

November 2017 content for newsletter and website
(In no particular order)

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Please send items for the website/newsletter to news@girlguidinggloucestershire.org.uk.
The deadline for the next newsletter is 14th February for the next release on 28th February.

County Commissioner's Report

<http://www.girlguidinggloucestershire.org.uk/for-leaders.html>

Anne had a fantastic visit to Bethesda this month visiting the Brownies and discovering that Brownies do indeed have talent. Thank you to the unit for inviting us. We love seeing what you are up to so please do remember to invite us along to things happening around the County.

Girls from across the County have enjoyed visiting Wembley and the Big Gig. What a fantastic performance from the singers again this year? A special well done has to be passed on to the Guide unit stuck inside the Natural History Museum when the incident unfolded outside. Guiding clearly taught them to keep a calm head about them and they adapted to the situation as it unfolded. We're grateful on this occasion it was a false alarm and they were able to make their way to Wembley to enjoy the evening performance.

Very exciting news reached our ears this month as we see the zip wire work begin up at Deer Park. It has been a lot of work in the planning and we can't wait to see it in full swing. This has been made possible with a grant from a benefactor.

Congratulations to Rachel Davies, ex-Cotswold north Division, who has just been appointed Deputy Manager of Operations at Our Chalet.

Our Annual Review has been scheduled for 29 April 2018 at The Pavilion in Cheltenham. We're planning an afternoon tea. The Pavilion has easy access just off the M5 from almost anywhere in the County so please pop this date in your diary and watch out for the official invitation nearer the time.

Karen and Kate Fleming (following up from her Queen's Guide project) recently met with Age UK Gloucestershire to explore ways we can work together. As a result, we promoting the Golden Years section of the Little Red Riding Hood Challenge activity developed by Girlguiding Manchester that you can use in your units. We would also be interested in hearing from any units that have already established links with care homes and retirement homes

UK Parliament Week is coming up from 13-19 November and many of our units have signed up to the challenge. There are lots of additional ideas in the challenge packs from the other Regions on the Resources page of their website. We look forward to seeing photos and hearing what you all get up to.

Anne & Karen

Good Guiding in Gloucestershire

This month's focus is on REN Forms!

REN forms, or Residential Event Notification forms to give them their full title, is the form an Event Coordinator for any residential event needs to complete and have signed by her Commissioner to give her permission to carry out the residential event. This is the case whether it is indoors or camping, at a Guiding site or at PGL, for one night or several, within Gloucestershire or going abroad.

We would like to remind people that this is a mandatory requirement for going away with Guiding and anyone who continues on a residential event without this form sign off before they depart is **not covered by Girlguiding insurance**. Should anything happen during the event, the Event Coordinator will be **personally liable**.

With this in mind, please ensure you send your REN form to your Commissioner as soon as you have the details and remember, it is your responsibility to chase the Commissioner if you do not receive the signed REN by return. In addition, if you are hoping to be tested for your Going Away With licence then give the Indoor or Outdoor team as much notice as possible to organise testers. Please contact them as soon as you start thinking about taking your licence.

Adult Support - A Safe Space 2017

<http://www.girlguidinggloucestershire.org.uk/adult-support.html#Training>

The new e-learning modules are now available.

- Level 1 will be accredited automatically, shortly after completion of the online learning.
- For level 2 there is a worksheet to be completed, after the online learning is done. This needs to be submitted to a A Safe Space trainer (until Commissioners have completed their Level 3 training at which time they can deal with the level 2 follow up if they wish). The worksheet submission is then followed by a conversation with the A Safe Space trainer. Accreditation of the module will be done locally after the conversation.
- For level 3 there is an online section which should be completed prior to attendance at a face to face session. Trainers will arrange for accreditation of the level once training is completed, but level 3 cannot be added to GO if levels 1 and 2 are not already completed and recorded appropriately.
- Level 3 for Leaders who have completed Safeguarding training for their employment, the e-learning Level 3 should be completed, then there is a document on the website for them to complete with details of their qualification. This information, together with copy of their certificate should be sent to a safe space trainer who will authorise the Level 3 accreditation if appropriate.

The Region are currently planning A Safe Space Level 3 training in every County. Gloucestershire's will be on 6th January at All Saint's Academy in Cheltenham with morning and afternoon sessions. Each level main contact will receive an email explaining who can attend. Please complete your form as a unit and return it as soon as possible to guarantee your space(s).

Please refer to the Girlguiding website A Safe Space section for further information.

<https://www.girlguiding.org.uk/making-guiding-happen/learning-and-development/a-safe-space-training/>

Adult Support - Awards

<http://www.girlguidinggloucestershire.org.uk/adult-support.html#Awards>

Do you know someone who deserves an award?

There are various awards that can be presented within Girlguiding.

Our County Award is a very special to the County and we typically only present 2 or 3 each year. It is awarded to active, uniformed members with over 10 years experience who have also demonstrated the promoting of Guiding principles in the wider community. An application needs to be supported by at least six written letters.

Why not check out our website to find out more? You'll find the full details about how to put someone forward for the County Award as well as information and guidance about other awards available within Girlguiding.

Activity & Adventure - Duke of Edinburgh

<http://www.girlguidinggloucestershire.org.uk/activities--adventure.html#Other>

Calling all Senior Section members and Leaders!! I will be pulling together an expedition programme for 2018 very soon. If anyone is interested in undertaking this award through Girlguiding please email me dofe@girlguidinggloucestershire.org.uk . The Girlguiding Leaflet is available on our website.

I am happy to come out to your units to talk about the Award and answer any queries. We are able to offer Bronze and Silver expedition training and assessment within County.

Activity & Adventure - Walking

<http://www.girlguidinggloucestershire.org.uk/activities--adventure.html#Walking>

Level 3 Walking Weekend, 17 - 19 November 2017. (Although the closing date has passed, if you are still interested give SW Region HQ a ring).

Would you like to:

- Extend your existing Level 2 walking skills and gain experience of walking in Level 3 country with support from other experienced walkers?
- Complete a logbook walk towards your Level 2 or Level 3 Walking Qualification?
- Enjoy a walk for pleasure on the Black Mountain?
- Share walking information and experience with other Leaders?
- Find out more about the Girlguiding Walking Scheme?

If the answer to any of the above is 'Yes', then come and join us for the Level 3 Walking Weekend in the Black Mountain area of the Brecon Beacons National Park. The weekend is open to adult and Senior Section members over 18 with existing Level 2 standard (or above) walking experience.

Informational flyer and booking form are available on the County website.

Trefoil Guild - Update

<http://www.girlguidinggloucestershire.org.uk/trefoil-guild.html>

Report from our Chair

Over 60 members enjoyed two lovely walks in and around Deer Park and the Coberley area in October and, although the weather was a bit drizzly at first, the weather was quite kind to us all for most of the walks.

The walks were led for us by Sarah Crocombe, Deer Park Centre Manager, and the County Walking Advisor, Val Thomas. After striding along, members on walk two were able to stop a while to visit the lovely church of St Giles in Coberley where a short sit down in the pews was a welcome break.

The members that felt they were unable to do a walk had an enjoyable time back at Deer Park looking through the interesting items that the County Archivist, Jeannette McGhee, had brought along for them to all enjoy looking at.

We all joined together to eat our lunch and have a chat before making our way home. Our thanks go to Val and to Sarah for giving up their time to lead these walks for us.

The County Chair along with two other members from Gloucestershire who are Region Advisors attended a weekend conference in Derbyshire where they worked in teams with other Trefoil Region and County Chairs and also Advisors from all around the United Kingdom and beyond to look to the future for things to be included in the Trefoil programme. We look forward to seeing some of the ideas that were put forward coming out in the Trefoil magazine in 2019.

The Region Train Trek booklets are now going out to the Chairs of the Guilds in the County and we really would ask your support for this event. If you have any questions about the Train Trek do not hesitate to ask us or Frances Parrett, Region Public Relations Adviser.

The new Trefoil Scarves are at present out of stock but trading are hoping to have more around Christmas time so if you are waiting to order one please keep checking the trading website to see when they are back

in stock.

An additional report from Coopers Hill TG can be found on the county website.

Coopers Hill Trefoil Guild Report

The first half of the year was filled with interesting talks and many challenges.

Ede Holyhead kindly talked to about her trip to Australia. She showed us wonderful slides of her meeting with her Guiding friends, native flowers and animals.

We had a very interesting talk from Paul Sommersby about the work of the Street Pastors in Stroud. We were admitted by their techniques in helping the young and vulnerable.

Our skittles afternoon was, as always, very competitive! This was followed by lots of chat and a lovely tea provided by Eileen Ind.

Joy Hopkins showed us how to make Easter cards which we all managed to make, giving us a sense of achievement.

The Voyage Award team challenged the Guild to make a model of the Clifton Suspension Bridge using scrap materials. Five very different and amazing versions were produced from our everyday use of packets.

We joined Stroud Trefoil Guild on their visit to the Royal Mint near Cardiff. Three Cardiff Trefoil Guild members were invited to join us for lunch before our guided tour. It was really nice for Sue Bufton to meet her old friend, Sylvia. Many of us managed to stamp our own new 2017 one pound coin which costs far more than £1!

We were delighted to enrol Frances Little and Sue Smith as new members into our Guild. We look forward to our activities for the second half of the year both in our Guild and within the County.

Your County Needs You! - Volunteer Vacancies

Website & Newsletter Volunteers

Are you a whizz on the computer? We're looking for people to join our website and newsletter volunteers. Both of these are created using very simple, custom built online software (Weebly & Mailchimp). No coding knowledge is required. Just a bit of spare time to work from home, an attention to detail and an enthusiasm for ensuring that every member within our County gets to hear about the fantastic opportunities, trainings, events and activities we have on offer.

Please contact Anne & Karen if you are interested in any of these volunteering opportunities.

cc@girlguidinggloucestershire.org.uk

News Item - Big Gig

<http://www.girlguidinggloucestershire.org.uk/news/big-gig-2017>

Several excited groups of Guides and Senior Section members from across the County had the time of their lives this month rocking out to some of their favourite artists including Louisa Johnson and Ella Eyre at Wembley Arena.

Girls and their Leaders travelled to Wembley on October 7 for the Big Gig, Girlguiding's annual pop concert. They were treated to a star-studded line up which also included Pixie Lott, Five After Midnight and Youtube stars Jack Maynard and Caspar Lee. The girls were able to enjoy all the fun and excitement of a pop concert in a safe and secure environment.

News Item - INTOPS Slovakia

<http://www.girlguidinggloucestershire.org.uk/news/intops-slovakia>

This year's county INTOPS (International Opportunities) group went on an amazing adventure to Slovakia last week! Highlights included a stopover in Krakow (Poland), river rafting, a visit to a monastery, fun with the Slovakian Girl Scouts, exploring the local town, bowling, swimming, a visit to some ice caves, a high ropes course, a 12km hike through a national park, and a visit to a castle!

Read our blog here: <http://girlguidingglos-slovakia2017.blogspot.co.uk/>

News Item - Cotswold Marathon Practice Walk

<https://gallery.mailchimp.com/763960fe9782b4b2e5290992e/files/1a7d0349-1273-4cbe-80b0-a8078728ee37/RememberCotswoldMarathon.doc>

Following a massive route change last year, the organisers have a practise walk taking place on 5th November. Follow the link for full details if you would like to find out more.

News Item - Zip Wire Developments!

We're delighted to report that work started last week on the new Zipwire at Bubbs Hill and, despite the weather, the professionals are making great progress.

New Item - SOAR Adventure 2017

<http://www.girlguidinggloucestershire.org.uk/news/soar-adventure-2017>

The adventure began when I attended two selection camps. The first was a County camp at Foxlease (May 2015) where one of the challenges was to organise an entertainment and a craft for everyone. Then the second, which was at Woodhouse Park (July 2015) for Region, where there were lots more girls. We were also interviewed individually and there were three different trips available, (Finland, Interrailing and Canada). Half of us ended up sleeping in tepees which was fun. I then found out that I had the place during the same summer.

The next step of the journey was the pre-weekend camps where I got to know everyone I was travelling with. The first one was in Nunney Village Hall and everyone met each other for the first time which was daunting but everyone was in the same boat. During the weekend we talked about what we wanted to include in the itinerary as well as choose the colours for the tops and design our badge - which ended up having a moose on it. The second weekend we camped in Wiltshire where it poured down with rain the whole weekend (good old Great British weather!) however despite the elements we started making banners for the opening ceremony for the camp and did team building exercises.

The last camp was at Foxlease when we did a bag check and shared tips on packing - a 60 litre rucksack really doesn't have a lot of room!!! Also, we started to make badge swaps (traders in Canada) for when we were at the camp - however I really underestimated how much this was a huge part of camplife. I only brought a limited amount of badges, and ended up having to buy some more so that I could keep up with so many people wanting a badge from an English girl. My poor mum volunteered to sew on all the badges I traded when I got back! However, it was great when we were out there because we got to know lots of others when swapping badges and it was an easy way to introduce yourself to people.

Another major part of the challenge is the fundraising for the trip. As part of mine I wrote lots of letter to different companies/charities asking if they would give me grants and many were extremely generous. After receiving help from them, I went on a fundraising morning with The Lions Club and the Rotary Club have asked me to go and talk about my trip. As well as this I have done cake and sweet sales as well as running a bingo evening and catering for a performathon event. I have been so lucky having support from friends, family and teachers helping me with my fundraising and supporting me - even if it meant eating a lot of cake!

One part of the pre-trip that was not so much fun was filling out the Epact (health) forms and the health and safety activity waivers. My parents and I couldn't quite believe how difficult these were to do and the sheer amount covered the whole kitchen table. It took us two attempts to get the forms right and I'm so glad we did because I got to go shooting.

When the day arrived for flying out, it was so exciting because there had been such a long run up to the event. I had a very early start to get to Heathrow on time - not that much sleeping happened the night before. The first flight to Vancouver was really long and the second one (from Vancouver to Smithers) was shorter and a much smaller plane but it was intercountry. In the airport, we met other Guides also travelling to Smithers. When we got to Smithers we flew over the campsite and we could see forests for miles - it was so beautiful. The airport was surrounded by mountains and the whole of Smithers was in a valley.

We had heard in the news in the weeks before about the wildfires that had been in British Columbia and were worried that the camp might not take place. At the camp they had a fire safety drill the first full day everyone was there so we knew what to do. When we were travelling by train in the second week we had

delays because the supply trains for the wildfires has priority which resulted in us being very late to some of our destinations - but it did mean that we had longer to explore some of the places we were in which was great.

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When we got to camp, international groups arrived the day before the Canadian guides so we had more time to settle in. At the opening ceremony we had a message from the Canadian president (Justin Trudeau) which none of us expected. Being an international group we got paired with a Canadian patrol who provided us with tents and cooking equipment. Also it meant that we could talk to the others, make friends and learn more about their culture which is very different to ours.

One tip I did learn from them is that instead of having tea towels, once you have done the washing up - you put the wet crockery into a mesh drawstring bag, hang it up and let it drip dry, it was so effective and so much easier than drying everything up.

Being a Ranger at camp meant that I got to go on a three-day off-site trip. For mine I got to go on a bush craft type trip. As part of this I got to shoot rifles, shot guns, BB guns and pistols. Luckily, we got to see a gun display which was incredible as we got to learn about the older guns that used to use black powder and about the gun culture which was so interesting. We also got to work with gun dogs and learn how they train them. Another day we got a series of talks about how the native Canadian people used to live. One was by a local chief talking about their religion and their way of life which is far from how we live in this country. The other talk was from a trapper who talked about laws when shooting and trapping meat. I also was lucky enough to get to skin a beaver and learn how to treat the skin - it was strangely enjoyable as I knew the meat was going to be eaten. Our temporary campsite was about a half hour drive from Smithers and we were in bear country. I was lucky enough to see a black bear in the wild, however, we still blame it for stealing our jello from the food stores!!!

Another part of the out trip is that you need to do some community service to put back something into a community. We went around and put up keep out signs on trees which was fun as ladders are great when on uneven ground! I actually got to do two community services during the week and my other one was making a rock pool and sand pit for a kindergarten. Whilst doing this I saw two wild beavers swimming down the river which was really cool. The week we spent at camp there were so many incredible opportunities and I so lucky with my selection and I made lots of friends along the way.

During the camp we had entertainment each night including an international evening where we had to perform to the rest of camp. The closing ceremony was great as we had fox-fest where there were lots of

fox themed activities and food (Felicity Fox was the SOAR mascot). Then we watched the sun go down as we danced, sang and watched a video summary of the whole camp. We were lucky enough to be sitting on the front row and had an amazing view.

When we got back to Smithers the first thing we thought about was having a shower (there were no showers in camp) and we did all smell. We also found that the hotel had washing machines and tumble dryers so we washed all our clothes communally (to save money) and all felt a lot cleaner afterwards. The next day I got to go to church (in my uniform) which was great as I could experience a different type of Christian meeting. I went to the new reformed church; the building was really pretty and everyone was very welcoming because the community had been surrounded by Guides all week and were really happy that I wanted to see more of their culture.

We got to visit Prince George and Jasper on the way to Vancouver. We didn't see much of Prince George as it was a brief stop on the train line. However, because of the 12-hour train delay we got to spend a whole day in Jasper national park. The whole town was extreme beautiful as it was surrounded by snow covered mountains and there were lots of touristy things to do which was great because we got to go and sight see in groups and do a little retail therapy. Once we had spent the day there we ended up sleeping on the station platform which was fun. The Station Master put out tea and biscuits for us so we sat there, playing cards and drinking tea at four in the morning - which I think I can say really was a truly once in a lifetime opportunity!

The last day we had in Canada was in Vancouver and we went to Grouse Mountain for our closing ceremony. We got the cable car up and down the mountain and we could see for miles across the whole of the city. Part of our ending ceremony was that two people said their promise and one of our leaders was awarded a service badge. Also, it was a time to reflect on the fact we had just had an amazing time while we were out there - until we got interrupted by a group of deer!

Last of all we then got the plane home - which was also delayed and when we got back no one's baggage got lost which was a huge relief!

My experience was incredible. The leaders were fabulous and I met many people along the way making friends as well. As part of the trip I think I became more resilient as a person and learnt a lot about myself and created many memories that will stay with me for the rest of my life. I would recommend the INTOPs programme to anyone looking for an adventure because it truly is a once in a life time opportunity and I am incredibly grateful.

Grace Clare, 2nd Cotswold North Rangers

Secret Facebook Group

Have you joined our secret Facebook Group yet? If not, why not!? Just email the county commissioners with your Facebook email address and they will add you to the group. You'll never look back!

cc@girlguidinggloucestershire.org.uk