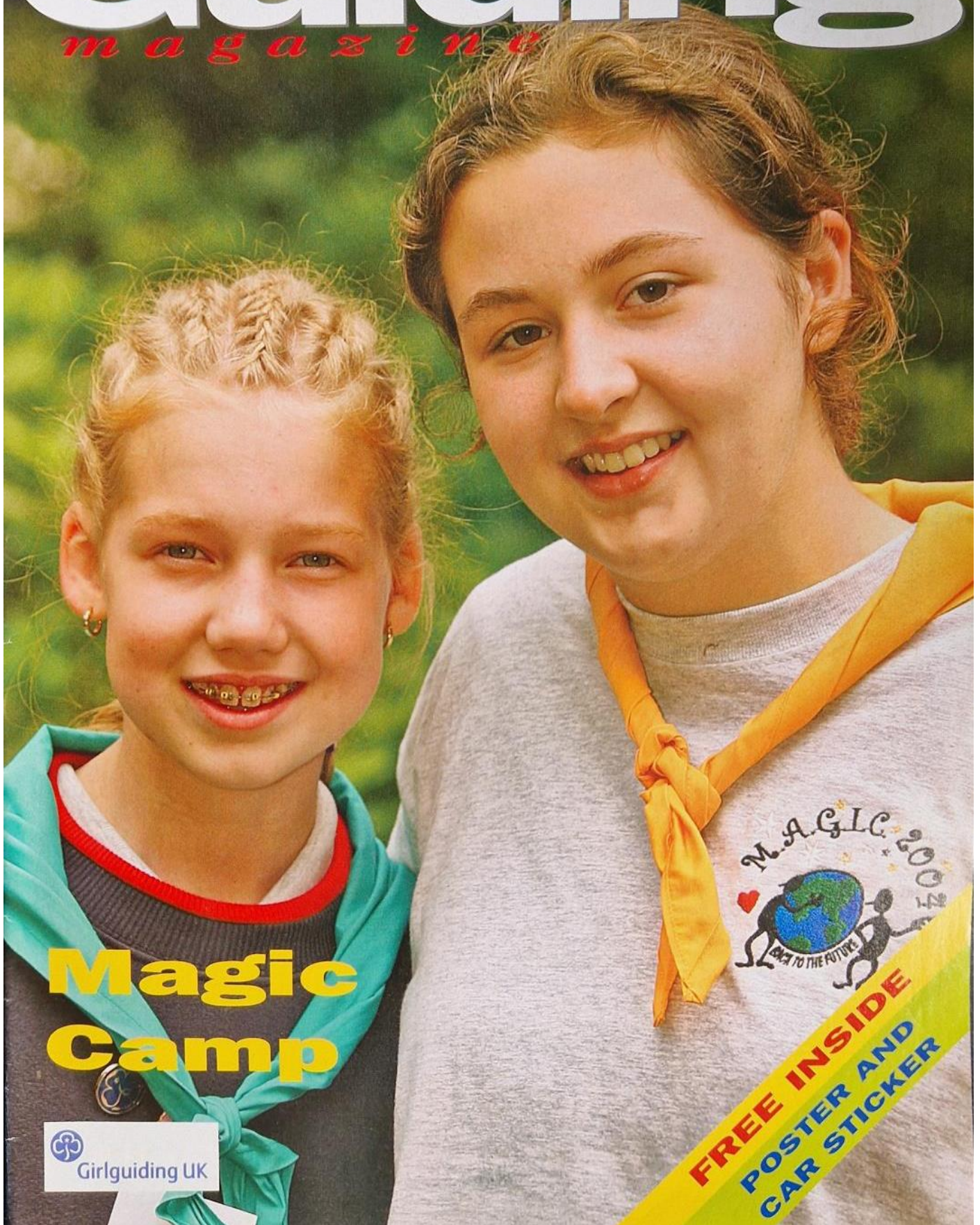



OCTOBER 2004 £1.80

Guiding

magazine



**Magic
Camp**

 Girlguiding UK

**FREE INSIDE
POSTER AND
CAR STICKER**



Walks for the World
What are you doing for it?



Welcome

We all know the values of clear and honest communication with others — but how many of us actually do this in our daily lives? Turn to page 11 and you will find tips on how to do this more effectively as part of our Creative Commissioners' article. Good communication also means thanking and appreciating people. The Positive and Effective Leadership Group have put together three different thank you cards for this very purpose. Why not use these to thank people you know for their commitment to guiding?

With Recruitment Week approaching, don't miss our special Project 50K resources free inside this month's magazine. Why not use the recruitment booklet, poster and car sticker to encourage new volunteers into guiding?

We also talk to new GOLD Coordinator Hazel Campbell and to Penny Dolan, who helped to develop Olivia — the main character in the new Rainbow resource *My Pot of Gold*.

It may only be October but Christmas is on its way. Not sure what to do with your unit this year? Well, check out our Activate ideas and panto — they could be just what you need. Happy rehearsing!

Wendy

Wendy Kewley
Editor

ACTIVATE

Get ready for Christmas with our fab pantomime and festive games and activities!

Volume 92 Number 10 October 2004 £1.80

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Children's author Penny Dolan tells us about developing Olivia, the character at the centre of the Rainbow resources

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Cover photograph by Jon Lucas

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NEWS IN BRIEF

DISTANCE LEARNING CERTIFICATES

There is still time to apply for Positive and Effective Leadership Distance Learning certificates. The certificate recognises participation in the three Distance Learning Modules. For more information, or to request a certificate, please email Rachel Swygart at RachelS@girlguiding.org.uk or write to her at the address on page 30.

NEW BADGE TABS

The Trading Service wishes to make two clarifications to an advert for new badge tabs on page 21 of June's *Guiding* magazine. Where it reads 'Young Leader' it should read 'Young Leader Guider'. Also, the Senior Section badge tab (order code 5738), was omitted.

TAKE OUR DAUGHTERS TO WORK WEEK

Next year's Take our Daughters to Work initiative will be extended to a whole week between **March 7-13 2005**.

CORRECTION

There was a mistake printed on page 45 of the *guiding handbook*. The Leaders' Pack for the Rainbow section, order code **6064**, costs £16.50, not £12.50.

FREE LEGO BRACELETS!

A LEGO Clikits bracelet will be given out free to every Guide, Brownie and Rainbow who attends Legoland Windsor on **November 6**. The only catch is that the girls have to make the bracelets themselves! For more information call **01753 626100**.

QUEEN'S BIRTHDAY HONOURS

Charmaine Butler MBE, a Girlguiding UK member from the Anglia Region, was omitted from the list of those who received Queen's Birthday Honours, featured on page 12 of August's *Guiding* magazine.

BETTY CLAY THANKSGIVING

A thanksgiving service was held for The Honourable Mrs Betty Clay CBE on **July 12**. The service was held at The Church of St Andrew in Wells and was attended by friends and family, as well as members of Girlguiding UK and The Scout Association. It included hymns and readings that Betty herself had chosen and a speech by the Chief Guide Jenny Leach.

IT'S COMING... ARE YOU READY?

Only 38
weeks to go!



BIG GIG

The big day is approaching! Book now and snap up the last few tickets to see pop acts Girls Aloud, Rachel Stevens, V, The 411 and many more at Manchester Evening News Arena on **October 16**. For the latest information and to book, visit www.girlguiding.org.uk.



Walks for the World

Spread the word about Girlguiding UK Walks for the World with the flier inside this magazine.

OPPORTUNITIES FOR MEMBERS

OCTOBER

● **30** Make a Difference Day is the UK's largest annual day of volunteering. For further information visit www.csv.org.uk.

NOVEMBER

● **8-14** Girlguiding UK Recruitment Week. Visit www.girlguiding.org.uk for more details.

● **21** Children in Need Appeal. A fund-raising day for children and young people in the UK. For more information visit www.bbc.co.uk/pudsey/apply.

AROUND THE REGIONS

SCOTLAND Members from Scotland held an exhibition of guiding uniforms from throughout the decades at the Edinburgh Festival.

NORTH WEST ENGLAND

A special 'Brownie Express' train took 120 Brownies and 30 Leaders from Cumbria on a 90th Birthday party along the Ravenglass and Eskdale railway.

NORTH EAST ENGLAND

Yorkshire's The Milton Singers, who are made up of members from all sections, celebrated their tenth anniversary with a barbecue party.

SOUTH WEST ENGLAND Over 1,500 Brownies attended the week-long 'Castaveria' camp in Dorset.

● Senior Section members from the Region attended two international camps in Finland this July.

ULSTER Around 400 members from all sections attended the LEAP camp in July. Irish actress Alison Ford opened the camp.

FOOTBALL CRAZY

By Kate Sheppard

Nearly 200 Guides, Senior Section members and Leaders scored, saved, passed and tackled to their heart's content at the second national Girlguiding UK Football Festival, held at Rugby School in August.



TOBIAS PINK CO. UK

Teams from across the UK took part in a mini-soccer tournament, demonstrating the level of skills and passion that have made women's football one of the fastest growing and most enjoyable sports around.

The weekend-long festival was kicked off by England manager Sven-Goran Eriksson, although sharp-eyed spectators recognised him as Sven lookalike Colin Lyne, Girlguiding UK Ambassador in North West England.

When not competing in the tournament, teams could work towards their *Go For It!* Football challenge, develop key skills through the Brazilian sport, futebol de salão, or have their picture taken with both the women's and men's FA Cups. A disco and a film night were also on the agenda during the evenings.

Special guests over the weekend included the Chief Guide Jenny Leach, popular boy band D-SIDE and best-selling author Narinder Dhami, writer of *Bindi Babes*.

Chairman of the planning team, Sarah Hart, said: 'The girls really seemed to enjoy it... They were all asking: "When's the next one?"'

For the full story, see November's *Guiding* magazine.

Space Olympics

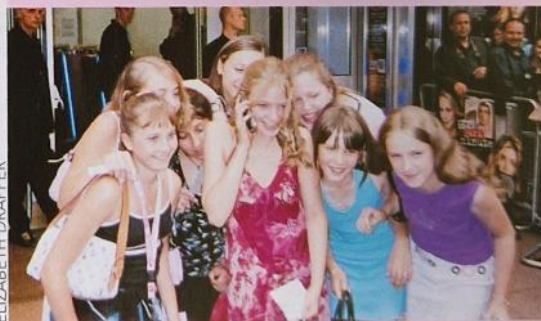
Senior Section members from Keighley, Yorkshire, were over the moon when they were selected to take part in the 12th Space Olympics, a competition in Moscow, Russia, held between October 20-30.

The eight Young Leaders will travel with one Brownie Guider, a Division Commissioner and members of the local Scout Association. They will compete against teams of young people from all over the world including Greece, Russia, the UK and the USA. The team will be judged on project work and tested on their knowledge of subjects such as physics, literature, IT and maths.

The Keighley College project has been run in conjunction with Girlguiding UK, The Scout Association and Yorkshire Forward, a government development agency. There will be a full report in a future issue of *Guiding* magazine. Watch this space!



VERA REDMAN



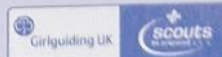
ELIZABETH DRAPPER

Star gazing

A group of star-struck Guides from Weybridge District, Surrey, were thrilled when they got the chance to go to the London premiere of film *New York Minute*, starring American twins Mary-Kate and Ashley Olsen. The Guides joined the stars on the red carpet and their night was made when they got the chance to talk to Ashley on the phone!

New logo

A new joint logo has been launched by Girlguiding UK and the Scout Association. It will be used for events and activities that involve both Movements. Visit www.girlguiding.org.uk/info/news for more details.



KEEPING YOU POSTED

CENSUS 2005 WILL PROVIDE VALUABLE INFORMATION ON THE MAKE-UP OF GIRLGUIDING UK

By the Census Working Group

Thank you to everyone who gave feedback on the census this year. The Census Working Group received a lot of views and suggestions which have provided the basis for their meetings and discussions, and ultimately the improvements that have been made to the census forms for 2005.

NEW QUESTIONS

Each year there is a rotating question (or questions) on the census forms. In February 2004, Girlguiding UK found out how many Brownies, Guides and Senior Section members had taken part in an overnight guiding experience and whether seven-year-old Rainbows had easy access to Brownie units. These numbers will now be used by groups and committees to focus their work.

For example, before February 2004 there was anecdotal evidence to suggest that some Rainbows weren't able to progress into Brownies due to either a lack of Brownie units in an area or units being too full.

Census 2004 showed us that in actual fact, 12 per cent of Rainbows

aren't able to continue in the Movement — that's approximately 5,500 Rainbows per year. The Project 50K Group will be making use of these statistics, along with the joining list figures from the census.

ETHNIC ORIGIN

In 2005, the census forms will ask you to record the ethnic origin of members and also non-members who volunteer with your unit. We are giving you prior warning of this question so that you have plenty of time to fill in any gaps in your existing records. Many units will be able to get this data from the starting form completed by parents and guardians when girls join the unit.

Otherwise, if you need to ask parents/guardians for this information, you may wish to make use of the template letter. This is available on the web site at www.girlguiding.org.uk or from Guiding Support Services on the number below. It is important to complete this question fully, as it allows us to understand how well we are doing in being open to people from different ethnic backgrounds.

As part of its five year plan, Project 50K will be looking to build on the work done in local areas, including Lancashire and Buckinghamshire, to advise on how to promote guiding to the whole community. The data collated from census on the proportion of membership in each ethnic grouping will give us the starting point for research and pilots.

REGISTRATION

Registration Secretaries across the UK do a huge job at census time, collating all the census numbers and updating the personal details of adults. An average County Registration Secretary may have over 1,000 census forms and personal details forms to review.

Registration Secretaries have asked that the names of adults and Young Leaders be recorded on the Unit Census forms, so that they can more easily complete their part in the census process. At unit level, this will only take a short time to complete, but should save many hours for our Registration Secretaries.

There is very little change to other parts of the forms, as the Census Working Group is keen to give Leaders some stability in the census forms and process.

Over the coming months, we'll have lots of hints and tips from the Census Working Group. So, to improve your census experience, please keep an eye out for further articles.

Census information may help more girls to become Brownies in the future



LAURA ASHMAN

OVER TO YOU

If you have any ideas or experiences to share, please email them to census@girlguiding.org.uk or telephone the Project 50K Team on 020 7834 6242.

POSITIVE ACTION

**MAKE IT YOUR GOAL TO HELP RECRUIT
AND RETAIN MORE ADULT VOLUNTEERS**

By the Project 50K
Working Group

As we approach this year's Recruitment Week – **November 8-14** – the Project 50K group is pleased to provide some tools to help you with recruitment in your area. They are designed to be used during the week or as part of your campaign. We hope you will share your passion for guiding and that the booklet enclosed with this issue will help you to do just that.

If you haven't started your campaign yet, now is the time to begin. Make this the year when your District really tackles the challenge of recruiting and retaining more adult volunteers so that every girl and young woman has the opportunity to join Girlguiding UK.

WORKING TOGETHER

What has your District team done to reduce the lists of girls waiting to join?

Look at the joining lists in the District and break them down so that you can see how much extra adult help is needed to clear the lists this term.

Does your District have access to Part One of the Recruitment Toolkit to help your planning?

Why not work with other local units? What are your collective needs?

Draw up a shopping list of what help you need. For example, a District administrator, more parents on a rota, a bigger team so that Leaders can have a break occasionally, or even someone to deal with Gift Aid.

Break your needs down into small, achievable tasks and goals. What is your greatest priority? Does everyone need to work together and have a focused drive, for example, to find a new Leader for a second Rainbow unit, and then celebrate that achievement before moving on to the next priority?

If the problem is a lack of Leaders in your unit, it is important to say so simply, for example: 'If we have one more Leader, we can have eight more Brownies. Could you be that Leader? Do you have a neighbour, friend or relative who could help?'

PROACTIVE COMMUNICATION

Many Districts or areas have already decided to have one central list of those waiting to join. In this way, the numbers are more accurate, girls are not included on more than one list and the list is easier to manage.

It's important that we keep in touch with the girls waiting to join so that they and their parents know what is happening and that the girls' interest is maintained. Write to everyone on the list to explain the position and keep in touch — you might like to include something for the girl to do, such as a puzzle or colouring activity.

Invite the girls to an ordinary unit meeting with their mums to maintain contact and to encourage the mums to think about helping.

Here are a few ideas and challenges.

- Be positive about guiding
- Invite others to volunteer — either for specific tasks or as Leaders
- Spread the word — talk guiding
- Take a guiding mug to the office.

PROJECT 50K RESOURCES

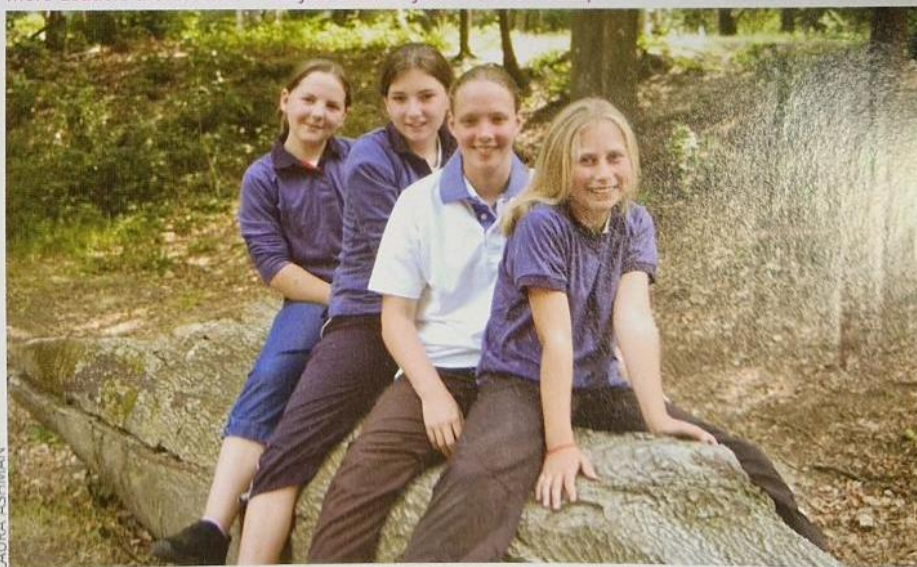
Enclosed in this magazine are a smart recruitment booklet, a colourful poster and a car sticker. Check the web site www.girlguiding.org.uk in October for tips on how to make the most of these.

We'd love to hear how your recruitment campaign goes — why not email us at KatalinA@girlguiding.org.uk or write to Project 50K, Girlguiding UK, 17-19 Buckingham Palace Road, London SW1W 0PT.

Sharing our
PASSION
for Guiding

PROJECT 50K

More Leaders are needed — do you know anyone who could help?



LAURA ASHMAN

MY POT OF GOLD

A NEW RESOURCE WILL HELP OLDER GIRLS TO CELEBRATE THEIR TIME AT RAINBOWS

By Lynda Munro
Girlguiding UK Rainbow Adviser



Research undertaken during the Rainbow Review showed that Leaders do not always challenge older Rainbows

enough. This is an area that needs to be developed to ensure that the needs of Rainbows today are being met.

My Pot of Gold is the new activity book for the older Rainbow. It provides her with an individual challenge, encouraging her to look back over what she has done at Rainbows. It also helps her to learn about being a Brownie.

When a Rainbow reaches the age of about six-and-a-half years old, her Leader should encourage her to think about what she will do next. Hopefully she will want to move on to Brownies! Even though some Rainbows may not have a place waiting for them in a Brownie Pack, Leaders should help them learn about what to expect at Brownies.

In the meetings before a Rainbow moves on, Leaders can spend time

with her reading through *My Pot of Gold*. This helps her to choose her individual challenges and reflect on the fun she has had in Rainbows.

CELEBRATION

Before leaving, a Rainbow should celebrate her time with the unit at a Pot of Gold party. If there are several Rainbows leaving at the same time, they should each have a chance to contribute to aspects of the party to make it special for all of them. The party is for the entire unit to enjoy and should be fun. It should not be a financial burden on the unit and could be as simple as the Rainbow choosing her favourite game or song, the theme or a choice of biscuits or drink.

At the Pot of Gold party the Rainbow is given her Pot of Gold badge and card. You could also include a special goodbye speech and invite the Brownie Leader and Brownies from the Pack that she is going to attend.



Author Penny Dolan helped to develop the Olivia character in the new Rainbow resources

OVER THE RAINBOW

By Kate Sheppard

Children's author and storyteller Penny Dolan helped to develop Olivia, the bright and adventurous central character of the new Rainbow resources, *Ready for Rainbows*, *My Pot of Gold*, the Rainbow Roundabouts and the Rainbow comic.

'I was a primary teacher for quite a few years and Olivia's character was inspired by a lot of girls I knew,' said Penny, who lives in Yorkshire.

'I wanted her to be brave and bold, somebody who tried to do things.'

Penny, a former Brownie, is in great demand to read her stories in schools and had just finished a

session reading to a local Rainbow unit when she was asked to write for the Rainbow Renewal, her first collaboration with Girlguiding UK.

The stories follow Olivia from joining Rainbows and making her Promise, through completing activities for her Roundabouts, to moving up to Brownies.

'It would be interesting to write another story about Olivia in the future,' said Penny.

Find out more about Penny and her enchanting stories and poems for children by visiting her web site at www.pennydolan.com.



JIM DOLAN

OPEN TO ALL

HOW WE CAN MAKE IT EASIER FOR ADULT MEMBERS WITH DISABILITIES TO TAKE PART IN GUIDING

By Jacqui Dixon

Girlguiding South West England

Girlguiding UK is an inclusive organisation, and we welcome anyone over the age of 18 as an adult member, whatever their abilities. But we also recognise that members with disabilities may need special support to enable them to participate fully and on an equal basis. The Disability Discrimination Act 1995 requires us to aim to remove the barriers which prevent members from participating. Let's consider some of the barriers that might be put up and what we can do to remove them.

SPECIAL REQUIREMENTS

Have you been to a training recently? Were you asked if you had any special requirements, perhaps a ground-floor room or a parking space close to the entrance?

Where are your District Meetings held? Possibly in your Commissioner's home? If one of your Leaders was a wheelchair user, would she be able to get in? Or would you be able to suggest somewhere else where everyone could meet?

If a new adult leader had a severe visual impairment, would you know how she could get hold of the Leadership Qualification booklet in a large print format? Or how she could obtain *Guiding magazine* on audio tape?

We are all probably aware that barriers can sometimes be put up for Leaders with disabilities, making it difficult for them to participate on an equal basis. What is to stop a disabled Leader from taking a qualification — other than an unwillingness by others to think flexibly?

BREAKING DOWN BARRIERS

Here are some examples of how barriers can be removed.

● **You have a new Leader with poor literacy skills. Can she complete the Leadership Qualification?**

It may take her longer, she may need more support and she may need to do some elements with help. Module 4 may not be for her. But the Leadership Qualification is about showing what you can do, not what you can't, and it is possible to complete it without writing anything.

● **An experienced Leader now has restricted mobility and cannot kneel down. How can she fulfil the requirement to renew First Response?**

She can show that she can instruct someone else how to do CPR — she does not have to be able to do it herself.

MAKING PEOPLE WELCOME

Challenge yourself and your team to think about how accessible guiding is in your area. If the next potential Leader was disabled, would you welcome her and find out what support she needed, or would you just think about 'problems'?

Everyone has something to offer guiding. It's up to us to remove

barriers, real or imaginary, which prevent members from joining in, and to ensure that we live up to our aim of being a truly inclusive organisation.

● For more information, visit www.girlguiding.org.uk/leaders/disabilities.

● Girlguiding UK's You & Me Together Disability Challenge aims to explore the issues of disability. For more information visit the web site above.

you & me
together

'Everyone has something to offer guiding. It's up to us to remove barriers, real or imaginary.'



JEAN FRASER

TOKENS OF APPRECIATION

THE NEW-LOOK LONG SERVICE BADGES RECOGNISE THE HARD WORK OF LEADERS AND COMMISSIONERS

By Sue Dyer

Member of Adult Support Group and County Commissioner for Dorset

Girlguiding UK recognises and appreciates the service given by Leaders and Commissioners in guiding and this month sees the launch of a new look for the Long Service Awards.

For the first time, Girlguiding UK is to recognise five years of service with a badge and a certificate signed by the respective County Commissioner.

A Long Service brooch is given to a uniformed adult member of Girlguiding UK before her 65th birthday provided that she has held, or currently holds, a warrant or an appointment card and has actively been involved in guiding for the appropriate number of years.

The new brooches for ten, 20, 30 and 40 years are of a similar design but have different finishes and metals to signify the number of years' service.

The new design is intended to fit on the lapel of a jacket and should be worn at an angle. While it is recognised that some members will wish to wear their brooch on their badge tab, they are also designed to be worn out of uniform.

A certificate accompanies all the brooches. The ten and 20 year certificates are signed by the Region Chief Commissioner and the 30 and 40 year certificates by the Chief Guide.

The presentation of a Long Service Award should be appropriate to the person receiving the award. For some, a surprise presentation is a great idea but others would not appreciate it, and so the Commissioner needs to use her judgement when organising presentation events.

During 2005 it will be possible, through County channels, to purchase this new-style Long Service brooch to replace an existing one.



Larger than actual size

Real Life



A GUIDING HAND

By Chloë Chapman

Being a Mentor can be a challenge, but 52-year-old Guide Leader Edith Fones succeeded in overcoming several obstacles when she mentored a Queen's Guide with dyslexia.

Edith, of the 9th Sedgley Guides, West Midlands, mentored Young Leader Karen Naylor through her Queen's Guide Award over a three-year period.

'I had known Karen since she was ten, so I was the first person she turned to for help with her Queen's Guide Award,' said Edith. 'I was never a Guide and I didn't have the chance to go for any awards. I'm too old now, so it's nice to see the girls get them instead!'

Edith found that motivating Karen during difficult moments was the most challenging part of her responsibility. 'I get a lot out of mentoring when the girls succeed. If they give up you feel as though you have failed so you have to keep on encouraging them.'

'For Karen, the written part of the award was the most difficult, and she sometimes wanted to give up. A simple problem to someone who is not dyslexic can be a major challenge to someone who is.

'I overcame this by allowing her to type up her notes on my computer and use the spellchecker. This was easier and made her more independent.'

During her acceptance speech at her Queen's Guide presentation evening, Karen paid homage to her Mentor, as Edith explains: 'She thanked me for my help. It touched me because I felt I was appreciated. One little word like that means a lot. It makes it all worth it.'

● If you would like to be a Mentor, why not contact your local Commissioner for details or visit www.girlguiding.org.uk/leaders/commissioners/ for more information.

KEEP IN TOUCH

EFFECTIVE COMMUNICATION IS ESSENTIAL
FOR TEAM BUILDING

By the Positive and Effective
Leadership Group

Communication is a big part of the Commissioner's role. Maintaining regular contact with our Leaders will help everyone to feel involved and informed. Enthusiastic and supportive team leaders who establish good communication skills create a team where individuals feel valued and motivated.

Modern technology adds to the many ways of communicating. Whatever method you choose, you will need to consider what it is you wish to communicate, know the person or persons involved and use a method of communication appropriate to them and the information being communicated.

Before choosing your method of communication try asking yourself these questions:

- What type of information do I wish to communicate and how?
- Who needs to know?
- How many people need to know?
- Is time important — do I need to get the message out quickly?
- Is confidentiality or sensitivity of the information an issue?
- What budget constraints do I have?

As a Commissioner you will also need to communicate with people outside of guiding, such as parents, local authorities, banks, schools and other organisations.

Some of the examples below may help you when planning your method of communication.

'I like to listen. I have learned a great deal from listening carefully. Most people never listen.'
Ernest Hemingway

IT'S GOOD TO TALK... and also... IMPORTANT TO LISTEN

Effective communication also includes the ability to listen. Remember — communication is the exchange of ideas, information and feelings and so listening is important.

To be effective listeners we need to:

- Concentrate on what the other person is saying without interrupting
- Use empathy — try to see things as the other person sees them
- Summarise in your own words what you think has been said to confirm with the speaker that you have understood correctly
- Avoid judging the person you are listening to.

It is worth remembering that we communicate not only with words but also with feelings, actions and expressions. In face-to-face communication, 50 per cent of the message is communicated by body language, 40 per cent by the tone of the voice, and only 10 per cent by the actual words.

Good relationships between people are often based on open, positive and constructive communication. Actively practising effective communication will enhance the enjoyment of your role as Commissioner and your team will benefit too.

FURTHER INFORMATION

For more details, check out the *Effective communication* booklet in your Commissioner induction programme pack.

Commissioners who
Really practise
Effective communication
Action
Towards
Involving and
Valuing
EVERYONE!

I need to:

- Pass on information/minutes/agendas to Leaders
- Involve others and give them a sense of belonging
- Welcome new team members
- Offer support and encouragement
- Give feedback
- Aid decision-making
- Share opportunities
- Consult and seek opinions
- Brainstorm ideas
- Celebrate successes.

To do this I could use...

- Email, newsletter, telephone, mail, memos
- Small team meetings, District events/socials
- Telephone, welcome card/letter
- One-to-one chat, a note or card, telephone
- Face-to-face, appointment renewal meetings
- Team meetings, small group meeting
- Trainings, posters, Guiding magazine
- Questionnaire
- District/Division Meetings
- Newspaper articles, write to Guiding magazine, plan a party!

'A TICKING TIMEBOMB'

WITH CHILD OBESITY A GROWING CONCERN, HOW CAN LEADERS HELP EDUCATE GIRLS ABOUT WHAT THEY ARE EATING?

By Isobel Durrant

'You couldn't turn on the TV without hearing about the "obesity epidemic" in America... It seemed as though all of America and the world had suddenly gotten "Fat Happy".' So said Morgan Spurlock, director of the film *Supersize Me*, which arrived in UK cinemas in September.

Spurlock decided to find out what a month of eating fast food would do to his health after hearing of two girls in the United States who filed a lawsuit (later dismissed) claiming McDonald's food was a major cause of their weight problems.

He interviewed doctors, PE teachers, cooks, children and legislators about the cause and effects of obesity. Meanwhile he ate nothing but food from McDonald's, trying each item on the menu at least once. Before he began, doctors who examined Spurlock said he was perfectly healthy. But, after four weeks of apparently eating nothing but fast

food, his cholesterol levels had risen dramatically, he had liver problems and had gained almost two stone.

'Twenty per cent of children in the UK are estimated to be overweight and two per cent are obese'

HEALTH CRISIS

The good news is that even the most dedicated fast food fan would be unlikely to consume anything like the same amount as Spurlock did, but the film does make an arresting and entertaining contribution to the debate on obesity and healthy eating. Moreover, as most cinema goers are young people, it brings that issue to the attention of an audience who needs to hear it.

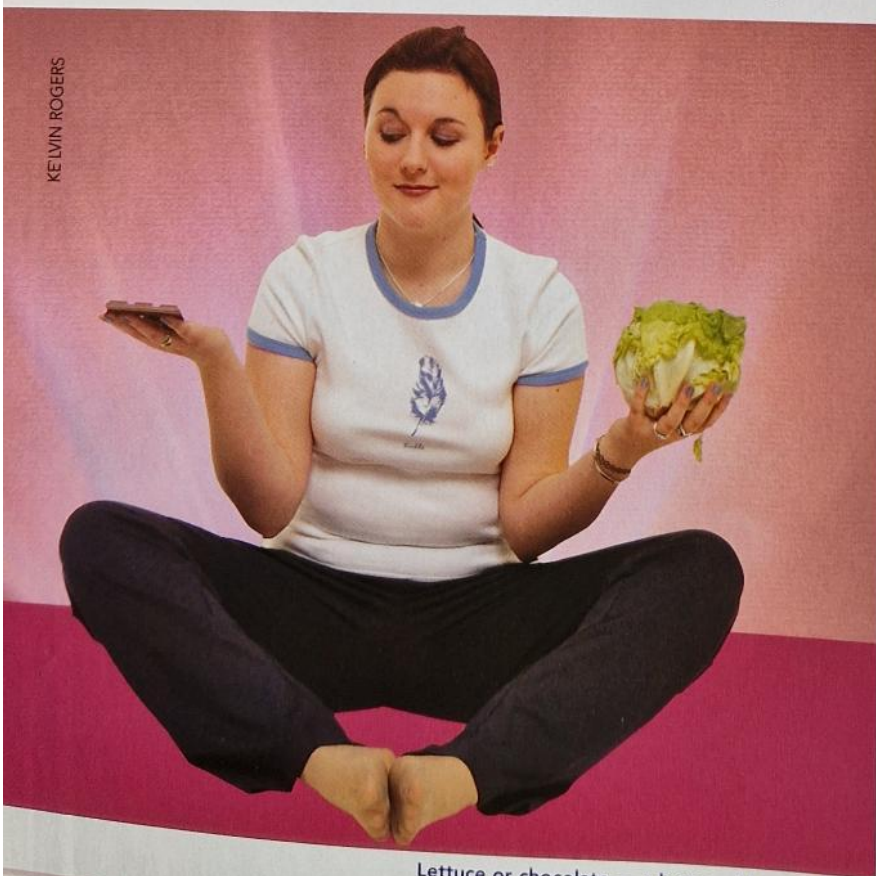
Twenty per cent of children in the UK are estimated to be overweight and two per cent are obese. The number of people classified as obese in the UK has almost tripled over the past 20 years. The health impact of these figures is huge. Chairman of the Food Standards Agency, Sir John Krebs, described child obesity last year as a 'ticking timebomb' and warned that, unless something is done to stop the trend, life expectancy may fall for the first time in over a century.

Dr Hannah Theobald, Nutrition Scientist with the British Nutrition Foundation, pointed out that: 'Health problems associated with obesity in adults are beginning to emerge in obese children, such as raised blood pressure and type 2 diabetes which is associated with heart disease, nerve damage, kidney disease and blindness.'

NUTRITION KNOW-HOW

Last March, McDonald's launched what it describes as the most significant change to its menu in 30 years — the Salads Plus range, which includes salads, sandwiches, fruit and mineral water. In August they launched the 'YumChums', colourful characters promoting four core nutritional messages for children — eat five portions of fruit and veg a day, be more active, drink plenty of fluids and don't

KELVIN ROGERS



Lettuce or chocolate — what would you choose?

have too many treats.

The Government has launched national initiatives such as giving all infant-school children a free piece of fruit each school day. But a generation reared on burgers and chips is unlikely to embrace a fruit and vegetable-rich diet on somebody else's say-so. Their palates need educating as much as their minds.

HOW YOU CAN HELP

As a Leader, you are in a good position to educate girls about healthy eating and help them make informed decisions. Girls enjoy quizzes and they are a good way of telling them what their food contains and what their body needs. Try following Dr Gillian McKeith's example in the television programme, *You Are What You Eat*, and ask the girls to guess how much sugar is in a fizzy drink before physically demonstrating the amount. They might be surprised.

Look at food and drink labels. Girls may not know that ingredients are listed in order of the highest to the lowest quantity. With this information they can see how much juice there really is in a fruit juice drink, and compare the 'healthy options' sold in shops with the alternatives.

'As a Leader, you are in a good position to educate girls about healthy eating'

Guides could use what they learn to work towards *Go For It! Healthy eating* and Senior Section members could consider the *Fit for Life* Octant of the Look Wider programme.

A HEALTHY BALANCE

Home Economist and former Guide Paula Williams suggests approaching the issue from an art angle.

'Each Patrol could make a collage of key messages — five portions of fresh fruit and vegetables a day, exercise, eating a varied diet and healthy recipes. Some simple recipes could be tasted over a few weeks.

'It's important to emphasise that some sweets and crisps are OK, and that healthy eating is about balance and exercise.'

Jacky Ramsden, Girlguiding UK Outdoor Activities Adviser, said: 'The key is to make it fun. Girls enjoy trying exotic fruits and finding out where they come from. But if they have to peel them and it's messy they won't eat them, so cut them up and let them nibble at them.'

A few people suffer from medical abnormalities which contribute to obesity, but these are rare. For most of us it is a question of balancing our intake with our lifestyles. It's a simple concept, but you only have to look around to see how many of us struggle to get it right. The long-term effects of *Supersize Me* may be to shock people into re-evaluating the damage their eating habits are doing to their bodies.

FIT OR FAT?

While taking units on trips or activities it can be difficult to find places to eat out that serve a healthy, well-balanced meal.

Do you have any tips on how to match nutrition with cost-effectiveness and convenience? Have you found a successful way of helping girls understand more about what they are eating?

If so, please write to *Guiding magazine* at the address on page 30 to share your views and experiences.

WORLD FOOD DAY 2004

Why not discuss nutritional issues with your unit as part of World Food Day? Orchestrated by The Food and Agriculture Organisation of the United Nations, World Food Day takes place on October 16 every year.

In 2004, the theme for World Food Day is 'biodiversity for food security'. Put simply, this aims to highlight the importance of preserving a variety of plant and animal life so that people have a high-quality and sustainable food source. To find out more, visit www.fao.org/wfd/index_en.asp.



KELVIN ROGERS

Encourage the girls to drink plenty of fluids

RESOURCES

- Suggested web links relating to the *Fit for Life* octant of the Look Wider programme can be found at www.girlguiding.org.uk/new/seniorsection.
- The Billingsgate Seafood Training School in London runs courses about fish for children. Director Lynn Gower would love to see Brownies and Guides at the school and is keen to develop a programme specifically for them. Call her on 020 7517 3548 or visit www.seafoodtraining.org.
- Download fun resources suitable for Brownies and Guides from the British Nutrition Foundation's web site www.nutrition.org.uk.
- Visit the Food Standards Agency's Cooking Bus at www.foodstandards.gov.uk/healthier_eating/bus.
- Visit the *Supersize Me* web site at www.supersizeme.com.
- Read McDonald's UK position on the film at www.mcdonalds.co.uk/pages/global/supersize.html.

LEADER OF THE PACK

THE REVISED LEADERSHIP QUALIFICATION IS DESIGNED TO BE FLEXIBLE AND UP TO DATE

By the Leadership
Qualification Review Group

The Girlguiding UK Leadership Qualification pack has been revised following input from members including new Leaders, Mentors and County leadership teams.

As before, Counties are encouraged to look at how the process operates in their area, and, if necessary, make any changes.

In line with the comments received, several changes have been made to the Girlguiding UK Leadership Qualification Workbook, which comes in the pack. These are summarised in the box on the right.

TRANSITION PERIOD

It is important that anyone already working on the existing qualification should be allowed to continue, if they wish. Copies of the new pack are available this month, via County channels. It is important that Mentors have a copy too.

Any new Leader starting the

process from September 2004 should be encouraged to use the new qualification. By September 2005, all

new Leaders should be working on the Girlguiding UK Leadership Qualification.

WORKBOOK CHANGES

- The text and order of the workbook have been amended, and, in some instances, performance criteria have been combined.
- Emphasis is placed on the fact that the workbook should be used as such, with spaces to record discussions. The workbook should form the main part of the evidence. Advice is also given as to who can sign off evidence.
- The style of numbering has been changed and the word 'element' replaced by 'part'.
- Module 4 has been expanded to reflect the added responsibility of being the Unit Leader.
- The qualification has been updated so that reference can be made to the *guiding handbook* series.
- Helpful hints have been provided to try to improve communication between the various people involved in the qualification. Mentors are reminded to contact new Leaders as quickly as possible. There are suggestions for innovative ways of mentoring, particularly in areas where Mentors may be in short supply, and Counties are encouraged to provide training in both mentoring skills and on the qualification itself. The role of Commissioners and Unit Leaders in the process is also highlighted.

SHOWING YOUR APPRECIATION

POSITIVE AND EFFECTIVE LEADERSHIP CARDS ARE A GREAT NEW WAY TO SAY THANK YOU

By the Positive and Effective
Leadership Group

Reward someone for their contribution to guiding with a new Positive and Effective Leadership message card. The credit-card-size cards come in three designs, each with a different message promoting a positive attitude:

- If you love what you do consider yourself a success
- Bring the whole world into your orbit and expand your horizon
- The only way to have a friend is to be one!

The cards are great to give as a thank you to recognise someone's hard work at a District Meeting, to

give to a Young Leader or a new Leader when they make or renew their Promise, or to show that you appreciate and care about the person behind the scenes.

This year's Recruitment Week, from **November 8-14**, will focus on feeling good about ourselves and what we are doing. The cards are an ideal way to make fellow volunteers feel valued and thank them for all their help. Why not present one to all those on your parents' rota?

They could also be given out with the new service bars, which are available this month (see page 10).

The cards can be purchased in mixed packs of ten from the Trading Service — order code **6370**, price £1.

Let us know what you think of them and how you've used them. Contact Rachel Swygart at the address on page 30 or email RachelS@girlguiding.org.uk.



IT'S COMING... ARE YOU READY?

HAVE YOUR SAY IN THE SENIOR SECTION
EVALUATION AT OUR SPECTACULAR CAMP

By the Senior Section
Evaluation Working Group



Next year will see the start of the evaluation of the Senior Section programmes and opportunities. Plans are going ahead to provide Senior Section members and their Leaders with the best possible ways in which to participate, using modern technology, personal contact and events.

Information will appear on a regular basis in *Guiding* magazine and on the new Senior Section web site so keep an eye out for our logo and be sure to visit www.girlguiding.org.uk/seniorsection.

COUNT DOWN TO ZERO

For maximum input join our spectacular camping event, Count Down to Zero, between **June 24-26, 2005** — a weekend to rival any other! Just grab a tent, sleeping bag and some food!

SENIOR SECTION LEAFLETS

Don't forget, full-colour recruitment leaflets are available for the Senior Section. Available in packs of 100 — order code **6947**, priced £2.95 to cover postage. Contact the Trading Service for more details. Email tradings@girlguiding.org.uk or shop online at www.girlguiding.org.uk/shop.



HENRY IDDON

The event is open to all members of Girlguiding UK aged 14-25 and to prospective members of the Senior Section (Guides aged 13 and over by June 24, 2005).

WHERE?

Count Down to Zero will be held at Blackwell Court Scout Activity Centre, near Birmingham.

Access is easy with air, rail and road routes — it's 20 minutes from Birmingham New Street rail station.

The weekend will cost £30. Places will be limited. To register your own or your unit's interest and to be sure of receiving an application form early in 2005, please complete the coupon below and return it to the address at the bottom of the coupon as soon as possible.

START COUNTING DOWN...

Name: _____

Address: _____

Email address: _____

Daytime telephone number: _____

Mobile telephone number: _____

Guiding County: _____

Unit/group name: _____

Number of interested people: _____

Please return this coupon to: Senior Section Evaluation, Girlguiding UK, 17-19 Buckingham Palace Road, London SW1W 0PT, or email the information outlined above to Seniorsection@girlguiding.org.uk (include E05 in the title).

IT'S A KIND OF MAGIC

HRH THE COUNTESS OF WESSEX EXPERIENCED
THE MAGIC OF AN INTERNATIONAL CAMP

Words by Kate Fenning
Photos by Jon Lucas



'International camps give girls the chance to learn that guiding doesn't stop at the end of their road — that they've got friends all over the world.'

Jean Owen, Girlguiding UK Midlands Region International Consultant



A royal visit, a boy band and over 1,600 participants from around the world were just some of the things that made MAGIC (Midlands Area Guide International Camp), well... magical!

Members travelled from across the UK and all over the world for the week-long event in July. The camp, held at Beadesert camp site in Staffordshire, was made up mostly of Guides, with a smaller sub-camp for Brownies and an activity day for Rainbows.

A total of nine countries were represented, including Austria, Bermuda, India, Japan, Russia, Slovakia and Sweden.

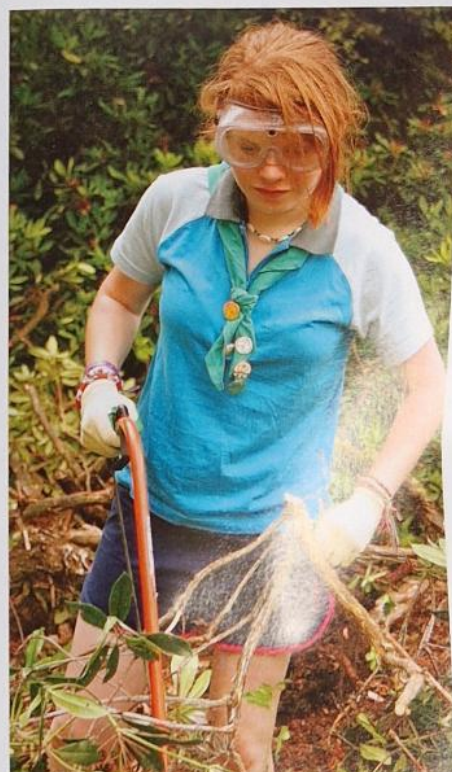
An atmospheric ceremony and an exciting performance by boy band EGO opened the camp in style. And the fun didn't stop there. During the week girls could choose from 35 activities, including climbing, crate-stacking, crafts and circus skills, as well as competitions and conservation projects.

Girlguiding UK's President, HRH The Countess of Wessex, caused a buzz of excitement when she visited the camp, accompanied by the Chief Guide, Jenny Leach. The Countess enjoyed a tour of the camp, watching girls taking part in activities and performances of traditional Indian and Scottish dancing. It all looked like so much fun that she couldn't resist joining in — trying her hand at 'Maori sticks' and rifle shooting!

On leaving, she took time to thank the volunteers involved in organising MAGIC. She said: 'It's been a lovely day. Well done to the helpers — without you it wouldn't have happened.'

For some, the experience of an international camp appealed just as much as the excitement of royal visits and boy bands.

Brownie Guider Sarah Legg, who brought girls who had never been camping before, summed up the feeling of MAGIC: 'It's a wonderful opportunity! The girls are trying out activities they've never tried before and meeting people they wouldn't otherwise have met. What an experience!'



'I've met people from Russia, Wales and Sweden. It's been a great experience.'

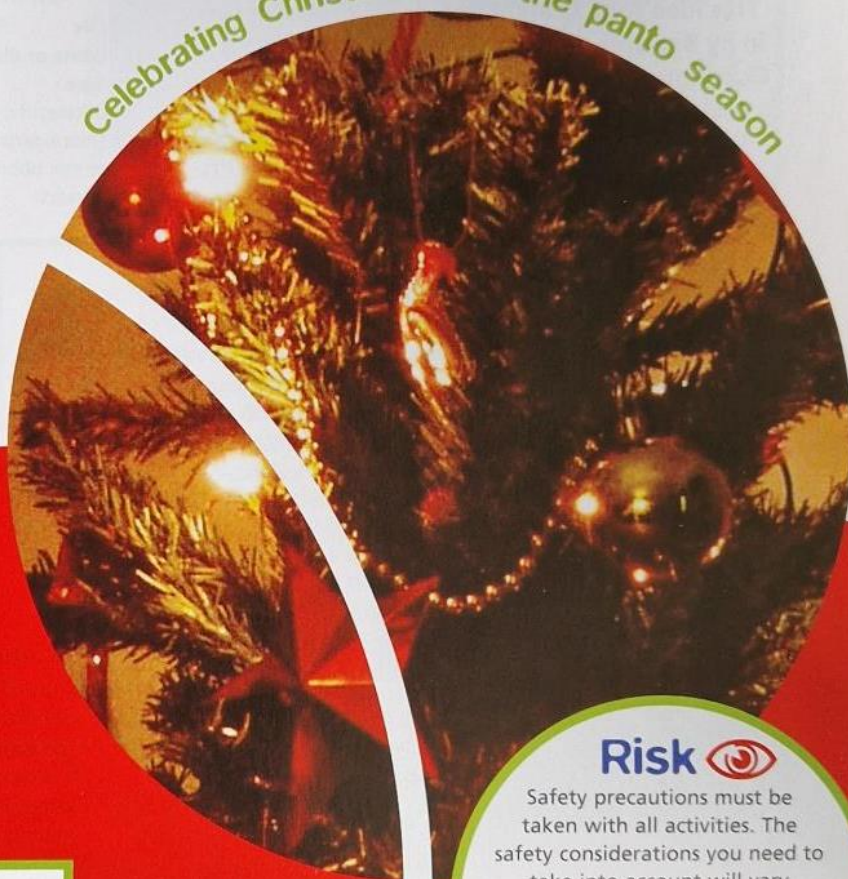
Zakina, 1st St Patricks Guides, Bermuda



October 2004

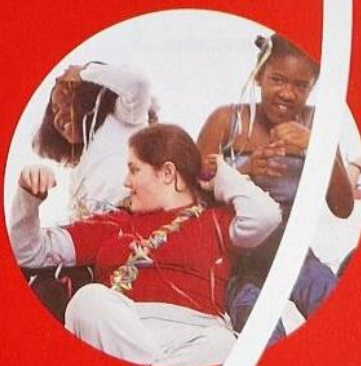
Activate

Celebrating Christmas and the panto season



Contents

- 2 **Glitter and baubles**
Festive decorations
- 4 **Card sharp**
Recycling old cards
- 5 **Christmas crackers**
Home-made gifts
- 6 **Party games**
Traditional party fun
- 8 **Six-stop shop**
Shopping-themed activities



Risk

Safety precautions must be taken with all activities. The safety considerations you need to take into account will vary depending on each activity's materials and environment. For advice on assessing risks, consult the *Being Prepared* resource, available from the Trading Service, order code 6013, price £5.

What's hot

Try our all-singing, all-dancing Christmas pantomime to brighten up your winter meetings!

There's something for everyone in our festive features, including crafts, games and gift ideas.

Glitter and baubles

Prepare for Christmas celebrations with some decorative ideas

Shiny snowflake

This idea for a sparkly tree decoration was sent in by Brownie Leader Sharon Randall from Charlbury in Dorset.

Each girl needs two old CDs. Cut a piece of embroidery thread or very thin ribbon 12cm long.

Spread glue over the printed side of one of the CDs. Arrange the thread in a loop so that the ends are on the glue and the loop is hanging over the edge.

Sandwich the other CD, printed side down, on top.

While the glue is drying you need to make two paper snowflakes. Cut out a circle of white or silver paper and fold it into quarters. Snip out shapes on the sides so that when you unfold it you have a snowflake pattern. Repeat with another circle.

Stick a snowflake on either side of the CD sandwich.

Add some glitter to make it really sparkle.

When all the glue is dry, use the loop to hang up the CD snowflake on a Christmas tree. It could also be hung in a window for extra festive cheer.

You will need

- ☐ CDs
- ☐ White or silver paper
- ☐ Glue
- ☐ Glitter
- ☐ Embroidery thread or thin ribbon
- ☐ Scissors



Santa stocking

You could pre-cut felt shapes for this fun decoration to make it easy for Rainbows.

Cut out two felt stocking shapes exactly the same size. You can make a card template to help you do this.

Place a little cotton wool down the middle of one of the stockings. This is to pad out the finished product and give it some shape.

Stick the other stocking on top and make sure the edges are pressed firmly together.

Decorate the stocking as you wish, perhaps with sequins or more cotton wool around the top.

Finish off by threading a piece of cotton in a top corner of the stocking and tying it off into a hanging loop.

You will need

- ☐ Felt
- ☐ Cotton wool
- ☐ Glue
- ☐ Sequins
- ☐ Needle and cotton
- ☐ Card



You will need

- ☐ Polystyrene balls
- ☐ Glue
- ☐ Glitter
- ☐ Brass paper fasteners
- ☐ Thread
- ☐ Foil pie tins

Disco balls

Give your Christmas trees a funky feel with some glittery disco balls.

To create a hanging loop, tie a 12cm length of thread into a loop. Next, catch the loop in between the two prongs of a brass paper fastener.

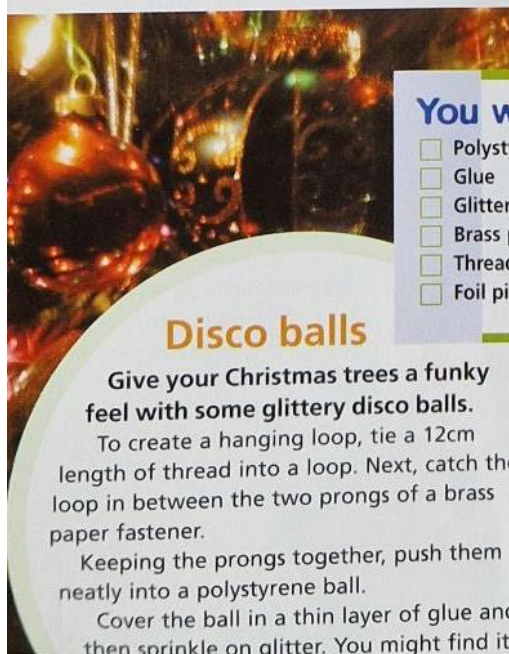
Keeping the prongs together, push them neatly into a polystyrene ball.

Cover the ball in a thin layer of glue and then sprinkle on glitter. You might find it helpful to put glitter into small foil pie tins and then roll the ball in them.

Hang the balls up to dry.

Top tip

Craft shops usually have lots of different polystyrene shapes that you can buy. You can bulk buy balls from many mail order craft firms.



Candy crook

This is a longer lasting, non-edible version of the pretty American candy canes that you often see at Christmas time.

Bend a pipe cleaner into the shape of a shepherd's crook. Thread on alternate red and white beads. You will need to twist over the ends of the pipe cleaners so that the beads don't fall off.

When you have finished this, tie on a hanging loop of thread.

Of course you don't have to use red and white beads, you can use any colour that you have.

You will need

- ☐ Red and white beads
- ☐ Short pipe cleaners
- ☐ Thread



Web watch

You may find these web sites helpful for buying craft items.

☐ www.panduro.co.uk
Panduro Hobby's current catalogue includes a 90-page Christmas section with lots of ideas for decorations and gifts.

☐ www.smitcraft.com
Suppliers of arts, crafts and stitchery materials.

These are a few of the many companies that offer art and craft supplies. Please note that while we do our best to check out web sites, we cannot be held responsible for their content or issues arising from them.

You will need

- ☐ Penne pasta
- ☐ Paints
- ☐ Brushes
- ☐ Thin garden sticks
- ☐ Modelling clay
- ☐ Mugs
- ☐ String

Pasta threads

Here's a novel idea for a tree chain that is messy but fun to make.

Put two mugs upside down on a table. Put a blob of modelling clay in the middle of each.

Thread some penne pasta shapes (this is the long tube type with a big hole through the middle) onto the garden stick. Balance the stick in between the two mugs, using the modelling clay to keep the ends in place.

Now you are ready to paint the pasta pieces. Leave them in place on the stick until the paint is dry.

When the shapes are dry, you can take them off the stick and thread them onto string to make a chain.

The chains can be as long as you like.

Top tip

Thread beads or small pom-poms in between the pasta tubes.



Peace chain

Spare a thought for others this season and make a paper chain with a difference.

With all the presents and decorations, food and festivities, it's sometimes hard to remember the real reasons we celebrate Christmas and that there are many people in the world who can't join in the fun.

Give each girl a piece of paper that will make a link in a paper chain. You can use coloured paper strips or recycle some of your scrap paper.

Ask the girls to write a message on their piece of paper. This could be a thought for someone who can't be with them at Christmas, a message of peace for the world or a prayer of hope for the future.

When everyone has written a message, link the strips into a chain.

You might like to join up with other units to make a really big 'chain of peace' that you could display in a prominent place such as the town hall.

Ideas to go

- ☐ Make pom-poms from sparkly wool to hang on your tree
- ☐ Simple Christmas hanging stars can be made by twisting together yellow or sparkly pipe cleaners
- ☐ Look at decorations you can buy in shops to get inspiration for ones you can make yourself
- ☐ Divide Guides into Patrols and challenge them to make an imaginative Christmas tree angel from a selection of materials
- ☐ Make lots of decorations and sell them at a Christmas fair.

Card sharp

Have fun with used Christmas cards

Find the card

This excellent idea was sent in by Leader Lyn Jones of the 7th Tunstall Brownies and the 1st Tunstall Rainbows, Stoke-on-Trent.

To play this game you will need lots and lots of used Christmas cards. This is ideal if you still have lots left over from last year or you can ask the girls to save this year's cards.

Look at the cards and think of a general clue about the picture.

For example:

- ☐ He wears a red suit (Father Christmas)
- ☐ We decorate it (Christmas tree)
- ☐ They have white dresses and wings (angel)
- ☐ It's white and cold (snow).

Write down a list of about 25 to 30 questions.

Try not to go into too much detail then some of the questions will be suitable for more than one card.

Divide the girls into groups and give each group a list of questions. Hide the cards around your meeting place.

The girls look at the clues and pick a card to look for. Give the girls a time limit, perhaps 15 minutes. At the end of this time, see which clues the girls have solved and count up the cards to discover who has managed to find the most.

You will need

- ☐ Lots of used Christmas cards
- ☐ List of clues for each team

Make it easier...

Put up the cards around the room.

Divide the girls into groups who then sit in one big circle. A Leader reads out a clue. Two girls from each group run to find a card while being encouraged by their teammates.

The first girl back wins a point for her team.

The Leader reads out another clue and another two girls go to find the card and so on.

You will need

- ☐ Card
- ☐ Felt-tipped pens

Ideas to go

Here are some more ideas using old Christmas cards and wrapping paper.

- ☐ Make cards into gift tags and boxes
- ☐ Cut out pictures and use them to decorate an item such as a tin or box that you can fill with Christmas sweets
- ☐ Recycle cards into Christmas decorations.

The other half

Here's an easy ice-breaker for large groups that will get everyone into pairs ready for another game.

Cut Christmas cards into halves and mix them up. Give each girl half a card. They must then find the person who has got the matching card to their half.

Celebrity greetings

This is a game for older girls. Divide the girls into groups. Each group is to design two cards for two different celebrities.

The picture on the front of the card must give clues as to who the card is for.

Inside the cards the girls can write a clue consisting of one or two words only.

A really easy example would be a football on the front of the card and 'England captain' on the inside. This would mean the card was for David Beckham!

Give the girls 15-20 minutes to make the cards. They can then swap with other groups who have to guess who the cards are for. Try not to make the clues too easy.

Guiding magazine proudly presents:



ILLUSTRATED BY HEATHER PETERS

The Princess and the Pauper

A pantomime by Gillian Ellis

Cast

King of Goldavia
Lord Chancellor
Princess Emmeline
Prince Florian of Silvania
Fairy Godmother
Registrar
Seven village girls
Herald

Groups

Beggars
Ladies-in-waiting
Princes
Courtiers
Soldiers

Scene one: King's parlour

King playing tiddlywinks. Lord Chancellor looking out of window.

LORD C Will it never end?

KING Of course it will. I'm nearly done — just need to get this big red one into the pot.

LORD C With respect, Your Majesty, I didn't mean your game. I meant this constant procession of beggars at the Palace gates.

KING Oh, that. Get rid of them. They make the grounds look so untidy.

LORD C I've tried, Your Majesty, again and again. But Your Majesty's wealth is as legendary as your generosity.

KING Never a truer word spoken. This month alone I've endowed three hospitals, four schools, five orphanages, six scholarships, seven universities and a barbershop quartet.

Very bad quartet off-stage. There they go now. Cost me a packet but I do love to give pleasure.

LORD C *fingers in ears* Music hath charms to soothe the troubled breast, Sire.

KING Absolutely. Now run along and get rid of those unsightly ruffians, there's a good chap.

LORD C At once, Sire. *Exit*

KING Now just one more game...



Scene two: Front of curtain

Palace gates

Procession of beggars. Lord Chancellor hands each of them one groat. Each says, incredulously, 'One groat? Thanks a bunch!'

LORD C Beggars can't be choosers. They should be grateful for what they get. We've had 527 beggars this week alone — that's 527 groats down the drain. Enough to buy me a new wig. Now, let's see, what's for lunch today? Avocado vinaigrette, oysters in garlic butter, lobster thermidor and strawberry meringue with double cream...mmm... *Exit*



Scene three: King's parlour

Enter King and Lord Chancellor

KING *wiping mouth* These trousers have shrunk. Must have a word with the Royal Laundress. Well? All sorted?

LORD C Yes, Sire. Beggars all off the premises.

KING Good, good. Now what was it I had to do this afternoon?

LORD C The noble lords, Sire. Suitors for the hand of Her Highness. Batch number 72.

KING *groaning* Oh dear, must we go through all that again? Will Emmeline ever be satisfied? Nobody ever seems to please her.

LORD C No, Sire. You can't cast pearls before swine.

KING Quite, quite. And my daughter is indeed a most precious pearl. Noblemen from far and wide have sought her hand. It's a pity she's so... so...

LORD C Choosy, Sire?

KING I was going to say 'rude'. But perhaps 'choosy' is more appropriate.

Fanfare. Enter Princess and Ladies-in-waiting.

KING Emmeline! My darling! *They embrace.*

PRINCESS Careful! Don't ruffle my hair, Daddy.

KING You're looking particularly delightful today, my sweet.

PRINCESS I know. But it's all a waste of effort. There won't be anyone remotely interesting.

KING My treasure! Today's suitors are all of royal blood. No ordinary noblemen — every one of them a Prince. Surely... surely...

PRINCESS Surely they'll be as crass and boring as all the others. I don't believe the man is born who is fit to clean my shoes. Still, may as well get on with it. I've nothing else to do this afternoon, more's the pity.

KING Do try to be kind to them, dearest.

PRINCESS Why should I?

Fanfare. Enter procession of Princes, richly dressed, each carrying a present larger than the gift before. Voice-off announces each Prince (whatever names you wish. Princes can come round several times, wearing different cloaks). Princes hand Lord Chancellor their gifts; he is finally obliterated from view by large packages and staggers about blindly. Princess looks each Prince up and down disdainfully, making a cutting remark to each, ruder each time. Exeunt Princes, except Florian, who hides.

KING My beloved, you weren't very kind.

PRINCESS So? They were all buffoons. You can't expect me to spend five minutes with any of them, let alone my whole life.

KING But, sweetheart, you must marry. The Kingdom needs an heir. A little prince.

PRINCESS You marry again, then. I can't help it that you and Mummy didn't have any boys. I can't help being a girl. So sorry to disappoint you.

KING Never! You're everything Mummy and I ever wanted. You're perfect.

PRINCESS Of course. So stop trying to marry me off to repulsive young men. I'll choose a husband when I'm good and ready.

KING *losing his temper* You will, will you? Now listen to me, young lady. You'd better choose a noble husband double-quick or mark my words, I'll marry you to the next beggar who sets foot in the Palace grounds. And that's a promise!

PRINCESS *affectionately* Silly Daddy. You'd never do that! Now, let's see what they've brought me. This is the only good part of the whole boring process. Take the gifts to my sitting room. *Exit*

Lord Chancellor staggers out, bumping into furniture. Off-stage, resounding crash.

PRINCESS *Off* Stupid man! I hope nothing's broken. *Exeunt all.*



Scene four: King's parlour

Prince comes out of hiding, humming Greensleeves.

FLORIAN My, she's a feisty one. Sticky-out ears, indeed! Some very notable princes have sticky-out ears. An outstanding feature, in my opinion.

Crash of cymbals, flash of light.

Fairy Godmother tumbles onstage, tripping over. She dusts herself down.

FLORIAN And for your next trick?

FAIRY G Less of your cheek, young man.

FLORIAN Have we been introduced?

FAIRY G Haven't you ever read your fairy stories? I'm Princess Emmeline's Fairy Godmother. At her christening, I promised to give her a kind heart but, so far, it doesn't seem to have worked. So I've come to give you a leg-up.

FLORIAN Indeed? How?

FAIRY G Time that spoilt brat was hitched to someone sensible. You look sensible — are you?

Florian waggles his ears and crosses his eyes.

FAIRY G Hmmm. At least you've a sense of humour. You'll need that when you marry Emmeline. She's somewhat lacking in that department.

FLORIAN When I marry Emmeline? Don't you mean 'if'?

FAIRY G When. Do as I say and it'll all work out. But you'll need patience; it'll be a long job.

FLORIAN Patience is my strong point. If I can marry Emmeline, I'll do anything. She's beautiful, gorgeous, talented, elegant... *add lots of other suitable adjectives.*

FAIRY G *interrupting* Okay, okay, I get the picture. Love is blind, but there you go.

FLORIAN What do I have to do?

FAIRY G First, lose the fancy gear. *Produces beggar's clothes — he scrambles into them.* Good. Now do just as I tell you...

Exeunt stage right, Prince humming Greensleeves.



Scene five: King's parlour

Enter King stage left and Fairy Godmother stage right

KING *miserably* Oh, it's you. Haven't seen you for ages. What brings you here?

FAIRY G What's up with you? You've a face like a wet weekend.

KING I'm upset. I spoke harshly to my little girl. I'll never forgive myself.

FAIRY G It's a start. Time you gave her a good talking-to. You and Hermione spoilt the girl rotten. That's why she's so difficult to manage.

KING Surely not! We gave her all the love in the world and denied her nothing. She was the apple of her dear departed mother's eye.

FAIRY G Precisely. Apples go rotten. But there's still time to save your little Golden Delicious.

KING How? I'll do anything.

FAIRY G It's quite simple. Just keep your promise.

KING I always keep my promises to Emmeline. Always!

FAIRY G Good. Just now, I heard you promise to marry her to the next beggar to set foot in the Palace grounds. Take a look. There's one just coming in at the gate now.

KING *flustered* But I didn't mean ... you can't expect...

FAIRY G Just do it. I know him. He's a good lad. He'll make her happy.

KING But a beggar... my lovely daughter...

FAIRY G Oh, stop whingeing.

KING I can't do it... my lovely daughter...

FAIRY G Nonsense. You'll do as I say or else...

KING *Knees knocking* W..w..w..w..what?

FAIRY G Excruciating agony?

She points wand at King and he writhes about, shrieking.

KING Oh, oh... stop... please stop!

FAIRY G Had enough?

KING Quite enough.

The agony stops but the King still argues. Repeat the scene from 'I can't do it...' to 'Quite enough.' a few times, each time the King making more and more exaggerated agonised movements.

FAIRY G Perhaps you'll do as I say now? You wouldn't want me to give Emmeline a taste of the same, would you?

KING No, no! Please don't put her through that! She has a delicate constitution.

FAIRY G Up to you — let's have her in.

She rings a bell. Enter Lord Chancellor.

LORD C Good gracious.

FAIRY G Be so good as to summon the court — and the Princess.

LORD C Sire?

KING Just do it...

LORD C Mine not to reason why...

KING Exactly.

Exit Lord Chancellor, returning with courtiers and Princess.

PRINCESS What is it, Daddy? I was just opening the ninety-fourth present. Yet another diamond tiara. So tedious — have they no imagination?

KING Darling... we have something to tell you...

we...I...we...that is, I...

FAIRY G Oh, get on with it, for Pete's sake.

PRINCESS *haughtily* And who are you? How dare you address my father in that impertinent manner!

FAIRY G I'm your godmother, silly girl. The one who promised to give you a kind heart — and a pretty poor job I've made of it up to now.

LORD C Kind hearts are more than coronets and simple faith more than Norman blood.

KING Your point?

FAIRY G The man's right, even if he is

a little annoying. I promised to give you a kind heart and the time has come to do it. Now, Emmeline, there's a young man who loves you well, despite you being an objectionable little baggage. He's coming to claim your hand. Here he is now.

Enter Prince Florian, humming Greensleeves. Princess gasps in horror.

PRINCESS But he's a common beggar. If you think I'd marry him, you're very much mistaken! Daddy?

KING The thing is, my precious, Daddy promised...

PRINCESS Promised what?

KING Oh, do I have to? Couldn't you reconsider?

FAIRY G A promise is a promise. Let's get on with it.

PRINCESS *screaming* Get on with what?

KING Er... the wedding, my petal.

PRINCESS *ominously* What wedding?

FAIRY G Your father promised you that if you didn't choose one of those fancy Princes, he'd marry you to the next beggar who showed up at the palace. You wouldn't want him to break a promise, would you?

PRINCESS I would, I would... I won't do it!

KING I fear we have very little choice, my angel. Your godmother's an extremely powerful woman. Don't ask her to demonstrate...

FLORIAN Please don't be afraid to marry me. I'll make you the happiest wife in the kingdom. I'll love you for ever. And I'm not bad looking.

LORD C Handsome is as handsome does.

KING Oh, shut up!

PRINCESS Wife to a beggar? Aaaaargh!

She faints. Attendants crowd round, changing Princess into her wedding dress unseen by audience.

FAIRY G Okay, let's get this show on the road. *Waves wand.* Music! *Wedding music played offstage.* Ring! *Courtier runs on with ring.* Registrar! *Registrar staggers on, looking bemused.* Take your places for the ceremony.

LORD C None but the brave deserve the fair...

King swats him.

Princess in wedding dress reluctantly stands before Registrar with Prince, who puts ring on her finger. Music changes to lively dance music; all dance, except Princess, who sulks in a corner. Prince tries unsuccessfully to make her smile.

FAIRY G *waving wand* Off to the wedding feast!

KING What wedding feast?

FAIRY G I've organised it. In the dining room. Quails' eggs, asparagus spears, creamed chicken, smoked salmon, caviar, boeuf en route, fresh raspberries, mango smoothies...

KING Jelly and custard? I do love jelly and custard. Is there jelly and custard?

FAIRY G *waves wand* There is now.

PRINCESS I don't feel very hungry.

FAIRY G I'd eat as much as possible if I were you. There might not be much choice where you're going.

Exit Princess, wailing, followed by Prince, humming Greensleeves. Exeunt all.



Scene six: Humble kitchen

Princess seated. Enter Prince, humming Greensleeves.

FLORIAN Look, my love, a chicken. Well, a chicken leg...

PRINCESS It looks a funny colour.

FLORIAN Just a bit burnt, that's all. But the inside is delicious. Here...

PRINCESS I never eat dark meat. Just the breast.

FLORIAN This is all we have. Take it, sweetheart; you must eat something.

PRINCESS I won't. I don't like your kind of food. I'm sick and tired of your berries and nuts and bits of burnt meat and fish. Why can't we have a cook with a proper oven instead of that stupid wood fire?

FLORIAN We can't afford it, my love. We're just simple folk.

PRINCESS You may be simple but I'm not. I'm used to all the finest foods — my delicate constitution can't stand all this common fare. I'll be ill.

FLORIAN You'll be ill if you don't eat. I'll try to find something better. Wait here. I may be some time.

PRINCESS *alarmed* You're not leaving me alone?

FLORIAN The villagers will look after you. They're poor but they're kind. Goodbye, my dearest.

He kisses her but she turns away her head. He sighs and leaves sadly, still humming Greensleeves. Lights out, then on again.

Enter village girls, each with small offering — berries, nuts, slice of bread, half an orange. Each girl says something, such as, 'We haven't much but we can spare this berry'; 'Gran sent her bread. She says she can manage without it.' Invent your own sentences. All girls hug Princess and watch her eat.

GIRL 1 Did you enjoy that?

PRINCESS *surprised* Yes, I did. I didn't realise how hungry I was. It was all very tasty. Thank you.

GIRL 2 I like your dress. Is it real gold?

PRINCESS Is there any other kind?

GIRL 3 Your house is really nice. Very cosy.

PRINCESS Cosy? *Looking round* Yes, I suppose it is. Cosy.

GIRL 4 Your husband's ever so handsome.

PRINCESS Is he? I hadn't noticed.

GIRL 5 We had. *They all giggle.* You're very lucky.

PRINCESS Am I?

GIRL 6 I don't know why you're so sad. If I had a handsome husband and a lovely house like this, I'd be over the moon.

PRINCESS *sulkily* Well, I'm not. I'm cold and bored.

GIRL 7 She needs cheering up. Let's dance.

Girls dance to unseen folk music and drag Princess in. Gradually, she starts to enjoy it and to laugh. Finally, all collapse, laughing. Girls hug Princess and leave.

PRINCESS That was fun. But now I'm alone again. Goodness knows when Florian will be back. How strange life is! It's a mystery to me how I come to be here at all. Married to a beggar. And Daddy did nothing to save me. He just doesn't care.



Enter Fairy Godmother with a crash.

FAIRY G That's where you're wrong. Your father is searching everywhere for you. He's been distraught since you left on your honeymoon two months ago. He's afraid your husband will never bring you home. He has armies out looking for you.

PRINCESS Daddy's looking for me? Oh, how I'd love to see him! He's the best father in the world.

FAIRY G He'd have been a better one if he hadn't spoilt you so much.

PRINCESS You can do anything you want, you and that wand... Couldn't you magic me back to the Palace? I want to go home.

FAIRY G Home to your silk sheets, fancy food and ten thousand pairs of satin shoes?

PRINCESS Yes, oh yes! I'm so tired of being poor.

FAIRY G Away from this cosy home and the husband who adores you? A husband who's out hunting for dainty delicacies to tempt your palate?

PRINCESS *hesitates* Yes... I think so...

FAIRY G Back to the Palace where people bow and scrape and flatter, but joke behind your back about what a spoilt little brat you are?

PRINCESS Do they? I never knew that.

FAIRY G Away from the village where everyone is always kind to you, where they share their last crumb with you, where they laugh and dance and hug you?

PRINCESS They were kind, weren't they? And I did have fun just now.

FAIRY G Still, if you really want to go... *raises wand*

PRINCESS No, stop! Just a minute... I do want to go home and be comfortable and I do want to see Daddy... but if you don't mind, I think I'll just wait till Florian comes home. Now you mention it, he has been kind. I wouldn't want him to think me ungrateful. Could you hang on a bit, then you could magic us both home?

FAIRY G Now there's a turn-up for the book! A kind heart, beginning to show at last.

PRINCESS I wondered what this funny feeling was. Is it really my heart changing?

FAIRY G I wouldn't be at all surprised.

Scene seven: Front of curtain

Sign pointing to Silvania Palace.

Soldiers rushing to and fro, peering in imaginary windows and behind imaginary bushes. Enter King and Lord Chancellor, dishevelled.

KING Will we ever find Emmelinè? How I wish I'd never let that wretch run off with her! But that stubborn old fairy... she was so... persuasive. I should have stood up to her.

Enter Fairy Godmother, with the usual crash.

FAIRY G Should have stood up to your little brat, more like! **KING** Good gracious! Where did you spring from?

FAIRY G Never you mind But you can stop fretting about the little baggage. She's doing fine.





2005 events at the Training and Activity Centres

If you would like to apply or find out more about one of the events listed then please contact the Centre direct. Contact details are on page 6.

Check out our web site www.Girlguiding.org.uk for further information about the Training and Activity Centres

Training Events for Leaders, Young Leaders and Unit Helpers

Unless otherwise stated, events are for Leaders from all sections

FOXLEASE

January 7-9	Running a County Baden-Powell Adventure – ideas, air and share
January 14-16	Music/Drama/Performance skills
January 14-16	Preparing to take a Residential Qualification – Brownie Bias
January 14-16	Recruitment and retention
January 28-30	Joined Up Guiding – for teams of Leaders who see girls grow through the sections. Looking at the wider picture.
February 11-13	Today's Guide – 10-14 years. Her concerns, issues, pressures.
April 1-3	Fools for guiding – making the unit meeting fun for everyone.
April 8-10	Ideas for unit meetings for Brownie and Guide Leaders.
June 3-5	Rainbow Leaders
September 9-11	Ideas to activate your unit
October 7-9	World Guiding and traditions of guiding
October 7-9	Rainbow Leaders – getting Rainbows out and about
October 21-23	Programme planning – promoting choice in the programme, being creative with the calendar.
October 28-30	Senior Section Leaders

November 11-13

Craft/music/indoor adventure

December 2-4

December discovery – explore resources from countries and regions and WAGGS and other organisations.

WADDOW

January 14-16

International ideas for units including activities, crafts, games and festivals

January 14-16

First response, safe from harm and risk assessment

January 21-23

Rainbow Leaders

February 5

Food hygiene certificate

February 25-27

Guide Leaders

March 4-6

Training Opportunities Musical Activities Scheme

March 4-6

PR, recruitment and retention for Unit Leaders and Commissioners

May 20-22

Outdoor traditions for Brownie and Guide Leaders

June 3-5

GNAS Community Sports Leader Award, Module A

June 24-26

GNAS Community Sports Leader Award, Module B

June 24-26

Brownie Leaders

July 22-24

Understanding the Senior Section – for all Leaders – the Programmes, awards and supporting your Young Leader

July 22-24

18-30s weekend. Fun & Support for Senior Section

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WENTWORTH

Sep 30-Oct 2	Handling awkward situations including behaviour and social issues and safety
Sept 30-Oct 2	Commissioners – what makes a terrific team?
October 21-23	Mentors - air and share
November 4-6	A year of arts and crafts for all sections
November 18-20	New to guiding
December 9-11	Beauty break pamper weekend

BLACKLAND FARM

January 15-16	Girlguiding Rock-climbing Training Scheme, Level 1
March 12-13	Girlguiding Rock-climbing Training Scheme, Level 2
May 21-23	Weekend on a plate – for Leaders
June 4-5	Girlguiding Rock-climbing Training Scheme, Level 2
July 23-24	GNAS Community Sports Leader Award, Module A
July 23-24	Improvers' Rock-climbing
July 30-31	GNAS Community Sports Leader Award, Module B
October 1-2	GNAS Community Sports Leader Award, Module A
October 8-9	GNAS Community Sports Leader Award, Module B
November 12-13	Girlguiding Rock-climbing Training Scheme, Level 1
December 10-11	Girlguiding Rock-climbing Training Scheme, Level 1

BRONEIRION

February 11-13	Cross training for Welsh Language Guiders
February 25-27	'Go For It' Brownies
March 4-6	Programme training for all
March 11-13	Mentors
March 11-13	Rainbow Guiders' training

March 18-19	Minibus training
March 19-20	Minibus training
March 18-19	First response, safe from harm, risk assessment
March 19-20	First response, safe from harm, risk assessment
March 18-19	Walking First Aid
March 19-20	Walking First Aid
May 6-8	Pioneering
May 6-8	Environment
May 6-8	From Russia with love
May 20-22	Arts & crafts for all seasons

October 28-30	Arts for Senior Section & Guides
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November 11-13	Walking Level 2
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HAUTBOIS

January 21-23	Guitar weekend
March 5-7	First Aid in Guiding
March 11-13	Girlguiding Rock-climbing Training Scheme, Level 1
March 11-13	GNAS Community Sports Leader Award, Module A
March 18-20	GNAS Community Sports Leader Award, Module B
April 29-May 1	Singing weekend
June 16-18	Recorder weekend
August 19-26	Heraldry week
September 16-18	First Aid in Guiding
September 19-23	Birdwatching
October 28-30	Minstrels weekend

LORNE

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



NETHERURD

January 21-23	Guiding development	September 9-11	Outdoor/international weekend
February 4-6	Prospective trainers and tutors	September 16-18	Working with the guitar
February 18-20	World Thinking Day international extravaganza	September 23-25	Positive & Effective Leadership
March 4-6	Positive and Effective Leadership	November 18-20	Trainers' weekend

Fee bursaries

Most of the Training and Activity Centres have bursaries for which individual leaders can apply direct to the centre. These provide generous help towards the cost of an event.

Outdoor bursaries

These are usually available for adults wishing to obtain recognised qualifications in outdoor activities. Please contact Pat Wheatley at CHQ on 020 7834 6242.

2005 events for Brownies, Guides and Senior Section

FOXLEASE

January 7-9	Baden-Powell Challenge Adventure for Guides	February 18-20	World Thinking Day event for Guides and Brownies – crafts, games and activities from around the world
January 21-23	Brownie Badges, Disability Awareness, Science Investigator, World Guiding	March 18-20	Comic Relief Capers – fun and games for Guides and Senior Section
February 15-17	Patrol Team Challenge, for patrols or groups of Guides from the same unit, with a minimum of four, maximum of six. Without Leaders	May 20-22	Go For It Guides – preparing older Brownies for the move up to Guides
February 18-20	World Thinking Day event for Brownies, Guides and Senior Section	May 20-22	Baden-Powell Challenge Adventure
March 22-24	Young Leaders' training	July 22-24	Baden-Powell Challenge Adventure
March 25-28	Easter event for Brownies with Leaders	August 19-21	Adventure Out – fun outdoor challenges for Guides
April 28-May 2	Three-night event for Guides with Leaders	August 19-21	Mums & daughters weekend
May 31-June 2	Baden-Powell Challenge Adventure	August 22-26	Activity holiday for Guides and Senior Section
October 24-27	Baden-Powell Challenge Adventure	October 21-23	Dance, drama and music workshop - Brownies, Guides and Senior Section
November 4-6	Brownies with their Leaders	November 4-6	Baden-Powell Challenge Adventure

WADDOW

January 7-9	Baden-Powell Challenge Adventure	December 16-18	Christmas chill-out for Senior Section
		December 16-18	Christmas Capers Sleepover for Guides

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EVENTS

BRONEIRION

4-5 February	Baden-Powell Challenge Adventure
5-6 February	Baden-Powell Challenge Adventure
18-20 February	Guide activity weekend
25-27 February	'Go For It' Brownies
29-31 March	Catered Pack Holiday (Brownies)
13-15 May	Pix'n'Mix Arts (Brownies)
24-26 June	Baden-Powell Challenge Adventure
2-4 September	Teens & Twenties (13+ Guides and Senior Section)
28-30 October	Arts for Senior Section & Guides
25-26 November	Guide Sleepover
26-27 November	Guide Sleepover

BLACKLAND FARM

May 7-8	BCU 1 & 2 Star Kayak
May 15	Beginners' Rock-climbing
May 28-29	BCU 1 & 2 Star Kayak
June 2-3	BCU 1 & 2 Star Kayak
July 10	Beginners' Rock-climbing
July 16-17	BCU 1 & 2 Star Kayak
August 6-13	Camps and holidays for Girlguiding UK members only
August 14	Beginners' Rock-climbing
August 27-28	BCU 1 & 2 Star Kayak
September 4	Beginners' Rock-climbing

September 17-18	BCU 3 Star/2 Star/Improvers' Kayak - minimum age 14 years
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September 24-25	BCU 1 & 2 Star Kayak
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HAUTBOIS

January 21-23	Guitar weekend
February 11-13	Hautbois Action Team for Guides
May 6-8	Baden-Powell Challenge
June 16-18	Recorder weekend
August 6	Family fun day
November 18-20	Christmas Capers for Guides
November 25-27	Santa's Biggest Brownie Adventure for Brownies
December 2-4	Santa's Biggest Brownie Adventure
December 9-11	Santa's Biggest Brownie Adventure
December 16-18	Santa's Biggest Brownie Adventure

LORNE

For details of events, please contact the Centre.

NETHERURD

January 14-16	International selections for 14-16 years
February 18-20	World Thinking Day international extravaganza
November 25-27	A Christmas Carnival arts event
December 2-4	International selections 16-19 years

PLEASE NOTE: Blackland Farm has a change of policy regarding campers

In light of the current child protection issues including CRB checks, the Blackland Farm management group has decided to restrict the type of groups allowed to camp on site. The only groups allowed to camp are groups from Girlguiding UK, WAGGGS, The Scout Association, The Duke of Edinburgh Award Scheme, schools and other groups with their own constitution and public liability insurance. This should give reassurance to Girlguiding UK groups about the other site users at Blackland Farm. For further information please contact the Manager at Blackland Farm.

- New for 2005 - a Girlguiding UK members only week.



Further opportunities for camps, holidays and activities for girls and young women

All of the Training and Activity Centres listed on the contacts page (6) have holiday houses, facilities for camping and offer outdoor and environmental activities. The following sites are also available:

BROWNSEA ISLAND, Poole Harbour, Dorset

Brownsea Island is the home of Lord Baden-Powell's first camp. Activities include low ropes, zip wire, spider's web and archery. Camp sites cost £2.50 pppn or South Shore Lodge (indoor accommodation, not for Pack Holidays) £85 per night.

Bookings open October 1 for the following year. For more information please call **0870 743 1907**, email: bookings@brownsea-island.org.uk, or visit www.brownsea-island.org.uk.

YNYSGAIN, North Wales

Ynysgain is set in peaceful surroundings, close to the beach and Snowdonia National Park. There are many outdoor activities in the area. The Centre has three camp sites and self-catering accommodation for Pack Holidays and Rangers, with facilities for people with disabilities. For information and booking, please call Girlguiding Cymru on **01686 688 652**.

GLENBROOK OUTDOOR ACTIVITY CENTRE, Derbyshire

Glenbrook is in the heart of the beautiful Peak District. It offers archery, abseiling, climbing, pioneering and walking. There is indoor self-catering accommodation in the main house for 30 people, as well as two flats, which sleep ten and 35 people. All self-catering accommodation costs £5.10 pppn. There are also camp sites, which cost £1.50 pppn, a self-contained four-berth holiday flat for £25-£35 per night. Open all year round.

April 8-10 Young Friends Weekend for Guides and Senior Section

August 16-19 Challenge Camp for Guides and Senior Section

For more information call or fax **01433 651567**, email warden@glenbrook79.freemove.co.uk or visit www.glenbrook-guiding.co.uk.

Activities at ICANDO®, 2005

For further details of events contact ICANDO at CHQ on **020 7592 1818**.

At all ICANDO events one adult goes FREE with every eight under 16 year olds.

Rainbow themed events

Look, Learn, Laugh and Love your way through one of our themed days. £7.50 per Rainbow per half day

Europe	January 29
Africa	February 15
Americas	March 19
Asia	March 29
Down Under	April 5
Flowers	May 21
Myths and Legends	October 25

Brownie badge days

Bring your unit and support them as they earn a badge in a day. £10 per Brownie – all day

Artist	January 15
Brownie Traditions	February 12
Communicator	April 2
Craft	May 14
Speaker	June 18
First Aid	September 24
World Guiding	October 15
World Issues	November 19

Brownie Adventure events

£7.50 per Brownie – per half day

New Year Around the World	January 22
Africa	February 16
Europe	March 12
Asia	March 30
Down Under	April 6
Americas	July 2
On the Move	September 10
Myths and Legends	October 26
Explorers	November 12

Brownie sleepovers

Four events ideal for small units. £25 per Brownie (includes supper and breakfast) and one night's accommodation

Around the World	April 29 and July 8
Star for a Night	May 27 and September 16

Go For It! London

Find out more about our capital and earn a certificate and card. £10 per Guide per day — April 9, June 4, July 9, September 17, October 8 and November 5

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EVENTS

Guide themed events

Challenge yourself with one of our themed events.
£7.50 per Guide – half day

Africa	February 17
Asia	March 31
Down Under	April 7
Americas	April 16
Europe	June 11
Myths and Legends	October 27

Baden-Powell Challenge adventures

A unique adventure based in ICANDO and around London. £50 per Guide (includes two nights' accommodation and all meals from Saturday breakfast to Sunday breakfast) — February 25-27, April 15-17, June 24-26 and October 21-23

World Thinking Day event

A chance for all sections to learn more about Guiding around the world.
£7.50 per person – half day February 19

World War II event

Mark 60 years since the end of WWII and learn more about the role played by Guiding. £7.50 — half day

Rainbows	June 1
Brownies	June 2
Guides	June 3
All Sections	May 7

Great women

Celebrate the achievements of a host of remarkable women to mark International Women's Day. £7.50 per person – half day March 5

Christmas event

£7.50 per person – half day December 3 and 10

For more information about any of the events, please contact ICANDO on **020 7592 1818** or icando@girlguiding.org.uk.

Contact details

Contact name	Address	Phone/fax/email
Amanda Nelson Manager Lorne	Lorne House 30 Station Road Craigavad Holywood County Down BT18 0BP	Tel: 028 90 423180 Fax: 028 90 423202 Email: lorne@girlguidingulster.org.uk
Janice Lowe Manager Netherurd	Netherurd House Blyth Bridge West Linton Peebleshire EH46 7AQ	Tel: 01968 682208 Fax: 01968 682371 Email: bookings@netherurdhouse.freeuk.com
Julie Jones Manager Broneirion	Broneirion Llandinam Powys SW17 5DE	Tel: 01686 688204 Fax: 01686 688244 Email: Brone@talk21.com
David Denning Manager Hautbois	Great Hautbois House Great Hautbois Road Coltishall Norwich NR12 7JN	Tel: 01603 737357 Fax: 01603 736138
Cindy Walters Assistant Manager (Training) Foxlease	Foxlease Clay Hill Lyndhurst Hampshire SO43 7DE	Tel: 02380 282638 Fax: 02380 282561 Email: Foxlease@girlguiding.org.uk
Lynda Marsh Assistant Manager (Training) Waddow Hall	Waddow Hall Clitheroe Lancashire BB7 3LD	Tel: 01200 423186 Fax: 01200 427460 Email: Waddow@girlguiding.org.uk
Bryn Beach Assistant Manager Blackland Farm	Blackland Farm Grinstead Lane East Grinstead West Sussex RH19 4HP	Tel: 01342 810493 Fax: 01342 811206 Email: Blackland@girlguiding.org.uk
Kirsty Palmer Manager ICANDO	ICANDO 17-19 Buckingham Palace Road London SW1W 0PT	Tel: 020 7592 1818 Fax: 020 7828 8317 Email: icando@girlguiding.org.uk Web site: www.icando.org.uk



RESOLVING COMPLAINTS: NOTES FOR ADULT LEADERS

Girlguiding UK recognises its responsibility to deal consistently and fairly with expressions of concern or dissatisfaction from members and non-members. How we deal with these incidents is important – it shows we care and that we value everyone's opinion.

Girlguiding UK has a formal policy for dealing with complaints from non-members, as set out in the leaflet *Resolving Complaints* (see Figure 1). This leaflet gives an outline of the procedure and is a guide to the action you should take when dealing with a complaint from a non-member.

Your role

As an Adult Leader you may be called upon to deal with a difficult question, an expression of concern or even a complaint. This may come from a parent, adult with parental responsibility or other relative of a girl. It may come from a member of the community or someone who has had some involvement with Girlguiding in another capacity.

Very often these incidents arise out of a misunderstanding and can be dealt with quickly and easily on a personal basis. You may find some situations difficult to deal with, but it is important that as an organisation we handle them as well as we are able and to the eventual satisfaction of all those involved.

You do not have to deal with these situations on your own. It is important to remember that you will be fully supported at every stage of the process and that help and advice are always available.

What to do

In most cases the first person approached will be either the unit Guider or the District Commissioner. This may be in person, by telephone or in writing.

Your first response is important and a personal response is always better. Listen carefully to the concerns and offer whatever initial information you can confidently give in response. It's OK to say "sorry" if you feel it is appropriate. An apology goes a long way.

At this stage you may not have all the information to hand or may feel you need time to think about a response. If this is the case you need to look into the situation and agree a day and time when you will come back with a response. This could be by telephone, in a letter or at an informal meeting.

Make some notes of your conversations and any action taken and keep them safe.

Inform your District Commissioner of the situation and keep her advised of your actions. The Commissioner may need to be more involved at a later stage, depending on the nature of the complaint. She is also there to help and support you.

Do respond by the agreed date. If you are unable to respond in full, give an update on progress. Try to ensure your full response answers all the concerns and that there are no outstanding issues. Ideally everyone will feel comfortable with the resolution. Advise your District Commissioner when the issue is resolved.

There may be occasions when you are not able to satisfactorily answer the concerns. Under these circumstances you should involve your District Commissioner further. Do this by referring her to the person or by passing on her details to them. She in turn may seek further help and advice. The *Starting Rainbows*, *Starting Brownies* and *Starting Guides* leaflets given to new members contain the District Commissioners' contact details. Your District Commissioner also has a supply of the leaflet *Resolving Complaints*. These can be given to a complainant. It would be appropriate to give the person a leaflet at this stage.

Should the person remain dissatisfied they have the option of making a formal complaint. The situation will then be dealt with by the appropriate Commissioner, who could also give the person a copy of the leaflet *Resolving Complaints*.

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District and Division Commissioners

As in all matters, the appropriate Commissioner should be kept informed of any such situation. County Commissioners and Country and Region Chief Commissioners will give further advice as necessary. Every effort will be made to resolve all complaints in the best interest of all concerned. You will be fully involved in any investigation which may take place and will have knowledge of the nature of the response.

What else can you do?

Look for training in your area, for example:

- Challenging behaviour.
- Be prepared.
- Safe from harm.
- Any other training that helps develop your knowledge and skills.

Refer to the new *Guiding Handbook* pages 50–53 and *The Guiding Manual* pages 52–53.

- | | |
|--|---|
| ✓ Do stay calm. | ✗ Don't take it personally. |
| ✓ Do listen carefully. | ✗ Don't interrupt. |
| ✓ Do show concern. | ✗ Don't patronise. |
| ✓ Do ask questions. | ✗ Don't jump to conclusions. |
| ✓ Do explain what will happen next. | ✗ Don't offer instant solutions. |

The leaflet *Resolving Complaints* is for non-members of Girlguiding UK. District Commissioners will hold copies and the leaflet can also be downloaded from the Girlguiding UK website.

Members of Girlguiding UK, girls and young women, leaders and helpers are encouraged to express their concerns through the recognised Guiding Channels, see *The Guiding Manual* page 72 and *The Guiding Handbook* pages 30–31. This gives the opportunity for issues to be resolved appropriately.

The views of everyone, members and non-members are valued and taken seriously.

Figure 1



Resolving complaints

This information is for:

- the parent, adult with parental responsibility or relative of a member of Girlguiding UK.
- members of the community.
- any non-member involved in a Girlguiding UK activity.

Girlguiding UK is the largest organisation for girls and young women in the UK, run by unpaid volunteers.

We sincerely hope that your association with Girlguiding UK is happy and harmonious and your experience of guiding is positive. It is extremely important to us that everyone feels their views and opinions are valued.

It is also recognised that on occasions, concerns may arise which require looking into and a response. It is expected that most of these will be dealt with quickly and effectively by local members, for example Unit Leaders.

However, a complaint may arise that requires a more formal investigation and response. Girlguiding UK is committed to resolving these complaints fairly and in the best interests of everyone involved. *Resolving Complaints* is the process for achieving this.

This leaflet details how you can access the process and explains in brief how complaints are handled.

Please be assured that all complaints will be looked into in strictest confidence and that a response will be offered within the agreed time frames.

How to make a complaint

The Leader of your local unit is your first point of contact. She will do her best to answer your concerns.

If you feel you do not want to discuss the matter with a Leader, if she cannot answer your concern, or if your query is more serious, the District Commissioner will assist you. She is responsible for guiding in her area and can be contacted via the Leader. Her contact details are also on the *Starting Rainbows*, *Starting Brownies* and *Starting Guides* leaflets given to girls and young women when they join a unit.

The District Commissioner will have access to additional information and it is expected she will be able to resolve most concerns with advice and guidance from other members, as appropriate. She will arrange for someone to contact you personally to discuss your concerns fully with you.

We endeavour to acknowledge any formal complaints within three working days. It is our aim to resolve all complaints within four weeks but this may take longer depending on the nature of the complaint. In any event you will be kept informed of progress. Please understand that all Leaders and Commissioners are volunteers and it may take a little time for them to reply in detail.

The process includes arrangements for your complaint to be investigated further should you feel unhappy with the initial response.

If you are unable to contact anyone locally or if your complaint requires urgent attention you can contact Girlguiding UK:

By writing to:
Guiding Support Services
Girlguiding UK
17–19 Buckingham Palace Road
London SW1W 0PT

By calling:
020 7834 6242 ext 262

By emailing:
GuidingSupportServices2@girlguiding.org.uk

Your complaint will immediately be passed to the appropriate Commissioner who will arrange for someone to contact you to discuss your concerns in full.

KING You've seen Emmeline? Oh, please tell me she's safe!
FAIRY G Right as rain. A bit down-at-heel and slightly hungry most of the time. But in the main, pretty good.
KING Down at heel? Hungry? My precious child? Oh, woe is me! I was so wrong to let her marry that scoundrel!

FAIRY G Quite the opposite! It's been the making of her.

LORD C One good turn deserves another.

King glares

FAIRY G I understand you're looking for the happy couple?

LORD C Leaving no stone unturned.

KING We've been searching for months — fruitlessly. He has her well and truly hidden. Why did I ever let her go?

LORD C 'Tis better to have loved and lost than never to have loved at all.

KING Oh, do give it a rest.

FAIRY G Your best bet is to ask at the Palace. Go straight to the top. Seek an audience with the King.

KING I beg yours. I'm the King!

FAIRY G Not in these parts. Didn't you know you'd crossed the boundary line? You're in Sylvania now. Can't you read? The Palace is that way.

KING Stupendous idea! The King of Sylvania will understand my plight; he has daughters himself. Follow me, men!

He strides off in the wrong direction, followed by the Lord Chancellor.

Men march the other way; King turns and scuttles after them.

KING Lead on, men!

LORD Where there's life, there's hope. *Exeunt*

FAIRY G *shaking head* Poor chap. Not a clue. No wonder she wound him round her little finger.



HERALD Oh, for goodness' sake. All right, if you must. Open the gates, pretty please!

VOICE Off No. Sorry. Closed today.

KING That's ridiculous. A Palace can't be closed. Try again.

LORD C Hope springs eternal.

KING Will you shut up?

Enter Prince, well dressed.

FLORIAN Perhaps I can help? Whom have I the pleasure of addressing?

KING His Royal Majesty, King of Goldavia. I seek the King of Sylvania.

FLORIAN My father is away on a royal visit. Allow me to introduce myself. Prince Florian Gregorian Victorian Stentorian Valorian of Sylvania, at your service. How can I assist you?

KING I'm looking for my daughter. She was kidnapped by a beggar — a vicious rogue.

FLORIAN Indeed. How reprehensible. And why do you seek her in our country?

KING We've searched our own lands for months — in vain. She must be here somewhere. Unless the heartless villain has done away with her. *Sobs loudly, head on Prince's shoulder.*

FLORIAN There, there! I doubt any harm has come to her. Our citizens, even our beggars, are not given to violence.

KING Can you help me find her?



Scene eight: Gates of Sylvania Palace

Enter soldiers, King and Lord Chancellor behind them.

Fanfare.

HERALD The King of Goldavia and his battalions demand an audience with the King. Open the gates!

VOICE Off Manners!

HERALD The King of Goldavia and his battalions demand an audience with the King. Open the gates!

VOICE Off Haven't we forgotten something? Three little words?

HERALD *puzzled* Three little words? *Lord Chancellor and soldiers whisper.*

HERALD *clearing throat* I love you?

VOICE Off Don't be silly. The other three little words. If... you...?

HERALD If you... like?

VOICE Off Try again... if you p...p...p...

HERALD If you... p...p...p... oh! If you please?

VOICE Off Pretty please?

LORD C Manners maketh man.

FLORIAN Perhaps. Have you any clues which will identify the kidnapper?

KING I can describe him perfectly. An ugly brute, broad-shouldered, shaggy beard, badly disfigured by warts and spots, cruel eyes...

FLORIAN About my height?

KING Oh, much taller — easily seven feet. Towered above me — the only reason he was able to overpower me and make off with my daughter.

FLORIAN Really? How very interesting... no other identifying marks?

KING No — only a rather irritating habit...

FLORIAN Habit?

KING He would keep humming a little tune — same all the

time. Never stopped and never varied.

FLORIAN Sing it for me.

King attempts to hum the tune, without success. Lord Chancellor tries, then appeals to soldiers; soon everyone is humming tunelessly together.

FLORIAN Enough! *Silence* I think I know the tune you mean. *He hums Greensleeves*

LORD C Music hath charms to soothe the troubled breast — or have I done that one already?

KING Good gracious. You sound exactly... exactly... like...

FLORIAN Your son-in-law? The vicious seven-foot-tall kidnapper? The same. *He bows.*

King's jaw drops. Everyone follows suit.

KING But... but...

FAIRY G Oh, pull yourself together. Now, young man, it's time we sorted out this sorry mess. Your wife has had a change of heart and, believe it or not, she's missing you. Ready to make a fresh start?

FLORIAN With all my heart.

FAIRY G Stand back, everyone.

Waves wand. Flash of light, cymbals. Princess stands there, looking dazed.

PRINCESS My godmother?

FLORIAN My darling!

KING My daughter!

FAIRY G My giddy aunt!

All four embrace each other until the King finds himself embracing Fairy G and recoils.

FLORIAN Emmeline, you're even lovelier now that you have a kind heart.

PRINCESS *confused* Do I know you?

FLORIAN Pretty well. But slightly less fashionably dressed.

Hums Greensleeves. Princess gasps.

PRINCESS Florian? My husband?

FLORIAN Emmeline! My lovely wife!

They embrace tenderly.

PRINCESS I don't understand — but I'm so relieved. I was afraid I'd never see you again. What's going on?

FLORIAN I'll explain later. Meanwhile, a celebration is called for.

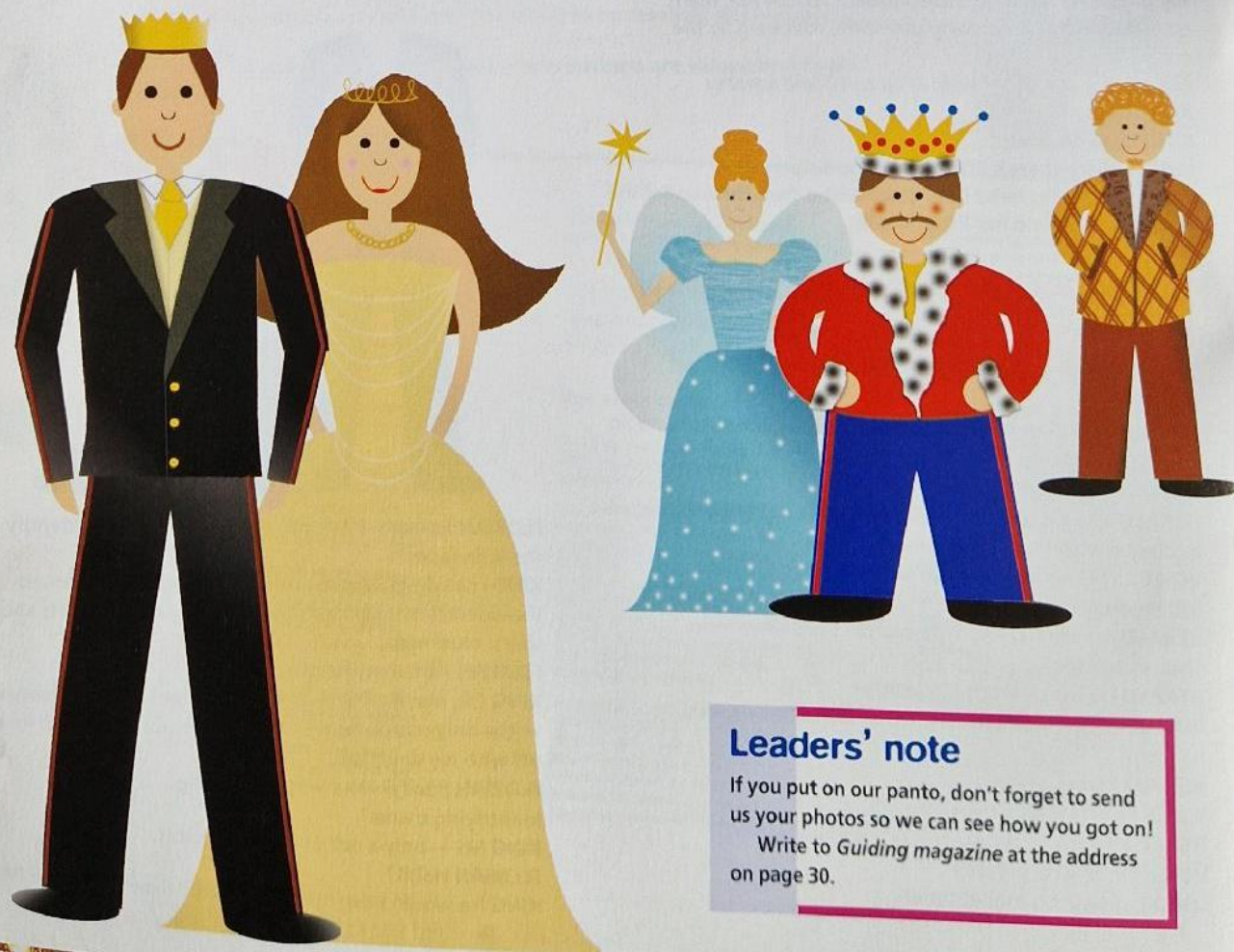
KING Indeed! My daughter is safe.

PRINCESS And very, very happy.

FLORIAN Music!

Lively music. Everybody dances. King ends up with Fairy Godmother and they gaze into each other's eyes, love-struck as the curtain closes.

THE END



Leaders' note

If you put on our panto, don't forget to send us your photos so we can see how you got on!

Write to *Guiding* magazine at the address on page 30.

Christmas crackers

Make great gifts to go in home-made crackers

Go with a bang

Home-made crackers are much better value than shop-bought ones. They can even be personalised to make them extra special.

While you can buy cracker-making kits from craft stores, cardboard tubes and crêpe paper do just as good a job.

If you want to go for the authentic cracker sound, you can buy packets of cracker snaps to insert into your crackers.

Challenge the girls to design and make two crackers that they can take home to put on the Christmas tree.

Each cracker should contain a joke, a paper hat they have made themselves and a small gift.

On this page, you'll find ideas for simple cracker gifts.

You're joking!

Terrible jokes are a traditional element of Christmas crackers.

Everyone can write down the worst jokes they can think of on small slips of paper to put into the crackers. Who knows the funniest joke? Whose joke causes the biggest groan?

It may help if you have a joke book on hand to inspire you.

Warning!

Cracker snaps can be dangerous and should not be used by unsupervised children.

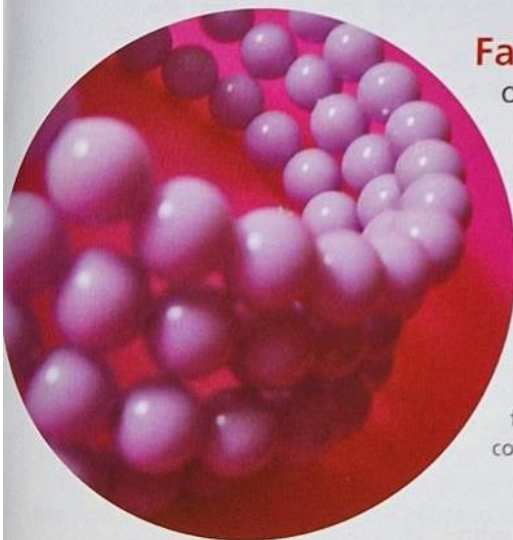
Always pull away from the face.

Fashion accessory

One of the simplest gifts you could put in a cracker is a bracelet.

Thread plastic beads onto thin elastic to make a bracelet that will fit almost everyone.

If girls are making the cracker for a really special friend, they could put the extra effort in and make a friendship bracelet from coloured threads.



SCOTTISH GUIDE SHOPS

Our Training Centre at Netherurd also has a shop selling activity wear, publications, pocket money items and souvenirs. Tel: 01968 682208

ABERDEEN: 8 St Swithin Street
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Tel: 01224 314211

EDINBURGH: 16 Coates Crescent
Edinburgh EH3 7AH
Tel: 0131 225 3483

DUNDEE: 37/39 Cowgate
Dundee DD1 2JF
Tel: 01382 322262

GLASGOW: 15 Elmbank Street
Glasgow G2 4PB
Tel: 0141 248 4200



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Vacancy

Warden required to share the responsibility of running Girl Guiding Sheffield's Outdoor Activities Centre. The position will entail job sharing with another warden. Accommodation and a small salary will be provided.

For more details telephone: **0114 2364336** or
0114 2304003,
email: gillian_nottingham@hotmail.com

closing date Wednesday 20th October 2004.

Party games

Traditional party games are lots of fun to play

Parlour games

The practice of playing parlour games generally dates back to Victorian times, although children have played group games for thousands of years.

Without television or radios to amuse them, after tea, children and adults would often play games in the parlour, which is another word for a sitting room.

Some of these games may be familiar to you from your own childhood, but how many of the girls have heard of, or actually played, them?

☐ These games would be ideal for a Christmas party.



Turn the trencher

In medieval times a trencher was a round, flat piece of bread used as a plate. Later on, it came to mean a big wooden platter.

Although a trencher was used to play this game in days gone by, a plastic plate would make a much better choice now.

Everyone sits cross-legged in a circle and the plate is placed in the middle.

One girl is chosen to go to the middle to spin the plate ('turn the trencher') on its side. As she sets the plate spinning she calls out someone else's name.

That person must leap up and catch the plate before it falls over.

I sent a letter

Singing and hopping will keep everyone on their toes in this game.

All the girls sit in a circle except one, who is chosen to be the tapper.

Together everyone sings the following rhyme out loud:

*I sent a letter to my love
And on the way I dropped it.
One of you has picked it up
And put it in your pocket.*

(Tune: Yankee doodle dandy)

When the rhyme has finished, the tapper walks around the circle, tapping everyone on the shoulder as she goes, saying 'Isn't you, isn't you...'

When she says 'It's you!' the girl she has tapped must jump up. They both then hop around the circle in opposite directions to get to the space left.

Whoever gets there first will be the next tapper.



Sleeping lions

This is a good game to play with Rainbows and Brownies when things have become a little too boisterous and need calming down.

All the girls simply lie on the floor being very silent and still.

The Leaders go round the girls whispering and making faces to try to get the girls to laugh.

Anyone who giggles is out.



Dumb crambo

This originally started life as a travel game, played by people on long journeys in their horse-drawn carriages.

The group is divided into two teams. One team chooses a word, such as 'cat'. They announce to the other team: 'Our word rhymes with bat'. The other team must then silently act out what they think the word is.

If they are wrong, the first team hisses, they are right, they clap.

When the word has been guessed the other team chooses a new one.



Top ideas for Christmas parties

Themes

Can't think of a party theme? Then have a look at these.

- ☐ Pirate Island
- ☐ Elves and tooth fairies
- ☐ Circus circus
- ☐ Arctic adventure
- ☐ Superheroes
- ☐ Jungle story
- ☐ Panto time

Preparation

Don't try to do all the party preparation yourself.

Divide up tasks between all the Leaders and girls and don't forget to ask parents for help. For example, plan your party ahead so that everyone brings in a sweet, savoury or snack dish.

The week before the party some girls can work on making decorations for the meeting place and another group could prepare any materials that you need for games.

If you are planning a camp fire or singing session, let the girls choose the songs themselves.

Food

Keep your food simple. Don't get in a state trying to make unusual things that match your theme.

Just make whatever you would normally have and give them a funny name. For example, if you're having an Arctic adventure, make tuna sandwiches and call them Inuit bites.

Secret Santa

Girls of all ages, yes even grown-up Guides, can enjoy a visit from Father Christmas!

Persuade a friend, who the girls don't know, to dress up and bring some treats for your unit.

Or if you haven't got a friendly Father Christmas, how about a visit from Cinderella's Fairy Godmother?

Hunt the thimble

You don't need a thimble to play this game, any small object will do.

It's also a great way to enjoy a few minutes' silence!

The Leader shows everyone the object that she is going to hide. If you don't have a thimble this could be a small toy or a pen or similar.

All the girls leave the room while the Leader hides the object.

She then calls them back into the room by shouting:

Little pigs come to supper

Hot boiled beans and melted butter!

All the girls then return to the room and look for the item in silence.

Anyone who spots the item must sit down.

When there is only one person left hunting the rest of the girls can help her find it by shouting cold, warm and hot as she gets nearer.



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Six-stop shop

Shop until you drop with a fun activity night

Reader idea

This marvellous 'Shop 'til you drop' theme night was sent in by Rainbow Leader Gwen Kerbyson of the 1st Hornsea Rainbows, East Yorkshire.

Gwen says the activities do take some preparation beforehand but it has become a firm favourite with her unit.

We've given the ideas a bit of a Christmas flavour but you can adapt them to any time of year.

Although the theme night was originally designed for Rainbows, it wouldn't take much to adapt the activities for use with other age groups. Look out for the 'Make it harder...' boxes after each activity to give you some ideas.



Setting up

Tell the girls that they only have a limited amount of time to get their Christmas shopping errands done before the shops close for the holidays.

There are six shops for the girls to visit in the time you have available. The girls must visit the card shop before the post office, however other shops can be visited in any order to prevent queuing.

Set up six tables with the following labels attached:

- ☐ Supermarket
- ☐ Shoe shop
- ☐ Sweet shop
- ☐ Library
- ☐ Card shop
- ☐ Post office

Each girl will also need a carrier bag and a shopping list with all the names of the shops that she has to visit.

Girls cross off the shops from their lists as they visit them.

Top tip

You could give each girl six tokens that she uses to 'pay' for the activities at each shop.

Sweet shop

At the sweet shop, girls have to buy some sweets for Christmas nibbles.

When they get to the shop, each girl must weigh out 50g of sweets and put them into a paper bag.

They then put the sweets into their bag to eat later.

You will need

- ☐ Paper bags
- ☐ Scales
- ☐ 50g weight
- ☐ Sweets (50g x the number of girls)

Make it harder...

Make truffles or marzipan shapes that look like mini Christmas puddings.

Leaders' note

Has your unit got a favourite theme night or similar activity that you would like to share?

Well, don't keep it to yourself. Like the 1st Hornsea Rainbows, you could write to Activate and see your name in print!

Don't forget to include clear instructions, rough drawings, if it will help to explain something, and a contact name and address.

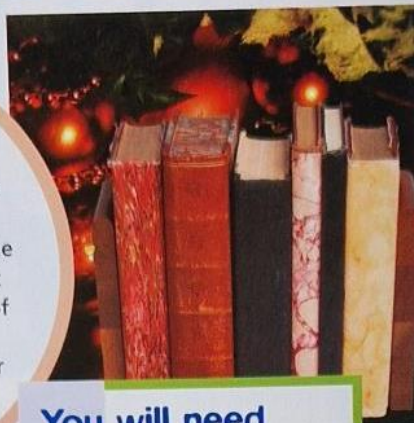
You can send your ideas to Activate, Guiding magazine, 17-19 Buckingham Palace Road, London SW1W 0PT.

Library

Girls can visit the library to get out a book to read over the Christmas holidays.

Each girl must choose the book she wants and then make a library ticket that shows her name and the title of the book she is borrowing.

The book goes into the carrier bag and the library ticket is left at the library.



You will need

- ☐ Enough books for one each
- ☐ Small pieces of card
- ☐ Pens

Make it harder...

Put ten books in alphabetical order according to the author's name.
Give the girls 30 seconds to do this.

Post office

It's time to catch the Christmas post! At the post office girls must write inside the card that they have made. They must then address the envelope correctly with their home address, put a stamp on and pop it in a postbox that you have made earlier.

The postbox only needs to be a simple cardboard box covered in red paper or Christmas paper. Don't forget to cut a slot for the cards to go in.

You can use real stamps and post the cards after the meeting. Alternatively, use an ink stamp and the girls can take their cards home themselves at the end of the meeting.

Card shop

At the card shop each girl needs to make a Christmas card for her family.

The card can be decorated with any materials you supply, but make sure it isn't too messy so the girls can complete the task in the time allowed.

It's best just to use glue sticks and not paste as this would take time to dry.

Once the cards are made they are put into the carrier bags.

Make it harder...

Use scales to weigh parcels and work out how much it would cost to post them to different countries. Your post office will have a list of parcel rates.

You will need

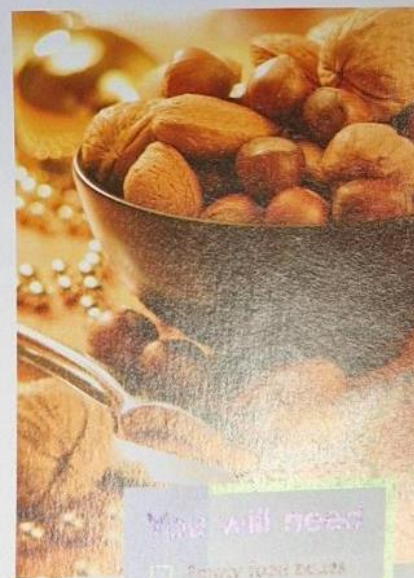
- ☐ Folded blank cards
- ☐ Envelopes
- ☐ Glue sticks
- ☐ Pictures cut from Christmas paper, Christmas stickers and so on

The supermarket

The supermarket is very busy with people buying things for their Christmas dinner.

The girls also have to get something to eat before it all sells out.

Arrange the food boxes on the floor in a pyramid shape. Girls have to throw a beanbag to knock over the boxes. When they have done this they are awarded with a small prize to put in their carrier bag.



You will need

- ☐ Empty food boxes
- ☐ Small gifts, such as erasers or fun sized sweet bars
- ☐ Beanbags

You will need

- ☐ Pairs of shoes
- ☐ Pegs

Shoe shop

Everyone has been buying new shoes for Christmas parties and the lady in the shoe shop has got in a bit of a pickle.

All of the shoes are in a big pile and need sorting out.

Each girl has to help out by finding a matching pair of shoes and either tying a bow in the laces or pegging the shoes together.

Holidays Abroad for GUIDES in 2005



Venture Abroad's holidays for Guides offer young people the chance to experience another culture, mix with people from different countries and help them feel a wider part of the world movement of Guiding. Our aim is to make it as simple as possible for Guide Leaders to make their Guides' dreams become a reality.

Our programme for 2005 offers a wide range of destinations, excursion possibilities and accommodation centres. As well as being able to arrange your travel and a choice of chalet, camping and apartment accommodation in the traditionally popular locations such as Adelboden, Grindelwald and Interlaken, we can arrange holidays in places further afield such as the Czech Republic and Canada. For your added security and peace of mind, Venture Abroad is a member of ABTA and holds an Air Travel Organiser's Licence, both with the appropriate financial bonding.

For details of our 2005 programme, please contact us for a brochure.



For Further Information and Prices call:

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Please cut along dotted line and send by Freepost to:
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'The girls get lots of interaction with other groups and share guiding adventures.'
Janet Treece, Leader, 1st Kilmarsh Brownies, and Brownie sub-camp Leader

'I've learned lots about different cultures.'
Amy Jones, Guide, 1st Weston Unit, Staffordshire



'My highlights have included seeing the faces of the girls. It's important for them to go on camps like this to build their self-esteem, learn new skills and meet new friends — guiding gives you a lot!'
Ruth Barsby, Chair of the Midlands Junior Council and Assistant Guider with the 1st Longwhetton Guides, Leicestershire

'One thing you get from going on camps is independence — the confidence to do things on your own.'
Kate Bensen, 3rd Allbrighton Guides

'How many people get the chance to sleep outside for a week and do all these activities?!'
Ann Smith, Leader, 2nd Bulkington Guides, Warwickshire



'The highlight of the camp has been staying with English Guides. We've learned about guiding in England and we've taught them about Japan.'
Akiko, Guide Leader, Japan



'It is a real international experience — a global village!'
Priyanka Missal, Guide, India

'I'm enjoying meeting people from all over the world.'
Asa, Guide, Sweden



A GUIDING SUMMER

The Chief Guide, Jenny Leach, has been busy this summer visiting camps across the UK. In July, she attended Tookay 2004 at Ripley Castle in North Yorkshire. Then, in August, she enjoyed visits to Gems in Stockport, Poacher 2004 in Lincolnshire, Ayrwaves in Scotland and Adventure 2004 in Manchester.

Guiding magazine talked to Jenny about her experiences: 'My first sight of the Poacher camp took my breath away — it was on such a huge scale! There were around 5,000 campers, yet it retained a feeling of intimacy and closeness, and of teams working extremely well together.'

'At all of the camps there has been such a range of activities on offer, from learning how to make an arch with bricks and mortar at Tookay to scuba-diving at Poacher.'

'The camp experience encapsulates everything that guiding is about: adventure, learning by doing, the freedom to have fun in a safe environment and making friends from across the world.'



Vacancies within CHQ, London



Girlguiding UK

Working in partnership with key volunteers and working groups, the post holder will have experience of the voluntary sector and a commitment to the aims and principles of guiding.

Project Co-ordinator - Adult Support

£20,200 pa plus benefits

You will be responsible for the review and development of training schemes and qualifications for Adult Leaders including outdoor activities, first aid, child protection, risk assessment and disabilities.

A good communicator with excellent verbal and written skills you will need to be able to demonstrate that you can deal calmly and sensitively with difficult issues. Knowledge of adventurous activities and first aid are desirable.

Development Manager - Events/Initiatives

£25,300 pa plus benefits

You will be responsible for the effective planning and organisation of events and initiatives for both girl and adult members. You will manage a newly created events and initiatives team working to deliver complex and multiple projects including World Thinking Day Celebrations, Youth Forums and the BIGGIG.

The post holder will need experience of youth led projects and event management along with excellent communication skills and an ability to work in partnership with external organisations.

Both these positions involve evening and weekend work for which time off in lieu will be given.

Closing date: 14 October 2004

To apply please contact a member of the HR team

To view all our current vacancies visit: www.girlguiding.org.uk

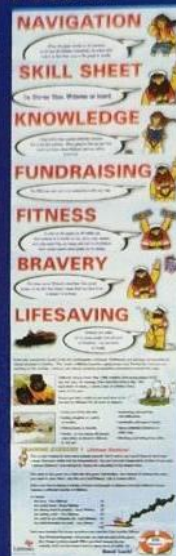
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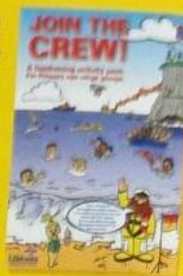
INVESTOR IN PEOPLE



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INVESTOR IN PEOPLE



GOLDEN GIRL

NEW GOLD COORDINATOR HAZEL CAMPBELL EXPLAINS HOW THE PROGRAMME HELPED FULFIL HER POTENTIAL

By Kate Sheppard

Starting a new role can often be a nerve-racking occasion, but luckily Girlguiding UK's new Guiding Overseas Linked with Development (GOLD) Coordinator Hazel Campbell has seen her confidence levels grow since becoming involved with the programme.

GOLD aims to provide Girlguiding UK members aged 18-30 with opportunities for personal development through participating in community projects overseas, alongside local Guides.

Hazel, 30, has been involved with GOLD for over five years, taking part in trips to Poland and South Africa.

OPPORTUNITIES OVERSEAS

'I went on the first ever GOLD trip to Poland in 1999, teaching English as a foreign language (TEFL), and in 2000 I was asked if I wanted to go back as a leader. I could not believe my luck,' she said.

'First and foremost it has taught me to be more confident in myself'

'In 2002 I went on a recce of South Africa and led a project out there the following year, teaching business skills to the Young Leader age range and above, and assisting at a camp.'

Past GOLD projects have included health education work, conservation and ecology, and service in the community, from as far afield as Bangladesh, Belarus, Chile and Uganda. They provide an opportunity not only for project members to give something to the community in which they are working but also to gain important and practical personal benefits.

'My involvement with GOLD has taught me a lot of things,' said Hazel. 'First and foremost it has taught me to be more confident in myself. I certainly learned that on the first project I went on. I'm dyslexic and I never thought I'd be able to teach English. It boosted my

confidence and meant that I could realise my potential.

'When I came back, and after subsequent trips, lots of people in my working life commented on how I'd progressed, saying that it had done me a lot of good.'

'I'm also hoping to forge an alliance with countries we've not yet communicated with'

POSITIVE INFLUENCE

Outside of guiding Hazel works as an accounts manager of a software company, where she has been able to apply the skills she developed through GOLD projects.

'GOLD has given me the ability to stand up and talk in front of people, I never had that kind of confidence before. It's been a very positive influence on my life and a happy one at that.'

GOLD projects provide an exhilarating challenge for participants but they also involve a good deal of hard work.

'We're looking for someone who can work as a team member and who will give their all,' said Hazel. 'They need to be able to face a challenge head-on and have good fun at the same time.'

Hazel begins her three-year term as GOLD Coordinator on October 1, taking over from Su Hassall.

'I'm coordinating the projects and organising the selection process and the initial briefing meetings,' she said. 'I'm also hoping to forge an alliance with countries we've not yet communicated with and build up a partnership with them.'

Taking up the reins as GOLD Coordinator will not be the only big event Hazel faces in October — she will become Mrs Turner when she marries Darren on October 23.

'October will be a busy month for me!' she said.

● In 2004, GOLD projects included trips to Hungary, Madagascar, South Africa and Thailand, teaching Guiding and camping skills and educating about HIV and AIDS.

Next year, repeat visits have been planned and a trip will also be organised to Honduras.

● Each September, there is a GOLD International Opportunities (INTOPS) weekend for prospective participants.

To find out more and to read about previous GOLD projects, visit www.girlguiding.org.uk/international/travel/.

Hazel teaching business skills to a Ranger in a school in South Africa



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IT'S A SMALL WORLD

GLOBAL ISSUES WERE ADDRESSED AT THE
'SO FAR YET SO NEAR' EVENT

By the So Far Yet So
Near Working Group



A variety of activities were on offer
at So Far Yet So Near

Maori hand games, global snakes and ladders and Fairtrade bracelet-making games were just a few of the international activities on offer during the So Far Yet So Near (SFYSN) event in Broneirion in mid-Wales, in June.

The day's event aimed to encourage Leaders to think about how to introduce global issues to their units in a fun, exciting and accessible way.

Over 40 Leaders were able to try out activities for a variety of sections. Participants could take home information and activities from other international organisations, such as Christian Aid, the Fairtrade Foundation, Action Aid and Save the Children, as well as the So Far Yet So Near booklet from which some of the activities were taken. The booklet contains 30 activities, which tackle subjects such as fair trade, refugee issues, gender discrimination and the environment, and caters for all ages.

One Guide Leader, Delyth, said: 'The day was great fun and it is wonderful to have the opportunity to try out activities and gain an insight into the objectives of the pack before introducing it to the girls in the unit. Thank you!'

When asked what she would take away from the day, another Leader said: 'There are lots of great ideas showing how to organise an international event or something similar. It has encouraged me to use more global activities with my unit and also to go to more trainings.'

Over the next three years, the So Far Yet So Near team will be travelling around the UK and it is planned that each Country and Region will hold a SFYSN event.

Next year, there are events planned in the Midlands, North East and Scotland. Watch this space and make sure you keep an eye out for one in your area!

Real Life



GOING GLOBAL

By Chloë Chapman

Clare Collard (pictured left) is an 18-year-old Rainbow and Guide Leader and Senior Section member from Surrey West who has travelled around the world through guiding.

In 2000, Clare was chosen by her Senior Section Adviser, Brenda Lambourne, to go on an international trip to Thailand. Brenda organised the County-wide selection herself.

She recalled: 'I wanted to make sure that all the girls could have a chance to go on an international trip. It's that sort of opportunity that actually encourages girls to stay in the Senior Section.'

The group, who called themselves 'The Explorers', went on to teach in an inner city school in Bangkok.

Clare said: 'The trip opened my eyes. When I came home and met up with my friends again, it brought home to me how little they know about

what goes on in the rest of the world.'

In 2002, the group went to Pune in the Maharashtra region of India. Clare stayed at the World Centre, Sangam, and taught at a school for children of families who had been excluded from society because they were leprosy sufferers.

'We taught football and cricket, and took sports equipment from a circus with us. They were amazed as they had never seen anything like it before. We took some kites too and they loved them.'

'I have gained a better knowledge of those parts of the world and I am definitely more appreciative of the things that I have.'

Clare and another four members of 'The Explorers' will be leading another visit to India in 2006. As for Brenda, she will be accompanying the girls on her last trip before she finally retires from this role in guiding.

WORLD CENTRES AGM

The Friends of the Four World Centres AGM will be held at Pax Lodge, London, on **November 13**.

For more information or to book a place, call June Webb on **01473 742778** or write to her at the following address: 17 Church Lane, Sproughton, Ipswich, IP8 3BA.



Sangam: one of the World Centres

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DISABILITY GUIDANCE BOOKLET

Girlguiding UK has launched a new resource, *Girlguiding UK Disability and Access: Guidance booklet*, which offers advice relating to the Disability Discrimination Act (1995).

For more information or to download a copy visit www.girlguiding.org.uk/info/resources.

See page 9 of this issue for advice on how to encourage disabled people to become Leaders in guiding.

TRAINING CENTRE FEES FOR 2005

Next year's fees at Foxlease and Waddow, per person, per weekend are as follows:

- Single room **£65.50**
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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.

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brone@talk21.com

November 5-7

Fun and adventures for Brownie Leaders

November 19-21

Senior Section Leaders' Training

HAUTBOIS

01603 737357
admin@hautbois.org.uk

October 22-24

Activities and crafts for Leaders of all sections

November 12-14

Christmas capers — crafts for Guides

November 19-21

Christmas capers — crafts for Guides

BLACKLAND FARM

01342 810493
blackland@girlguiding.org.uk

October 1-3

GNAS Community Sports Leader Award, Module B

November 13-14

Rock-climbing training, Level 1 — for Leaders

FOXLEASE

02380 282638
foxlease@girlguiding.org.uk

October 15-17

Ideas to activate your unit for Rainbow, Brownie and Guide Guiders

October 22-24

Rainbow Guiders — practical ideas to help you use the new programme

October 29-31

District groups — for Commissioners with their Districts

November 5-7

Risking Adventure — activities to use with girls to promote safe adventure in your programmes

November 19-21

There will be several training events on this weekend: Exploring Spirituality; First Aid for Camps and Holidays; Computer Training and a net-working weekend for Senior Section Leaders

WADDOW

01200 423186
waddow@girlguiding.org.uk

October 4-7

Leisure break — arts and crafts for all

October 25-28

Grandparents' holiday — an excellent opportunity for grandparents to enjoy a break with their grandchildren

November 6

Food Hygiene for Leaders, Young Leaders and Rangers (16+)

November 7

First Response — a first aid essentials course for all Leaders (16+)

November 12-14

Brownie Holiday training — Leaders can bring along two or three Brownies

November 12-14

New to guiding — an opportunity for new Leaders to air and share, and to discuss the programme and leadership scheme

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October 16 and 17

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October 22-24

Let Loose in London — Saints and Sinners weekend for the Senior Section. **£50** per head **November 13 and 14**

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Further details from the resident wardens:
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A SPECIAL REMEMBRANCE

LAST YEAR, THE 1ST CHAILEY BROWNIES FOUND A DIFFERENT WAY TO MARK NOVEMBER 11

Taking part in Remembrance Day is always a challenge for the 1st Chailey Brownies in East Sussex.

First of all, it clashes with their bonfire weekend, which is always a big community celebration. Secondly, the girls come from various villages in the area so they usually attend a service near their own homes.

So participating as a unit in a Remembrance Day church service usually meant a few Brownies standing outdoors in the cold, listening to a serious service which was difficult for them to understand. Until last year, when Guider Terry Galpin had a very different idea.

With Remembrance Day falling on a Tuesday — the day that the Brownies usually meet, Terry decided to ask the chairman of Chailey Royal British Legion, Graham Johnson, to their unit meeting. She briefed him on the girls' ages and invited him to talk about his memories and the meaning of Remembrance Day.

'He made it very simple,' recalled Terry. 'We'd spoken to him beforehand and asked him to avoid the doom and gloom!'

Thrilled to be invited along, Graham turned up proudly wearing his medals, which impressed the Brownies, and addressed his young audience for about ten minutes.

Terry explained: 'He was sitting on a chair in the middle with all the Brownies

sitting round him in a circle. He was very grandfatherly!'

She added: 'Because the girls had been told about Remembrance Day beforehand, they responded with far more understanding — you can turn up to a church service with a group of girls and often they won't really know why they're there.'

The evening was made more special as the girls also stuck poppies onto a cardboard Trefoil and then the Sixers and Seconds donned their waterproofs and laid the Trefoil wreath at the local War Memorial. They shared a prayer and a minute's silence with their older visitor.

The commemoration created a very personal memory for the girls and Terry is planning to do the same again this year. Perhaps there will be a queue of Royal British Legion war heroes waiting their turn to meet the Brownies!

FLEXIBLE GUIDING

● How does your unit commemorate Remembrance Day? Why not think more flexibly about what you do this November? Don't forget to write in to tell us about it! You can contact *Guiding magazine* at the address on page 30.



LAURA ASHMAN

A flexible approach often makes it easier for young girls to comprehend serious events

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During peak times you will also be required to work in the camp shop.

Knowledge of camping and camp equipment is essential.

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INVENTOR IN PEOPLE

NEWS AND VIEWS

Your chance to share a slice of guiding life through letters and photos.

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.

Something fishy...

Over 100 Hull North Division Brownies went on a sleepover at The Deep, in Hull, the world's only 'submarium' — a combination of aquaria and interactive games telling the story of the world's oceans.



STAR
PHOTO

KEVIN LADDEN



MARIE HAWKINS

Castle Church chicks

The 32nd Stafford Brownies from Castle Church held a 'chick party' — a junior version of a hen party — for Leader Katie Flower before she got married earlier this year.

LETTERS LETTERS LETTERS

Star letter

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

Smokescreen

An Assistant Guider with the 7th Cambridge Guides practised an alternative method to prevent her uniform from smelling of smoke. No Guiders were harmed in the taking of this photo.



DEBBIE MOULD

Rangers in the rapids

The OSAGTO (old Scout and Guide throw outs!), LINK and Horizon Ranger Guides from Oxfordshire went kayaking on the white waters of the River Wye at Symonds Yat.



NOEL COBB

Welcome praise

Having been in guiding since I was a Brownie, I am always intrigued as to how 'outsiders' see guiding, and I enjoyed the article, *Through different eyes*, in July's magazine.

I particularly liked Doon Mackichan's comments. With the summer holiday break looming, I was in a reflective mood, and was wondering what challenges the autumn term would hold and what I would be doing with my unit. Although guiding is always full of surprises, what I have decided is that Doon's comments are going to be the backbone of every meeting we have and are going to become my new motto. She said: 'My role... is to... tell the girls how brilliant, wonderful, talented and unique they all are.'

We all need someone to tell us that once in a while!

Helen Philpott
2nd Duffield Brownies

LETTERS LETTERS LETTERS

GIVEAWAYS

Cube conundrum

Eighties icon the Rubik's Cube is back and it's taking the UK by storm.

This colourful puzzle sensation will have your unit gripped. The cubes retail at £9.99. Visit the official 'Cubist' web site www.rubiks.com or call manufacturers Drumond Park on 01506 855577 for stockists.

Guiding magazine has five boxes of six cubes, worth £60 per box, to give away. Mark your entry *Guiding magazine/Rubik's Cube*.



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Little Einsteins

Smart Kids is a new series of interactive science CD-Roms published by Softkey.

Approved by the Science Museum, Smart Kids aims to make children aged eight plus into science geniuses in no time.

Discovering life helps children to understand the world around them, and *Touring the planets* enables them to discover space.

Guiding magazine has fifteen sets of these two titles, worth £20 per set, to give away. Mark your entry *Guiding magazine/Science CD-Rom*.



MINDSCAPE

Pet care

These RSPCA guides, published by Collins, give helpful tips on how to look after your pet.

The guides cover every aspect of daily care, including feeding, health, maintenance, first aid and housing.

Guiding magazine has twelve sets of five RSPCA guides for rabbits, guinea pigs, puppies, kittens and goldfish, worth £25 per set, to give away. Mark your entry *Guiding magazine/RSPCA*.



HARPER COLLINS

Do you have a great photo showing what your unit did for Walks for the World? If so, why not send it to us? All star photos win a small prize!

STAR LETTER

PRINCESSES AND DRAGONS

The 1st and 2nd Grappenhall Rainbows completed a Walks for the World challenge with a princesses and dragons theme. The girls held a sponsored Dragon Trail and prepared for the walk by decorating their princess costumes.

Four Young Leaders dressed up as dragons and hid in the local woodland. When the girls found the dragons they sang sweetly to send them to sleep and reclaimed the stolen 'jewels' from the dragons' lair.

The girls were sponsored for the number of dragons that they managed to outwit and raised £235.

ANNE GANNON



LITTLE STAR

Ten-year-old Victoria Botting, of the 2nd Stratford Brownies, was recently awarded a Star of Merit by the Mayor and Mayoress of Stratford, for her bravery during treatment for leukaemia.

Victoria had to cope with bouts of chemotherapy and a bone marrow transplant but remained positive throughout, inspiring others with her courage and determination.

Guider Anne Whatcott said that even during the worst of her illness, Victoria embodied the Brownie Guide Law by always thinking of others before herself.



JOURNAL AND ADMAG SERIES, Evesham

FLOWER POWER

Guides and Leaders from the 22nd North West Portsmouth St. Francis Unit did a sponsored seven-mile walk from Hilsea to Horndean, dressed as flower girls.

En route, the girls called into five residential and nursing homes and handed out bunches of flowers to the residents.

The £520 raised will go towards purchasing new camping equipment for the unit.

PAM INGRAM



If you want the chance to win one of our great giveaway prizes, the closing date for entries is October 30. Any photos, letters and competition entries should be sent to: *Guiding magazine*, 17-19 Buckingham Palace Road, London SW1W 0PT. You can also email guiding@girlguiding.org.uk.

WEEKEND CHALLENGE

SUE TYLDESLEY



Guides from Sefton County in the North West Region walked across Morecambe Bay in Lancashire, accompanied by their Guiders, as part of their Baden-Powell Challenge Adventure.

The girls planned the entire weekend themselves. They did their own shopping and cooked their main meal on arrival at Arnside Youth Hostel, where they spent the night.

CANINE HELPERS

The 2nd Ilkeston United Reformed Brownies met Jack, a local hearing dog, and his owner when they visited the Pack earlier this year.

Jack's owner told the Brownies what a difference Jack had made to her life, which inspired them to do a sponsored walk in aid of the Hearing Dogs' Association.



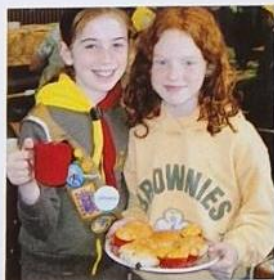
JUNE MORLEY

COFFEE MORNING SUCCESS

The 2nd Prestbury Brownies held a coffee morning in their local church and raised a staggering £869 in just two hours.

The girls baked cakes and biscuits that were happily bought and consumed by their supporters.

Enough money was raised to allow the unit to resurface the yard around their headquarters and to put up a new fence.



ANNE CARSONS

RAINBOW DISCOVERY

The 1st Northfleet Rainbows spent an evening learning about disability.

They used crutches and a wheelchair and did a range of activities using only one arm. The girls also tried to draw a picture with their eyes closed, to give them an idea of what it would be like to be blind.



JOSIE TURNER

IN NOVEMBER'S **Guiding** magazine

LIVING WITH A KILLER

HIV and AIDS awareness should be high on every Leader's agenda.

THE BEAUTIFUL GAME

Ball skills, special guests and a Sven-Goran Eriksson lookalike made Girlguiding UK's Football Festival one to remember. Read our report to find out more.



TOBIAS PINK CO. UK

A GUIDING LIGHT

The Chief Guide Jenny Leach takes time out of her busy schedule to share her experiences of recruiting volunteers and explains just why she loves her job.

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

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