org.uk), email [info@wsf.org.uk](mailto:info@wsf.org.uk), or call 020 8697 5370.
- To find out more about The Youth Sport Trust visit [www.youthsporttrust.org](http://www.youthsporttrust.org).

### FOOTBALL FESTIVAL

Don't forget Girlguiding UK's Football Festival this summer. Held from August 13-16 at Rugby School in Warwickshire, 500 girls will have the chance to compete in teams, benefit from professional coaching and also to try tasters of a variety of other sports including rugby, swimming, dancing and cricket. For further information visit [www.girlguiding.org.uk/new/football](http://www.girlguiding.org.uk/new/football).



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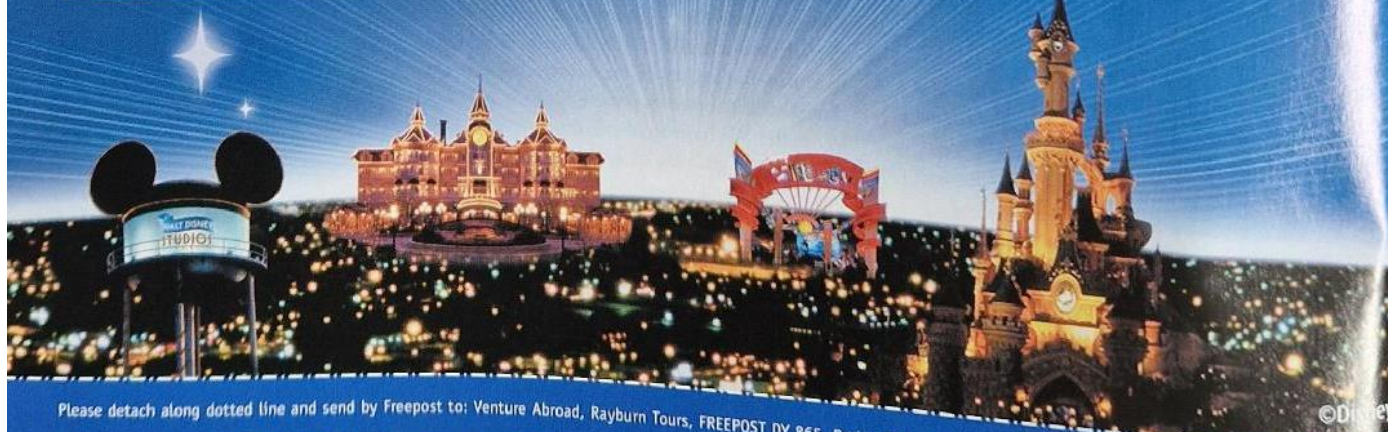
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May 2004

# Activate

*Activate takes a look at the Olympics while a special edition of Motivate focuses on teamwork*

## What's hot

Turn to page 8 for an Olympic-themed wide game and to page 12 to find out how to stage your own mini-Olympics.

## Leaders' note

Do you work as a team? Are you happy with the District and unit teams you belong to?

Turn to this month's *Motivate* for some advice on working together and find out just what makes a good team.

The exciting activities in this month's special Olympic-themed *Activate* were written by Jacky Ramsden, Dianne Bollom and Carole Jones.

## Contents

### **Olympic Games 2**

A rundown of the Olympic Games

### **All Greek 4**

Greece is hosting the 2004 Olympics

### **Sports for all 6**

Find out about the Paralympics

### **Find the flame 8**

Follow the clues in this wide game

### **Team spirit 10**

Playing fair

### **Pentathlon challenge 12**

Hold your own mini-Olympics

### **The big debate 14**

Would you want the Olympics in your area?

**Pull out and keep**



# Olympic Games

*The 2004 Olympic Games will be held in Greece and you can join in the fun with our great activities*

## It's a fact

The official Opening Ceremony of the 2004 Olympic Games will be held in Athens, Greece, in August.

This year is a very special Olympiad as Greece was the home of the original Olympic Games in 776 BC.

## The Olympic flag

The current Olympic flag was first used during the Olympic Games held at Antwerp, Belgium, in 1920.

The linked rings represent the union of the five continents and the coming together of athletes from all around the world. The plain white background symbolises peace throughout the games.

Each coloured ring symbolises a continent:

- Blue — Europe
- Yellow — Asia
- Black — Africa
- Green — Australasia
- Red — The Americas.

## Collect a flag

This game will help girls remember how the Olympic flag is made up and what it represents.

All the components of the flags are held by a Leader.

Divide the girls into small teams. The girls in each team take it in turns to throw the dice. To start with they need to throw a six to gain their white flag of peace.

The team must then throw the numbers below in sequence to gain the Olympic rings. This means that after they've thrown a six they have to keep rolling until they get a one to get the blue ring. The sequence is:

1 — blue ; 2 — yellow ; 3 — black ; 4 — green ; 5 — red.

The first team to assemble their flag with all the rings in the right order wins. Can they tell you which continent the different rings represent?

## You will need

For each team:

- A white sheet of paper
- Blue, yellow, black, green and red paper rings
- A dice

## Into extra time

Each team has to come up with one fact about each continent represented by the rings.



## Make a torch

Challenge the girls to design and make their own Olympic torch. Remember, it should be for decorative purposes only so don't include a real flame!

Girls from all sections could use their imaginations for this activity, just vary the available materials according to age.

For example, Senior Section members could create something ambitious from chicken wire and papier mâché, while younger girls could use card and crêpe paper.

Other suggested material could include:

- Cardboard tubes
- Cellophane
- Gold and silver paint
- Electric torches.

## Top tip

Try making an edible Olympic torch using an ice cream cone as a base.

## Olympic flame

The Olympic flame is one of the most visible symbols of the games.

The tradition of the flame has survived from the Games of Ancient Greece, where a sacred flame, ignited by the sun, burned continually on the altar of the goddess Hero.

It has become a major symbol of friendship and peace among Olympic nations.





## Sun flame

How do you usually light a fire to cook your dinner at camp? Save on your firelighter bills and do it the way people in Ancient Greece did!

Place some scrunched up paper or dry wood shavings in the place where you would normally light your fire.

Hold the magnifying glass close to the paper and angle it so that the sun's rays are transferred through the glass and on to the paper.

Eventually the paper should catch fire. Gradually add kindling and twigs to build the fire. Build it up with bigger sticks as required.



### You will need

- A sunny day
- A magnifying glass
- A newspaper
- Kindling and twigs
- Fire bucket

### Warning

- Adult supervision is required for this activity.
- Under no circumstances should you look directly at the sun or through the magnifying glass at the sun.
- Do not direct the heat transmitted by the sun through the magnifying glass on any part of your body or clothing.
- Carry out this activity in a controlled area, in a place prepared as for a campfire.
- Follow the normal camp safety rules for using and lighting a fire.



## Torch relay

The Olympic flame is carried in a special torch relay around the world to the city that is hosting the Olympics.

The torch is lit by the sun in Ancient Olympia, then passed from runner to runner. The flame is used in the Opening Ceremony of the Olympics and burns until it is extinguished at the Closing Ceremony.

Hold your own torch relay using cardboard tubes that have a crêpe paper flame.

### It's a fact

The Olympic flame will travel to Africa and Latin America for the first time. It is anticipated that 260 million people will see it on its journey.

## Olympic oath

At the Opening Ceremony of each Olympic Games, one athlete from the host country takes the Olympic oath on behalf of all competing athletes. The athlete recites:

'In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and honour of our teams.'

Ask Senior Section members to investigate any times when the 'true spirit of sportsmanship' has not been respected at an Olympic Games.



## Web watch

- Log on to the Athens 2004 Olympic Games site: [www.athens2004.com](http://www.athens2004.com).
- The official web site of the Olympic Movement can be found at [www.olympic.org](http://www.olympic.org).
- Some people are crazy about collecting Olympic memorabilia, have a look at some of the things they collect at [www.collectors.olympic.org](http://www.collectors.olympic.org). This site also has pictures of Olympic mascots from past Games.

## Make a mascot

In recent years, all the host countries of the Olympic Games have had their own mascots.

This year, the Greek mascots are brother and sister Phêvos and Athenà. The two siblings wear the colours of the Greek sea and sun.

You will find pictures of Phêvos and Athenà by logging on to the official Athens 2004 Olympic Games web site. See the 'Web watch' box above for more information.

Challenge girls to make their own Olympic mascot. They could do this individually or in teams. Ask all the girls to imagine that the Olympics is being held in the UK. What would make a good mascot? What would it wear? Would it be an animal, a person, or something else?



# It's all Greek

Find out about the host country  
of the 2004 Olympic Games

## It's a fact

- Places: the capital city of Greece is Athens.
- Language: most Greeks speak Greek and many can also speak some English.
- Money: Greek people use the Euro.
- Exports: olives and olive oil, cotton and grapes are all grown in Greece.



## Learn the language

Have any of the girls been to Greece on holiday? If they have, ask them if they know any Greek words or phrases.

Greek has its own alphabet of 24 letters, which will probably look like squiggles to most of us. Fortunately, many signs are written in both Greek and English.

Here are a few words to try learning so that if the girls find themselves at the Olympic Games they can say hello to the locals!

We have written the words as they sound, rather than as they are spelt:

- Hello — Yah-sas
- Goodbye — Kherete
- Thank you — Eefkha-ree stoh
- Please — Parakalo
- Yes — Neh
- No — Okhee
- My name is — Me lene.

## Costume drama

The Greek national dress is very distinctive — a white shirt, red hat and white skirt with pom-poms on shoes. Men, women and children wear this for special celebrations and dances.

Scotland, Ireland and Wales have a national dress but England doesn't. Why do you think this is? Design a national costume for England that reflects the diverse cultures of the country today.

## Senior Section ideas

- Senior Section girls can take a trip to the travel agents to collect brochures so they can plan a Greek island hopping expedition. Could they be inspired to do it for real?
- Watch the film *Shirley Valentine*, it's all about a housewife who escapes her bleak life to find romance in Greece.
- Arrange to have a meal at a Greek restaurant.

## Leaders' note

Ancient Greek mythology is known throughout the world. Turn to pages 14 and 15 to find a Greek myth that you can read to the girls.

## Web watch

- See pictures of traditional Greek costumes and learn about Greek dancing at [www.greekfolkmusicanddance.com](http://www.greekfolkmusicanddance.com).
- Find out about Greece from the point of view of an eight-year-old girl who loves going to visit her family there at [www.greece4kids.com](http://www.greece4kids.com).
- Greece is made up of lots of islands, you can find out more about these islands at [www.greektravel.com/greekislands](http://www.greektravel.com/greekislands).

## Olympia badge

Soma Hellinidon Odigon is the Greek Girl Guides Association.

The Association has got together with the World Association of Girl Guides and Girl Scouts (WAGGGS) to create the WAGGGS Olympia badge. The badge comes in the form of a special activity pack to celebrate the 2004 Olympics.

The Greek Girl Guides saw their country hosting this year's Olympics as a great opportunity for international celebration, for participation in sport, and for the promotion of Olympic and Guiding spirit.

You can download the Olympia badge pack for free from the WAGGGS web site: [www.waggsworld.org/aroundtheworld/projects/oror](http://www.waggsworld.org/aroundtheworld/projects/oror).

- The Greek Girl Guides Association do have their own web site ([www.seo.gr](http://www.seo.gr)), but you will need to speak Greek to understand it!



# Gourmet Greek

Find out about the host country of the 2004 Olympic Games

## A taste of Greece

Hummus and Tzatziki are popular in meze. Serve them with sliced vegetables and some nice bread.

Put everything in small dishes so that the girls can sample it all. Make a feast by putting out some small dishes of green and black olives and some cooked meats.

Stuffed vine leaves are also a favourite Greek dish. Some supermarkets sell packets of vine leaves in brine, ready for you to stuff with mince, nuts or even soft cheese.

### Tzatziki

Grate the cucumber and absorb some of the liquid by patting it with some kitchen roll.

Put it in a bowl with the yoghurt and the garlic. Stir well.

Using a hand mixer or a blender, gradually add the oil and then the vinegar to the mixture. Add salt and pepper to taste.

#### Top tip

If you don't have an electric mixer, whisk the mixture briskly while someone else dribbles the liquids in.

#### You will need

- 250 ml plain yoghurt
- 2 cloves garlic, finely crushed
- Half a cucumber
- 2 tbsp olive oil
- 1 tbsp white wine vinegar
- Salt and pepper
- Kitchen roll

#### Top tip

Have a look in your library for more Greek recipes, or visit [www.allrecipes.com](http://www.allrecipes.com) and do a word search for 'Greek'.

### Hummus

Drain the chickpeas and mash them with a fork or a potato masher.

Beat the tahini with the water and stir well into the puréed chickpeas.

Keep stirring while you add the lemon juice and olive oil, followed by the garlic. Add a little salt and pepper to taste.

#### You will need

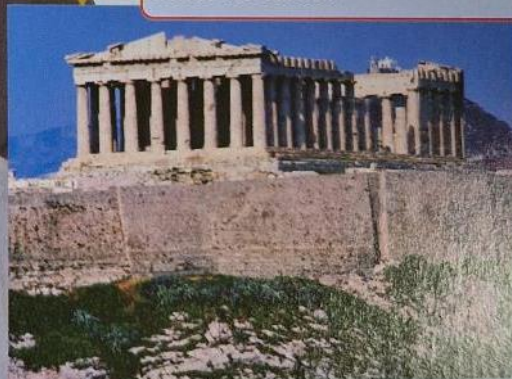
- 4 oz tinned chickpeas
- Juice of 2 lemons
- 140 ml tahini paste (available in supermarkets)
- 1 tbsp water
- 2 cloves crushed garlic
- 4 tbsp olive oil
- Salt and pepper

#### Warning

Some people with nut allergies may be allergic to chickpeas.

#### It's a fact

During the Ancient Olympic Games, Greek states had to sign a truce that all fighting would cease for the duration of the Games.



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For registration form write to: Blake Shield Competition, PO Box 5682, CORBY, NN17 2ZW enclosing an A5 SAE or download from [www.bna-naturalists.org/blakeshield](http://www.bna-naturalists.org/blakeshield)

Registrations should be made by 31<sup>st</sup> July 2004. Completed projects should be received by 2<sup>nd</sup> October 2004.

**This competition could also be the route to badges or other awards!**

Blake Shield BNA Trust Fund is registered as charity no. 1070540

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# Sports for all

*Athletes with a disability compete in the Paralympics*

## What are the Paralympic Games?

The Paralympic Games is the branch of the Olympics especially for people with a disability.

In 1948, Sir Ludwig Guttmann organised a sports competition in Stoke Mandeville, England, especially for World War II veterans with a spinal cord injury.

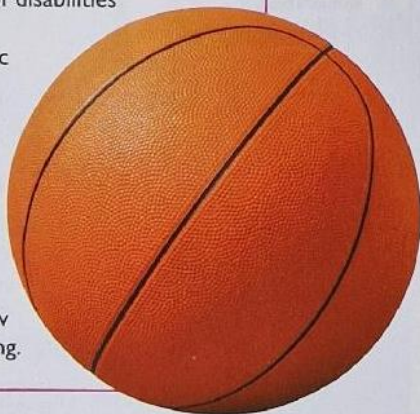
Four years later, competitors from Holland joined in the games and the Paralympics began.

Today the Paralympics brings together elite athletes who have all sorts of disabilities from all over the world.

Disabilities that Paralympic athletes have include:

- Cerebral palsy
- Spinal cord lesion
- Spina bifida
- Polio
- Visual impairment
- Amputation.

Try to find out what these disabilities are and how they may affect everyday living.



### It's a fact

Although Paralympic athletes are disabled, their achievements as sports people come first, not their disability.

## Which sports?

It may surprise your unit to find out just how many Paralympic sports there are.

Write the following list of sports on separate pieces of paper (you'll need one copy for each group):

- Archery
- Athletics
- Basketball
- Boccia (a type of bowls)
- Cycling
- Equestrianism
- Fencing
- Football
- Goalball
- Judo
- Powerlifting
- Rugby
- Sailing
- Shooting
- Swimming
- Table tennis
- Tennis
- Volleyball.



Divide the girls into teams and ask them to pick out the sports that they think feature in the Paralympics.

When the girls have finished you can tell them that all the sports are participated in by athletes with disabilities at the Paralympics. Are they surprised?

## Web watch

- Find out about the International Paralympic Committee at [www.paralympic.org](http://www.paralympic.org).
- If you want to find out who is representing the countries of the UK at this year's Paralympics, log on to [www.paralympics.org.uk](http://www.paralympics.org.uk).
- If you live in Northern Ireland and would like to find out more about disabled sports in your area, log on to [www.dsni.co.uk](http://www.dsni.co.uk).
- Equestrian sports are also open to people with a disability, visit [www.es4pd.co.uk](http://www.es4pd.co.uk) to find out more.
- The English Federation of Disability Sports is the governing body of disability sports, find out more at [www.efds.net](http://www.efds.net).

### It's a fact

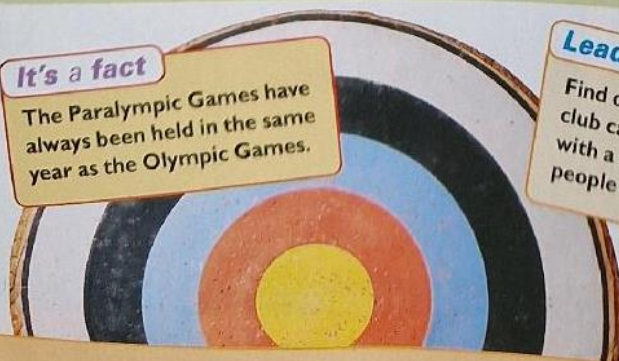
The Paralympic Games have always been held in the same year as the Olympic Games.

### Leaders' note

Find out if a local sports club can put you in touch with a sports club for people with a disability.

### Into extra time

Log on to the web sites in the 'Web watch' box on page 3 to find out more about how various sports are adapted for athletes with disabilities.





## Goalball

Goalball is a game for visually impaired participants, played by throwing a ball containing a bell.

The players wear special eyeshades to make sure that all players have the same level of sight. They also wear special protective clothing, a bit like a skateboarder would. There are raised lines on the court so players can orientate themselves.

Goalball is played in silence so that players can hear the bell in the ball.

To play goalball you would need the right equipment, however you can try out an experiment to see just how hard it would be to play the real thing.

Use a funnel to put a handful of rice inside a balloon and blow it up. Blindfold six girls and line them up down the centre of the room. Tell the girls that they can turn around on the spot or step to the side, but they can't run about.

They must then pass the balloon down the line. Can they do it? How did they feel?

Find out the rules of goalball from British Blind Sport at [www.britishblindsport.org.uk/goalball.htm](http://www.britishblindsport.org.uk/goalball.htm).

## Boccia

Boccia is a bit like bowls or boules but it is designed to be played sitting down.

It can be played one-to-one, in pairs or with teams of three. The aim of the game is for each team to bowl their balls as close as possible to the target ball. The teams take it in turns to bowl.

Points are scored according to how close to the target ball all the balls are at the end.

### Into extra time

Can the girls think of a game they enjoy in their own meetings that would be fun and safe for a visually impaired girl to play? What about a game for a girl who uses a wheelchair?

### Leaders' note

For more ideas of games to play take a look at *You & Me Together*, the Girlguiding UK Disability Challenge booklet. The booklet came free with February's issue of *Guiding magazine*.

### You will need

- A table tennis ball
- 2 small blocks of wood (well-sanded)

## Polybat

Polybat is a special version of table tennis for players with limited mobility, such as wheelchair users.

A polybat table is like a table tennis table except there is no net and the table has 'walls' down the long sides to stop the ball from running off.

The ball is kept on the table at all times, not bounced, and points are gained by pushing the ball past your opponent using a flat bat (similar to a block of wood).

Try your own game of polybat for two players at a time. If anyone has played air hockey before they'll get the hang of this very quickly.

Two girls sit on chairs at opposite ends of a table. Other girls can be round the table ready to replace the ball if it falls off.

Keeping their wooden blocks on the table at all times, the opponents try to shunt the table tennis ball off the opposite side. Score a point every time this is done.

Try playing a game for three minutes and add up the points. Let another two players have a go and so on.

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# Find the flame

Get set for a super Olympic-themed wide game

## Game background

This wide game is ideal for camps and holidays. As with all wide games there are a number of challenges that teams of girls need to complete in order to reach a final goal.

This game has an Olympic theme. The aim is to complete challenges to find clues to the whereabouts of the Olympic flame that has been stolen.

Girls will need to be divided into teams to play. Four teams would be ideal but no more than the number of challenges (five).

We have given lots of ideas for challenges, all named after various Olympic cities and the years the Games were held there.

The girls should be given the instructions – in bold – at the start of each challenge.

## Girls' instructions

Give these instructions to the teams to start the wide game. You can read them out or give team captains a written copy.

'It is only a short time before the Opening Ceremony of the Olympic Games takes place in Athens, Greece. But, the Greek Gods on Mount Olympus are annoyed because they no longer receive the respect and worship that they feel they deserve. In order to punish the Games' organisers, they have stolen back the sacred Olympic flame and have hidden it in a well-guarded location.

'Your team must find out where the flame is hidden and rescue it before the Opening Ceremony. To do this you must visit the sites of previous Olympic Games and try your best to complete the challenges set for you by the local people. You will then receive a clue to the secret hiding place.

'When you know where the flame is being held, you must sneak up on the Gods to retrieve the flame. But beware! Don't let the Gods see you or you may be struck down by a thunderbolt!'

## Leaders' notes

- You will need to organise how the teams move around the challenges so that only one team is at a challenge at a time. They may need a list of locations or a numbered map of the area.
  - Set a time limit on each challenge so that all teams have the same amount of time to complete them. This way all the teams will have a chance to find the flame at the end of the game. You could use a whistle to signal when teams have to move to their next challenge.
  - You also need to think up clues that will lead to the hiding place of the flame that is being guarded by the Gods (see the Final challenge box).
- The clues that the teams receive could be in code, or parts of a map, or single words that only make sense when put together.

## Top tips

- This wide game could be adapted for indoors, as long as there is a suitable area for the final challenge of sneaking up on the gods.
- The flame can be made up of a card cone and orange tissue paper.
- Each challenge will need to be supervised so that the girls can be rewarded with a clue after each one.



## Sydney 2000

'The athletes are very thirsty after their strenuous training programmes, but there is a problem with their supply of fresh water. If you can fill the water container, you may get some information.'

Thread the mug handle on to a length of string (about 10m) and tie each end of the string to a different obstacle such as two trees. The string can be threaded through other obstacles in between.

Place the full bucket at one end and the empty bucket at the other. The girls have to use the mug to transfer water from one bucket to the other.

## You will need

- A ball of string
- A plastic mug
- A bucket of water
- An empty bucket



# Motivate

**Welcome to the ninth in our occasional series designed to help you in the challenging role of leadership**

The subject of Positive and Effective Leadership continues in this *Motivate* with activities to help you think about 'team building'.

As part of the Positive and Effective Leadership Project a 'teams' weekend was held at Foxlease during 2003. Teams representing the Training and Activity Centres – a combination of staff, trainers and management committee members – were present.

The weekend's focal point was a team development day, led by an outside agency, which had the aim of learning

what it is that makes a terrific team.

Some of the information in this *Motivate* is a direct result of the weekend. Whether you're an Adult Helper with a Rainbow unit, a Senior Section member, a Commissioner or Unit Guider, this *Motivate* can be used for any team you work with.

Included are some activities and once you've tried them out, share how you got on with other guiding friends or write to the Adult Support team at CHQ who would love to hear from you. Please write to the address on page 26.

## Stages of team development

In 1965, educational psychologist Bruce Tuckman published his famous 'Forming, Storming, Norming and Performing' model for team development. His model identifies four distinct phases within a team's life.

### Stage 1 — Forming

The 'orientation' period.

Characteristics include:

- Politeness
- Eagerness
- Anticipation
- Anxiety — where do I fit in?

### Stage 3 — Norming

The 'resolution' period.

Characteristics include:

- Getting organised
- Developing skills
- Establishing group
- Norms
- Confronting issues
- Sharing responsibility
- Valuing differences.

### Stage 2 — Storming

The 'dissatisfaction' period.

Characteristics include:

- Infighting
- Demotivation
- Frustration
- Disillusionment due to discrepancy between hopes and reality.

### Stage 4 — Performing

The 'production' period.

Characteristics include:

- Closeness
- Flexibility
- Excitement
- Confidence
- Team strength.

**Just because we wear the same shirts, it doesn't make us a team.**

Participant at Foxlease 'teams' weekend

## Observing the stages

Next time you are a member of a group – for example, one formed to organise the County camp – observe the various stages the group goes through and see if you can assist them through the process of getting to Tuckman's Performing stage.

Tuckman's model can also be applied to the formation of a new Six or Patrol. Often when a new member joins an established group, the team has to go back a few stages in order to re-establish itself. Or the group may not go back stages, leaving the new member feeling uncomfortable in the group.

**Pull out and keep**



## A good team...

- Is a group of individuals with an agreed common purpose
- Is a group that achieves its aim by working together
- Is able to recognise and draw on each person's experiences and skills
- Values and respects each person as an individual
- Fosters an atmosphere where the common aim is more important than individual ambition and prejudice
- Uses only language that can be understood by all participants
- Enables individuals and sub-groups to work independently towards their objectives.

Source: *Teamwork Optional Training Module*.

## Portable skills

Explain to the team that skills are portable and that every member of the team brings a briefcase or box full of knowledge and skills to the team.

Ask participants to write their names on a card and below their name write two specialities or skills that they can bring to the team.

When they have completed their card, get them to pin it to their top and walk around the room so everyone can see their skills. This activity shows that there is always something new team members can learn about each other.

Source: *The Big Book of Team Building Games* by John Newstrom and Edward Scannell ISBN 0070465134.

## Team qualities

There are ten top qualities in an excellent team:

- Teamwork
- Fun
- Encouragement
- Support
- Cooperation
- Defined roles
- Positive mental attitude
- Commitment
- Desire to succeed
- Shared common goal.



## Encouragement

One of the positives of working as part of a team is the encouragement you get from the rest of the team. Sometimes tackling difficult tasks seems impossible and outside your capabilities but, with the encouragement of the team and their belief in you, the 'impossible' can be achievable.

## Fun

Working as part of a team should be fun. If you are not enjoying it, it may be because the team is not working well together, or perhaps the task you're undertaking is not the right one.

Take a step back from the teams you work in. Are you all having fun? If you aren't then maybe you need to rethink why you belong to this team.

*We should try to be positive with others even when they do not meet our expectations — perhaps our expectations are not theirs.*

Source: *the Promise card*

## Teamwork

In guiding we like to assume that we all work together, but how true is that of your team? Working successfully alongside one another is not quite the same as working together.

To work well together you need to know your team. You need to know your fellow team members' strengths and weaknesses as well as be able to recognise your own.

Can you step in to fill a gap when another team member is missing? On the other hand, does that team member's job fall by the wayside if they are temporarily unavailable?

It's a good idea to agree ground rules in a new team. These establish what is going to happen, how it's going to happen and who is going to do what.





Girlguiding UK

Manchester  
Evening News  
arena

**BIG  
GIG**  
2004

Hotline May 2004



**ENTRANCE**

## BIG GIG 2004

Please use reference number: GGUK2202 on your application form (page 3)

This reference number is to ensure that only members are able to apply. If you download further application forms from the website, you will need this number for each form. As a result of feedback from 2003, tickets will only be available by postal booking. **NO TICKETS AVAILABLE BY TELEPHONE BOOKING. EARLY BOOKINGS RECOMMENDED.**

### Concert times

There will be two concerts as follows:

Matinee:	Doors open – 12.00pm
	Concert begins – 1.15pm
	Concert ends – 3.45pm
Evening:	Doors open – 5.15pm
	Concert begins – 6.30pm
	Concert ends – 9.00pm

We anticipate that the line-up will be the same for both shows. Please think carefully about which concert you are able to attend. If you are travelling long distances, we recommend that you attend the matinee, and more local groups or those staying overnight are encouraged to attend the evening performance.

If you are unable to attend the alternative performance, please make this clear on your booking form. No refunds are available. Please note that if demand for two concerts is insufficient, the concerts may be merged into one.

### Getting there and away

The Manchester Evening News Arena is located in Manchester city centre, on the corner of Trinity Way, Hunts Bank and Great Ducie Street, and is adjacent to Victoria Station.

### Public Transport

#### Trains

Victoria Station is directly underneath the Manchester Evening News Arena and Piccadilly Station is only a short Metrolink ride to Victoria Metrolink tram stop.

#### Buses

Many buses serve Cannon Street and Victoria bus stations and many more stop within easy walking distance in the city centre.





Hotline May 2004

HOTLINE

#### **Car**

Manchester Evening News Arena is situated on the A56, 3 miles from Junction 17 of the M62. There is a 1,500 capacity on-site multi-storey car park, and approximately 7,000 spaces in car-parks within 500 metres. Car-parking costs £5.50 and cannot be pre-booked.

#### **Coach**

Coach parking will be available at two different locations – one coach-park for the matinee and one for the evening performance. Appropriate details will be enclosed with your tickets. Coach parking costs £10.00 per coach and there is limited availability, so please apply with your tickets.

Please send separate payment for your coach parking.

#### **Further Information**

Big Gig '04 is a non-uniformed event for members of Girlguiding UK aged 10 and over.

Please note that media will be attending this event and will be taking photographs.

Small 35mm cameras are allowed in the Arena, but strictly no professional camera equipment.

Please ensure that all members of your party have a leader's name and mobile phone number written on their ticket, which they should keep with them at all times.

The Arena has an ice hockey rink under the floor, so the ground floor seating may be a little cold. Please be aware of this.

There will be a competition to meet the bands backstage — details will be on the web site soon.

Further booking forms can be downloaded from [www.girlguiding.org.uk/gig](http://www.girlguiding.org.uk/gig)

For any further ticketing enquiries, there is an information line at Manchester Evening News Arena, which operates a call back service. Please call: 0161 950 1042 or email: [thebiggig@men-arena.com](mailto:thebiggig@men-arena.com)

Booking forms should be posted to:

Girlguiding UK Box Office, MEN Arena,  
Victoria Station, Manchester M3 1AR

Please note that tickets go on sale on **Wednesday 19th May**, so you may not receive booking confirmation immediately. Please allow 21 days from receipt of your application for an email booking confirmation, if you requested one. Booking applications will be opened in order of date of receipt.





# Big Gig '04 Booking Form

Name of Guider/group leader: \_\_\_\_\_  
 Ref no (see May's Guiding magazine): \_\_\_\_\_  
 Unit: \_\_\_\_\_ County: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postcode: \_\_\_\_\_  
 Phone (day): \_\_\_\_\_ Phone (eve): \_\_\_\_\_

Preferred time of performance: (Please tick one)

☐ 1.15pm

☐ 6.30pm

Are you able to attend the other performance if necessary?\*

☐ Yes

☐ No

No. of tickets required: \_\_\_\_\_ at £18.00 each (£17.00 + £1.00 booking fee)

Tickets (total) £ \_\_\_\_\_

How will you travel to the Big Gig?

☐ Public transport

☐ Coach

☐ Car

Coach parking: £10.00 per coach – must be pre-booked

**Please enclose separate payments for tickets and parking.**

Coach-parking £ \_\_\_\_\_

Both cheques should be made payable to SMG (UK) Ltd

I enclose payment of £ \_\_\_\_\_ by cheque/postal order

OR

Please debit my credit/debit card £ \_\_\_\_\_

Cardholder name: \_\_\_\_\_

Card no: \_\_\_\_\_ Expiry date: \_\_\_\_\_ Issue no (Switch only): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please email booking confirmation to: \_\_\_\_\_

If any member of your party has special needs, please detail below; and MEN Arena will contact you \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*If you are unable to attend the alternative performance to your first choice, please make it clear on your form.  
 Please note – if demand for two concerts is insufficient, the concerts may be merged into one.

Please return this form to:

**Girlguiding UK Box Office, MEN Arena, Victoria Station, Manchester, M3 1AR**

**For Box Office Use Only**

Date received:

No of tickets:

Date processed:









# Introducing the revised W/R (Warrant/Reference Form) and new W/In (Warrant/ Instructor) Forms

W  
Z  
I  
T  
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I

## Background

W/R forms were first introduced in 1994. In recent months, the content of the W/R forms and the process for dealing with these has been reviewed to help ensure that the Criminal Record Disclosure process can be accommodated. This will also prevent delays in new Leaders being linked with their Mentor when they are beginning their Leadership Qualification.

## Criminal Record Disclosures

All Countries and Regions are now working towards ensuring that every new Leader undergoes a Criminal Record Check using the services of the Criminal Record Bureau (England and Wales), Pre Employment Checks (Northern Ireland) or the Criminal Record Bureau, Scotland. Each of these providers has slightly different processes and over the past few months a small working group, consisting of volunteers with expertise in the area, has been reviewing the W/R and W/In forms. The result of this work is a form which is flexible although Girlguiding Scotland and Girlguiding Ulster have a slightly different process for their forms – information concerning this can be obtained from the Country offices.

## How have the forms changed?

Instead of a single copy of the W/R and W/In form there are now four carbonised copies. This will allow different people within the County to carry out a number of functions at once, for example, trigger the CRB, CRBS or PEC's process, enter details on the Adult Membership Database, and, where appropriate, link a new Leader with a Mentor etc. The W/In form has also been amended to request that all applicants provide two references with a note that these references will be taken up. The W/R form now incorporates much of the information requested on the new Leader Profile form so this form will be discontinued.

Each form comes with guidelines for completing the forms together with useful advice for Guiders, Instructors and Supporters on various situations, including physical contact, using appropriate language, and infatuation, favouritism, creating impressions as well as avoiding situations where they may be alone with a girl or young woman.

## Who is responsible for ensuring completion of the W/R form?

It is the Appointing Commissioner or Recruiters' responsibility to ensure that the new Leader, Young Leader (over 16), Unit Helper or occasional helper attending a residential event completes the W/R form, and to ensure that the completed forms are sent to the appropriate people designated in the County.





In the case of W/In forms the Outdoor Activity Adviser, or other appropriate adviser, may sign the form but the responsibility for taking up references, where these are required, and for storage of the completed W/In and associated references must remain the responsibility of individual Counties.

### **Who has responsibility for obtaining references?**

References **must** be requested and received for all W/R forms and W/In. Many Counties have a person responsible for this process although some larger Counties may find it easier to have two people or a team to meet the needs of the County. In smaller Counties the Registration Secretary may be quite willing and able to deal with the W/R process. This role is ideal for an Affiliate member, member of the Trefoil Guild or a person who is not able to commit to working with a Unit. It is important that fast and effective methods of communication are in place to ensure that a new Leader is not unduly delayed in beginning to work towards the Leadership Qualification.

### **Definitions**

**W/R** - This form replaces the original W/R form and must be completed by all volunteers aged 16 years and over who intend to work directly or unsupervised with girls or young women in Girlguiding UK, whether or not they are members of the Association. The form will apply to all adults attending camps and holidays where they may have unsupervised access to girls and young women. All new Guiders and Unit Helpers will complete this form. Exempt from completing the W/R form are:

- Instructors (who will complete Form W/In)
- Parent Helpers (except those at residential events, as above)
- Badge Testers
- Trefoil Guild or LINK Helpers
- or occasional helpers at a Unit meeting

**W/In** - is to be completed by Volunteer Instructors (16 years and over) proposing to work with, or for, Girlguiding UK. A list of exceptions is contained within the guidelines accompanying the form. Exempt from completing the W/In form are those Instructors who have up-to-date and appropriate qualifications from the following organisations:

- The Scout Association
- St. John Ambulance
- British Red Cross Society or St Andrew's Ambulance
- Local Education Authority Approval
- Police
- Fire Service
- Ambulance Service

Any other similar body which is approved from time to time for this purpose by Girlguiding UK.





**W/Ref:** - A suggested pro-forma letter is supplied. This letter *will* be printed on County Headed Notepaper and sent to two referees with a reference questionnaire and stamped, addressed envelope enclosed. Referees are requested to complete and return the questionnaire. Referees need not return any other form of written response, unless they choose so to do.

#### **Who issues Pre-Warrant Appointment Cards?**

The Pre-Warrant Appointment Card is to be issued from the County once all of the checks have been completed. Counties should advise the District Commissioner as soon as possible after satisfactory references have been received and follow-up by issuing the Pre-Warrant Appointment card.

#### **For how long is the Pre-Warrant Appointment Card valid?**

It is anticipated that the Leadership Qualification could be completed within a six month period. The Pre-Warrant Appointment card is valid for an initial period of one year. At this point the Pre-Warrant should be reviewed in consultation with the County Leadership Coordinator, and may be extended if required. Young Leaders' pre-Warrant Appointment cards are valid for a period of two years.

#### **Who is responsible for carrying out the W/In process?**

Like the W/R process this should be handled at County level. When Unit Guiders or those organising events want to use an instructor from outside of Girlguiding UK they should contact the appropriate County Adviser to ascertain whether a W/In has already been completed or to request that one is completed. It is good practice for Counties to keep a list of agreed instructors which would prevent instructors needing to complete new forms every time they are asked to help out.

#### **Dealing with difficult situations**

Girlguiding UK may be considered a low risk organisation in terms of Child Protection issues resulting from inappropriate adult appointments. In the majority of cases, warrant applications will proceed uneventfully, and with satisfactory references received. Nevertheless, Counties must be prepared to deal with any instance where an unsatisfactory reference is received, or where no reference at all is forthcoming.

#### **The Ten Year Rule**

Counties must hold all forms and references for ten years from the date of the first appointment to meet current vetting procedure practice.

#### **Disposal of forms and references**

The need for confidentiality must be maintained throughout. Following the ten-year period all such paperwork should be disposed of by shredding, incinerating, or some other secure method such as making a disc inoperable.





Hotline May 2004

# ENLIGHTEN

## When will the new forms be available?

Supplies of the new forms are available in the shops and through the Trading Service now.

You can call the Trading Service on 0161 941 2237, fax 0161 941 6326 or email [tradings@girlguiding.org.uk](mailto:tradings@girlguiding.org.uk).



## Support

One of the really positive things about guiding is the support network. This comes within every team you work with, from the District team we all belong to, through to our individual unit teams. At unit level working well as a team will reflect positively on all the activities and programme offered to the girls.

## Defined roles

Successful teams have members with a diversity of strengths and skills. Look around the teams you work with. Can you identify the different skills they bring to your team? Do you have someone who is the organiser, someone who comes up with the ideas, someone who is happy to work hard under instruction?

Maybe you have someone who can negotiate ways through the conflicts that arise. You may even have a joker. Just like an ideas person and an organiser, a joker is a key role in many teams, especially when the pressure is on — they ensure that the 'fun' element is always there.

Teamwork can turn difficulties into opportunities.

Anon

## Positive mental attitude

For a task to be achievable, all members of the team need a positive mental attitude.

It's easy to want to opt out when the going gets tough, but if you believe in what you are doing and the whole team remains positive, obstacles can be overcome and differences negotiated.

## Commitment

Life is full of commitments. We have commitments to work, family and friends. There are also our commitments to guiding and the teams that we are part of within guiding.

There is no doubt that as Leaders we are extremely committed to what we do. In order to retain that commitment we must be realistic about the time we have. It may be better to commit yourself to a short-term project or to a defined period of time per week.

Nevertheless, we need to be upfront about it. The team needs to know the extent of commitment of all its members so that it can function effectively.

## Cooperation

Good teams cannot function without cooperation. Teams that fail to cooperate with one another usually fail to achieve their goals.

## Monster memory game

Place the cards around the room — but make sure they're not too visible. Each team nominates one person to be the artist. At the given signal, the artists stay where they are while the rest of the team run to the cards and bring back the information to be drawn (leaving the card where it is).

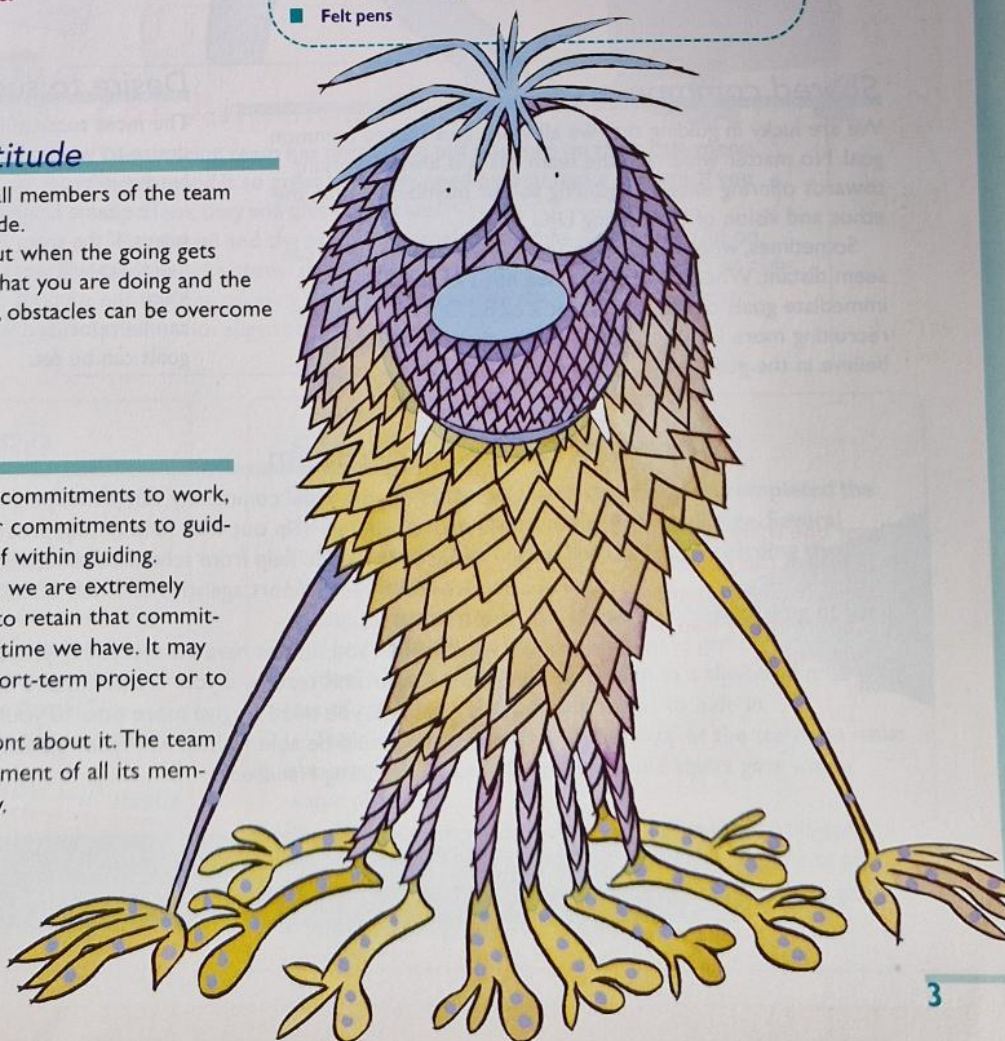
At the end of the activity, the 'masterpieces' are displayed, compared and enjoyed.

When played as a race this activity encourages team cooperation and the awareness of the need to work as a team. It also underlines that, in many aspects of guiding, we start from the same framework or instructions but the outcome differs between them.

Source: *Teamwork Optional Training Module*.

### Equipment:

- Eight large cards each containing a fact about a monster. For example: 'It has seven legs and three toes on each foot'
- Blu-tack
- A large sheet of paper (at least A3 size) per team
- Felt pens





## Join hands

The team links arms in a line. The two people at either end of the line each have a hand free to use for the activity. The other people can speak but not use their hands.

The teams are given simple activities to carry out, for example:

- Tie a reef knot
- Light a candle
- Make a paper hat
- Colour in a simple shape
- Copy a simple shape
- Cut out a shape
- Build a block tower.

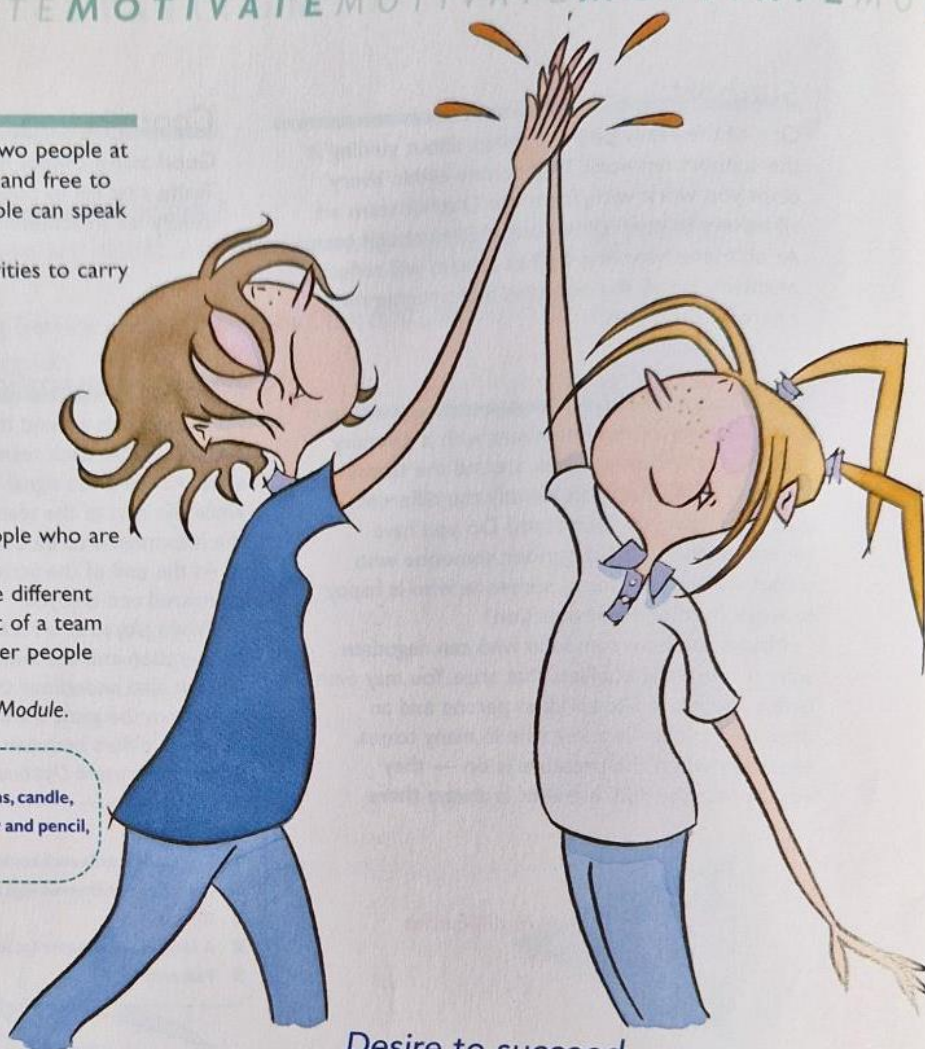
After each activity swap the people who are at the end so everyone has a turn.

Discuss how it feels to be in the different positions. Consider how being part of a team can involve being patient while other people perform a task.

Source: *Teamwork Optional Training Module*.

### Equipment:

■ String, building blocks, scissors, felt pens, candle, matches, newspaper, outline picture, paper and pencil, depending on activities chosen



## Shared common goal

We are lucky in guiding that we all work to a shared common goal. No matter what role the team has it is always working towards offering excellent guiding to our members within the ethos and vision of Girlguiding UK.

Sometimes, when working in teams, this common goal can seem distant. When this happens we need to focus on the immediate goals of the team, be it a camp, District event or recruiting more Leaders. Whatever the task we all need to believe in the goal!

## Desire to succeed

The most successful athletes are those who have a desire to win and are willing to train harder and harder in order to achieve their goals.

The same analogy can be used for successful teams. If the team has the desire to succeed, all members will work passionately to see it does. With the support of all the team members, desire can be refocused when things go wrong and new goals can be set.

## The wider team

Members of your local community can provide support for different guiding projects and may be able to help out with fund-raising, providing venues, equipment or helpers.

This could include help from schools, businesses, the Council for Voluntary Youth Service and other support agencies that may be able to advise on funding applications and training courses.

Remember, you do not have to do everything yourself. You are part of two supportive teams — your unit team and your District team. You are there to support each other. If, for example, you need to give more time to your job or family, other members of your team should be able to help with your guiding roles.

Source: *The Guiding Handbook*.

**Never one thing and seldom one person can make for success. It takes a number of them merging into one perfect whole.**

Anon

Written by The Positive and Effective Leadership Team  
Illustrations by Stephanie Stickland



## Barcelona 1992

'The local people are lemon farmers. They are very happy to help you, but their clue has been written on a piece of paper in lemon juice, and is unreadable. You must find out what it says, and then write the clue out again, in lemon juice, to leave for another team.'

Girls must gently heat the clue over the flame of a lit candle. This turns the lemon juice brown so the clue can be read.

A new clue can be written by writing on the paper with a cotton bud soaked in lemon juice.

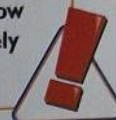
### You will need

- Candle
- Matches
- A clue written on a piece of paper in lemon juice
- Fire bucket
- Cotton buds
- Paper
- Lemon juice



### Warning

Take care when using candles. Ensure the girls know what safety precautions to follow and that a Leader is closely supervising the activity.



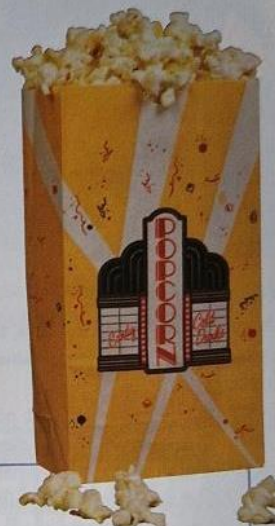
### You will need

- String
- Scissors
- Freezer bag ties
- Assortment of craft supplies including natural materials

## Seoul 1988

'Korean traditional costumes often include elaborate headgear. The Korean women's team is very upset because they have lost the costumes that they wanted to wear to the Opening Ceremony. If you can each make a headdress from natural materials, they may give you a clue.'

Each girl must make herself a headdress using natural materials and the other items you have supplied.



### You will need

- Per group:
- 2tbsp popcorn kernels
  - 2tbsp oil or margarine
  - Sugar
  - Trangia stove (or similar) with lidded saucepan
  - Fuel
  - Matches

## Los Angeles 1984

'The catering team has decided to put popcorn on their cafe menu. The demand is so great that they need help to make enough. If you help them, they will give you a clue.'

Put the oil and the popcorn kernels in the pan and put the lid on. Heat over the stove, shaking every so often but keeping the lid on tight. When the popping has stopped, remove the pan from the heat. Sprinkle with sugar before eating.

## Moscow 1980

'The Olympic Opening Ceremony is due to begin, but the Russian president, who is meant to accompany the flame, has not arrived. Unfortunately the telephone at the Kremlin has broken down, and the only way to communicate across Red Square is by Morse code. Send the following message in Morse code — "Where is the flame?"'

If the clue is short, it could be given back in Morse code.



### You will need

- A copy of the Morse code alphabet
- A whistle or torch
- Pen and paper

## Final challenge

Once the girls have solved all the clues and completed the challenges, they move on to the final challenge. Several Leaders, playing the part of the Gods, are guarding the Olympic flame.

The girls must try to get the flame without being noticed. The first team to get the flame wins the game.

Ideally, the flame would be hidden in a sheltered area with lots of trees for the Gods and teams to hide in.

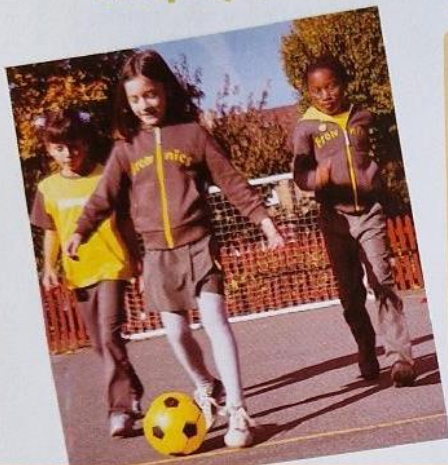
The Gods may launch 'thunderbolts' at the teams to make it more fun. If it's a hot day, you could squirt girls with a water pistol.

The number of Gods involved in the final challenge will depend on the area being guarded and the number of girls sneaking up on the Gods. You may prefer to limit the girls to one from each group at any time.



# Team spirit

*Being an Olympic athlete means having a sense of fair play and team spirit*



## *The Olympic creed*

The Olympic creed was introduced at the 1896 Olympic Games. It states:

'The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.'

The activities here will help demonstrate fair play and team spirit, which should be evident in all we do, not just sporting activities!



## *Team effort*

If you have got a game of Jenga, the tower of wooden blocks game, you can use it to show how team spirit makes playing much more fun.

Choose a girl to have a go at playing Jenga by herself. The rest of the unit could watch from a distance but they can't make any noise or offer any encouragement.

Now choose another girl to play with her. Divide the unit in half so that each girl has a team to encourage her and give support. Play the game again.

- How did the girl feel when she was playing by herself?
- Did it feel different playing in a team?
- How did the teams support their players?
- Did the players feel pressure not to let their team down?

### *Leaders' note*

You could try out this activity with lots of different games such as dominoes or pick-up sticks. Bring in lots of games so that everyone can feel some team spirit!

### *Into extra time*

Each nation taking part in the Olympics has a specially-designed uniform. Often these incorporate the colours and designs of the national flag.

Have a go at designing a uniform for athletes from some of the countries who will take part in this year's Olympics.

## *Skill share*

The girls must have heard the saying 'Many hands make light work', but how does it apply to everyday life?

Think of some things that are much easier to do when there are more people to help out. For example, pitching a tent or cleaning up. What is it that makes a mundane job more interesting when there are more people? Sometimes a job is made easier because different people enjoy different bits of the job.

Ask the girls to make a list of what each person is good at and enjoys doing. Someone might be able to draw well, someone else might have good ideas for stories and someone else might be able to reach the top shelf in the cupboard! So you could achieve far more as a group than as individuals.

Plan how you might carry out one or more of the following activities:

- Write an illustrated story to cheer up someone who is sick
- Organise a wide game for another group
- Make a special gift for someone who has helped the unit
- Organise an Olympic party.



## Not the winning...

Not every game has to have a winner, which just goes to show that you really don't have to win to get a great sense of achievement from taking part.

Construct an obstacle course (make sure that it is safety checked) or use an assault course if there is one in your local area.

Divide the girls into small teams of four or five. One team completes the course at a time. The aim is not to compete against each other but to help everyone in the team to finish the course.

When the girls have completed the course, ask them:

- Why is it good to work in a team?
- Why is it sometimes hard?
- Were there any problems?



### Warning

Young people should be supervised on an assault course and while taking part in any physical activity.

## It's not fair

Try taking a simple game and making it hard for some and easy for others.

The games here are blatantly not fair, but how does this make the girls feel? Discuss these points after you have played the games:

- What does it feel like to be disadvantaged?
- What did it feel like to win, knowing you had an unfair advantage?



## Water race

This game will help demonstrate fair play. You will need to play outside as the water could make inside slippery and dangerous.

Divide the girls into teams of five or six. The teams stand at one end of the playing space with a bucket of water next to them. An empty bucket is placed at the other end, opposite each team.

Each team is given a container to transport water in, such as a leaky plastic cup, an egg cup and so on. Make sure the teams have different sized containers.

On the starting signal, teams must use their container to transport their water from one bucket to another. The girls take it in turns — relay-style.

Give the girls two or three minutes before blowing a final whistle. Who has managed to carry the most water?

Discuss the points raised in 'It's not fair'.

### You will need

- Two buckets for each team
- Water
- One method of carrying water for each team, for example:
  - A plastic cup with holes in the bottom
  - An egg cup
  - A plastic spoon
  - A yoghurt pot

### Leaders' note

If you are playing indoors, chalk a line a metre before the wall to ensure that no one runs into the wall.

## Ball dribble

Here's another game to help you demonstrate fair play. Treat it like just another race and don't draw attention to the fact that it's not fair until the end!

Divide the girls into teams again. Give each team a ball. The balls should be different, such as a tennis ball, a table tennis ball, a football, a partly deflated ball and so on.

Tell the teams they are practising their dribbling skills and must dribble the ball from one end of the playing space to the other. It's a relay race so the first team back is the winner.

Do the girls complain about the different balls? If so how long does it take them to do this?

Ask them why it's unfair and discuss how it is very important to give everyone a fair chance, not just in sport.

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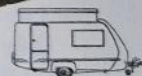
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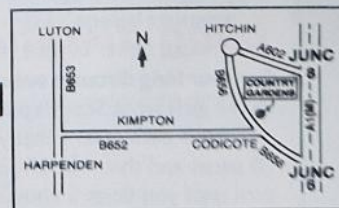
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# Pentathlon

**Hold a mini-Olympic festival in your unit**

## Leaders' note

You won't be able to complete your pentathlon in one meeting.

Hold it over a number of weeks or try running two events at a time, with different representatives taking part in different sports.



## Watery splash

If you have a swimming pool nearby, you might be able to organise a meeting there for some watery fun.

If this is not possible you can still have a splashing time at your meeting place.

Girls who are less able at running races will enjoy a water splash race in a paddling pool. Fill a paddling pool with water and race wind-up bath toys across it.

Older girls could find out how to make a boat that powers itself with an elastic band and have a race with those.

If you have a stream nearby you could even play Pooh sticks to Olympic standard!

## Long distance

For your long distance event, explain to the girls what Scout's pace is.

Scout's pace means that you walk 20 paces and then run 20 paces in turn until you finish a course.

Girls can then Scout's pace around the perimeter of your meeting place or playing field.

## What is a pentathlon?

A pentathlon is a gruelling event made up of five sports.

A modern pentathlon involves teams of athletes taking part in fencing, shooting, swimming, riding and cross-country running.

As these aren't all suitable sports for your unit, you could choose your own five events from our suggestions so that your unit can get physical, brush up on their team spirit and take part in their own mini-Olympics.

Choose a sport from each of these categories:

■ Throwing ■ Track ■ Water ■ Long distance ■ Team.

Play the games in Sixes or Patrols, awarding points to the winners as appropriate. You can keep a medal table and hold your own medal ceremony when your pentathlon has finished.

## Track time

Choose a track event from one of our suggestions below. If only the real Olympics was as funny as this!

■ Relay races: set up a relay race but instead of using a baton, get girls to carry a balloon filled with water.

■ 100 metre race: try running a distance in wellington boots, or having a three-legged race.

■ Obstacle race: make up a course for the girls to complete, but make sure it is safe for them to do so. For example, they could dribble a ball around some cones before walking along a chalk line and burrowing under a sheet.

## It's a fact

For the first 800 years of the Olympic Games women were not allowed to take part or even watch!

## Warning

Hold your races on grass so it's safer if the girls fall over.



## Throwing events

Here are some ideas for throwing sports that everyone can have a go at.

■ Discus: who can throw a plastic plate or a frisbee the furthest?

■ Javelin: make paper aeroplanes and measure whose flies the longest distance

■ Shot put: soak foam tennis balls in water and see who can throw them the furthest. Shot-putters have a special way of throwing their ball, from the shoulder. Find out how to do it correctly and get shot-putting.





# challenge

## Team sports

There are lots of team sports that you could play as one of your pentathlon events.

Here are a few suggestions that you might know how to play:

- Five-a-side football
- Duster hockey
- Rounders
- Short tennis
- Non-stop cricket.

### Top tip

Cycling is an Olympic sport. Have a go at organising an obstacle course for girls to complete on their bicycles to demonstrate skill in manoeuvring a bike.

You would need to do this in a secure area such as a playground. Make sure the course is safety checked and not too difficult and that the girls wear cycling helmets.



## District fun day

**Hold a District fun day with your own Opening Ceremony and mini-Olympic events**

### Opening Ceremony

No Olympic Games would be complete without an Opening Ceremony.

The ceremonies usually reflect the culture of the host countries. You could choose Greece or your own country as the host country.

There are lots of things that could feature in your own Opening Ceremony. You'll need to consider:

- Music
- Costumes
- Dance
- Mime
- Song
- Drama
- Raising of the Olympic flag
- Lighting of the Olympic flame
- An official welcome.



### It's a fact

The ancient Olympic Games were held in honour of the god Zeus who was the ruler of the sky and king of all the gods.

### Medal ceremony

Every event has its own medal ceremony. You can make medals before your mini Olympics or let girls do them as part of a challenge.

To make a medal you could use CDs threaded on to ribbons. Give the CDs a gold, silver or bronze centre. Alternatively, make medals from gold, silver and bronze card.

Those assisting at medal ceremonies wear costumes connected with the host country. This is a perfect excuse for Leaders to dress up in something daft!

If you are holding a medal ceremony in your unit and not as a bigger fun day, get the girls to design and make a special costume using odds and ends such as crêpe paper.

### A big event

Get together with your District team to organise your own mini-Olympics using some of the events from the pentathlon challenge.

As well as competing in sports you can hold your own Opening Ceremony and medal ceremony.



# The big debate

*Do you want to enter your area in a bid for the Olympic Games?*

## Debate background

Senior Section members often relish a big debate in which they take on roles, arguing good and bad points of a situation.

Imagine your local area is bidding to hold the Olympics. Hold a debate to discuss the motion that: 'A successful Olympic bid would destroy the infrastructure of our community'.

The girls will need to assume various characters to thrash out the things that the community stands to lose and gain from a successful Olympic bid.

The views of each character should be heard before questions can be asked and decisions reached. You will need to appoint a chairperson to uphold order, just in case things get a bit too lively!

We have given you some character backgrounds to get started. The girls may need a week to prepare their cases before the debate.

At the end of the debate hold a vote to see if you think the Olympic bid should go ahead or not.

## The hotelier

Currently your hotel is only used by passing trade, which is not very much.

A successful Olympic bid would not only mean beds filled at high rates during the event itself, but future trade from tourists visiting the area.

## Home owner

You have lived in the same house since you were born, in a close-knit community that supports each other.

From the initial plans, you see that your road is likely to be demolished for the main stadium. You will lose your house under compulsory purchase and be moved to new accommodation on the edge of the city.

## Property developer

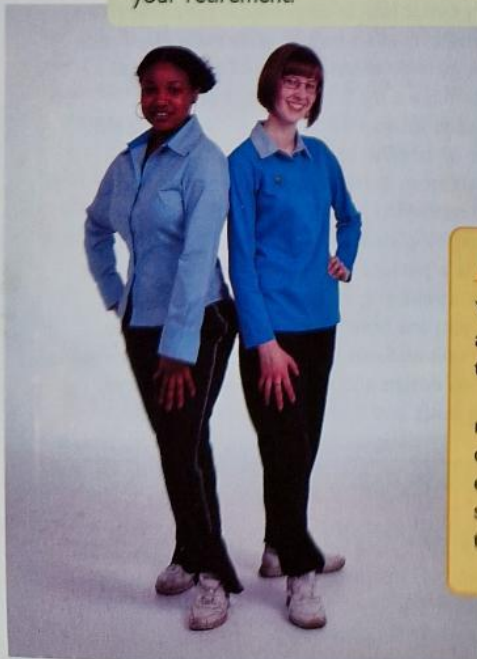
As a property developer your business has been affected by restrictions on new housing in the local area.

The possible business created by the Olympics would provide you with a nice little nest egg for your retirement.

## University officer

As the local university finance officer you are struggling to make ends meet with cuts in government funding.

If you could let out your halls of residence at advantageous rates to athletes and visitors you will receive welcome extra income that would enable you to build a new media centre.



## Elite athlete

You are a very promising athlete verging on national team status.

Not only might you get to run for your country in your country, but you will also enjoy using the new top-class stadium that they are planning to build in the area.







## Youth sports coach

You coach a large number of young people in sport and believe in all the good things that sport can give them. You know that sport doesn't only improve their health but has numerous other benefits such as preventing crime, building self-esteem, providing enjoyment and so on.

You are worried that all the sports funding is going to be ploughed into the Olympics and that sport at the grass roots will suffer.

## Local councillor

As the local councillor you know that the poor local transport and daily gridlock on the roads has been the cause of a lot of complaints. Not only from residents but from businesses too.

The money for the Olympics will provide an opportunity to improve the roads and to create a more effective transport infrastructure.

## Mrs Average

As Mrs Average, you're not really interested in sport. You can only see that the Olympics will bring chaos and inconvenience.

You have been waiting for a hip replacement for 18 months and think money spent on sport is a waste of time and would be better spent on the health service.

# It's a myth

## Greek mythology is full of strange stories of the gods...

There are many stories of the Greek Gods, some of the tales have a moral warning while others give ancient explanations as to why things happen.

The story of Persephone explains what the Ancient Greeks thought caused the change in the seasons.

Perhaps you could use this Greek myth as a base for some drama. Or why not make it into a puppet show to perform to others?

■ You can find more Greek myths at [www.mythweb.com](http://www.mythweb.com).

## The story of Persephone

Demeter, the goddess of corn had a very beautiful young daughter called Persephone who would help her tend the crops and reap the harvest.

Hades, god of the underworld, would watch Persephone from afar and fell hopelessly in love with her.

Knowing that Demeter would never agree to a marriage, Hades wooed Persephone behind her mother's back and carried her off in his chariot to the underworld.

Demeter was so upset by this that she stopped all the plants on the Earth from growing.

Eventually, Zeus, king of all the gods, became worried that no food was growing and his people would starve.

So he sent Hermes, the messenger, off to the underworld to give Hades a warning that he must give up Persephone or else! The only condition to the warning was if Persephone really, really wanted to stay in the underworld, then she could.

Now Persephone didn't really like living in her dark underworld home and Hades knew this. She was longing to get back to the bright sunshine of the fields and to help her mother with the harvests.

Hades came up with an idea and tricked Persephone into eating some magic pomegranate seeds. The seeds meant that Persephone could go, but in six months she would return to him.

So Persephone went back to Earth and Demeter was so happy that all the plants bloomed in the summer sun. But, after six months, when Persephone returned to the underworld, all the flowers wilted and died without her.

So this is why we have summer and winter, as Persephone travels back and forth between the Earth and the underworld, bringing with her sunshine and flowers for six months of the year.





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# WIDE CHOICES

GIRLGUIDING UK IS FULL OF OPPORTUNITIES FOR YOUNG WOMEN

By the Valuing Young Women Pilot Group

Rangers, Unit Leaders, Unit Helpers, Commissioners, Trainers... the list of possible roles for Senior Section members is endless!

If you're 14-26 you can also take part in numerous trainings and schemes within Girlguiding UK including the Duke of Edinburgh's Award Scheme and the Queen's Guide Award.

## LOOK WIDER

Helping you to do all you can do and to be all you can be is the Look Wider programme — Girlguiding UK's personal development programme for members aged 14-26.

Organised under eight key areas called Octants, subjects include Creativity, International, Independent living and Leadership. You can work through the Octants on your own, with a partner, or in a team.

## RANGERS

Rangers is one of many choices for Senior Section members. In Rangers you are still part of a group with other like-minded people and the emphasis is on doing what you want, when you want and how you want!

## INTERNATIONAL OPPORTUNITIES

Meet Girl Guides and Girl Scouts from different countries and cultures by taking part in a Guiding Overseas Linked with Development (GOLD) programme. GOLD offers members aged 18-30 the chance to do voluntary work in a developing country and broaden their horizons whilst helping others.

You could also work at a UK or overseas camp as a member of the service crew — you could be cooking, cleaning or even running activities amongst other things.

## TRAINING

Girlguiding UK offers many opportunities for training and qualifications which, aside from giving you important skills, are a good place to meet other Guiders.

Among the qualifications available are the:

- Camp and Holiday Scheme
- Catering
- Health and First Aid Scheme
- Walking Scheme
- Musical Activities Scheme.

If you're 18 or older and have held an appointment card for 12 months you can work towards the Adult Training Qualification. Not only does it cover every aspect of adult training, but participants will also gain units towards a National Vocational Qualification (NVQ).

## OPTIONAL TRAINING

The Optional Training Modules are a series of nine modules. They can be worked on during a training, by a group of Guiders without a Trainer and some can even be done by distance learning.

The modules cover subjects including:

- Time management
- Stress
- Team building.

KELVIN ROGERS



Senior Section members can work through Look Wider on their own or with others

## FURTHER OPTIONS

There are plenty of other activities and trainings you can take part in:

- The In4mer peer education scheme is run by young members aged 18-30. Members deliver workshops to young women on important issues such as bullying and self-image.
- Students can join SSAGO (Student Scout and Guide Organisation) and take part in activities such as camping, hiking and pub quizzes.
- The Junior Council is a chance for those aged 16-26 to represent their County or Region's Senior Section members.
- LINK is a similar non-uniformed organisation for any adults aged 18-30 and members combine service projects, outdoor activities, training and social events.

- You could also be a part of the British Youth Council which campaigns on youth issues and represents the views of young people to Government and the media.
- If you feel strongly about a Girlguiding UK issue then get along to Innovate, Girlguiding UK's forum for young women.

## FIND OUT MORE

- Find out more about these trainings and schemes by visiting [www.girlguiding.org.uk/members/seniors](http://www.girlguiding.org.uk/members/seniors).
- For further information on Optional Training Modules contact your County Training Team.
- To find out more about GOLD (Guiding Overseas Linked with Development) trips, please contact the International Department at CHQ on 020 7834 6242.



# UP THE WALL

By Dianne Bollom  
Assistant Outdoor Activity Adviser

## GET INVOLVED IN CLIMBING AND ABSEILING AND HELP YOUR GIRLS SCALE GREAT HEIGHTS

As a climbing instructor, Dawn Scott enjoys seeing Guides aim for the top.

'I get an enormous sense of satisfaction watching girls achieve something that they thought was beyond them,' said Dawn.

'I see them arrive overawed by the size of the wall and then leave saying, "That was great when can we come again?"'

### GET CLIMBING

Testing both physical and mental endurance, climbing is an exhilarating sport for all. You can get involved by taking part in the Girlguiding UK Climbing and Abseiling Training Scheme.

With four progressive levels, the scheme was conceived to enable Leaders to instruct girls safely in climbing and abseiling. Level 1 of the scheme usually involves two days of training followed by one day of assessment at a later date. The scheme allows Leaders with an interest in climbing to gain the expertise necessary to introduce girls to climbing and abseiling on towers and walls.

Anyone over 18 can undertake the qualifications and Girlguiding UK now has Trainers and assessors nationwide who can help at a local level.

The good thing about the climbing and abseiling scheme is that you don't need to have scaled Everest to take girls up a climbing wall. Remember though, that you are personally responsible for the girls' safety during the teaching session.

### FURTHER INFORMATION

Find out more about climbing and abseiling by visiting Girlguiding UK's web site, [www.girlguiding.org.uk/info/outabout](http://www.girlguiding.org.uk/info/outabout) and click on 'Climbing and abseiling'. You can also contact your Outdoor Activities Adviser who can help you find out about local courses, or contact Jane Mason at CHQ on 020 7834 6242.

You can find out more about climbing at these sites: [www.ukclimbing.com](http://www.ukclimbing.com) and [www.thebmc.co.uk](http://www.thebmc.co.uk).



HENRY IDDON

Learn to instruct your girls safely in climbing and abseiling with Girlguiding UK's training scheme

# NEW LEADER GRANTS

## GIRLGUIDING UK NOW HAS GRANTS AVAILABLE FOR LEADERS OF TRIPS ABROAD

By Della Salway  
Girlguiding UK International Commissioner

In an effort to give more young members the opportunity of a guiding experience abroad, Girlguiding UK has a new set of grants available. The grants are being offered to Leaders of residential international trips who are using the trip to complete the Travelling Abroad module of the Camp and Holiday Scheme (module 12).

A grant of £100 is available, with a further £50 for events where members will meet Guides or Scouts from another country. The grants are limited and will be offered on a first come, first served basis. The scheme will be reviewed after one year, when the amounts available and allocation of funds may be amended.

### MUCH-NEEDED SUPPORT

As Girlguiding UK International Commissioner, I would love for all our young members to have a guiding experience overseas. But this can only happen if Guiders feel able to lead trips.

To help Guiders feel more comfortable leading trips abroad

we're providing more training opportunities that will help build skills and confidence in overseas travel. We're also hoping that the grants – which come from a trust fund left to Girlguiding UK by Mrs R.H. Boulton specifically for providing grants to Leaders of overseas trips – will encourage those for whom finance is a barrier.

### FURTHER INFORMATION

Details of the grants and application forms are available at [www.girlguiding.org.uk/international](http://www.girlguiding.org.uk/international). Details and application forms are also available from County and Country and Region International Advisers. You can also request an application form by writing to the International Team at CHQ at the address on page 26. Application forms should accompany form A/A through the usual channels (see *The Guiding Manual* 4th edition).



# MAKING FRIENDS

GIRLGUIDING UK IS RELAUNCHING ITS PEN PAL SYSTEM SO MEMBERS EVERYWHERE CAN HAVE FRIENDS EVERYWHERE

By Suzanne Howell  
English Post Box Secretary Team

At school I was the girl who was happy to stand up in class and tell everyone about the latest letter I had received from my pen pals. I started 'local' with Kay from Ireland and Elaine from Scotland, going on to acquire more pen pals from all over the world.

So when I spotted the advert for the position of English Post Box Secretary in *Guiding magazine* last year, I picked up the phone straight away to find out more.

## THE PEN PAL SYSTEM

Girlguiding UK now has five new English Post Box Secretaries and is relaunching its International Pen Pals system so new friendships can be made. The new Post Box Secretary Team will be able to cope with a much larger number of pen pal links and the system also takes into consideration child protection issues.

International Pen Pals is an amazing way to make friends around the world, to learn about different cultures, and to find out what

other Guides get up to. Lifelong friendships are formed and, who knows, you may even meet face to face one day — I'm meeting one of my Guiding pen pals from the United States soon.

My Guiding pen pals have also opened up opportunities for other Girlguiding UK members. Thanks to three of them my own Brownie Pack now writes to girls in New Zealand, Canada and the USA. It's fantastic to see them enjoying their new friendships around the world as I continue to enjoy my old ones.

## FIND A PEN PAL

For more information on how you can help your girls find pen pals visit [www.girlguiding.org.uk/international](http://www.girlguiding.org.uk/international) and click on 'Guides around the world' then 'International pen pals'. Members from Scotland, Wales and Northern Ireland can also visit our web site but should complete the process through their own Country office.

## NEW FUN BADGES

BROWNIES WILL LOVE THESE EXCITING NEW BADGES

This colourful range of new fun badges has been launched especially for Brownies. The badges cost 90p each, order codes as follows:



Brownie Friends, 2893



Make Way for a Brownie, 2894



Outdoor Adventure, 2895



Brownie Holiday, 2429



Tidy Brownies, 2896



Happiness is being a Brownie, 2897



Brownie Camp 2898

## HOW TO ORDER

To order your Brownie fun badges contact the Trading Service on 0161 941 2237, email [tradings@girlguiding.org.uk](mailto:tradings@girlguiding.org.uk) or fax 0161 941 6326. You can also order online at [www.guidingessentials.org.uk](http://www.guidingessentials.org.uk).



## SCIENCE OF SPORT

A hands-on exhibition at the Science Museum, London, provides an energetic and educational insight into the world of sport.

Using simulators and interactive displays, visitors can get active by dribbling a football against the clock, climbing an indoor rock face and testing the accuracy of their tennis shots. They can also compete against friends in a quick sprint — complete with action replay to check out their technique.

For the less energetic there's the chance to learn how our bodies power us to sporting success and to admire a range of sports memorabilia.

Science of Sport runs until **September 5**. For more information and entry fees please call **0870 906 3890**.

## TOGS FOR DOGS

Help the girls in your unit learn more about how hearing dogs transform the lives of their deaf owners through Togs for Dogs Day on **June 4**.

The day is organised by the charity Hearing Dogs for Deaf People. Participants are asked to donate £1 to wear their own clothes to school or their unit meeting, or don an item of clothing in maroon — the colour of hearing dogs' working coats.

An information pack — containing fun and informative exercises, such as learning basic sign language — is available to every group participating in this year's event.

For more information about how to get involved in Togs for Dogs Day, call **0184 434 8100** or visit the web site at [www.hearing-dogs.co.uk](http://www.hearing-dogs.co.uk).



HEARING DOGS FOR DEAF PEOPLE

## GUITAR GIRLS

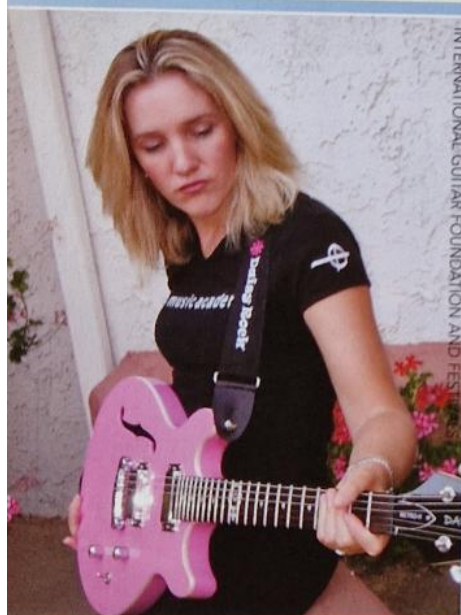
Girls are being urged to pick up a plectrum and break into the world of rock and pop guitarists.

The International Guitar Foundation and Festivals are putting on a series of girl-only rock and pop classes across the UK in a bid to encourage more females to take up the guitar.

Workshops cost just £3 for a four-hour session and instruments will be provided free of charge. Courses will be held on the following dates:

- **London:** May 1, May 16 and June 13
- **Bath:** May 22
- **Bracknell:** June 5 and 6
- **Edinburgh:** August 11 and 12.

Places are limited so book soon. For more information call **0870 240 6783** or visit [www.igf-events.com](http://www.igf-events.com).



INTERNATIONAL GUITAR FOUNDATION AND FEST

## CHILD SAFETY WEEK

Help get important safety information to your girls during Child Safety Week from **June 21-27**.

The theme of this year's week, which is organised by the Child Accident Prevention Trust, is 'Check it, don't chance it!'. The message to parents and carers is that quick, simple checks can prevent many childhood accidents.

A free *Ideas Booklet*, containing facts, practical activity ideas, thought-provoking quizzes and details of useful resources and contacts is available.

To order your *Ideas Booklet*, or for more information about Child Safety Week, call **020 7689 4535** or visit [www.capt.org.uk](http://www.capt.org.uk). Alternatively, the booklet can be downloaded from the web site. Click on 'Downloads' and then 'Child Safety Week Ideas Booklet'.

## BRING YOUR BEAR

Why not hold a bear-illiant party to help sick children?

The charity Action Medical Research is calling on schools and children's groups to join their biggest ever 'Bring Your Bear' party between **June 21-25**.

Action Medical Research wants children to bring their bears to school or their unit meeting and raise money to help sick children using the fund-raising ideas in a free pack. The charity hopes more than 1,000 groups will join the fun and organise events to raise over £125,000.

For more information about Bring Your Bear, and to order your free fund-raising pack, call **0140 332 444** or visit [www.action.org.uk/byb](http://www.action.org.uk/byb).



ACTION MEDICAL RESEARCH

## GET SUN SMART

Some of the UK's top stars are urging children and young people to take care in the sun this summer.

Cancer Research UK has joined forces with the Government to launch the second year of its SunSmart campaign. The aim of the campaign is to raise awareness of how to be safer in the sun and protect against skin cancer.

Celebrity supporters include Texas lead singer Sharleen Spiteri and soap star Christopher Parker, who plays Spencer Moon in *EastEnders*.

For more information about the SunSmart campaign and for a free skin cancer leaflet, send a sae to: Skin cancer leaflet, Cancer Research UK, PO Box 123, London WC2A 3PX or visit [www.sunsmart.org.uk](http://www.sunsmart.org.uk).



## NEW RESIDENTIAL RESOURCES

If you're thinking about organising a residential event, look no further than the new *Going away with...* series.

The separate books cover Brownie, Guide and Senior Section events and are designed to link into the Training Opportunities: Camp and Holiday Scheme. The books include all the information you need to plan and run a successful overnight, holiday or camp.

Inside you will find clear, practical, up-to-date advice on all areas of residential experiences including planning and administration; budgets; catering; health and first aid; safety; equipment; programme planning; large scale and joint events; and international travel.

All three books are available from the Trading Service, order codes as follows:



- *Going away with Brownies* order code **6695**, price £6.50
- *Going away with Guides* order code **6696**, price £6.50
- *Going away with the Senior Section* order code **6697**, price £6.

Rainbow overnights, a new book for Rainbow Leaders, will be published later this year with the Rainbow Renewal resources.

## NEW GO FOR IT!

It's pink, it's hexagonal, it's *Go For It!* Be constructive.

Guides won't want to miss this new *Go For It!* with a great range of activities on the theme of construction. It challenges girls to be creative, explore their environment and stretch their imaginations.

Produced in conjunction with the CITB-ConstructionSkills, the activities include designing a dream holiday home, building a skyscraper and writing and acting a soap opera.

For extra fun, the cards have been specially designed so that Guides can use them to build all kinds of shapes and structures.

*Go For It! Be constructive* is available from the Trading Service, order code **6687**, price £5.75.



## WHAT'S ON DIARY

These residential opportunities are open to any Girlguiding UK member — Commissioners, Guiders, Senior Section members, Guides, Brownies and Unit Helpers as relevant. For more details of the content and cost, please phone/email the appropriate centre.

### BRONEIRION

01686 688204

brone@talk21.com

May 14-16

Brownie musical adventure

June 18-20

Baden-Powell Challenge Adventure

June 25-27

Go For It! Guides — Brownies aged 9+

### HAUTOBOIS

01603 737357

angliahq@angliaguides.org.uk

May 7-9

Festival weekend — open to adults of all ages and abilities

June 18-20

Recorder weekend — open to adults of all ages and abilities

### BLACKLAND FARM

01342 810493

blackland@girlguiding.org.uk

May 7-9

Try Camping — for Leaders and Young Leaders without a Warrant

May 8-9

BCU 1 & 2 Star Kayak

May 15-16

Beginners' Rock Climbing

May 29-30

BCU 1 & 2 Star Kayak

June 2-3

BCU 1 & 2 Star Kayak

June 5

Fund-raising fun day — open to all

June 5-6

Girlguiding UK Rock Climbing Scheme, Level 2

### FOXLEASE

02380 282638

foxlease@girlguiding.org.uk

May 14-16

Lifeguarding course

June 1-3

Baden-Powell Challenge Adventure

June 4-6

Outdoor activities from the meeting place — Brownie and Guide Guiders

June 11-13

Time out for busy Leaders

June 11-13

Support for ex-Young Leaders working towards module 4

### WADDOW

01200 423186

waddow@girlguiding.org.uk

May 28-30

Taste of Guides for Brownies with their Leaders

June 4-6

Baden-Powell Challenge Adventure

### NETHERURD

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bookings@netherurdhouse.freuk.com

Contact the Training and Activity Centre for more details

### LORNE

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## Special offer!

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Alternatively, shop online for your essential guiding resources and keep up to date with new products at [www.guidingessentials.org.uk](http://www.guidingessentials.org.uk).

For details of your local depot call freephone **0800 838227**.



## WALKING COURSES

For details of the following walking courses, contact Pat Wheatley at CHQ on **020 7834 6242** ext 205 or email [PatW@girlguiding.org.uk](mailto:PatW@girlguiding.org.uk).

- Trainers weekend for Level 3 holders, Lake District, **May 21-23**
- Level 2 Training and Assessment, Cader Idris, Wales, **October 8-10**
- Level 3 Training and Assessment, Walking Group Leader Assessment, Central Scotland and Eastern Lake District, **October 15-17** and **November 5-7** (split course, participants must attend both parts).

LaSER Region has organised two events for anyone with an interest in walking. The accommodation will be indoors and informal training will be given. To apply, contact Elizabeth Drapper on **020 8772 1750** or email [elizabethd@laser.a4u.com](mailto:elizabethd@laser.a4u.com).

- Cader Idris, Wales, **June 11-13**
- Buxton, Peak District, **September 10-12**.



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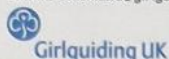
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For a brochure please ring Shelley Bent on 01525 716237.  
E-mail: admin@cathedralcamps.org.uk or visit our Web Site: www.cathedralcamps.org.uk

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Charlie Leadbetter at  
Kingsdown International Scout Campsite,  
The Avenue, Kingsdown,  
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Tel: 01304 373713  
Fax: 01304 375202  
email: kingsdown@aol.com  
www.kingsdownscoutcamp.org.uk



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[www.longridge.org.uk](http://www.longridge.org.uk)

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Although the business has expanded and diversified over the years to meet market needs, Webb Tolley Badges pride themselves on still offering a personal service to all their customers, old and new. Always greeted by a friendly voice, the company ethos is to be there to help and advise customers from their initial enquiry and initiation of their designs through to delivery of their badges. Working from customers' rough sketches or design briefs, the in-house artwork department will produce finished artwork for approval prior to production, and a personal contact is appointed to handle each order through to completion and delivery.

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# TAKE ACTION

AN INTERNATIONAL EXPERIENCE NEEDN'T STOP WHEN YOU RETURN HOME,  
AS ROVERWAY LEADER CHERYL MARSHALL DISCOVERED

By Cheryl Marshall  
RoverWay 2003 Girlguiding  
UK Contingent Leader

Seventy Girlguiding UK members and myself travelled to Portugal last July to help various local communities as part of the RoverWay 2003.

Organised by the Portuguese Scout Federation and supported by the Europe Region of the World Association of Girl Guides and Girl Scouts (WAGGGS), RoverWay had over 2,400 participants from more than 30 countries.

Consisting of a three-part programme, RoverWay was an international experience with a difference. While the UK teams of eight not only worked on Community Action projects all over Portugal, they were also committed to carrying out projects in the UK on their return home.

## MANYWAYS

In the first five days of the two-week event, teams were sent to 50 different places in Portugal. Called ManyWays, this part of the programme involved working with local Portuguese communities.

Projects for the UK teams included helping to create parks, plant trees and build walls, as well as clearing out rivers, vineyards, and forests.

## CROSSWAYS

After the projects were completed, teams travelled to an international camp at a national park in Portugal.

This part of the programme was called CrossWays and involved participants taking part in 60 different workshops which concentrated on four areas — citizenship, challenge, communication and culture.

## BACK HOME

Back home it was time for the UK teams to use their experience in Portugal to develop a similar community project. After all, why should an international experience stop

once you return home?

Inspired by the Portuguese Scouts' pride in their association, one team organised a weekend event for older Guides aimed at encouraging them to stay in guiding. They promoted Senior Section opportunities, completed a conservation project, held a Portuguese-style campfire, organised a beauty evening, held a guiding quiz and even went go-karting.

## THE UPDATE

It's now ten months since RoverWay, yet all of the UK teams are still involved in Community Action projects around the UK. The teams are still talking about their Portuguese experiences and enjoying taking on their post-RoverWay commitments.

Personally, my project management skills have improved dramatically as has my confidence in dealing with new, difficult, and challenging situations. The three-part programme of RoverWay made it a special experience and I hope that it is used as a model for future international camps.

## FURTHER INFORMATION

As a Senior Section member, you can now participate in RoverWay-style events much more easily. The new Travelling Abroad Module, which is now part of the Senior Section Permit, enables groups of up to eight girls to visit events abroad similar to RoverWay.

Find out more about the international opportunities available to Girlguiding UK members by visiting the international pages at [www.girlguiding.org.uk/international](http://www.girlguiding.org.uk/international). Alternatively, you can contact your local International Adviser or look at the Senior Section Residentials Hotline section in the November 2003 issue of Guiding magazine.

Taking part in one of the many workshops at RoverWay



CHERYL MARSHALL



There's a special prize for the best photo and £5 Trading vouchers for other photos we print. Please include a sae so we can return your pictures.



KAREN GRIFFITHS

## Grassy time

Laid out at a recent fun day at Broneirion are the 1st Machen Brownies.



SYLVIA SHORT

## Snow fall

These little snowflakes are from the 1st Warminster Brownies. The girls took part in a local carnival in which they won first place in their class.

## Ghana Guides

These Guides from Ghana enjoyed the Norfolk Scout and Guide International Jamboree, where they sold crafts to raise money for Guiding in Ghana.



A POLAINE

## Star letter

The writer of this month's star letter is Muriel Barrett who wins a Girlguiding UK pen.

### Special Promise mat

Our first meeting of 2004 was based on new year resolutions and we agreed that a 'resolution' was a promise to ourselves. I promised the girls that I would amend our old Promise mat — but how to do it?

After discussions we Leaders decided that the older mat should sit on top of a new larger mat. Thank goodness my son no longer required his blue bedding and that I'd kept the fabric scraps from the original Promise mat!

The mat was displayed for the first time at our World Thinking Day service. It's great to have both delivered on my promise and for our unit to have a new Promise mat!

Muriel Barrett

## 5th Codsall Rainbows

## Recruiting girls

In response to the 'Recruiting girls' article in March's issue of *Guiding magazine*, recruiting more girls by taking friends on outings would seem to be a good idea but how do we stand with regard to insurance cover?

We have always understood that only girls who were members or who had a parent

helper present were covered by our insurers. Has this position changed or have we misunderstood the rules?

Hilary Blackham  
Guider

#### 4th Gerrard Cross Brownies

- Liz Harris, who is the Membership Development Manager at CHQ, replies:

The Guiding Manual states that persons covered by the Association's insurers include 'prospective members of Girlguiding UK prior to making the Promise' and 'non-members while involved in guiding activities'.

The *Guiding Manual* provides further information about the Association's insurance policy and the stipulations included. These stipulations include adult to girl ratios and parental permissions as mentioned in the article. Details are also printed annually in *Guiding magazine* and can be found in last month's *Hotline*.

The activities included in the Girlguiding UK Recruitment Toolkit Part 2, including 'Bring a friend outing', were checked prior to publication to ensure that they were covered by our insurance.

## Flexible fleeces

I wonder if consideration could be given to changing the material of the Guide gilet to that of the new Brownie gilet — 65 per cent polyester, 35 per cent cotton with a 100 per cent polyester polar fleece lining.

I feel that both the Guide and Brownie gilets would also benefit from having the fleece lining detachable to cater for the hot summers we're now experiencing in the UK.

A detachable fleece lining would also benefit those units abroad in hotter climates with Guides and Brownies able to wear their gilets with their badges on during summer.

La. 1000 1/2 1/2 1/2 1/2

All ideas welcome

We love the Activate section in *Guiding* magazine and try out a lot of the ideas on our Brownies. We're now after some fun Activate-style activities or crafts to make use of some supplies that our Pack has been given — a large bag of buttons of all shapes and sizes and unwanted CDs. Has anyone got any ideas as to how we can use them for crafts?

Janette Cunliffe

Brown Owl

8th Catford Brownie Pack

- Write to Janette c/o Guiding magazine at the address on page 26.



## GIVEAWAYS

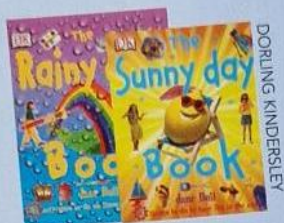
## Year-round fun

Keep kids occupied no matter what the weather with Jane Bull's *The Sunny Day Book* and *The Rainy Day Book*, from Dorling Kindersley.

Each book focuses on crafts and activities for either indoor or outdoor environments, using everyday items found around the home.

Projects range from making kites and sundials to making pop-ups and papier mâché crafts.

Guiding magazine has 20 sets of *The Rainy Day Book* and *The Sunny Day Book* to give away. Mark your entry Guiding magazine/books.



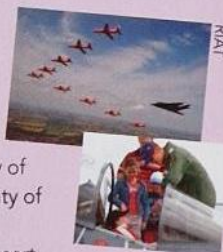
DORLING KINDERSLEY

## Flying high

Commemorate the 60th anniversary of D-Day at The Royal International Air Tattoo (RIAT), between **17-18 July**, at RAF Fairford, Gloucestershire.

RIAT 2004 will feature breathtaking performances from high-flying aerobatic teams and a static line display of over 300 aircraft. There will also be plenty of family entertainment including, hot air balloons and a spectacular open air concert by the RAF bands.

Guiding magazine has 15 pairs of adult tickets, worth £70 per pair, to give away. Just mark your entry Guiding magazine/tattoo.



RIAT

## Bright idea

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For more information call **0120 248 7757** or visit [www.h3products.com](http://www.h3products.com).

Guiding magazine has 15 PALight Survival torches, worth £20 each, to give away. Mark your entry Guiding magazine/torch.



H3 (UK) LIMITED

## COW PARADE

The Union Mills Rainbows, from the Isle of Man, had an unusual visitor last summer when the Golden Jubilee Trust held a cow parade on the Isle of Man.

Over 30 'handmade' cows were put on display around the island, including one in the grounds of the Rainbow's meeting place.

The cows were mostly designed by young people and were auctioned off to raise money for citizenship, life skills and adventure education projects.



KIRSTY CASSIDY

## BROWNIE BIRTHDAY

The 1st West Bromwich Brownies, from the West Midlands, have three birthdays to celebrate this year!

The unit shared their 60th birthday with the local Trefoil Guild and – of course – it is the 90th birthday of the Brownie section!

The Trefoil Guild and the Brownies celebrated on a day trip to a local activity centre.



S. KEELING

## CHINESE NEW YEAR

The 2nd Market Bosworth Brownies celebrated the Chinese New Year in style at a special themed night, as part of their World Cultures Badge.

The girls wore fancy dress, enjoyed a Chinese cookery demonstration, tried fortune cookies, and took part in a dance using paper dragons they had made in a previous session.

The unit had so much fun they are now starting on their World Traveller Badge.



JAYNE SANDFORD

If you want the chance to win one of our great giveaway prizes, the closing date for entries is **May 31**. 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](mailto:guiding@girlguiding.org.uk).

## GIVEAWAYS



## FUND-RAISING FUN



The 1st Knowle Brownies, from the West Midlands raised an amazing £175 for The Guide Dogs for the Blind Association.

The girls enjoyed a visit to the local training centre to present their cheque.

The highlight of the day was meeting some of the dogs during a guided tour of the centre.

## GUIDING FRIENDS

These Rangers from Neath, South Wales, have all recently achieved their Queen's Guide Awards.

The girls have been in guiding together since they were Rainbows in 1985, all attending different Brownie units and then joining each other again in the same Guide and Ranger units!



VERIAN WALTERS

## DISCO DIVAS



All sections from Brize Norton District, Oxon, raised money for Children in Need at a disco party last year.

The disco was held in three sections: one for Rainbows, one for Brownies and one for Guides and Senior Section members.

Here are the older group, holding a cheque for £500 — the total amount raised for the charity.

## INTERNATIONAL FRIENDS

When Jennifer Matthews from Milton Keynes attended a Guide and Scout Jamboree in Nepal in 1987 as a Ranger, she never imagined that she would start a friendship that would stretch over 17 years.



While at the Jamboree Jennifer met Nepalese Girl Scout Manaslu and they have kept in touch ever since.

Here are Jennifer and her family with Manaslu when she visited the UK last year.

IN JUNE'S

**Guiding**  
magazine

### THE BIG RECRUIT

Discover how a dynamic new working group will be trying to turn Girlguiding UK's waiting lists into joining lists.

### YOUR YEAR

Find out all about guiding activities and achievements across the UK with our Annual Review 2003 insert.



### GET INFORMED

Have you got what it takes to become an In4mer? Find out what it's all about from two Senior Section members currently enjoying the role.

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

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Dorothy Langton - North Walsham Guides

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