

The Blue sheet



Norfolk's guiding news

March 2024



www.girlguidingnorfolk.org.uk

On the cover:

Toftwood Brownies at EVAC

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We help all girls know they can do anything

Dear all,

This time last year we had no idea that we would become Girlguiding Norfolk's first joint county commissioners – and certainly no idea of how busy we would become! There have been committee meetings, regional forums, Zoom chats and even an afternoon tea invite.

The autumn term saw over 80 long service awards presentations. Division commissioners decided these should continue at local level to make sure leaders get a chance to celebrate with their units and friends. Congratulations to everyone receiving a long service award, and thank-you for all that you have done and continue to do for Girlguiding.

We also heard the wonderful news about the ARC receiving museum accreditation, thank

you to the whole team, especially Helen for leading the way. A future blue sheet is going to be entirely dedicated to the ARC, the amazing volunteers and future plans.

In November we outlined our hopes for the next 5 years to the division commissioners. Changes are happening, at National, Regional and County level – but there is always room to discuss new ideas. If you have an idea or a question, contact us via cc@girlguidingnorfolk.org.uk

Now you know what we look like, say "hello" when you next see us!

Yvonne Kemp & Fiona Hunter, County Commissioners



Do you have skills for the county to use?

Some areas are looking for **district commissioners** – people who are interested in making a difference at a local level. If there is a vacancy in your area, why not give it some thought and have a discussion with another commissioner.

Leadership development is changing – could you help

someone become a leader?

Social media and website development – join the task and finish group to make sure this is what GGN needs for the future.

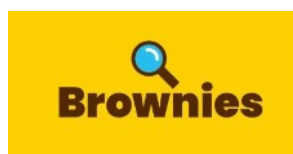
Training in a **finance** role at work? There are lots of opportunities to support others across the county – and it can all go on your CV.

Did we miss something?

Where are the gaps in county or division roles?

Let us know if you have ideas you want to share.

Fiona & Yvonne
cc@girlguidingnorfolk.org.uk



Outdoor Adventures for Lowestoft Division

8 units from Lowestoft Division went to Eaton Vale for an adventurous activity day.

Several of the girls had not even seen the activities on offer before.

Rainbows took on the cave bus, low ropes and grass sledging activities while Brownies did archery, cave bus and crate stacking.

The Guides and Rangers were challenged by Jacobs Ladder, rafting and pedal go karting.

Three Brownies from the 3rd Oulton Brownie unit made their Promise by the river and three leaders from North Lowestoft made their Promise by the camp fire area.

A good day was had by all.

*Pat Whittaker,
Lowestoft Division*



Acle Rangers Escape!

To celebrate the end of the calendar year Acle District Rangers escaped Puzzleland!

On a cold wintery evening, we met outside Chantry Place, enjoyed a quick subway dinner before heading to Escape Hunt and completing their 'Alice in Puzzleland' Escape Room. Only one leader had completed an escape room

before so we had no idea what would await us as we stepped into the room.

We all worked brilliantly as a team, finding clues, completing cryptic puzzles and solving riddles to rescue the Queen of Heart's Tarts from the oven.

We escaped in 47 minutes and 57 seconds, meaning we made it onto the leader board in third place.

*Poppy George,
Acle District Rangers*



Pantomime Trip

4th Norwich Rainbows had a fabulous trip to see Jack and the Beanstalk in Hethersett. The girls were invited up onto stage for a sing-a-long during the performance and were lucky to meet some of the cast afterwards too.



Christmas Sleepover

Girls from 4th Norwich Brownies enjoyed their first unit sleepover at Hautbois House. The girls did archery, climbing, zip wiring, decorated biscuits and had a movie night. Everyone had a great time.

Thanks to the Hautbois staff for making the event possible.



Celebration for Community Champions

Gina Brown and Rose Ottaway of Hautbois Rangers were honoured to be nominated as Community Champions by fellow leader Linda Marquis and were invited to attend the Royal Norfolk Show and be part of a parade of 700 people from over 200 organisations.

The tribute celebrated those who give so much to their communities and was also an acknowledgement of the Coronation of Their Majesties The King and Queen and their commitment to supporting community cohesion and volunteering. It involved a gathering in the Show's Grand Ring where HM Lord Lieutenant of Norfolk, The Lady Dannatt MBE, celebrated Norfolk's many community volunteers.



Carnival Recruitment

3rd Hellesdon (St. Paul's) Guide Unit were looking to recruit more girls and volunteers at the Hellesdon Carnival.

Their inviting stall was awash with games, brightly coloured camp blankets and advertising materials. There was also a little help from a large dinosaur!

We hope it was a 'roaring' success!



Our Pets Rock! Do yours?

At 3rd Dereham Guides we took on the big responsibility of adopting pet rocks. It's not a decision to be taken lightly - they need love, care and attention. Socialising. Vet treatment. Taking to the loo. And they'll definitely out live you.

We also thought about how to release endorphins - through exercise, laughter, aromatherapy and of course, chocolate. Pet rocks like chocolate.

ARC Celebrates Museum Accreditation!



Seven years after moving out of the attic at the Patteson Lodge Activity Centre in Coltishall, and into a purpose-built home nearby the ARC has been awarded full accreditation as a museum!

In those seven years we've gone from a collection in a dusty loft to an accredited museum thanks to our 60 volunteers who have conserved and catalogued 30,000+ artefacts from the movement's 113-year history, including uniforms from Rainbows, Brownies, Guides and Rangers, campfire blankets, log books and badges.

Thanks to the Heritage Lottery Fund grant in 2017, we were able to employ two part time staff for a few months who helped us to get started on our journey towards museum accreditation, training our volunteers in the skills to manage the collection and develop the activities.

The team is now well on its way to reaching the same professional standard demanded of all museums in the UK as it continues its work.

The Arts Council Museum Accreditation scheme encourages museums and galleries to meet an agreed standard in how they are run, how they manage artefacts and how they make collections accessible to all. The status will also open new funding opportunities, allowing the ARC to continue its conservation and outreach work.

The volunteers have launched a new Friends of the ARC group to celebrate and support the work they do.



PEER ED TRAINING
APPLICATIONS DUE 10TH MAY

FOR MEMBERS AGES 14-25

IF YOU'RE LOOKING FOR SOMETHING NEW TO DO OR ARE DOING YOUR QUEENS GUIDE. SIGN UP NOW TO BECOME A PEER EDUCATOR!

5TH-7TH JULY

Eaton Vale Scout and Guide Centre
Church Lane, Norwich, NR4 6NN

Contact: Peered@girlguidingnorfolk.org.uk

Logos: Girlguiding Norfolk Peer Education, think resilient, and a stylized figure logo.

20 Year Service

Congratulations to Louise Jones (right), County PR Adviser, who was presented with her 20 year long service award by Yvonne Kemp in February.



Pocket Pumpkin

Strumpshaw Brownies love all things autumn and spooky!

Girls practiced their sewing skills and made these pocket sized pumpkins out of felt and loom bands. Ready to decorate our planters for autumn.

#grow_your_own

*Lynsey Skeates,
1st Strumpshaw Brownies*



Sealife Trip

1st Carlton Colville Brownies had an amazing trip to the Sealife Centre.



HODS at Pull's Ferry

In September 2023, Pull's Ferry, Girlguiding Norwich HQ, opened its doors to welcome visitors as part of the national initiative Heritage Open Days. Over the six days 700 visitors enjoyed learning about the history of the building and the guiding links to it. Impressive displays and knowledgeable guiding members on hand to answer questions resulted in glowing feedback from visitors. A PR success!

The PF AGM is on Saturday 16 March – come and join us!

Remembrance

We have always attended Remembrance Sunday as a unit and are always proud to be part of the community on this day. However, as a leadership team, we really wanted to engage the Guides in more than just the act of Remembrance. Therefore we were really proud to be able to support the British Legion Poppy Appeal by collecting in our local supermarket. Each Guide gave up a small amount of their day, but many stayed longer than they had planned as they were enjoying doing something good for the charity and helping the community.

We were also really lucky that the local British Legion Flag Bearer attended a unit meeting and gave our flag bearers tips and hints for what to do with the flag on parade, meaning they were so much more confident on the day.

Susan Newton, 1st Dereham Guides



Attleborough Environmentalists

Earlier in the autumn term, 3rd Attleborough Brownies combined teamwork and tool work by making a selection of hedgehog homes, bird boxes and bug hotels to meet the conservation and environment sections of the Norfolk Coronation and Brownies Go Explore challenge badges.

The different projects enabled girls with different skill sets to each make something to take home. The bug hotels involved putting in a screw and inserting the tubes. The bird boxes involved a kit of parts, each cut to size, which had to be nailed together in the

correct order with the roof tacked via a rubber section so it could be lifted. The most challenging project saw two girls each create a hedgehog house. For this, they worked with an adult, using battery drills to put the screws into the many pieces.

We worked in small groups, with a number of parent helpers drafted in for support. All of them did an amazing job! It's certainly something we will look to repeat, although maybe on a smaller scale - otherwise we'll run out of places to fit our animal homes!



Royal British Legion presentation evening

1st Freethorpe Guides were pleased to welcome members of our local Royal British Legion group, to whom we are an affiliated unit. The men came along dressed proudly with their medals on display. Our unit and Union flag were raised alongside their flag which made for an impressive horseshoe as the presentation took place.

Each year, the Royal British Legion shield is presented to a Guide that the leaders decide, after much deliberation, show commitment to the Guide promise, follow the guiding ethos, takes part in activities, supports the unit encouraging others and has great enthusiasm for guiding - it's not an easy task to decide who to select. The Guide then holds the shield for a year when it is presented to the next recipient.

1st Freethorpe Guides is proud to be linked with the Royal British Legion and felt this was a great start to the new guiding year.



Sleepover Fun!

Twelve girls from 1st & 2nd Attleborough Rainbows enjoyed a pumpkin themed sleepover in October, the first night away for all but one.

Sleepover started with some badge colouring, followed by apple printing, stone decoration and volcanoes.

Everyone prepared their own piece of pizza for tea with chocolate coated apple slices for dessert. In the evening we played pumpkin beetle drive and had some story time before settling into bed, not that there was much sleep going on!

The morning started sunny

and fresh so we made the most of the outside space for some running around to wake up tired eyes before breakfast and washing up.

There was a wide game outside to collect the different flags from six hidden pumpkins and finally a beaded pipe-cleaner pumpkin.

Thank you to the leaders from Harling Rainbows who joined us to help. We now look forward to planning another one in the spring term! I think we've just about recovered from the lack of sleep!

*Sunflower (Kathryn),
2nd Attleborough Rainbows*



Norfolk Challenge Badge

New parachute challenge badge available in the county online shop.

A challenge suitable for all sections with fun badge. Complete in your units or on residential!

www.girlguidingnorfolk.org.uk/product/a-parachute-challenge/



AS PART OF OUR 25TH BIRTHDAY CELEBRATIONS
EATON VALE SCOUT & GUIDE
ACTIVITY CENTRE PRESENTS

CIRCUS SPECTACULAR

Celebrating 25 years of making memories

MAY 2024

eaton vale
scout and guide activity centre
1999-2024

£22
PER YOUNG PERSON

EACH DAY INCLUDES:
3 ACTIVITIES, A CIRCUS SKILLS WORKSHOP, CIRCUS PERFORMANCE, AND A BADGE

CUB DAY	28TH MAY 2024	BROWNIE DAY	29TH MAY 2024
SCOUT & GUIDE DAY	30TH MAY 2024	SQUIRREL, BEAVER & RAINBOW DAY	31ST MAY 2024

FOR MORE INFORMATION AND TO BOOK
ONLINE VISIT: WWW.EATONVALE.CO.UK

We'd love to hear your guiding news. Email bluesheet@girlguidingnorfolk.org.uk any articles and photos (high resolution please!) you'd like to share.

Toftwood Brownie News

There's always a lot going on at 1st Toftwood Brownies! Leader, Katie Theobald, tells us what they've been up to...

27 Brownies and their leaders had a day of adventures at Eaton Vale Scout and Guide Activity Centre. For many it was a day of trying new activities and conquering fears. Many Brownies reached the top of the climbing wall

before taking on an obstacle course where communication and team work was key. After lunch they channelled their inner Robin Hood taking part in an archery session.

Although many of them had never held a bow and arrow before, they quickly picked it up and many arrows found the target. To finish the day, they had fun grass sledging down a hill.

Although the weather had initially forecast rain all day, we were very lucky and it stayed dry.

Leader Katie Theobald said, *'It was great to see so much team work on display and cheering each other on. The Brownies really pushed themselves, which is amazing to see. Many of them said how proud they were of themselves.'*



We've been working towards the Girlguiding Anglia Social Action badge looking at sustainability, belonging, loneliness and food poverty. For the sustainability element the Brownies made reusable beeswax food wraps to help reduce cling film and foil use, as well as having a member of Dereham Community Litter Pickers come and talk about looking after the local environment. They discussed food poverty and how members of their community have access to the local food bank which does such important work. The Brownies made a shopping list of items and bought these with their subs to donate to the food bank.

For loneliness, they discussed how Christmas can be a particularly hard time for a lot of people and made Christmas cards to give to one of the local care homes for their residents.



25 Brownies enjoyed a festive activity day including making a table centre piece, felt hats, tree decorations and hot chocolate reindeer cones, accompanied by Christmas tunes playing throughout the day.



Lincolnshire Holiday

13th Norwich Brownies were invited by 2nd Bourne Brownies all the way to Parva House in Lincolnshire for a Brownie Holiday.

The Brownies had an amazing time meeting new girls and travelling all the way to a new venue felt like a real adventure.

With a Christmas theme and a Christmas dinner, what a good way to start off the festive period.



Wishes do come true

Memories of happy times as Brownies and Guides came flooding back to residents of Downham Grange Nursing Home during a special event building up to Remembrance Day.

The Kingsley Healthcare home has a wishing tree and two residents pinned a request on it asking for a visit by local Guides. Their wish came true when a visit by local Rainbows, Brownies and Guides was arranged.



Patteson Lodge News

2023 ended well with Patteson Lodge hosting a Christmas meal for the Mille Fleur gardening group, as well as December stays for Buxton Rainbows and Wicklewood and Wroxham Guides. Brilliant times were had by all.

We've been working hard to get the lodge and campsite ready to welcome our 2024 bookings. Lots of cleaning and maintenance tasks have been ticked off the list – including the purchase of a replacement dishwasher!

There are 2024 dates available for both the Lodge and campsite, so if you are thinking of visiting for a sleepover, holiday, or camp, visit www.pattesonlodge.org.uk to get booked in!

We are also hoping to expand membership of the Friends of Patteson Lodge. If you are interested in joining as an individual or a group, please get in touch or visit the website to fill in an application form. We look forward to welcoming everyone in 2024.

Friends of Patteson Lodge

invite you to

Our Annual Lunch

Tuesday 23 April 2024

1.00pm – 4.00pm

at Patteson Lodge Activity Centre
14 Gt Hautbois Road, Coltishall,
Norwich, NR12 7JN

Menu

*Soup and crusty bread followed by a selection of homemade puddings.
(Special diets catered for, please advise)*

Only £10.00 per person

R.S.V.P by 1st April to Sue Edes
Email: FriendsofPL@btinternet.com
stating your name, telephone number and any dietary requirements.

Get Inspired in Norfolk

Are you 18 - 30? Did you know you are already part of Girlguiding Inspire? Read on to find out more...!

My name is Sasha and I am Norfolk's Inspire Coordinator. I've been in Girlguiding since I was 7 years old, almost 20 years ago now! I'm part of Lakenham District in Norwich where I am a leader at 3rd and 13th Norwich Brownies. I also gate-crash all of the Guide camps in my district too! Camping is my favourite thing to do in guiding.

I'm enthusiastically trying to kick start Inspire in Norfolk. What is Inspire? - Anyone aged 18-30 in any Girlguiding role is automatically part of Girlguiding Inspire. It is a community where young women can choose their own path. It is flexible guiding with fun and friendship at the heart. Whether you're looking to take on adventures like GOLD (Guiding Overseas Linked with Development), build skills, eg developing leadership skills through completing a leadership qualification or simply having fun with new

friends, it's all about enjoying the journey and being part of unforgettable experiences. One of the many goals of Inspire is to offer enriching and fun opportunities for adults in guiding outside of responsibilities for young members.

I have created a questionnaire to find out what Inspire aged members in Norfolk would like to do, ensuring our plans for the next year align with what people want. So if you are almost 18 or 18-30 please help decide plans for Inspire 2024!

Please email me (Sasha Spencer) directly on inspire@girlguidingnorfolk.org.uk



Brownies trip on the Polar Express

38th Norwich Brownies donned their pyjamas and had an amazing experience on the Mid Norfolk Railway's Polar Express before Christmas.