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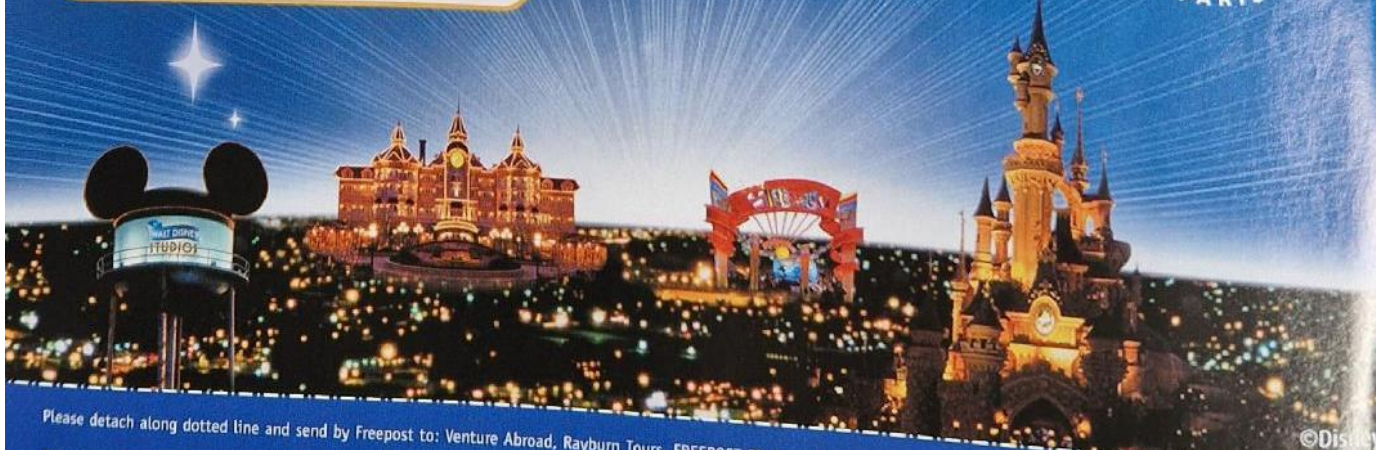
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Welcome

Did you know that there are more than 50,000 girls in the UK waiting to join local units? This figure is hard to visualise but try picturing a football stadium. For instance, if all these girls went to Chelsea FC's ground at Stamford Bridge they would more than fill the seats leaving 8,000 standing. To help reduce these numbers, Girlguiding UK has formed a new working group – Project 50K – to recruit more adult volunteers who are desperately needed. Our goal is to turn the waiting lists into joining lists. Turn to page 7 to read more about Project 50K.

Summer is a busy time and if you have plenty of guiding activities on the agenda, don't forget to treat yourself too. Girlguiding UK's Training and Activity Centres have a variety of relaxing breaks on offer. Look no further than our Waddow Hall feature on page 22 for inspiration!

On a more sober note, The Honourable Mrs Betty Clay CBE, daughter of Lord Baden-Powell and Olave, Lady Baden-Powell, passed away peacefully on Saturday, April 24. Aged 87, she was much loved and will be sorely missed by many. Her energy and dedication to Guiding worldwide is truly an example to us all.

ANNUAL REVIEW

Find out all about guiding activities and achievements across the UK in our Annual Review 2003 insert included in this issue.

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A new project aims to make guiding available to more girls

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Melanie Selby gives an update on the 4 peer education programme

FRONT COVER

Cover photograph credit: Laura Ashman

This month's highlights

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OPPORTUNITIES FOR MEMBERS

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. Spaces are still available — to find out more, visit www.girlguiding.org.uk/new/football.

SEPTEMBER

- **3-5** International Opportunities weekend (18-30s), Buckinghamshire. For more information, see the International pages at www.girlguiding.org.uk.

NEWS IN BRIEF

FREE GO FOR IT!

Don't miss the latest Go For It! free in next month's *Guiding* magazine. *Go For It! Blast from the past* is packed full of games and activities from through the ages.

GEOLOGY AWARD

The photograph accompanying the 'Guides gain geology award' article in April's issue, page 5, was incorrectly attributed to Sandie Robb. The photograph should have been credited to the British Geological Survey (permit number IPR/49-6C).

FRIENDS OF SANGAM

The Friends of Sangam (UK) will be holding its annual gathering and AGM from **September 24-27** at Glenbrook outdoor activity centre in Bamford, Derbyshire.

The AGM will be held at 10.30am on **September 25**. Everyone with an interest in Sangam is welcome to attend.

For details, please write to: Sheila Harrop, 25 Littlefield Lane, Grimsby DN31 2LG.

PRA FOR SCOTLAND

In April's *Elected members* article, page 10, Mary Patterson was incorrectly described as Public Relations Adviser for Scotland. Liz Nicoll fulfils this role as the Marketing and Communications Chair. We apologise for any confusion caused.

GOLD INTOPS

If you have applied for GOLD INTOPS since mid-May, please re-submit your form to karenb@girlguiding.org.uk. This is due to a technical error on our web site that we have recently rectified.

COMMONWEALTH CELEBRATION

Nine Brownies from the 1st Iver Heath Pack, Buckinghamshire, were lucky enough to meet The Queen at a Commonwealth Day celebration at Westminster Abbey.

The event, on March 8, was also attended by HRH Prince Phillip, HRH Prince Charles, Prime Minister Tony Blair, Lord Mayor of London Ken Livingstone and South Africa's Archbishop Desmond Tutu.

The Brownies, along with three Leaders, were invited to attend the celebrations by The Council of Commonwealth Societies. The girls joined The Queen and representatives from the 52 Commonwealth countries in a flag procession, escorting the Commonwealth Flag to Westminster Abbey. Afterwards, The Queen spoke to the girls, commenting on how well they had done and how smart they looked in their uniforms.

Guider Dawn Seston said, 'During the escort the girls had the biggest smiles on their faces. It was a wonderful day and I'm sure they will remember it for the rest of their lives.'



Members of the 1st Iver Heath Brownies look on as The Queen greets Archbishop Desmond Tutu

AROUND THE REGIONS

LaSER Over 70 participants took part in Ignition — an event at Thorpe Park to launch the new Region Youth Forum.

NORTH WEST ENGLAND Sefton County took part in a hop, skip and jump event raising £1,450 for Alder Hey Children's Cancer Unit. ● 140 Rainbows joined in the fun at 'Over the Rainbow', an event at the Abney Scout and Guide Centre in Stockport. ● Two Guides from Cheshire Forest County won the County Junior Shield at the Cheshire County Scouts Cheshire Hike.

ANGLIA ● 650 Brownies from across Hertfordshire experienced new sports at an event in Wodson Park held to celebrate the Brownie section's 90th birthday.

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



CELEBRATING A GUIDING LIFE

THE HON MRS BETTY CLAY, CBE
1917 – 2004

Betty Clay, daughter of Lord Baden-Powell, the Founder of guiding, died peacefully in her sleep on the morning of April 24 — a few days after celebrating her 87th birthday. The last direct link with our Founder and Olave, Lady Baden-Powell, Betty will be remembered for her warm,

friendly personality and her ability to make people feel at ease, needed and indispensable.

Closely involved in guiding all of her life, Betty became a Vice President of The Guide Association in 1978. Her commitment to Guiding and Scouting was recognised in 1997 when she was awarded a CBE in The Queen's New Year's Honours List.

Born on April 16, 1917, Betty was the third and youngest child of Lord and Lady Baden-Powell. She had the same mannerisms, enthusiasm and inflections of voice as her mother, but was loved for herself and for the varied work she did for both Guiding and Scouting.

Working her way through the Movement, Betty became a Brownie, Guide, Ranger, Guider and Commissioner, as well as a busy wife and mother. Betty always described herself as 'ordinary' and could identify herself completely with the girls in the units, their Guiders and their parents.

The fundamentals of guiding were what mattered to Betty and she was happiest with the basics — the outdoors, the Patrol system, the fun and, of course, the adventures.

Her own childhood was a happy one. She was educated at Westonbirt, Gloucestershire and St James', West Malvern, and went on to train in secretarial work. In 1934 she joined her parents and elder sister Heather on a world tour, visiting Guides and Scouts in the Far East, Australia, New Zealand, Canada and the USA.

In May 1936, while on the way home from South Africa, Betty met Gervas Clay, a Commissioner in what was then Northern Rhodesia. They married in September of the same year and returned to Northern Rhodesia where they lived until 1964.

Betty's 'Be prepared' training must have stood her in good stead for living in the African bush and bringing up her four children — Gillian, Robin, Nigel and Crispin — in hard conditions. In 1950 she became active in guiding again, serving as Acting District Commissioner, Commissioner for African Guides, Colony Commissioner and Division Commissioner. She was awarded the Beaver in 1963 for outstanding service to the Movement.

When the family all returned to England in 1964, Betty continued her guiding work, both locally and nationally. She was Division Commissioner for Taunton and Deputy Chief Commissioner for England. When England was divided into Regions in 1970, Betty became President for South West



England until 1991. She was President of the Trefoil Guild from 1989 to 1994 and was a founder member of the Olave Baden-Powell Society, for the World Association of Girl Guides and Girl Scouts, which was set up in 1985.

In 1999, Betty was guest of honour at Girlguiding UK's World Camp to celebrate the 75th anniversary of guiding (pictured above). Here she transmitted with great conviction her belief that young women can make a difference in every aspect of society.

Through Betty, the link with Lord and Lady Baden-Powell was kept alive for millions of young people and adults throughout the world. For that great service and for her own special qualities of simplicity, humility, practicality and generosity, we will be forever grateful.

Order your Brownie Rose

Last month *Guiding* magazine featured the new Brownie Rose, grown to celebrate the Brownie Section's 90th birthday. The rose is a buttercup yellow, lightly scented floribunda, with enormous trusses of blooms that grows to a height of 100cm with a width of 80cm.

Bred by Harkness Roses for Girlguiding UK, the Brownie Rose will be launched at the Chelsea Flower Show on May 25 at the Harkness stand. On the same day, from 10am, the Brownie Rose can be ordered by phone from the Trading Service. Roses will be delivered direct from Harkness Roses as bare rooted stock from October 2004.

Stocks available to order in 2004 will be limited as very few plants can be produced in the first year of growth. Those who are disappointed at not being able to purchase the rose this year will be offered a priority order form for the 2005 stock when many more roses will have been cultivated.

HOW TO ORDER

Telephone your order to the Trading Service from 10am on May 25, quoting order code **2993**. Only one plant will be available per order with payment by credit or debit card. The total cost is £11.45 including delivery. The Trading Service will inform you if stock is still available when you phone to order and, if sold out, will offer you priority ordering for 2005. You will receive your order from October 2004 from Harkness roses.

Only limited stock of 1,000 Brownie Roses are available at the price of £11.45.



Development Manager: Adult Support

Commonwealth Headquarters, London

£25,300 plus benefits

Due to an internal promotion Girlguiding UK has a vacancy for a training and development specialist.

Managing the Adult Support Team within our Guiding Development Department, you will work in partnership with the volunteer chairman of the Adult Support Group to coordinate the review and development of a range of training strategies. This role is key in the provision of appropriate support systems for 70,000 volunteer adult Leaders throughout the UK.

A holder of, or be prepared to work towards, an Assessors and an Internal Verifiers qualification, you will manage our OCR (Oxford and Cambridge RSA Examinations) Assessment Centre, which currently has around 120 Learning and Development candidates. Experience of working with volunteers and project management is essential, as is experience and knowledge of youth/children's work.

The job involves working during evenings and weekends and travel to other locations outside London.

To apply for the position, visit www.girlguiding.org.uk, email hr@girlguiding.org.uk or call 020 7592 1892 (answer phone).

Closing date: June 18, 2004.



Girlguiding UK



INVESTOR IN PEOPLE

Walks for the World

Members of Girlguiding Scotland joined WAGGGS Chairman Kirsty Gray, to raise money for Walks for the World. Mary Patterson (right), a member of the Walks for the World writing group, said:

'On a bright and sparkly morning Girlguiding Scotland met beneath the backdrop of the majestic Ben Vrackie near Pitlochry to launch our 'Girlguiding UK Walks for the World'.

'Alongside many of our young members was the UK Walking Adviser, Mary Mathews, the entire Scottish Outdoor Activities Team, the Scottish Chief Commissioner, Liz Pitcairn and the Chairman of WAGGGS, Kirsty Gray.

'During the year we will be asking each of the 38 Scottish Counties to provide two of their favourite walks which we will add to our database. We hope this will encourage people to get active. Kirsty has even hinted that she may get involved in some of these events.

'We will also be holding themed events over the next 12 months, such as forest trails and coastal walks, which we hope will get people active and help Girlguiding UK Walks for the World reach its target of half a million pounds. There will be opportunities for all ages to join in, so let's get walking.'

Feeling motivated? Don't forget to let *Guiding* magazine know how you get on. We'd love to hear what you are doing for Walks for the World! Please write to the address on page 30.



INTRODUCING PROJECT 50K

By the Project 50K Group

A NEW WORKING GROUP HAS BEEN FORMED TO HELP SUPPORT COUNTIES IN RECRUITING VOLUNTEERS

District Commissioner Samantha Axbey was having lunch with female friends recently when one of her friends made a surprising revelation.

'We were discussing the difficulties of combining work with looking after our own young children,' Samantha recalled.

'One of my friends, Anna Garrett, said, "I've got the perfect job that fits in with the kids. I'm my own boss, but I get support when I need it. My job requires creativity and imagination, it's incredibly varied, and I use my office and financial skills from my old job. I get to work with other people in a team and delegate to others but I also receive support. Best of all is the social life — that's fantastic!"

'The others looked fascinated. What was this job that Anna had found? As a close friend I was confused — I didn't even know she had a job. She continued, "It's running the Brownies. The only thing is, it doesn't pay anything."'

'The others looked mystified, but I was delighted. Anna had agreed to become a Brownie Guider nine months before, having never had any previous involvement. Guiding had quite literally transformed her life.'

MEETING THE DEMAND

Girlguiding UK is a growing organisation. Last year the number of girls and young women on waiting lists to join local units exceeded 50,000. The only way of turning our waiting lists into joining lists is to recruit more adult volunteers.

Girlguiding UK's vision is to have sufficient adult volunteer Leaders to enable every girl and young woman to have the opportunity to join Girlguiding UK. But to realise our vision Girlguiding UK needs all members to work together.

To help encourage this teamwork, a new working group — the Project 50K Group — has been formed to support Counties in recruiting adult volunteers. The 50K refers to the number of girls and young women on waiting lists.

LEAD THE WAY

Building on the success of Recruitment Week 2003, this year's Recruitment Week will be held from **November 8-14**. The week will again have a local focus and the Project 50K Group will provide tools for both units and Counties to support the week. Look out in future editions of *Guiding* magazine for information and advice on Recruitment Week 2004.

In the meantime, let us know if you have had any past recruitment experiences by emailing *Guiding* magazine at guiding@girlguiding.org.uk. Alternatively, you can contact us at the address on page 30. We'd love to hear from you!

The group is chaired by Jean Bell, Vice Chair of Guiding Development and previously the Association's Senior Section Adviser. Jean is Guider for Ashgrove Division Senior Section, and works for the local education authority where she is responsible for the recruitment and staffing of community centres. She is also supported by her husband and two daughters, one of whom is a Brownie Leader.

ABOUT THE GROUP

The Project 50K Group works to recruit adult volunteers and:

- Welcomes new Leaders and those returning to guiding
- Thanks and values the contribution of existing Leaders
- Retains existing Leaders
- Explores effective additional volunteer support
- Promotes flexibility in location and timing of unit meetings
- Focuses on ways of providing local guiding opportunities.

The group's aim is for every single new Leader to feel as passionate about guiding as Anna Garrett.



HENRY IDDON

Girls are queuing up to join guiding

A SUCCESS

Recruitment Week works, we just need people like you to help us find people like Claire Dodsworth from South Yorkshire. Claire said:

'I am one of the 280 women who contacted CHQ to volunteer during Recruitment Week 2003. I am 29 and have been out of guiding for 12 years but Recruitment Week gave me the push I needed to get back into the Movement.'

'I have spoken to my local Division Commissioner who is really enthusiastic. Recruitment Week is a fantastic idea. Well done to all those involved in making it a success!'

PATROL POWER

GO FOR ITS! HELP GUIDES TO WORK TOGETHER AND MAKE DECISIONS

By Sue Bell
Girlguiding UK Guide Adviser

Guides of today want to learn new things and have an opportunity to try activities in a safe and secure environment. By doing their best and contributing to the unit on a regular basis, they will all grow in their understanding of the Promise and acquire skills that will help them grow and develop their full potential.

To help us deliver the Guide Programme we use the Five Essentials:

- Guides work together in small groups
- Guides are encouraged to govern themselves and make their own decisions
- Guides have a balanced and varied programme
- Guides care for the individual
- Guides share a commitment to a common standard.

To encourage the use of the Five Essentials we have Go For Its!. By helping our Guides choose and use a Go For It! we are promoting active participation in the weekly meetings.

GO FOR IT!

A Go For It! is a themed activity resource produced in full colour, with photographs and illustrations to help the Guides' understanding. They are written for the Guides and two need to be completed in order to gain a Challenge Badge.

Go For Its! help Patrols make decisions

and work together. The activities cover the five programme zones – healthy lifestyles, global awareness, skills and relationships, celebrating diversity and discovery – to provide balance and variety.

Go For Its! also:

- Help individual Guides extend their interest by suggesting associated Interest Badges
- Promote a living Promise as the Guides work through the activities
- Encourage a Guide to do her best
- Can be adapted, as necessary, to suit individual Patrols
- Are fun activities that are designed to help Patrols make decisions, work together, plan, enjoy themselves, cooperate, communicate and tidy up.

WORKING TOGETHER

Patrol time can be difficult to operate as every group of girls works in a different way and has different needs. They can be working well one week and be completely disorganised the next. Sometimes we may despair and think that it's easier to plan and prepare for them, but Guides want to work together and plan, even though the group may not always cooperate and achieve all of their goals.

Our role as a Guide Leader is to help them achieve girl-led guiding, to have

ownership of the programme and to reach their full potential.

MAKING DECISIONS

Unless they are well established and have reached a point where self-programming is the norm, Patrols will need help to reach this stage.

The Go For Its! are the resources to help you achieve that. By using the model of Leaders' involvement (see page opposite), along with the Go For Its!, Guides can be encouraged to work together.

ASSESSING ACTIVITIES

Go For Its! are a tool to help your Patrols work together and make decisions. They can be used in different ways depending on the stages that the girls are working at. Each of these stages is explained on the opposite page.

There is no formal assessment for Go For Its!. As a Patrol, girls decide how the activities went. Did they enjoy them? Did things go well? Would they do anything differently next time? This should involve a quick chat with each other with, or without, the Leader — whatever works for the Patrol.

Go For Its! have a thumbs-up from the Guides, so let's use them as intended — as a Guide resource to help the Patrol system work better.



LAURA ASHMAN

THE GIRLS' VIEWS

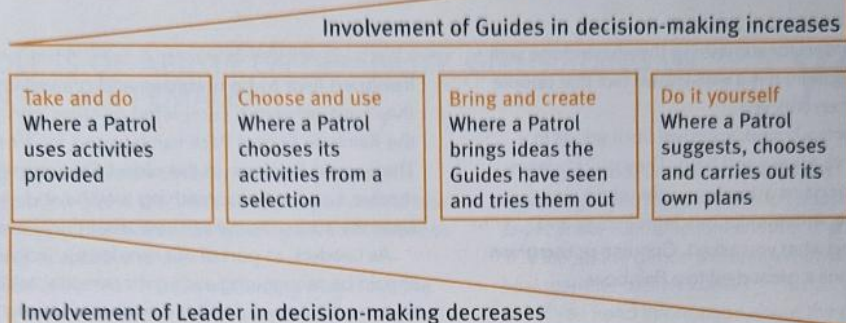
Here are some of the comments that girls made about Go For Its! during the evaluation of the Guide Programme:

- They make us work as a team.
- We all join in.
- Go For Its! are fun.
- We can work independently.
- We get to plan.
- Go For Its! help us get along.
- We can make our own choices.

Planning and working towards Go For Its! will be different for each Patrol

GO FOR IT! The four stages

This diagram has been taken from *Guiders' notes for leaders: Guide section*



TAKE AND DO

This is for Patrols that cannot make decisions easily or find it difficult to organise themselves. They will need to work together for 15 minutes on an activity that will encourage them to work together. As the Leader, you can choose the Go For It! title and then give them a simple choice — would they like to work on activity one or activity two? You provide the equipment and support the girls as they work through the activity, in case they find it difficult to share or work together.

This process can be repeated until four Patrol times have been completed and the Go For It! achieved. Next time give the girls a choice of Go For Its! — you can control proceedings by offering two or three titles from the range available.

CHOOSE AND USE

The Patrols that fall into this category are used to working together and can choose a Go For It! title from a large range. These Patrols will be able to work for longer periods of time together and find it easy to choose a title.

The Patrol may need help choosing the activities and you can direct them to activities that you think they may enjoy.

At this stage the Guides may also need help with planning and organising equipment and this process can be done alongside the Leader. It may also be suitable for the Patrol to choose one activity at a time rather than forward plan. Again the Leader is there to offer help and support.

BRING AND CREATE

Patrols at this stage are working well together and can use Go For Its! extremely well. They will be choosing from the full range, can bring appropriate equipment and can plan for up to four weeks in one go.

They are also able to use the Go For Its! creatively and may be using a particular Go For It! for the second time because they enjoyed it the first time round.

You will need to ensure that they are covering a balanced programme — make sure that they are not just eating and playing games — and that they are doing their best. Activities could be adapted to stretch the girls more or their own ideas could be used instead of the activities in the Go For It!.

DO IT YOURSELF

Patrols will be at the self-programming stage. Choosing and planning four to six Patrol times will be the norm and Patrol time could last for the whole meeting. You will still need to ensure that the programme is balanced and that everyone is responsible for some part of the activity though.

Older girls may need an added challenge. These Patrols could devise their own Go For It! and use the generic Go For It! card — that has space for your own title — as the reward.

Patrols may work on one long activity spread over the four to six weeks or several activities on a similar theme or idea. They may be happy to work from existing Go For Its! but will need the Leader to help them stretch themselves a little.

Which Go for It?

There are many different Go For Its! to choose from giving your Patrol plenty of scope. Available titles are — Be constructive!, On the move*, Life wise, Football, With a splash!, Show time*, Fitness, Flights of fancy, Healthy eating, I will survive!, Lights, Camera, Action!, Parties, Peace, Teamwork*, Take action, Animal active, Chocolate*, Take your toothbrush* and Go For It! (the original GFII!).

Look out for your copy of the latest Go For It! Blast from the past, free with the next issue of *Guiding* magazine.

To find out more about the Go For Its!, check out the *Guiding Essentials* catalogue, contact the Trading Service direct on **0161 941 2237** or email tradings@girlguiding.org.uk.

*Go For It! resource issued free with *Guiding* magazine.

REWARDING RAINBOWS

GENUINE PRAISE MEANS A LOT TO GIRLS OF RAINBOW AGE

By Lynda Munro Girlguiding UK Rainbow Adviser

Everyone likes to be rewarded for something they have done well and Rainbows are no exception! It is a well-known fact that people respond to praise better than criticism.

Girls of Rainbow age actively seek approval from adults in a caring role and are eager to please and help. They quickly learn that challenging behaviour gains attention — therefore you should ignore those who commit minor misdemeanours and praise those who are doing what you asked. Genuine praise given by an adult they trust means a great deal to a Rainbow.

PERSONAL PRAISE

At school, children are praised for things like achievement, effort and courtesy and are used to being rewarded. However, they are more likely to hear their name combined with criticism than praise. For example, 'Be quiet, Susie', 'sit still, Susie' or 'stop talking, Susie' rather than 'well done, Susie', 'thank you for listening, Susie' or 'Susie, that was great'. Using her name combined with praise builds her self-esteem.

Rainbows will benefit from well-judged praise and recognition of achievement. Try to look for and focus on their strengths, take them seriously and show a genuine interest in them. Research shows clearly that children who live in an environment that promotes appreciation and encouragement of the positive contributions can be more effective in building motivation, confidence and a sense of responsibility.

VISIBLE REWARDS

Rainbows love to be rewarded and praised instantly for what they have achieved, completed or taken part in. Stickers from the Rainbow Sticker Pack can be used for a more visible reward. The newest Rainbow to the oldest Rainbow will be happy to receive a sticker for something they have done and will proudly wear the sticker home to show what they have achieved.

As Leaders, as part of our care for the individual Rainbow, we should be recognising each girl's personal achievement on its own merits and valuing her contribution to the unit. One girl's 'best' may be different from another girl's 'best' and we need to be aware of this when rewarding progress and achievement.

REDUCED PRICE RAINBOW STICKERS

The Rainbow Sticker Pack is available from the Trading Service, now at the reduced price of £2, order code **6598**.



PROMISE BADGE

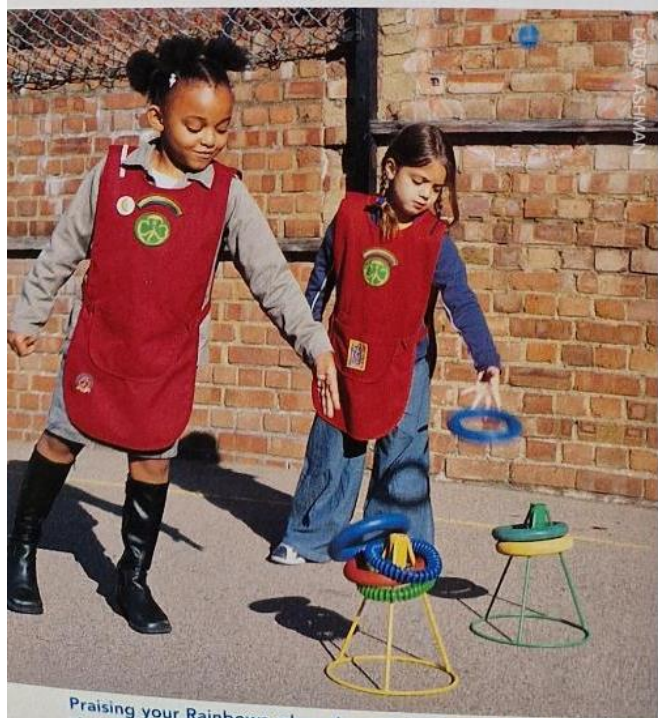
The new Rainbow Promise badge is a light blue metal pin-on badge, pictured right.

The blue colour was chosen to bring the Rainbow section in line with the other sections, something that has been requested by Rainbow Leaders and will be addressed in the new Rainbow Programme, launched in August.

The light blue is the same colour that has been used in the new Brownie wear and now ensures that blue runs through all Girlguiding UK sections.

The Rainbow Promise badge is available from the Trading Service, order code **1293**, price £1.35.

● Look out for more information on the new Rainbow Programme in further issues of *Guiding* magazine.



Praising your Rainbows when they are doing well will help build their confidence and motivation

BREAKING DOWN BARRIERS

Jacqui Dixon
Girlguiding South West

REGARDLESS OF ABILITY OR DISABILITY, GIRLGUIDING UK
IS OPEN TO ALL FEMALES

you & me
together

Girlguiding UK endeavours to reflect the diversity of the female population of the UK. With about 12 per cent of this population having disabilities, Girlguiding UK works hard to make guiding accessible to all.

As detailed in the March issue of *Guiding magazine*, the Disability Discrimination Act 1995 becomes fully operational in October 2004. The act means Girlguiding UK must ensure that all its services are accessible to people with disabilities. These services can be summarised as:

- Becoming a member
- Participating in activities
- Accessing information.

NO MORE ASSUMPTIONS

To help raise awareness, Girlguiding UK is committed to the Disability Awareness Challenge — look back to February's issue of *Guiding magazine* for your free copy of the Challenge booklet *You & Me Together*.

WHAT YOU CAN DO

If you have a girl with a disability who would love to join your unit, here are some things you can do to make her feel more at home:

- Talk to the girl and her parents/carers about her needs, and what guiding can offer her

- Talk to your unit team and District Commissioner, especially if you need more adult support. It may be more appropriate for her to join another unit
- Talk to the girls in the unit. What can they do to make your new member feel welcome?
- If you need information about the particular disability, or special resources, talk to your County Adviser for Members with Disabilities
- Be ready and willing to make the reasonable adjustments required by the Disability Discrimination Act 1995 to support your new member.

INCLUDING ADULTS

Don't forget about potential adult members with disabilities. An initial meeting with the District Commissioner is a good opportunity to discuss what adjustments may be required to make sure that everyone can take part in the opportunities guiding has to offer.

Be inspired by the achievements of Olive Bligdon who was featured in the November issue of *Guiding magazine*. Registered blind for over 16 years, Olive decided to help out at her local Guide unit and is now District Commissioner in Banff, Grampian.

As always, flexibility and a commitment to the guiding principles of being open to all are the keys.

Real Life



INCLUDING EVERYONE

The 1st Liphook Guides from Hampshire were pleased to welcome Poppy into their unit. Poppy has mobility problems and communicates with the aid of a voice computer. As Guider Clare Jackson (pictured left) explained, Poppy's presence has benefited everyone involved:

'Poppy lives in a home for people with learning disabilities. I was approached by the home manager to see if she could join the Guides to mix with people of her own age. So now she comes to unit meetings with her carer.

'She is a lively girl and enjoys interacting with the

others in the unit. A member of the Penguin Patrol, Poppy is always keen to take part in all the activities we do at Guides, including Go For It! and any badges.

'She has gained so much from joining the Guides and the experience has also been beneficial to the other girls in the unit, raising their awareness of young people with disabilities. For instance, we were planning a dance routine and one of the girls choreographed it so that Poppy could dance too using her arms and hands. We are all so pleased to be able to offer Poppy the chance to make new friends and enjoy the whole guiding experience.'

BABY TALK

DISCUSSING SEX WITH YOUR GIRLS ISN'T EASY
BUT WITH TEEN PREGNANCY RATES AT AN
ALL-TIME HIGH, IT IS IMPORTANT

By Isobel Durrant

Teen pregnancy. Think it won't happen to any of your girls? Well Kate Roberts has news for you — Guides can get pregnant too. Kate should know as she's a Senior Section Guider and a Trainer and Leadership Development Coordinator for Girlguiding Midlands with years of experience working with Guides.

'During the time I've been working with young people in guiding there have been Guides who have become pregnant and have been supported by Leaders,' said Kate. 'Teenage pregnancy is not a new issue.'

Teenage pregnancy is a very big issue in the UK — we currently have the highest rate in Europe. Needless to say, the Government is anxious to improve the situation and has implemented the Teenage Pregnancy Strategy. The strategy aims to halve the number of pregnancies to under 18s and reduce the number of pregnancies to under 16s by 2010.

The Government is hoping to achieve these figures through a number of ways, one being Sex and Relationship Education (SRE). Schools will bear the main responsibility for the delivery of SRE, but the Teenage Pregnancy Unit recognises that youth workers have 'a unique role in that they are often able to develop an open relationship with children and young people within which, very effective sex and relationship education is possible'.

NOT JUST SEX

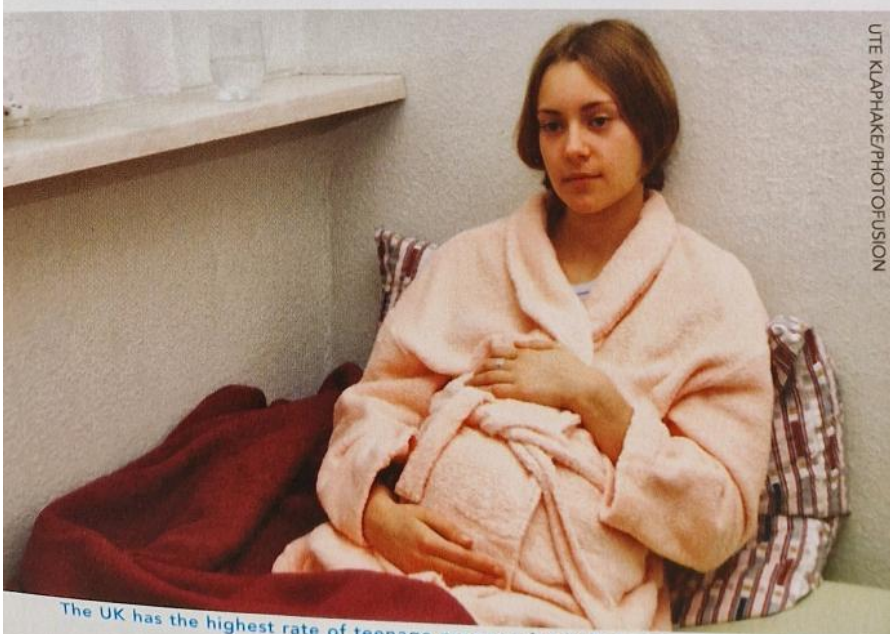
This is where Guiders come into the equation — you see SRE is not just about sex education and avoiding unwanted pregnancies. According to the Sex Education Forum — the national authority on sex and relationship education — SRE should 'encourage personal and social development, fostering self-esteem, self-awareness, a sense of moral responsibility, and the confidence to resist abuse and unwanted sexual experiences'. Words that would not be out of place in a Girlguiding UK publication.

Indeed Girlguiding UK is now including SRE within its work. But, not everyone feels comfortable dealing with the issues involved, so Leaders' participation is voluntary.

For Kate, training Leaders in such areas is a necessity. 'All Leaders need to understand the pressures, lifestyles, and situations young women find themselves in,' said Kate. 'Taking the opportunities to access training locally would make them more confident in dealing with relationship issues brought to them.'

Currently however there is no SRE training programme for Leaders working with younger girls. Trainer Clare Brittain, who also runs a Guide unit and works for social services, said she would not expect Leaders to instigate discussions with Guide-age girls.

'If such discussions were part of a planned under-16 programme, parental permission



UTE KLAPHAKE/PHOTOFUSION

The UK has the highest rate of teenage pregnancies in Europe

would need to be sought for girls to take part,' said Clare. 'Within the Senior Section if girls are all 16-plus then such discussions and activities may take place as part of the life skills debates.'

'Guides can get pregnant too'

KEEPING AN OPEN MIND

Of course everyone hopes that Leaders will never need to put the skills from such trainings to use. But it's inevitable that they will. 'Girls in guiding are not immune from these problems,' said Clare.

For this reason it's important that Leaders are able to support any girls who need advice and help. 'Leaders need to be open-minded and not judge girls and certainly not exclude them,' said Clare. 'They may be the girls who most need what guiding has to offer.'

The most important thing a Leader can do is to be there for the girl. Having up to date knowledge about where to get relevant information and support can make all the difference. As Kate knows from experience, there's also a ripple effect — Leaders will find themselves helping the girl's parents and peers to acknowledge and respect the situation.

While this may be daunting, Kate believes it's nothing to be scared of. 'Training can be enlightening, thought-provoking and give insights into young people's lives,' she said.

PLAYING GAMES

Although girls receive SRE in schools, there is concern that it's more about the mechanics of sex than the emotional issues. Girls need to understand loving relationships and sexual development in terms of their own lives.

Catherine Major*, a Teenage Pregnancy Reintegration Worker who helps pregnant girls remain in education, suggests a useful starting point is to look at relationships with friends and parents. You can also use issues and situations raised in popular television programmes.

There are many ways to do all this. Girls can design 'wanted' posters listing qualities parents, friends and boyfriends should ideally possess. They could work in Patrols or with the unit. They can 'hot seat' the part of a character in a soap and answer questions from other girls as that character. Girls love true and false quizzes and they can be a good way to get a discussion going. As you get more confident you can introduce role plays. Perhaps you already use circle time. A sit down chat could be a good way to start or finish a session. It gives everyone a chance to speak and may be used over a period of weeks to build up to a sensitive issue.

EXPLORING ISSUES

From a very young age girls are bombarded with messages about how they should look and behave, and how to measure their success on the femininity index. The safe environment of the Guide unit with friends and adults that they trust is a good place for girls to explore these issues.

Of course, no one Leader can expect to have all the answers. Fortunately for Leaders there are many resources available to help them — not just books but theatre groups who perform for schools and outreach workers.

In April sexual health charity the fpa (formerly the Family Planning Association) launched its Beyond Barbie campaign at Girlguiding UK's CHQ. The campaign's two publications — self-described 'workers' compendiums to community-based sex and relationships education with girls and young women' — are not a cheap addition to the book shelf at £19.99 and £13.99, but their clear layout, practical advice and examples of good practice make them a worthwhile investment for any unit, District or Division.

'No one Leader can expect to have all the answers'

PEER EDUCATION

Research by the Medical Research Council has found that teenagers find sex education engaging and useful when taught by their peers. The great thing about peer projects is that they can take on any form — Catherine runs a group of young mothers who go to schools and youth clubs to talk about their experiences of being young mothers. Their message is that they wouldn't be without their children but that it would have been better to wait.

Delivering Sex and Relationship Education is not always easy, but Guides are girls living in the real world and it can be a real privilege to be able to help them to deal with issues that are high on the teenage agenda. It's a chance to join them in acknowledging the world as it really is and so help them to move beyond Barbie.

**Name has been changed*



Although they wouldn't be without their children, many young mothers feel it would have been better to wait

FURTHER INFORMATION

The following publications and organisations may be useful:

- Your local Primary Healthcare Trust can put you in touch with a Teenage Pregnancy Coordinator.
- Brook Advisory Centres provide contraceptive advice and counselling for young people. Some run peer education projects. For details of your nearest centre go to www.brook.org.uk.
- *Go Girls* by Jo Adams is a practical handbook to support girls' emotional development and build their self-esteem. It's published by the Centre for HIV and Sexual Health. To order visit www.sexualhealthsheffield.co.uk/resources.
- The DfES' (Department for Education and Skills) *Sex and Relationship Education Guidance* offers advice on good practice for youth leaders. You can download it from the web site at www.dfes.gov.uk/sreguidance.

TEEN PREGNANCIES — THE DOS AND DON'TS

Do:

- Respect confidentiality
- Be non-judgmental
- Listen.

Don't:

- Make it personal — your sex life is not relevant, neither is the girls'.

RUNNING FOR COUNCIL

GIRLGUIDING UK'S COUNCIL ISN'T ONLY FOR OLDER MEMBERS, JUST ASK ONE OF ITS YOUNGEST MEMBERS

Khera Kamile Missen is like any other 26-year-old woman enjoying London life. With a music degree behind her she's now a social worker and is confident, outgoing and friendly. But one thing that sets Khera apart from her peers is that she's one of the youngest members to serve on the Council of Girlguiding UK.

With 60 members, the Council is the formal governing body of Girlguiding UK and, amongst its duties, elects the Chief Guide every five years. Each Guider and Commissioner has the right to nominate someone which ensures that the Council is always fully representative.

'I never thought the Council was for me,' said Khera, who was elected to the Council by her Region LaSER in May 2003. 'I always thought it was for older people but a friend on the Council persuaded me. She said we need people who are going to speak up.'

MEETING THE COUNCIL

Khera's first Council meeting was quite different from what she was expecting.

'It was a group of ladies who all believe in the same ideals and they were really friendly. It changed my perceptions of older people – I was surprised that they took me so seriously as well,' she said.

Khera's first meeting involved bouncing ideas around for marking Girlguiding UK's 100th anniversary and for encouraging recruitment. 'It was actually quite exciting because we talked about the anniversary from a PR point of view and also how we

can celebrate it ourselves,' she said. Immersed in a different culture because of her Anglo-Asian background, Khera was also able to provide a different perspective.

She was pleased to see all her suggestions taken on board. 'It was funny seeing the minutes with my ideas written down exactly as I had said them.'

IT COULD BE YOU

Being involved in the Council also helps Khera in her role as a Guider with the 4th Wanstead Guides. After learning about Recruitment Week at the Council meeting, Khera prepared an activity pack for her Guides to encourage them to get involved.

She's keen to encourage others to stand for Council election. 'The other Council members really value what you have to say. Also, if you've made your Promise, you should want to get involved. It's a good way of making positive changes and it looks really good on your CV,' Khera said.

Being on the Council doesn't involve endless work either. 'We have to attend two meetings a year and I find it easy to read the minutes on the tube to work,' Khera explained.

Council membership also presents a range of opportunities — Khera was invited to join the International Group and she's currently learning more about global development and Aids.

'It's opened up a whole new world!' she said. 'Being on the Council is really cool. It's a responsibility I never thought I'd have!'

THE ELECTIONS

Before nominating someone from your area ensure that the candidate would like to be on the Council. You will also need to find another Guider or Commissioner prepared to second the nomination.

Anyone who would like to be nominated as a Council member should be:

- Experienced in different guiding roles
- Able to take an overview of Girlguiding UK and of its role within the youth sector
- A person of wide interests and experience outside guiding
- Able to listen, to adapt, and ready to make decisions.

Each Country and Region has its own election process. For more details and a nomination form, contact your Country or Region office. British Guides in Foreign Countries (BGIFC) members should contact the BGIFC office at CHQ on 020 7834 6242 or email BGIFC@girlguiding.org.uk.

Khera (below left) with fellow Guider Hilary Wright on a sponsored sleepover 'Under the Stars' at Chigwell Row, Essex



WHAT DOES A COUNCIL MEMBER DO?

A Council Member:

- Attends meetings of the Council
- Familiarises herself with guiding, including the role of the various committees
- If invited to do so, sits on committees and ad hoc committees or working groups
- May take on a Girlguiding UK appointment, as appropriate, and represent the Association at other organisations or bodies
- Recognises her public relations role, both within and outside Girlguiding UK. Helps seek out potential Council members and encourages them to stand for election
- Speaks for herself, as, once elected, she does not speak for or report back to her Country, Region or British Guides in Foreign Countries (BGIFC).

WITH A LITTLE HELP

By the Positive and Effective Leadership Group

OFFER SUPPORT AND ENCOURAGEMENT TO YOUR NEW LEADER

Supporting a new Adult Leader whilst she is working towards her Leadership Qualification allows plenty of scope for Commissioners to be creative.

You'll need to start by creating and maintaining a 'family' atmosphere within your team. Welcome her to the District as a Leader in guiding. She may already be known in another capacity, but if she is joining the team as a Leader it is important that she is introduced as such.

Help her to get to know other Leaders in the District and ensure that she is aware of any areas of expertise other Guiders have such as craft skills and camping experience.

Create a real welcome to guiding by presenting her with a copy of *The Guiding Handbook* if your funds permit, or let her borrow a District copy.

THE LEADERSHIP QUALIFICATION

There are many ways you can offer support to your new Leader as she works towards her Leadership Qualification. Keeping a checklist for yourself – like the one below for new Leader 'Sam' – will make it easier.

I must remember to:

- Ask for help from my Assistant and other Leaders with this list
- Ask to see Sam's Leadership Qualification booklet and show a genuine interest in her progress
- Check to see if I can sign off anything in Sam's workbook
- Arrange for Sam to visit other units in the District
- Encourage Sam to take an active part in District events and welcome her ideas and suggestions
- Keep in touch with Sam's Mentor
- Chat to Sam's unit Leaders — reassure them and encourage them to allow Sam to try out new ideas
- Create opportunities for Sam to plan and carry out activities with other Leaders in the District
- Be prepared to discuss the Promise with Sam
- Be willing to do an observation of Sam in her unit for her Mentor
- Arrange for Sam to attend any training she and her Mentor feel would be helpful to her guiding development
- Take or accompany Sam to the training, if necessary
- Be available and offer friendship

MAKE OPPORTUNITIES

Training opportunities are important for all Leaders, especially so for those working on the Leadership Qualification. The Leader's Mentor will discuss training needs — sometimes this can be organised within the District or the appropriate training may be available within the Division or the County.

As Commissioner you need to ensure that leadership training is a pleasant and relaxed experience. You'll need to check that the required training is available, and that the new Leader has all the information she needs and knows what is expected of her.

TIME TO CELEBRATE

When your new Leader has completed her Leadership Qualification it's time to celebrate and share her success with the District. Don't forget to thank the Leader's Mentor and invite her to the celebrations.

Make the presentation of the Leadership Qualification certificate, Warrant and Appointment cards, a special occasion for the new Leader and the District. Celebrating and sharing the success of our Leaders is an excellent way of demonstrating how much they are valued and appreciated.

ELIZABETH DUFFEY



Create a 'family' atmosphere by welcoming your new Leader in to the District

LET US KNOW

How does your District celebrate success? We'd love to hear how creative you are, please write to: CREATIVE, Girlguiding UK, 17-19 Buckingham Palace Road, London SW1W 0PT.

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4WARD SUPPORT

IN4MERS ARE HELPING TO LEAD GIRLGUIDING UK'S NEW PEER EDUCATION PROGRAMME IN THE RIGHT DIRECTION

By **Melanie Selby**
Member of 4CaST

It was at Foxlease last December that Jeanette Barnes and Esther Lomas took their first steps towards becoming In4mers. The pair were taking part in Basic Training for Girlguiding UK's new peer education initiative called 4. As part of the project, Peer Educators have been renamed In4mers.

Now fully-qualified In4mers, Jeanette and Esther belong to Wincanton In4mers in South West England. They are among more than 50 In4mers able to deliver Peer Education sessions to Girlguiding UK members. Jeanette and Esther share their experiences and thoughts below.

BASIC TRAINING

'At the Basic Training at Foxlease we were given the opportunity to develop our own sessions and test activity ideas on other participants,' Jeanette explained.

She added, 'Our confidence increased over the weekend to the point where we felt comfortable tackling sensitive issues with groups.'

Participants also received a manual with information on getting started as In4mers and where to go for help.

'With the manual you certainly don't feel like you're being left to do everything on your own,' said Jeanette.

SENSITIVE ISSUES

As part of their training, In4mers are given tips on how to deal with sensitive topics. This proved invaluable for both Jeanette and Esther.

'We've had positive responses from participants in our sessions as a result of this area of training — especially in a session on Aids awareness,' said Jeanette.

'It's easier for us to put across some of the issues associated with sensitive topics than it may be for a Guider talking to her Guides.'

RUNNING SESSIONS

Despite their training Jeanette and Esther were a little nervous about running their first session with a local Guide unit.

'We were quite worried that we didn't have enough confidence to deliver the topics, even though we knew the people we were working with,' explained Esther.

'We started with some ice-breakers that we were shown at the Basic Training and then moved on to the activities. As the session progressed we felt more confident. Thinking back to the techniques we were shown at Foxlease certainly helped us a great deal.'

Since the success of their first session the pair have held a number of sessions, including one with a local Cub unit.

FUTURE PLANS

Jeanette and Esther have at least seven more sessions in the pipeline and are planning a residential weekend for local Guides and Senior Section members. Some of the sessions are with external groups and they're quickly building good relations with these groups. They've already developed good links with the Cubs and Scouts in Somerset thanks to the session on disability awareness they ran with the Cubs.

Both agree that being a part of 4 has given them the opportunity to develop leadership skills that benefit others as well as themselves.

As Esther pointed out, 'We can now share knowledge on many subjects with our peers whilst learning things from them at the same time.'

The 4 training has also increased their confidence. Jeanette is counting the sessions she delivers in 4 towards the Community Action section of her Queen's Guide Award and, with future plans to work in marketing, she believes her 4 training will be an advantage.

'Being able to express your ideas and communicate your knowledge to others are essential marketing skills,' Jeanette said. 'Developing these through 4 will help me achieve my ambition.'



Jeanette Barnes and Esther Lomas, third and fourth from the right, with other participants at 4's Basic Training event

BETHAN PHILLIPS

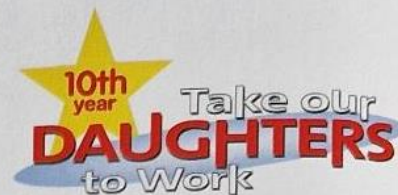
BECOME AN IN4MER

Any Senior Section member aged 14-25 can become an In4mer and those over 26 can be local Supporters and Coordinators.

If you want to find out more about the different roles available in 4 or book a place on a training, contact Catriona MacMillan on 020 7834 6242 ext 306, or email CatrionaM@girlguiding.org.uk.

You can also log on to the web site www.girlguiding.org.uk/members/sections and follow the links.

TAKE OUR DAUGHTERS TO WORK DAY



SPENDING THE DAY IN THE WORKFORCE, GIRLS OF ALL AGES DISCOVERED THE SKY WAS THE LIMIT

Rainbows, Brownies, Guides and Senior Section girls throughout the UK headed off to work on March 18 for Girlguiding UK's Take our Daughters to Work Day (TODTWD). From the airport to the radio station and hospital, girls experienced at first-hand what it's like to be a pilot, radio DJ, radiologist — or whatever took their fancy!

In addition, almost 50 girls took part in the TODTWD scheme run by the Wakefield Metropolitan District Council (WMDC).

They worked in different parts of the Authority including Education and Cultural Services, Social Services and Health, Environment Services, Housing and Resources. And apparently, the initiative has proved so popular that boys would like to join in too!



Flying high — a member of the 1st Chippenham Rainbow unit takes the controls!

RAINBOWS LOOK AHEAD

While TODTWD is aimed primarily at ten to 14-year-olds, on the tenth anniversary of the day, the Rainbows weren't going to be left out.

Proving that it's never too early to start considering careers, the 3rd Didsbury Rainbows met a health visitor, plumber and construction director. The girls learned about each career and even tried on hard hats, yellow jackets and oversized boots for size!

Meanwhile, girls from the 1st Chippenham Rainbow unit had their sights set particularly high. They visited RAF Lyneham, the main base for the Hercules transport fleet. After enjoying a demonstration by the RAF police dog section, the girls took to the controls of a Hercules aircraft. The evening ended with the girls being presented with the Take our Daughters to Work cloth badge.

BUSY BROWNIES

Not to be outdone by their younger counterparts, Brownies across the UK also made the most of TODTWD. Girls from the 1st Holcot Pack took to the airwaves, following a day in the life of radio presenter Thom Stitt at BBC Radio Northampton's studios. Under Thom's expert direction, the girls even recorded a dummy radio show using the studio equipment.

From the media industry to the rescue services — the 3rd Minster Brownies visited their local RNLI lifeboat station and tried on the RNLI crew's dry suits, life jackets and helmets. But the girls weren't just trying on the RNLI outfits for size — they had deliberately chosen a career that is usually male-dominated — and they were pleasantly surprised to discover one female member amongst the RNLI crew (pictured right).

Before the girls left, they presented their hosts with a donation to the RNLI charity along with a present and thank you card.

The girls were then put to the test when they played the *Activate* RNLI game on their return.



The 1st Holcot Brownies visit BBC Radio Northampton



A new RNLI recruit?



JENNIFER YOUNG

Testing the MRI scanner at Bedford Hospital

HOSPITAL VISIT

The 1st Little Paxton Brownies visited Bedford Hospital. During their busy day the eight Brownies were shown how to take X-rays and scan the body, and learned the principles of ultrasound. Alice even had a picture taken of her liver while China went home with a photo of her gall bladder. In the maternity ward, a one-day-old baby took quite a liking to the Brownies.

SENIOR SECTION WEEKEND

Senior Section girls were also involved in TODTWD where Girlguiding Anglia led the way with an entire weekend of career activities entitled 'Get the Bigger Picture'. Speakers included Carol Bundock, Girlguiding Anglia County President and BBC *Look East* presenter, as well as those with occupations as diverse as an aeroplane parts buyer, a professional film-maker, a veterinary nurse and a social worker.

So far feedback from the Senior Section participants has been positive with one member describing the day to a tee, 'I thought the activities really showed what's out there after school,' she said.



JANE EATON

Girls in Anglia found out about the bigger picture during a weekend of career focused activities

SKY HIGH GUIDES

TODTWD also had Guides aiming for the top. With political and community aspirations, the 1st and 5th Romsey Guides were treated to a visit from local MP Sandra Gidley, who told them about her work both in Parliament and also within the local community.

However, the 3rd Littleport Guides found themselves in trouble during their visit to Ely Police Station in Cambridgeshire. After having their fingerprints and photos taken, the Guides were then locked in a cell. Once set free, the girls tried on the body armour and learned how the police force combats crime.

The girls then visited the USAF airbase at Mildenhall later where they had the chance to test a flight simulator and 'land' in Honolulu.



ALEX WOODACRE

The 5th Leicester Guides seem to have found their vocation

The sky was also the limit for 22 Guides from Leicestershire who visited the Space Research Centre at Leicester University to learn about astronomy. The girls also visited the university genetics department where Katie, a member of the 5th Leicester Guides, particularly enjoyed examining some fruit flies under the microscope. Meanwhile, the 9th Wakefield Guides were

GILLIAN SIMPSON



The 9th Wakefield Guides get to grips with hotel catering

hard at work in the Cedar Court Hotel in Wakefield. Here their tasks included making meringue rosettes, setting the dining table, 'silver service' waitressing and cocktail-making. Divided into two teams, the girls completed each chore as part of a 'Generation Game' style event with the best team earning the right to name a new cocktail — naturally, the girls called it 'the Blushing Guide'.

'I learned that with the right qualifications you can do any job you want.'

Guide with the 6th Congleton Guides

Further north, Scottish Guides visited Kerr-McGee North Sea (UK) Ltd, a geoscience data specialist company in Aberdeen. Amy Michie and Laura Slinger learned how to 'interpret' seismic data with the help of geologist Sue Matthews while Laura Jones tried on a survival suit for size.

Take our Daughters to Work 2005

Take our Daughters to Work 2004 was another great success, with many different companies getting involved, and thousands of girls experiencing a day's work in the real world.

And 2005 will be even better! We aim to produce a detailed pack for interested companies and schools, which will be sent out upon registration. We will also be reproducing the popular booklet for Leaders. If anyone has any ideas for new activities to include in this resource, please email the team at daughters@girlguiding.org.uk.

The date for 2005 is yet to be decided — please log on to the Girlguiding UK web site at www.girlguiding.org.uk to keep up-to-date.

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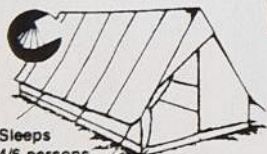


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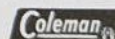
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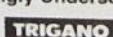


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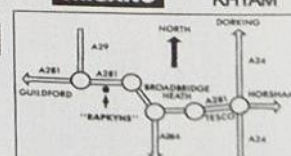


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New Badge Tabs

To complement the new range of adult uniform, we have redesigned the current Badge Tab.

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 Brownie Guider: New blue/yellow stripe, **5733**
 Guide Guider: New blue/blue stripe, **5734**
 Ranger Guider: New blue/aqua stripe, **5735**
 Young Leader: New blue/white stripe, **5754**
 Commissioner & Appointment Card Holders:
 New blue, **5736**
 Unit Helper: Raspberry, **5753**

It is still fine to wear your old Badge Tabs. The Trading Service has a small quantity of these in stock which will be replaced by the new Badge Tabs when supplies have run out.

HOW TO ORDER

To order your new Badge Tabs, contact the Trading Service on **0161 941 2237**, email tradings@girlguiding.org.uk or fax **0161 941 6326**. You can also order online at www.guidingessentials.org.uk.



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WHAT'S ON AT WADDOW

WHETHER IT'S RELAXATION OR TRAINING YOU'RE IN NEED OF, WADDOW HALL CAN CATER FOR YOU

Tired? In need of a break? Then head to Girlguiding UK's Training and Activity Centre Waddow Hall for a mid-week Leisure Break.

Waddow Hall's Leisure Breaks aren't just for Girlguiding UK members but for family and friends too. You can come alone or as a group — the Grandparents' Holiday break presents the perfect opportunity for young and old to team up.

The three-night breaks are themed and you can take part in various activities and excursions or just do your own thing — it's up to you. With Leisure Breaks starting from as little as £31 a night full board, you can afford to take the time to relax at Waddow. Choose from the following dates:

July 12-15

Leisure Break — bargain hunters and not so savvy shoppers alike will enjoy visiting Lancashire's best mill shops and markets.

August 23-26

Grandparents' Holiday — indoor and outdoor activities, crafts and games for adults accompanied by children aged four to 16.

September 6-9

Leisure Break — ever wanted to be pampered at a health farm but fancied more than a lettuce leaf for lunch? Then come to Waddow's Beauty Break for treatments including massage, reflexology, facials, manicures and pedicures and taster sessions in yoga and t'ai chi.

October 4-7

Leisure Break — get ready for Christmas early with seasonal crafts and cookery including patchwork, card making and cake decorating. Bring your own projects or use the materials provided.

October 25-28

Grandparents' Holiday — for adults accompanied by children aged four to 16.

TRAINING OPPORTUNITIES

There's more to weekends away than learning. Trainings are an opportunity to meet new friends, take part in fun activities, indulge in your favourite foods and stay up all night chatting.

But such fun's not just confined to the girls — it awaits any adult who attends a Girlguiding UK training weekend! Gone are the days of regimented, stuffy trainings, chores and washing up. Instead, there are more personalised trainings, home comforts and a warm welcome awaits each person at the centre.

BOOK YOUR PLACE

Most Counties offer subsidies for trainings and some centres may have bursaries available as well. So there's no excuse if you haven't got yourself booked in for a training weekend this year — get your diary out and make a date.

The following training weekends are available at Waddow Hall:

July 23-25

Games and activities to use outdoors

September 3-5

Programme ideas for all sections

September 3-5

Air and Share — for Commissioners

September 10-12

Crafts and music

November 6-7

First Response and Basic Food Hygiene Award

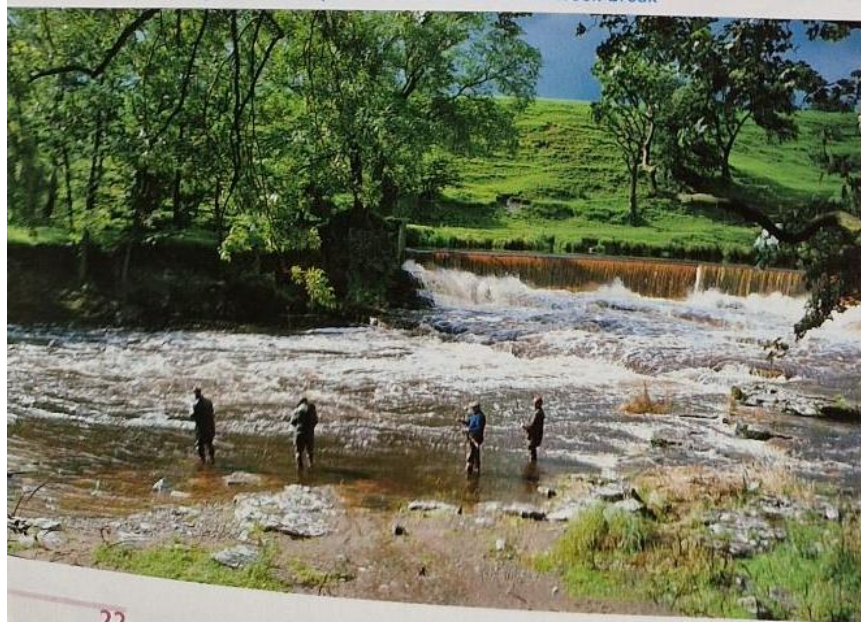
November 12-14

Brownie holiday training — for Leaders and up to three Brownies

November 12-14

Air and Share — for those new to guiding.

Waddow Hall provides the perfect location for a mid-week break



M WHITAKER

FURTHER INFORMATION

For more details on the activities and trainings at Waddow Hall contact Lynda Marsh on 012 0042 3186 or email LyndaM@girlguiding.org.uk.

For information on trainings available at Foxlease and Blackland Farm contact the relevant Training and Activity Centre. See page 25 for contact details or visit the web pages at www.girlguiding.org.uk/tacs.

Also, did you know that you may be able to receive help from the Trefoil Guild to attend courses? Turn to page 25 to find out how to apply for a grant.

A FAITHFUL PROMISE

GIRLGUIDING UK'S SPIRITUALITY FORUMS WILL HELP LEADERS EXPLORE DEEPER ISSUES

By Libby Spence
Girlguiding UK Faith Adviser

'I don't really follow a faith but I believe in God.'

'The Promise has been diluted too much and means nothing now.'

'I've got girls who say they don't believe in God.'

'Does it matter if I don't know anything about faiths other than my own?'

'I don't know the answer to the meaning of life!'

Maybe you can identify with some of the comments on the left. Maybe you can't. Whatever the case, there's no escaping the fact that the Promise – and the deeper issues arising from the Promise – is central to all that we do in Girlguiding UK.

All our activities should have the Promise at their core. Yet, sometimes adult Leaders are hesitant about exploring issues arising from the Promise and deeper questions and ideas about spirituality with their girls and young women.

SPIRITUALITY FORUMS

In an attempt to help Leaders feel more comfortable exploring the Promise and spirituality, Girlguiding UK is holding two Spirituality Forums.

The forums will be an ideal opportunity for adult Leaders to discuss and listen to other people's views on the Promise and spirituality. They will also be able to share experiences of how to nurture and encourage ideas of spirituality with their girls and young women.

The first forum is to be held in York in September and the second in Bristol in late October. Dates are yet to be confirmed. Look out for more information about the forums in next month's *Guiding* magazine.



The forums will help Leaders feel more comfortable about discussing spirituality with their girls

Real Life



A LIFE-CHANGING EXPERIENCE

Organised by the World Association of Girl Guides and Girl Scouts (WAGGGS), Juliette Low Seminars bring together young women aged 18-25 who have been identified as future national and international decision-makers. The seminars help develop a sense of universal citizenship and enhance leadership skills. Here, 20-year-old Ali Murray, a Ranger and Assistant Guider from Scotland, talks about her experiences. She said:

'Last September I was lucky to be offered that ultimate in international opportunities — I went to a Juliette Low Seminar in Mexico. The power of that experience is indescribable.

'I spent the week being in awe of the work of our global movement on peace, human rights and HIV/AIDS issues, surrounded by the most inspirational people I will ever meet. I left a different person — I

haven't lost my radical streak but I now have a focus and direction for all that energy.

'When I left Mexico, I felt I was flying and my feet have barely touched the ground since. I've become Vice Chair of the new Innovate Planning Team, shared my experience with everyone from the World Board to complete strangers and found a great contact in my MEP Catherine Stihler — guiding really is everywhere!

'I'm using the knowledge I gained to run an Innovate workshop about Girlguiding UK's approach to advocacy and using my enthusiasm to promote the WAGGGS triennial theme, Our Rights, Our Responsibilities.

'But even after all these things, the hardest task I've faced so far is getting to grips with my 30 new Guides!

'The Juliette Low Seminar was the chance of a lifetime and I intend to take full advantage of whatever lies ahead.'

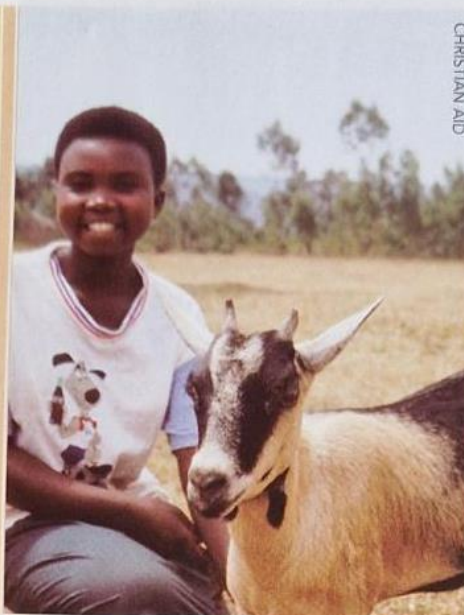
REVISION HELP

If any of your girls are currently revising for exams, the BBC's revision guide Bitesize is here to help.

Bitesize is a comprehensive, multi-media revision aid across the Internet, TV and mobile phones. It provides easy to digest revision support such as study notes, revision tips and quizzes.

Bitesize includes various programmes on BBC 2 with advice from students, examiners, teachers and celebrities; questions and answers sent via text message, as well as online revision notes and tests.

To find out more about what Bitesize can offer, visit www.bbc.co.uk/bitesize.



CHRISTIAN AID

GOAT FOR IT!

Find out just how great goats are with Christian Aid's youth resource GOAT FOR IT!

The pack connects young people with communities in developing countries and empowers them to help 'butt out' poverty through fund-raising.

GOAT FOR IT! includes stories of how goats are improving lives around the world, information about Christian Aid's work, fun activities, a sketch and song, fund-raising ideas, posters and stickers. GOAT FOR IT! is available free from Christian Aid. To order your copy, call 08700 787788 or email orders@christian-aid.org quoting reference F861A.

YOUNG VOLUNTEERS

Do you know anyone aged between 16 and 25 who's made a real impact through volunteering? If so, why not nominate them for a Whitbread Young Achiever award?

Now in their second year, the awards aim to recognise exceptional contributions by young people across the UK. All nominees must have made a difference in one of four areas – the community, environment, sports or the arts – with an activity that has also benefited the community and their personal development.

Winners in each category will receive £1,000 for personal and project development. There are also prizes for runners-up and those longlisted for an award.

For more information, and a nomination form, please call freephone 0800 904 7447 or visit www.whitbreadyoungachievers.co.uk.

WILDLIFE SCULPTURES

Hippos, elephants, a polar bear and a red deer stag will take over the Natural History Museum's west lawn this summer.

The free outdoor exhibition, at the museum in London, features work by award-winning artist Tessa Campbell Fraser. The large-scale bronze sculptures include a family of elephants in water, life-sized hippos in water and a life-size red stag deer.

A selection of drawings and pastels from Tessa's recent visit to Greenland to study polar bears in their natural environment will also be on display inside the museum.

For more information about the exhibition, please call the Natural History Museum on 020 7942 5000 or visit the web site at www.nhm.ac.uk.



NATURAL HISTORY MUSEUM

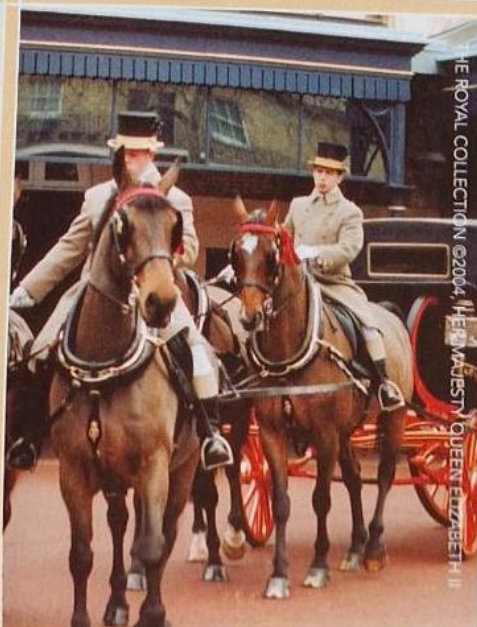
NARROWBOAT HOLIDAYS

Would you like to take your girls on a residential with a difference?

If so, narrowboat hire company Grand Waterway Voyages might have just what you're looking for.

The family-run company has recently built a narrowboat specifically for group hire. Dog 'n' Bone sleeps up to 12 people and costs between £65 and £125 per person per week, depending on the time of year.

For more information, please call 0870 241 8023 or visit www.gwvboats.co.uk.



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ROYAL MEWS

Visitors to London can now enjoy a guided tour of the Royal Mews at Buckingham Palace in central London.

The Royal Mews is one of the finest working stables in the world. Visitors can watch staff carrying out their day-to-day activities and learn how the Mews serves The Queen in the performance of her official duties.

A series of activities for five to 11-year-olds will take place in the Education Room on a 'drop in' basis during weekends and school holidays.

The Royal Mews is situated opposite Girlguiding UK CHQ, so why not combine your trip with a visit to ICANDO?

For more information about the Royal Mews, and to book advance tickets, call 020 7766 7302 or visit www.royal.gov.uk.

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GD04M001

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Caterpillar crazy

The 1st Bromborough Guides celebrated their 50th anniversary with a giant caterpillar race, uniting both past and present members.



CHLOE DEARDEN

Snack attack

Rainbows from Twynham, Dorset, enjoy the fruits of their labour on a fun day.



GILL ASLETT



LEANNE MORRIS

Canine capers

The 1st Pilgrims Hatch Brownies learned about guide dogs and got acquainted with a new friend at a recent meeting.



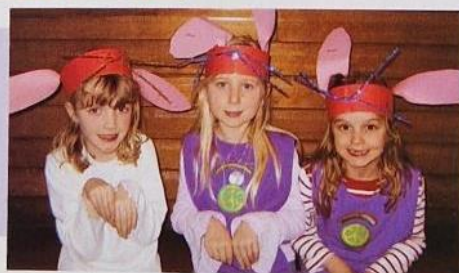
SA WATTS

Dragon ladies

The 8th Woking Brownies celebrated the Chinese New Year for their World Culture badge.

Rabbit rabbit

The 1st Datchworth Rainbows, from Hertfordshire, celebrated Easter in style by making their own bunny ears.



GINA RUSSEL

Star letter

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

Online organisation

I have just spent an exhilarating weekend with people I met on the Internet! Don't fret, they were Leaders from all over the UK and we were doing something I'm not very good at — camp-fire singing.

It all started with a cancelled Camp-fire Leaders' Course and two Guiders who had already booked flights to get to it. A few others wondered if we could arrange something ourselves and a couple of Guiders offered to organise a programme.

The way the weekend came together at such short notice reflected the true magic of the guiding spirit. We took part in training sessions, crafts and cooking.

This was our first 'Hopeless Guiders' camp and it won't be our last — and it was all organised by email!

Wendy Ingle

Girlguiding Shoburyness

Waste not, want not

After reading the great articles on recycling in April's issue I felt I had to let you know of an Usborne Publishing book that I use with my unit. It costs £1.50 and is called *Where*

Visit your Chalet in Switzerland
with Ultima Tours Ltd.



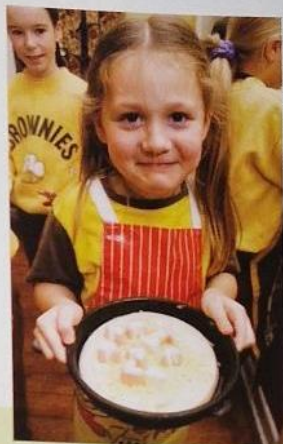
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The 1st Pontardawe Rangers enjoyed a bird's-eye view of London aboard the London Eye during a trip to Pax Lodge.



Brownies from the 1st Little Thurrock Pack in Essex practised their pizza making technique during a pizza fun night. The Brownies experimented with unusual toppings such as marshmallows.



The 2nd Gunthorpe Rainbows enjoyed visiting the Mayor of Peterborough and his deputy — and took the liberty of borrowing their robes!

Maria Scrivens
Rainbow Guider
1st Topsham Rainbows

Our Guide cupboard was damaged and although we salvaged some things, our flags and essential guiding paraphernalia will need replacing. We are temporarily meeting at the church and it could be a few months before we are back to normal.

P. R. Leddy
Assistant Guider
5th Birmingham Guides

It would be fantastic if everyone in guiding could text on their mobiles with ease and confidence.

Lyn Turner
District Commissioner
Surrey West

● Liz Smith, Assistant Head of Guiding Development, replies:
We don't arrange this sort of training from CHQ but it's a great idea to do at

If you know of anyone who has had connections with the 99th Bristol Redfield Guides, please write to me at: 8 Elstree Road, Whitehall, Bristol BS5 7DX.

99th Bristol Bethesda Methodist Guides

As usual, my three-year-old daughter got to the post before I did. She brought me a piece of post torn open, explaining 'It's Brownies!'. It was actually a credit note from the Trading Service — clearly our branding works!

Louise Weaver
1st Havant Rainbows
2nd Denvilles Brownies

GIVEAWAYS

WIZARD DAY OUT!

Celebrate the magic of Camelot Theme Park during its 21st birthday year.

Thrill seekers visiting the Lancashire attraction can try out the Whirlwind – a terrifying roller coaster – or brave the waters of Pendragon's Plunge. Budding magicians can brush up on their magic skills in Merlin's School of Wizardry.

For further information and opening times, please call **01257 452 100** or visit www.camelotthemepark.co.uk.

Guiding magazine has tickets for two units*, worth £15 per ticket, to give away. Mark your entry *Guiding magazine/Camelot*.

* Maximum of 20 tickets per unit.



CAMELOT THEME PARK

BOOK BONANZA

Brownies and Guides will love our selection of books and story tapes. From children's classics to modern tales, there's something for everyone.

Prizes for this competition will be selected at random, so half the fun of winning will be discovering what you've won!

Guiding magazine has ten sets of books and story tapes to give away. Mark your entry *Guiding magazine/Books*.



CHLOE CHAPMAN

REACH FOR THE MAILLE

Spice up summer salads by drizzling them with a tasty vinaigrette. For inspiration, try Maille®, the definitive French mustard and sauce provider.

Maille® – pronounced 'my' – produces a delicious range of luxury vinaigrettes to enhance your favourite summer salad.

Each one is made from a blend of mouth-watering ingredients including fine wines, vinegars, mustards and herbs. They are available in Sainsbury's, Waitrose and Somerfield stores around the UK (RRP £1.49 for 250 ml).

Guiding magazine has 12 sets of vinaigrettes and 12 stylish Maille® aprons – worth £25 per prize – to give away. Mark your entry *Guiding magazine/Vinaigrettes*.



MAILLE®

GIVEAWAYS

IN BLOOM

Members of the 1st Limekilns Brownies, from Fife, worked with Pattiesmuir Community Council on a challenging regeneration project.

The Brownies gave Peggy Bell's Brae in Charlestown the ultimate facelift by planting over 750 daffodil bulbs.

The Pack also installed drainage, steps and seating as part of the Chief Guide's Surprise Yourself Challenge.



SUE WALKER

RAINBOW HELPERS

These Rainbows from Aberdeen raised money towards equipment for the new Royal Aberdeen Children's Hospital.

The 3rd Rosemount and the 3rd Cults Rainbows were invited to the hospital to view the new facilities.

Each fund-raiser was given an acknowledgement by the hospital, in the form of a tile displayed on the wall of the ward.

After a lot of searching, the Rainbows were pleased to find their tiles.



ALLISON STEWART

FASHION FUND-RAISER



WENDY ROBERTS

What better way to celebrate the Brownies' 90th Birthday than with a fashion show.

The 12th Bramhall Brownies strutted along the catwalk sporting past, present and their idea of future Brownie uniforms. The girls raised £108 for Wish Upon a Star, a charity which provided holidays for one of the Brownies' terminally ill brother.

If you want the chance to win one of our great giveaway prizes, the closing date for entries is June 30. Any 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.

REMEMBER WHEN...



LUCY MYERS

The 1st Cefn Coed Brownies and the 2nd Cefn Coed Guides joined together to celebrate their 60th anniversary.

The event was attended by Guiders past and present, the County Commissioner for

Breconshire and the Mayor of Merthyr Tydfil.

Guides and Brownies performed songs and readings, and past members took a trip down memory lane.

Here are former Leaders Lucy Myers, Rena Lewis, Doreen Griffiths and Bessy Evans at camp in 1958.

CHANNEL CHALLENGE

Framlingham Brownies and Guides 'swam' the Channel one and a half times, raising £1,109 for Aspire, a charity which helps people with spinal injuries.



SANDRA CLELAND

Thirty girls took part in the swimathon, swimming 2,812 lengths of the Framlingham College pool.

GOING WILD

The 2nd Goldington Brownies came third in a wildlife competition run by the British Naturalist Association (BNA) and secured their Wildlife Explorer badge.

The girls submitted a study of their local hedgerow for the Blake Shield Challenge, which asks young people to carry out an investigation into an aspect of nature that interests them.

The Pack was invited to the Attenborough Nature Reserve near Nottingham to meet BNA president David Bellamy and have a guided tour.



JENNY COAST

HORSING AROUND

The 11th St Annes Brownies, from Lancashire, held a horseless gymkhana to raise money for their 'Operation Michael' appeal.

The appeal aimed to send a local boy, Michael McKenzie, to America for a series of life changing operations.

Michael, whose sister Gemma is a member of the Pack, needed urgent surgery to save his leg from amputation.

The girls made horse masks and jumped fences, raising more than £160.

The appeal will continue until Michael has completed his treatment.



BLACKPOOL GAZETTE

IN JULY'S

Guiding
magazine

RAINBOW RENEWAL

Find out all you need to know about the new Rainbow Programme.

GO FOR IT!

The latest free GFI! – *Go For It! Blast from the past* – is packed full of games and activities from throughout the ages.



SPIRITUALLY SPEAKING

News on the forthcoming Girlguiding UK Spirituality Forums, including dates and venues.

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

The official magazine of The Guide Association (incorporated by Royal Charter) Published on the last Thursday of every month. ISSN 0265-2706
The views expressed in *Guiding magazine* are not necessarily endorsed by The Guide Association. Registered charity number 306016.

Patrons: HM The Queen, 1937-2002 HM Queen Elizabeth, The Queen Mother. President: HRH The Countess of Wessex. World Chief Guide 1930-1977: Olave, Lady Baden-Powell GBE. Chief Guide: Jenny Leach.

Strategic Communications Manager: Jan Clappett. Editor: Wendy Kewley. Assistant Editor: Catherine Slater. Sub Editor: Sarah Hughes. Editorial Assistant: Chloe Chapman. Design Studio Manager: David Jones.

Studio: Heather Peters, Emma Dower, Angie Daniel, Mary Ikoniadou

Production Manager: Les Girling

Published by: The Guide Association, 17-19 Buckingham Palace Road, London SW1W 0PT. Tel: 020 7834 6242 Fax: 020 7828 8317.

All editorial communications to: the Editor, *Guiding magazine*, at the address above.

Advertisement Agency: Mongoose Media Ltd, 2 Lonsdale Road, London NW6 6RD. Tel: 020 7306 0300 Fax: 020 7306 0301. Mongoose Sales Executive: Anna Ward. Photographic Repro by: The InTouch Group plc. Printed by: St Ives PLC. Subscriptions: For all subscription enquiries write to: *Guiding magazine* Subscriptions, Girlguiding UK, 17-19 Buckingham Palace Road, London SW1W 0PT. Tel: 020 7834 6242 or email: guiding@girlguiding.org.uk. Cheques/POs should be made payable to The Guide Association.

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Note: Copy for possible inclusion in September's *Guiding magazine* should reach CHQ by June 22. Anyone wishing to have photographs returned, must include a sae.

Guiding magazine e-mail address: guiding@girlguiding.org.uk

CHQ tel: 020 7834 6242 CHQ e-mail address: chq@girlguiding.org.uk

World Wide Web site address: <http://www.girlguiding.org.uk>

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Dorothy Langton - North Walsham Guides

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