



Celebrate the

LAST NIGHT of the PROMS

with Taverham Brass Band

RAFFLE + QUIZ!

**7.30PM
22 SEPT 2018**

Hot and cold buffet plus a range of desserts
Please notify any dietary requirements.
Bring your own drink and glasses, hot drinks available for small charge.

Dress code: Red/white/blue

Patteson Lodge Activity Centre
14 Great Hautbois Road, Coltishall NR12 7JN
Tickets £15, available until 7th Sept. Pay via BACS or cheque.
Call 01603 502 590 or email office@girlguidingnorfolk.org.uk for details.



Fundraising for



Registered charity no. 280532



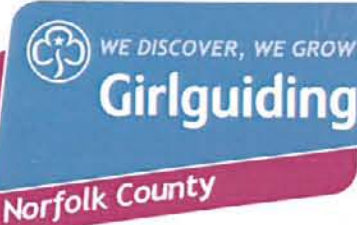
For any enquiries or if you are interested in joining Girlguiding Norfolk please contact our County Office:

Girlguiding Norfolk County Office, Eaton Vale Activity Centre, Church Lane, Eaton, Norwich NR4 6NN

Tel: 01603 502590 ♦ Email: office@girlguidingnorfolk.org.uk ♦ www.girlguidingnorfolk.org.uk

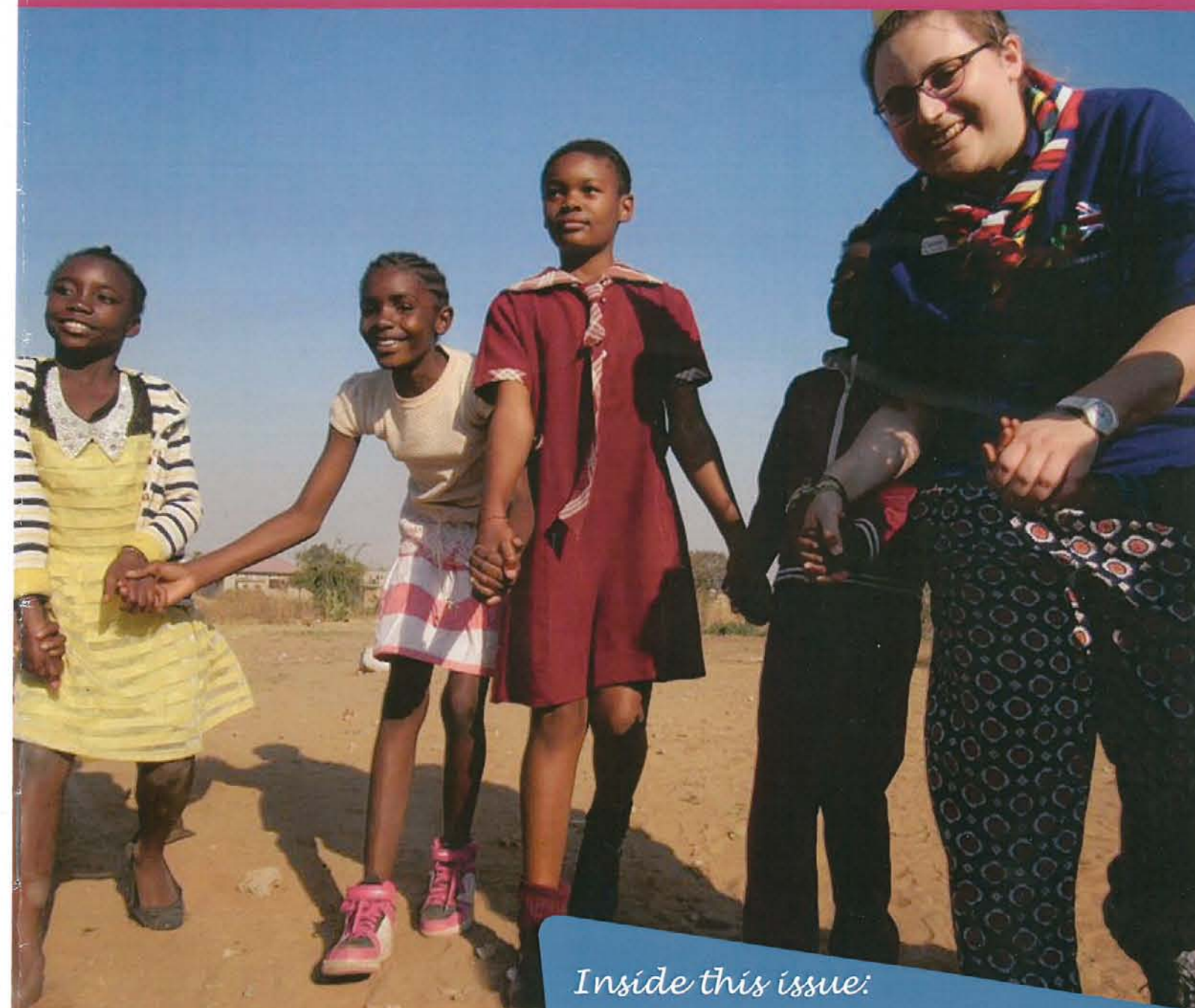
Deadline for next issue: 1st September 2018; email article and photos to: bluesheet@girlguidingnorfolk.org.uk

The Blue *sheet*



Norfolk's guiding news

July 2018



Inside this issue:

GOLD in Zambia ♦ Denmark Dash
County Road Safety Quiz ♦ GoGo Leveret
100 Years of the Vote ♦ ARC News
Showcase ♦ Shark Sleepover

www.girlguidingnorfolk.org.uk



My final Bluesheet message...

as County Commissioner for Norfolk. It has been a privilege to hold this role for the last five and a half years with support from the County team, who bring to the County Executive a whole range of skills which are key to taking the County forward. Guiding continues to change and we await another transition with the launch of the new programme for all sections at the end of July. This is linked to a Region initiative to increase the membership over the next year. There are areas of Norfolk where we need more leaders to provide guiding for the number of people on the waiting list and also areas where we have leaders but not many young people. Would you like to help? Please contact County Office. We all gain from being involved in guiding. Please share your enthusiasm.

There have been so many memorable events during the past five years; too many to list them all but the building and opening of the ARC has to be one of the most exciting projects undertaken. Removing the Guiding memorabilia and Norfolk Heritage items from the roof space at Patteson Lodge to the ARC has to be at the top of the list. The work continues with an enthusiastic group led by Helen Green who are sorting and listing all the items. Two thousand items have recently been packed and taken to the deep freeze at Gressenhall to remove any unwanted 'creepy crawlies'. Last week the rolling rack was installed at the ARC to provide a permanent storage for the rest of the items after they have been catalogued.

The ARC is a not a musty place full of old items but a resource for all guiding members to use. You can book a visit or hire a box for traditions badges via County Office. King's Lynn Trefoil Guild recently enjoyed an evening reminiscing and reflecting about their days as Brownies/Guides or leaders. Why don't you...?

A huge thank you to the County team who have shared this journey with me. Without their support and enthusiasm we would not have achieved so much. The next person in the role will continue to take Norfolk forward in providing the young people a weekly programme and residential adventures they will remember for many years to come.

Yours in guiding

Pat Pinnington



Rainbow 'Wildcats'

1st Terrington St Clement Rainbows were wearing new outfit this week when Dan Buhleemann from King's Lynn Community Football (KLCF) came and delivered a fun football session for the girls.

Over their red tabards they wore red, gold and white Kings Lynn Wildcats bibs as they learned basic ball skills. "I really enjoy football" said Ellie who also attends the girls only football session held by the KLCF at Lynnsport.

"It was really nice to see the girls developing a like for football, they had a great time kicking around, many thanks to Dan" reported Jill Crowson, Rainbow leader.



Don't forget to share your guiding news with the rest of Norfolk.

We look forward to hearing about NORJAM, summer trips and units completing the GoGo Hare trails for the next issue!

Email text and photos to: bluesheet@girlguidingnorfolk.org.uk - Check photo permission first!

There's a new face at the ARC - with a real passion for Guiding Heritage

A love of heritage and treasured memories of days in Rainbows, Brownies and Guides - it's the perfect combination of talents for new Preservation and Collections Officer Kate Bridges. Kate has started work at the Girlguiding Norfolk Archive Resource Centre (ARC) in Coltishall, where she will spend the next six months cataloguing, preserving and ordering the many hundreds of guiding treasures in the collection.

"There is such a lot to do," says Kate, who was in guiding in Thorpe St Andrew for many years and has returned to Norwich after studying history at York University and completing her Masters degree at the University of East Anglia in Cultural Heritage and Museums.

"I've always had a love affair with museums and wanted to make my career in the care of collections," she adds. "History and heritage drives me and I have real passion for the job."

Kate has fond memories of staying at Patteson Lodge, which is where the ARC is based, during her years in guiding and still counts among her best friends some of the girls she met in Rainbows.

She finds the ARC's collection intriguing and is especially drawn to the enormous catalogue of badges it holds. "I think that is the highlight of the collection for me because you can trace your own history through the badges that you see in the archive."

Kate began volunteering with the National Trust at the age of 16 when she worked at Blickling Hall and has also worked at York Castle and at the South Asian Decorative Arts Collection, housed in the old skating rink in Norwich.

One of her main tasks during the six month role will be organising the preservation of uniforms, blankets and other textiles in the collection. This will involve working with Gressenhall Museum

to freeze the items, removing damaging insects and bugs, before cataloguing and re-packing them in the ARC's purpose-built archive rooms.

"We want the collection to be accessible and for people to be able to enjoy looking at the amazing things we have here," says Kate.

County archivist Helen Green said Kate's appointment was made possible by a successful bid to the Heritage Lottery Fund and she thanked all those who support the Lottery to generate the funds.

"It's very exciting having Kate working with us and bringing her professional approach to add to the work that our fantastic group of volunteers have started," said Helen.



If you wish to visit the Archive Resource Centre or have a question/information about the collection please contact Kate Bridges via email - kateggarchives@gmail.com



Under the Shark Tunnel

As dusk approached us, 5 units from Norfolk were just getting ready for a super fun night! 36 Guides from 1st Freethorpe Guides, 6th Norwich Guides, 1st Acle Guides, 1st Stalham Guides and 1st South Walsham Guides descended on Great Yarmouth Sealife Centre.

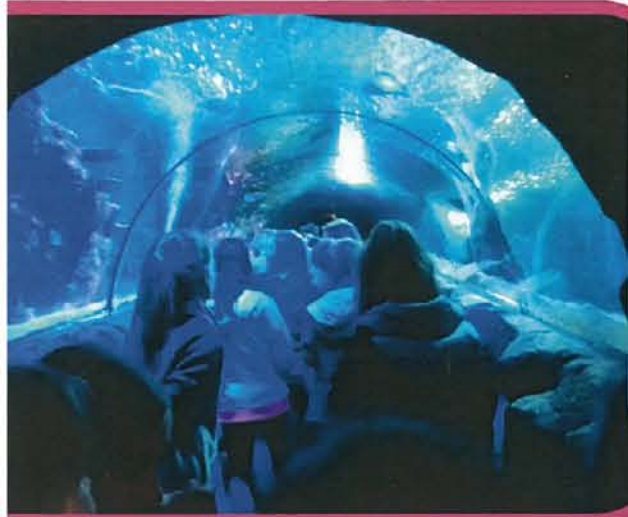
After a quick health and safety chat and getting to know Guides from different units, everyone was treated to a VIP tour with the Sealife staff where we got to touch a starfish and learn interesting facts about the centre. After the tour had finished, we were given a passport and walked around at our own pace answering the questions and gaining the stamps. On completion of the passport we all got a little pin badge.

It wasn't time for bed yet though! We were allowed to play in the soft play area before completing an under the sea quiz with a themed prize too for the winning team! Biscuits, cake and hot chocolate a plenty, we moved our beds under the shark tunnel ready for an exciting night (and very little sleep!). It took a while for everyone to settle down, with most wanting to watch the sharks swim over their beds. An early morning meant some very tired girls (and leaders!) the next day.

Before we left we visited the souvenir shop and then performed a number of campfire songs on Great Yarmouth seafront - 36 Guides and 6 leaders all singing was quite a sight for passers-by!

Pancakes, bacon rolls or sausage butties filled us all up from Jacks Jetty Snacks before everyone got an 'I slept at the Sealife Centre' badge for their blankets. A great night, with new friends, was had by all!

Poppy George, 1st Freethorpe Guides



Bingo!

In April, by kind permission of British Sugar, 1st Freethorpe Guides hosted a fundraising Bingo evening. After being granted £650 by Broadland YAB, we needed another £350 to purchase new tents for NORJAM. As we opened the doors we quickly realised we didn't have enough tables and chairs due to so many people

supporting the event. After a quick visit to a leader's house, we had enough tables and chairs to seat the 73 people who turned up!

In the interval all of the Guides (and leaders!) sang the campfire action song 'Marilyn Monroe' and got all of the bingo players up and dancing

with them - it was a great sight!

We are pleased to have raised over £500 and have now purchased 4 new Vango Beta 550XL tents - do come for a cuppa and see our new tents on the 1960s subcamp at NORJAM!

Poppy George,
1st Freethorpe Guides

Rainbows Inspire GoGo Hare

In 2017 Rainbows celebrated its 30th Anniversary, shortly after the GoGoHare was launched. 1st Old Catton Rainbows thought designing their very own leveret was a great way to celebrate the anniversary.

Choosing an artist was easy. Last Christmas we booked 'Painting Passions' Rosey Hancock, an artist who runs step by step instructed painting classes, 'Kids & Canvas' and adult themed 'Booze & Brushes' paint nights. We asked if she would take on the challenge of painting our leveret, she was very flattered and said yes straight away as she thought it would be a really unique project to take part in.

Rosey spent an evening with the Rainbows and leaders and sketched out all our different ideas of what they would like. The girls came up with our community "Old Catton", our promise, our aims (Look, Learn, Love, Laugh) and happiness. Rosey then drew round all the girls hands on the base to show our foundation and took these along with Crystal the leveret back to her studio and began working out some ideas.

Rosey started with a base coat then worked from the bottom up. She started on the grass and handprints on the base then worked on the trees up the legs and onto the vines over the body, each part representing an idea they had. Rosey said, "I really enjoying doing the project but definitely found working in 3D form more difficult and tricky in

places like around legs. Overall I'm very happy with how it has turned out in the 74 painting hours it took me".

The results are just amazing! We can see the woods of Catton Park, the Cat on the Barrel village sign, the handprints of the Rainbows working together, the Girlguiding Rainbow Promise and much more.

Our leveret was also picked to go to Pensthorpe 'Wild About The Wensum' trail in May.

Once the trail is over, we wanted to keep Crystal the Leveret in the community, so with the permission of St Margaret's Parochial Council, it has been agreed that Crystal will live in the Church, where she can be visited by all the villagers.

Artist, Rosey Hancock, is contactable via her website: paintingpassions.co.uk

Tracey Miller, 1st Old Catton Rainbows



1st Old Catton Rainbows was started in 1989 by Pat Threadgold (pictured left with Carin Pratt, Wensum Division Commissioner on the right). Pat was known to her Rainbows as 'Crystal'.

Pat has remained active in Catton District recently running 2nd Old Catton Rainbows, but this July she is retiring so this is a double celebration and the reason behind our Leveret name.



100 Years of the Vote

1st Toftwood Brownies have been celebrating 100 years of women having the vote by completing a special challenge badge in their meetings.

They welcomed Dereham Mayor, Hilary Bushell and Terri to their first meeting where they had the opportunity to find out more about what it is like to be a councillor or a Mayor, how the Mayor is elected and what they actually do. Hilary mentioned that one of the best parts of being Mayor is being able to get out and meet people who are part of organisations and those that are making a difference.

The Brownies made their own suffragette rosettes, were presented with special ribbons by the Mayor and discussed situations that were fair and those that weren't. This was alongside discovering certain jobs that women were not able to do 100 years ago.

In another meeting the Brownies found out when other countries gave women the vote. They also created rules for countries if they were Prime Minister and made placards for their own suffragette march.

Katie Theobald, Leader in charge said, "It is a great opportunity for the Brownies to think about what life might have been like for women just 100 years ago and the struggles they may have faced, as well as inspiring them to be whatever they want to be as women of the future."



Road Safety - County Final

The County Finals of the Norfolk Road Safety Quiz took place in March at County Hall, Norwich, kindly hosted by Norfolk's three Road Safety Officers.

Each quiz final consisted of four rounds of questions on topics ranging from road crossing places and signs to cycling and seatbelt safety, with seven teams of Brownies and seven teams of Guides taking part.

First to test their knowledge were the Brownie teams who had 20 questions to answer. There was super team work and the scores were very close, with 7th Norwich and 6th Sprowston Brownies both finishing in the lead with 18 points each. A tense tie break question resulted in 6th Sprowston Brownies becoming our County Road Safety Brownie winners!

County Commissioner Pat Pinnington presented the girls with their engraved winners and runners up medals and thanked leaders and parents for their support and our hosts for facilitating the evening.

Following a welcome refreshment break it was time for the Guides Final to start. The twenty five challenging questions had many leaders and parents wondering if it was time to reread their highway code!

The girls conferred well and it was clear that much road safety revision had taken place. Scores were very close, with a tie for first place again between Terrington Guides and Martham Guides. It was Terrington Guides who won the tie breaker and became our County winners. Their medals were presented by Norfolk County Chairman, Cllr John Ward, who is keenly supporting youth charities during his term in office.

Well done to all who attended, you were a credit to Girlguiding Norfolk. Thank you also to all leaders that have led unit road safety activities and local quizzes which hopefully have equipped girls with valuable life skills.

The road safety activity resources, unit quizzes and badges are still available via our website or from County Office.

Catherine Leigh,
NW Division
Commissioner



Just for fun

Can you answer the tie breaker questions?

Brownie Tie Breaker; In which year did it become law to wear seatbelts in cars in the UK?

Guide Tie Breaker; How many pedestrians were hurt on the roads of Norfolk last year?



6th Sprowston Brownies



7th Norwich Brownies



Martham Guides



Terrington Guides

Answers to Tie Breaker: Brownie answer - 1983; Guide answer - 215 (let's reduce that number!)

GOLD Zambia

How on earth do I explain the year I have had? The things I have seen, done and how I pushed myself. It's been impossibly random, completely unique and hard to describe to somebody who hasn't been on a GOLD trip.

My GOLD journey started in October 2016 when I went on the selection weekend called 'Go for GOLD'. That year's event was held in beautiful Wales and was a complete adventure in trying new things, meeting new people and completing random but totally fun challenges. When I came away, less than beautiful myself since I was largely mud and tiredness personified, I would have been happy if my GOLD journey had ended there. However, much to my delight and utter shock, I was selected to be part of a team to Zambia although I didn't know much about the project or the other five participants at this point.

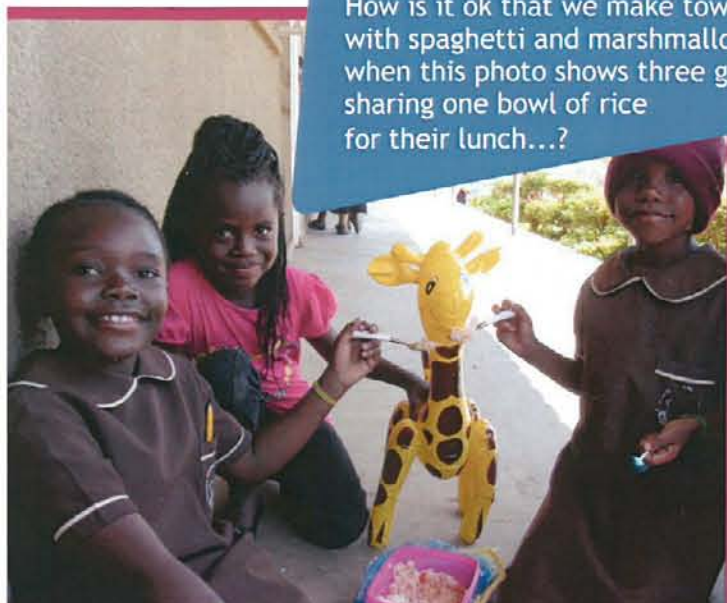
Each GOLD project has some sort of Training or development focus. WAGGGS Member Organisations (MO) approach Girlguiding with the idea of a project and after an initial visit to the County the MO drafts a project plan which could focus on one of a wide range of topics. Projects normally last for 3 years although a number extend by 2 further years.

Preparations started in earnest in the New Year. I had to pay a sum of £1850 to Girlguiding for my trip and was allowed to fundraise an additional £600 to cover costs in the UK, such as vaccinations and travel to trainings etc. I tried a wide range of options, from selling crafts (my first attempt was a Christmas craft fair which earned me £16.80) to a sponsored weight loss which raised about £431!

Our GOLD team met for the first time at a briefing weekend to learn about our project. We would be training girls, leaders and possibly Trainers on a wide range

Rita, her neighbour and her sister, Shirley feeding Georgie, our mascot, some of their shared lunch.

How is it ok that we make towers with spaghetti and marshmallows when this photo shows three girls sharing one bowl of rice for their lunch...?



This parachute was donated by a District in South West Region. We were able to leave it with Betty (pictured centre) she was so happy!

of topics covering anything from healthy relationships and sexual and menstrual health to camping skills, advocacy or recruitment and retention. Each participant has a role including First Aider, Written Documenter (blogs and the like!) Photographer, Treasurer and Training & Resources Coordinator. The sixth participant is the leader and someone who has attended a GOLD trip previously. We decided that I would be the Training & Resources Coordinator and my role would be to coordinate the whole team, writing training plans and finding resources, on a modest budget of £100. A small part of my role involved keeping statistics for the group. We managed to beat our training target and met a massive 463 girls and a decent 40 leaders. I'd like to say that this is an exact figure but much to my horror records are not kept in the same way in Zambia and our methods for counting girls were to play games where they got into groups of 10 and count the 10s or take a photo of the girls and count them in the photo!

Our first adventure was camp...! Three of our team went ahead with the resources bag in a taxi leaving the other three awaiting their transport. Upon arriving at 'camp' (a school), we were greeted by around 70 Lechwe, (equivalent to Brownies). We took them out to the school playing field to play games. An hour and a half later the rest of our team were still nowhere to be seen! Having invented, in utter desperation, a final round of 'Boom Chicka Boom' by singing upside down with our heads between our legs, I was sent back to the registration desk to find some Leader support. Here I was told, by non-other than Rachel, the Chief of the Zambian Guide Association, that the vehicle that was to collect the others had to do a milk and melon run first! In the meantime, how would I like to take 'those Guides over there' to the field for 'training'. How do you say no? Unfortunately the Guide Leaders were at the end of the breakfast queue so I walked back to the school field with about 100 Guides following me, to see my team trying to herd Lechwe back to the school buildings. Their faces were a complete picture when they saw me returning with the Guides rather than the Leaders I had been sent for! Oh well, our first really GOLD experience! Later, I took a photo of the Lechwe and counted them, bearing in mind that at any given moment we had lost about 20 to the toilet, get a

drink, speak to their leader, find their pencil case, play on the swings. We had 128 in the photo! Total number was nearly 150 not the 70 on the register!

Life in Zambia is very different to the UK, as you can imagine. Simple things that we don't value have massive value in Zambia. For my birthday, I was given a brand new pencil and three boiled sweets. We received thank you letters which said 'the reason for losing ink is...'. Our training in the UK prepared us for what is described as culture shock; those experiences and feelings when you just want to be at home under a duvet with your favourite film, your favourite hot drink and not have to face sleeping under a *insert rude word* mosquito net again. I don't think I suffered much in Zambia. There were moments when I really wanted a door on my bathroom, where I wrote a list of all the things I would Google when I finally had WiFi again or where we played in the swimming pool making appalling synchronised swimming routines like 10 year olds because we had had enough of being adults for the day... Maybe I suffered more than I thought!

I have struggled with coming home the most. I made some incredible friends, both in Zambia and also in my team. We have our group jokes and shared experiences and I've gone from seeing them every day and depending on them completely to just text messages.

After returning home, we had one final weekend to attend. Debrief was held only a couple of weeks after returning and was a chance to see our team and also meet with three other GOLD projects to evaluate and feed back to the development of GOLD in the future.

Guiding began in Zambia in 1924 and Brownies followed two years later.

In 1974 the name Brownie was changed to Lechwe Guide, the lechwe being a species of brown antelope found only in Zambia.



Finally we looked at life after GOLD. The options are seemingly endless; from WAGGGS seminars, taking a group of Senior Section members abroad to becoming a Trainer with Girlguiding.

I'm taking a group of Guides to an international jamboree in Norfolk in August. I absolutely love talking about my experiences but I do find it difficult to explain, especially in writing. I have been to a number of groups locally to run sessions about my trip but I've particularly enjoyed repeating some of the aspirations and body confidence workshops I ran in Zambia.

I can wholeheartedly recommend a GOLD project. As I said, even the selection weekend was amazing and a truly 'GOLD experience'. There are so many opportunities available if GOLD is *nearly* your thing; find something that fits your skills, the amount of time you can commit and the skills you want to develop; don't be afraid to ask for help and do something you love.

I am so grateful for all the support that I received from all levels of guiding. Financial support, training, practical offers of help, donations of resources and mountains of encouragement. I hope that in the next few years, I can pay back some of that to other members of guiding so that they can have their own international experiences.

Cassie Newbery, Girlguiding Norfolk



Some Lechwe receiving feedback from me about their friendship hearts.



The Denmark Dash!

April 2018 saw seven Senior Section members and two leaders from 1st Roydon Senior Section undertake their very first international adventure with Girlguiding.

An advert inspired us to take part in the Denmark Dash event as we thought it was such a brilliant opportunity for the girls to meet other Girlguiding members.

Our unit had been successful in securing a grant which helped fund the event and make it accessible for everyone. This was really important to us as we didn't want anyone to miss this opportunity due to cost.

We headed to Gatwick airport the day before we were due to fly and spent the evening finding out about Danish traditions over dinner in the restaurant. The girls were all so excited at this point as they thought about what adventures the following day would bring especially as some of the girls had never flown before! The next morning called for a very early birthday breakfast complete with candles and singing because we couldn't afford to miss our flight!

After a slight delay but short flight we arrived in Denmark and we were pleased to be greeted with some glorious sunshine. However, there was no time to waste as the Denmark Dash competition had already begun so we headed to catch the next train. We were met at the other end by an event organiser who handed us our game pack for the day and we were off.

There were game stations to contend with and far too many buses to navigate but our adventure saw us visit several Danish landmarks. At Nyhavn, we were in love with the bright, colourful buildings and the busy atmosphere and although it took us a while to find the Denmark Dash team at Christiansborg Palace we were glad we did because the historic building has become the centre of some very lovely photos.

While at the game stations the girls had to work as a team to earn points by taking part in some thought provoking activities. This included thinking about laws which they would introduce if they were running a country. It was really inspiring to see the girls speak up about matters which concern them and just how beneficial their thoughts and opinions can be to bring about a positive change. The activities also included several selfies and a round of 'Alice the camel'.

While we were at the famous Little Mermaid statue, four Senior Section promises were made - a very special moment which I'm sure they will always remember.

We hope to have inspired the girls to sign up to more international adventures. It was a brilliant experience and just lovely to see such amazing friendships grow and the care and support they have for each other, as a group, is just lovely.

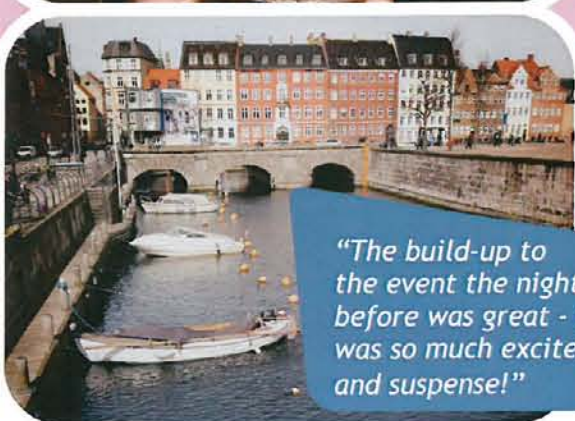
*Emily Pilsbury-Gaunt and Katie Brame
1st Roydon Senior Section*



"I really enjoyed spending time with my Senior Section family and having an adventure"



"I just loved spending time with everyone, flying and seeing a different country's culture"



"The build-up to the event the night before was great - there was so much excitement and suspense!"

Earlham Trip to London

In March, Earlham District Senior Section woke very early to travel to London for our packed weekend and sleepover at Pax Lodge.

On arrival we dropped off our bags and started the Harry Potter Challenge Badge which involved visiting Trafalgar and Leicester Square to visit where parts of the film had been shot.

We found that the time was soon running away with us, so headed off for dinner at My Old Dutch for delicious pancakes before our theatre show that evening. We saw School of Rock which was incredible! Afterwards, we made our way back to Pax Lodge for some sleep before heading home.

Next morning time allowed a slide down the AcelorMittal Orbit at the Queen Elizabeth Olympic Park.

We had a fantastic time in London!

Sophie Atherton, Earlham District Senior Section



Our visit included a trip to 10 Downing Street which was very exciting.



Do you ever wonder...?

when you get home after your weekly meeting why you do it. You've probably had a long day, just want to get home and put your feet up. The phone rings, a parent with a query, the girls have been awful - they've been in all day because it was raining; it was very windy and they were more

excitable than usual. We've all been there and definitely wondered why we give up our time when it doesn't always seem to be appreciated.

BUT, there will come a time when it will have been worth it. As an ex Brownie Leader, but still involved in other ways, I can vouch for that moment when you're told that you really did make a difference. An ex Brownie is now a District Commissioner in another part

of the UK; a Young Leader is now a Brownie Leader, and so it goes on. They all remember the good bits, thankfully, and so do you as they stand out more than the bad.

So, when you really have had a tough day you can remember why you do it - because you enjoy it!

In the words of Strictly - Carry on Guiding.

Eve Eates, North West Division

NORJAM Activity Team - Come & Join the Fun...!

If you want to come for the whole week of the jamboree, or are only able to commit to a few days, we have a job that will suit you.

CRAFT TEAM - still looking for a few more to join the team of 120 running the crafts spanning the decades within the exhibition hall.

ARCADE TEAM - have spaces left to run the 'end of the pier' themed activities in the barns.

CIRCUS SUPPORT TEAM - looking for a few more people with circus skills to join the team to support the skills workshop and manage the crowds at the circus shows.

OFFSITE COURIERS - still need a few more people (over 18's only) to accompany the coaches and minibuses when participants do activities offsite or have days out - when on a day out, you will get to look around the venue too.

If you are interested in any of the roles or want to find out more information, please email Shelly on activities@norjam.org.uk



Brownie Traditions

Recently 3rd Attleborough Brownies have been busy working on their Brownie Traditions badge. As a brief introduction to the badge any parents who had been Brownies or Guides were invited to bring along mementoes from their time in the organisation. Five mums joined us bringing along interest badges they had earned, promise certificates, photos and even a couple of bobble hats from the uniform in the 1980s. The girls also looked at camp blankets with a multitude of badges through the ages thanks to Wise Owl from 1st Attleborough Brownies.

The following week, we were joined by county archivist Helen Green who brought a number of resources from the ARC. We looked at some pictures of the old uniform, noticing changes from the long blue dresses of 1914 when Brownies (or Rosebuds as they were known then) first started through to the brown dresses many remember from the 1980s and the jogging bottoms and sweatshirts of the 1990s. The girls learnt about the different six emblems and songs, some of which we sing today in our unit. The highlight of the evening was trying on the old uniform - even if the girls do prefer the modern version! After trying it on, they learnt how to fold correctly and neatly - no excuse now for piles of untidy clothes at home!

To finish off the badge the Brownies learnt about the union flag - playing a game about patron saints, the countries, flags and emblems of the United Kingdom. They tried a traditional skill - using a match to light a candle and finished off by trying to predict the future about what Brownies will be doing in ten years time.

Kathryn Donald, 3rd Attleborough Brownies



Friends of Patteson Lodge

Invite you to

A Campfire Circle

Saturday 18th August 2018 ~ 6pm - 8pm

At Patteson Lodge Activity Centre, Coltishall NR12 7JN

Come and have a catch up and sing-song with friends

Cost £3.50 per person to include soup, roll and hot choc, bring own mug and chair

RSVP by 4th August to Gill Bailey, 11 The Lea, Catfield, NR29 5BH. Please make cheques payable to The Friends of Patteson Lodge



Dersingham Brownies Head 'Down Under'

The Easter holidays saw 18 girls from 2nd Dersingham Brownies and their leaders head to Swaffham for their annual four day Brownie Holiday. This year they were travelling "Down Under" to enjoy an Australian theme linking in with the Commonwealth Games. The four sixes were named after State Capitals - Brisbane, Melbourne, Perth and Sydney, whilst the leaders were all Australian animals.

Throughout the holiday the girls achieved lots of badges. This was dependent on how many Brownie holidays they had attended previously. All girls achieved the Craft badge, but for those on their first holiday they also gained Pack Holiday and Cooks; second timers gained Pack Holiday Advanced and third timers gained Brownies Go For It (a series of Guide themed activities to prepare the girls for what lies ahead in Guides).

The girls completed these badges by helping with the washing up(!), preparing the meals, keeping their six bedroom tidy and taking part in all the activities. In the craft room the girls created sheep coasters, a snake mobile, an animal mask, painted their own Aboriginal dot painting (using cotton buds), made and decorated a medal for the Commonwealth Games and created a jigsaw of a Commonwealth flag.

During the holiday the weather was very changeable, but we were lucky that on our day out to Thetford Forest it did not rain. Whilst in the forest the girls created a 'Journey Stick'; an Aboriginal custom where you attach interesting objects that you find to a stick as you walk to remind you of your journey. We also played 'hug a tree' - a game where the girls hugged a tree blindfolded, they were then led away from the tree and the blindfold was removed and they then had to try to find 'their' tree. It was very funny to watch. The girls also enjoyed all the swings and climbing frames in the Wild Play area, made lots of noise with the instruments they found on the Sound trail before den building and eating an ice cream - there was also a picnic lunch squeezed in between everything else.

On Sunday morning we held a Brownies Own service with songs, prayers and a group performing the story of the Good Samaritan - a story chosen to remind us that as Brownies we should always try to help other people.

Bedtime is always an exciting time when away from home and the girls enjoyed a pyjama parade, silly games, marshmallow toasting and an indoor campfire singsong.

Throughout the holiday the girls earned lots of points and this year the Melbourne Six were victorious by one point.

The holiday ended with Gracie and Jasmina jumping over the toadstool to Guides.

Plans are already in place for next year.

Lynne Wheeler, 2nd Dersingham Brownies



Coffee and Cake Fundraiser

In March, 2nd Wells Brownies held a coffee and cake evening for their parents, grandparents, aunts, uncles, next door neighbours...!

The girls worked hard for three meetings to organise this by making invitations and table decorations, waiting on their guests, serving them hot drinks and a slice of cake. The girls were fantastic and made sure everyone was well looked after; they were very deserving of their Hostess badge. We had a tombola too and I think everyone went home with a prize!

The money raised, a whopping £200, was put towards a District trip to Eaton Vale and our Brownie pack holiday in May.

Our Superhero themed Brownie holiday with 1st Fakenham Brownies was held at The Dunton Centre. We had a great time and the weather was fantastic. We had two campfires and enjoyed an afternoon of street dance.

The girls all helped to cook including a delicious chicken casserole in our hay box! Other activities included superhero crafts and games.

Well done, Superheroes!

Cat Cameron,
2nd Wells Brownies



15 Brownies joined Gallow District Guides for a fun day at Eaton Vale.

Activities included crate stacking, go karting, orienteering and team building activities.

Hellesdon Tea Party

1st Hellesdon Rainbows invited Hellesdon Trefoil Guild to a tea party to celebrate the Trefoil 75th Birthday and the Rainbows completing the Trefoil Guild's 75th Birthday challenge badge.

On the day we borrowed old Rainbow uniforms from the ARC, made birthday cards (and cakes!) sung some songs and had a lovely afternoon.

A big thank you to all the mums who made cakes and served teas, we couldn't have done it without them; team work and guiding rolled into one.

Elizabeth Summers,
1st Hellesdon Rainbows



2018 Super Showcase

120 people from all over Norfolk attended another super Showcase evening in May at the City of Norwich School, an evening to recognise all that is great about Girlguiding Norfolk. It was a lovely evening with plenty of chatter, food and awards galore! Guests included Julia Haig, Girlguiding Anglia Region CEO and Tracy Foster, Regional Commissioner. Tracy said *"I have enjoyed meeting lots of leaders from Norfolk and hearing all about the ARC; what a fantastic centre this is"*. During the evening we also heard about Diana Howes, a Guide who attended the first 1940s themed camp at Gressenhall. This year, having just finished her Queen's Guide Award, she's running the camp! Tracy said, *"What a great advertisement for growing our own and all the investment of time, encouragement and enthusiasm we give really does have a great impact"*.

Good Service Awards

Sue Groves
Michael Timewell
Wendy Goodyear
Lynne Lambert

County Commissioner Commendations

Claire Mann
Victoria Fonzo
Elaine McCaghrey
Jackie Appleby
Gill Smith
Margo Pickering
Jane Leech

Long Service Awards

20 years
Aileen Beck
30 years
Kim Chant
Jenny Cogman
Jeanette Lovett
50 years
Rosemary Bennett
60 years
Nancy Briggs

Museum special volunteer certificates

Presented to ARC volunteers

Angela Pantling
Christine Turner
Ann Ottaway,
Debbie O'Brien
Catherine Morrey
Gill Ellis
Helen Green
Diana Howes

Anyone for tea & cake...?

Girlguiding Norwich are once again opening the doors of their HQ at Pull's Ferry on the River Wensum in Norwich to serve refreshments to the public. Homemade cake with a nice cuppa is available on Saturday and Sunday afternoons between 2pm and 5pm until the end of September so please promote this to the families of the girls in your units. Would be a good stop off for anyone doing the GoGo Hare trail!

Pull's Ferry is also open for the Heritage Open Days which run from Thursday 6th September to Sunday 9th September. Filled rolls, refreshments and of course cake will be served from 11am to 5pm. Also open for Heritage Days on 15th and 16th September.

The committee would always welcome volunteers to help with either serving refreshments or baking a cake and are looking for new members to join the small friendly team.

Don't forget, Pull's Ferry can be hired for a unit meeting or a sleepover for older Guides and The Senior Section. A challenge pack (with badges!) and walking trails are available. Also offered are 'Afternoon tea and a talk'; ideal for WI groups, Trefoil Guild or a District Leaders outing.

Contact pullserrynorwich@gmail.com for further information on any of the above.

