

The Blue sheet



Norfolk's guiding news

July 2026



www.girlguidingnorfolk.org.uk

On the cover:

4th Norwich Rainbows at EVAC

Inside:

80 years of Queen's Guides
Pride of Dunkirk . Visits and trips
Girlguiding Celebrates . Eco awards
10 year anniversary for the ARC

Hello from the county commissioner

Summer term always seems the busiest – until you get to the next term and find it is just as busy!

There have been many changes over recent months, so when you have a few moments take time to consider where your guiding career can take you next. HQ, region and county are often advertising vacant roles – and if you are interested in joining any county team, I would love to hear from you. You are never too old / too young / too experienced or not experienced



enough – if you are enthusiastic, Girlguiding Norfolk can help you to find something interesting to you!

The latest county projects have been the ARC's 10th birthday, the Queen's Guide 80th celebrations, the Royal Norfolk Show as well as

division events which have been the focus of many people over this term. Thank you to everyone who has given time outside of their usual roles to support events.

We also launched our latest challenge badge – especially for Girlguiding Norfolk. Thanks to Vicky Wardrope, we have a unique new challenge., created to celebrate all things Norfolk, from city walks to seaside visits.

The area covered by Girlguiding Norfolk includes the whole of Norfolk county and, for historical reasons, a small area of Suffolk around Lowestoft.

The challenge includes four sections: coast, countryside, culture and city. Badges are only available from the Girlguiding Norfolk online shop. See page 12 for more information on the county shop.

I hope you will be able to enjoy a break during the school holidays, and I look forward to meeting more of you next term.

Yvonne

Girlguiding Celebrates

Katie Birch from 4th Norwich Rainbows is one of the latest recipients of the highest award that can be earned by guiding members, the Queen's Guide Award. Katie, along with her mum, was invited to Girlguiding Celebrates, a special event at the Odeon Cinema in Leicester Square, London to receive her award from Tracy Foster, Chief Guide.

Katie says, *"What a lovely experience! There were over 300 attendees at the event and I didn't know what to expect during the day. What overwhelmed me was seeing my name on the giant Odeon movie board—it did make me swear! Once inside there were plenty of photo opportunities with friends and amazing entertainment.*

And to top it off I was invited for drinks with Tracy Foster, Chief Guide and her team – exclusive to Queen's Guides only. We heard the experiences of two Queen's Guides, shared our memories and had a group photo. The day was a very proud moment for me and it was a privilege to celebrate my achievement with others."

Well done Katie, we're all super proud of you!



The launch of the Guide of Dunkirk

Last year we told you about the arrival of the ex RNLI Guide of Dunkirk in Norfolk, at Abbey Boat Builder in Reedham on the Norfolk Broads. What an exciting time that was... and then Abbey looked for members of guiding to get involved with rope-making. Some of us went for a day to learn the skill and the rope made that day is now in use on the lifeboat.

The ARC is very interested and excited by this venture of Abbey's because in 1940 The Guide Association was challenged to raise money to help pay for a lifeboat. In the end it was not named or underwent sea trials, but instead was sent straight to Dover where it collected a crew and then onto Dunkirk where she helped rescue soldiers from the beaches to ferry them to larger vessels offshore as part of Operation Dynamo. That's the beginning of the story, and we have evidence of this at the ARC. Leap forward in time, 86 years, and now Guide, as she is fondly called, has been restored and was launched in all its gleaming splendour on 15 May 2026.

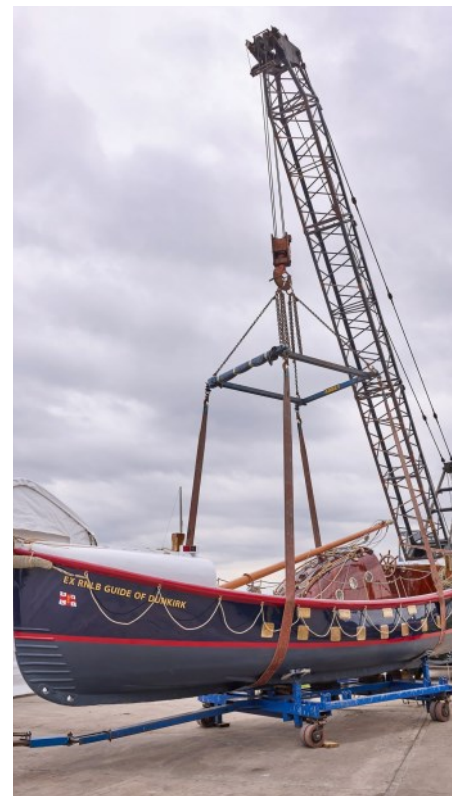
Volunteers from the ARC dressed in 1940s uniform, a current guide and leader and members of the Trefoil Guild enthusiastically represented Girlguiding Norfolk at the launch. Everyone was thrilled that guiding was there to share the archives linked to the fundraising and history of the boat - it was very special.



ARC intern Rosanna said, "It was fascinating to see the boat come back to life and imagine its voyage to Dunkirk, and to know it's retiring to a loving home."

We will be offering more opportunities to get involved with Guide in the future so watch this space! Abbey, a female wooden boat builder, is passionate about getting young women involved in the building and restoring of wooden boats.

Photos by Charles Ward. Copyright Abbey Boat Builder



Celebrating 80 years of Queen's Guides

During a sunny July weekend, over 100 Queen's Guides from all over Norfolk came together at Patteson Lodge to celebrate 80 years of the prestigious award. There was lively chatter and reminiscence a plenty before the formal part of the event which included Queen's Guides sharing and reliving parts of their award with everyone present. Attendees heard about how the award has changed over the years – in the early days it was by invitation only for Guide age members. Now the award can be achieved by any member aged 16 to 30.

There were fascinating displays showing lots of archive photos, work books and uniform and badges through the years to enjoy – fascinating social history!

County commissioner, Yvonne Kemp, was thrilled to present Queen's Guide awards to Karen Annison and Eleanor Johnson who then joined with Sue Simpson to cut the celebratory cake on the Saturday. Sunday's cake cutting was undertaken by Katie Birch and Ann Dye.

Girlguiding Norfolk Queen's Guide advisor, Marion Morgan, said, *"It was wonderful to see so many Queen's Guides together at the celebration event for the 80th anniversary of the award. Hearing the stories from award holders underlined what a truly life enhancing award this is, and how it has given experiences that go on to influence the rest of their lives."*

Are you aged 16–30? To find out more about how to start your Queen's Guide journey, contact Marion Morgan by email: queensguides@girlguidingnorfolk.org.uk



Spreading joy to care home residents

9th King's Lynn Brownies and Rainbows went on a mission to bring some joy to local care home residents at Lower Farm Care Home on Grimston Road, King's Lynn.

The girls joined the residents to decorate cupcakes, paint money boxes and bird houses, while also having a great chat. The residents even joined in singing Happy Birthday to one of the older Brownies.

In the run up to the visit the Brownies had completed challenges for the Kindness interest badge while the Rainbows had completed tasks for the Helper badge.

They have learnt all about doing good turns in the home, bringing joy to the local community, looking after the planet and being creative to be kind.

As part of the being creative section they had made the care home a poster with all their handprints and some special positive messages.

All the leaders in the group commended them on how they conducted themselves and the compassion they showed the residents. Lower Farm residents seemed to take a real joy in the girls being there, so much so that the home have requested

a return visit in the future.

These girls proved that a little care and small acts of kindness go a long way.

Hayley Newton-Thomas, manager of the care home said, *"All of the residents and staff thoroughly enjoyed the visit. The mural is beautiful and is now proudly displayed in the nursing home. It was wonderful to see the positive impact the visit had on everyone. You should be very proud of your group – they were an absolute credit to you and represented themselves exceptionally well"*.



First Light Festival

Lowestoft division took part in July's First Light Festival, a midsummer celebration from the first glow of sunlight to the last glimmer of moonlight on Lowestoft's seafront.

Despite the heat, the girls enjoyed the parade which ended in Kensington Gardens where the division manned a stall. We had a lovely day welcoming lots of visitors to the stall who were keen to find out more about guiding while children stayed to participate in some crafty activities.



Snettisham take over the farm!

Snettisham Rainbows and Brownies recent trip to Snettisham Park Farm was nothing short of magical, proving once again that life is better on the farm.

We were incredibly lucky to meet some brand-new baby goats who had been born only moments before our group pulled up. Watching the tiny kids take their first shaky steps was a highlight that none of us will forget. It's not every day you get to see a 'welcome to the world' moment!

Next up was the main event: bottle-feeding the lambs. While it started out sweet and calm, those hungry lambs had other ideas! Once the milk was gone, the real challenge began. The girls had a hilarious time trying to "herd" the bouncy lambs back into their pens. Let's just say the lambs are much faster than they look,

but our Rainbows and Brownies showed some impressive teamwork to get the job done.

The girls got stuck into the daily chores too, though it felt much more like play than work. First we headed to the hen house to collect fresh eggs. But the fun didn't stop there - the girls learned how to size them, finding out exactly which ones were "large" and which were "jumbo"!

We then visited the older goats, who were more than happy to munch on some snacks straight from our hands. They were definitely less shy than the newborns!

Between the sunshine, the fresh air, and the animal cuddles, it was a fantastic day for everyone involved. A huge thank you to Snettisham Park Farm for hosting us and letting us get a real taste of farm life.

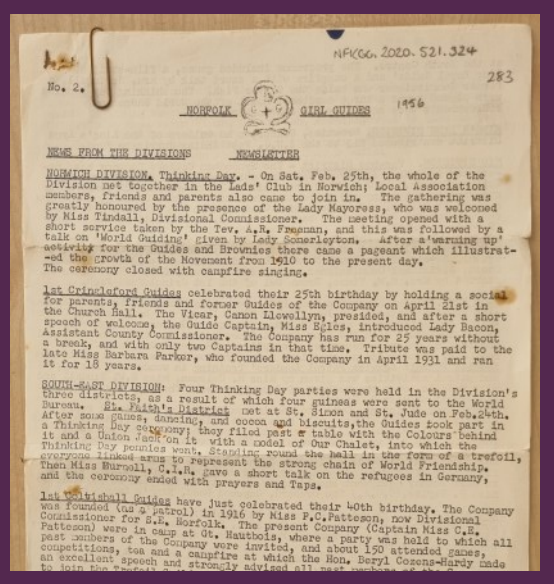


Plea for issue 1!

The earliest Norfolk Girl Guide newsletter held by the ARC is issue 2 from 1956.

Is the first ever issue out there in the county somewhere?

It would be amazing to add it to the ARC's collection!



Get involved in these events!

heritage open days

**Girlguiding Norfolk Heritage Open Days at the
Archive Resource Centre,
Patteson Lodge Estate, Coltishall NR12 7JN**

Open to ALL – FREE

Refreshments available
Saturday, Sunday, Monday
12th, 13th, 14th Sept 10.00–16.00

Celebrate the ARC's 10th anniversary,
80 years of Queen's Guide Award
and 100 years of Thinking Day.

Celebrate exploring displays and doing quizzes,
finding out about 1920s Guide Nora,
or playing a wide game based on the history of guiding in Norfolk.

See event catalogue entry here:
<https://www.heritageopendays.org.uk/submission-event/time-to-celebrate-10-years-of-the-arc-100-years-of-thinking-day.html>
more details archivist@girlguidingnorfolk.org.uk

Girlguiding Norfolk
Where guiding history comes alive!

Archive Resource Centre

eaton vale
wood and green activity centre

EATON VALE AT NIGHT

OCT 23rd

EVENING ONLY : £22.50
OVERNIGHT: £32.50
LEADERS AVAILABLE AT DISCOUNTED RATES
6PM-11PM

**DROP IN SESSIONS OF ACTIVITIES BOTH
IN THE DARK AND UNDER THE LIGHTS**

- AIR RIFLES
- ARCHERY
- INDOOR CLIMBING
- PEDAL GO KARTS
- CANOEING
- HIGH ROPES
- AND MUCH MORE

Visit www.eatonvale.co.uk for more information and to book

Anglia 27
7 – 13 August 2027
Our region camp

Hautbois Activity Centre

**Open to Guides and Rangers
within Girlguiding Anglia**

Anglia 27
Together
In harmony

Girlguiding Anglia

Your ticket includes

- 6 nights camping
- Event badge and merchandise
- Breakfast, lunch and dinner
- Craft and wellbeing workshops
- Evening entertainment
- Adventurous activities

please note: Places are limited to 4 per unit

To find out more information and to register your units interest, please email Becky at:
events@girlguidingnorfolk.org.uk by 31st July 2026

Have you visited these Norfolk guiding properties?

OH I DO LIKE TO BE BESIDE THE SEASIDE!

Cromer Girlguiding HQ is a self contained building, within walking distance of the town, the seafront, and the beach. The building has excellent inclusive facilities and can sleep a max of 25 girls and 5 leaders. Prices start from as little as £5 per person per night.

Contact Sarah for more information
cromerhq@girlguidingnorfolk.org.uk



Pull's Ferry

Girlguiding Norwich open this iconic building at weekends in the summer months for refreshments and in September for Heritage Open Days.

Their HQ can be booked as a base for units visiting Norwich and also offers sleepover opportunities for members 14+.

For more info email:
pullsferrynorwich@gmail.com



Keswick Campsite

Keswick Campsite comprises a large camping/activity field, new purpose built hut with kitchen, dry store and WC/shower block with separate disabled WC. The site is available to hire for activities, events and camps - tents and camp equipment available for refundable deposit.

For more info email:
keswick@girlguidingnorfolk.org.uk



Rainbows create happy memories artwork

At 1st Queens Hill Rainbows we said a very special goodbye to six of our wonderful Rainbows as they all moved up to Brownies.

It was incredibly unusual for us to have so many girls leaving at the same time, making this a truly memorable moment for the unit.

The girls marked the occasion by creating some beautiful artwork reflecting on their time in Rainbows. Their colourful and creative pieces captured happy memories, friendships, favourite activities and all the fun adventures they have shared together over the years. It was lovely to see how much their Rainbow journey has meant to each of them.

The girls have grown in confidence, kindness, and independence during their time with us, and we know they are going to thrive in Brownies.

Everyone at 1st Queens Hill Rainbows would like to wish the girls lots of luck as they begin their next guiding adventure. We cannot wait to hear about all the exciting experiences they will have in Brownies.

Good luck girls — and thank you for being such an important part of our Rainbow unit!



ARC celebrates 10 years of bringing history to life

Girlguiding Norfolk's heritage centre, the ARC, celebrated 10 years of bringing guiding history to life in July with members and their families invited to join in a wide game on the grounds of Patteson Lodge.

As a team participants were tasked to visit 12 bases around the site and complete the activities to obtain grid references. Once shaded onto the grid they revealed the name of a historic Guider who then needed to be located.

She then rewarded correct answers with a special celebration badge and cake.

Thank you to the ARC volunteers for the effort involved in coordinating such a weekend! Everyone had an amazing time!



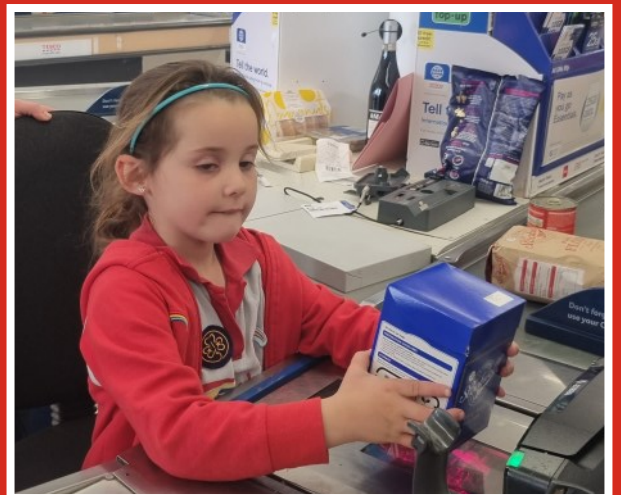
Rainbow's wellbeing challenges

4th Norwich Rainbows have been busy challenging themselves with activities from the Girlguiding Anglia Wellbeing Challenge.

They had the most amazing time at Tesco Harford Bridges for the financial section of the badge. Girls were given a shopping list of 7 items which needed to be purchased for £5 or less. They then took on the role of 'checkout girl' scanning their items through the till before paying with a real £5 note and donating the purchases to the Foodbank.

Creative challenges included mindfulness colouring, sensory jars and bracelet making. The physical section of the badge included a round of crazy golf at Eaton Park, racing through the obstacle course and taking on the go-kart track at Eaton Vale (cover picture). We also enjoyed kebabs of unusual fruits (who's heard of a loquat!) before making nature crowns and completing the Binocular Bingo UMA.

The term ended with an evening at Keswick Campsite where we enjoyed tea and cake for the compulsory 'tea party' element of the challenge.



Brownie Eco Awards

4th Norwich Brownies have been working hard this term during meetings and at home to achieve their Eco Awards. The girls completed lots of activities to help them learn how to protect the environment such as planting and growing sunflowers, constructing bee watering stations and butterfly houses and mixing their own bird food.

They also learnt about reducing water, electricity, food waste and rubbish with each Brownie committing to trying to reduce all of these for a whole month. Well done Brownies!



1st Freethorpe Guides celebrate their final term

It is with sadness that we announce the closure of 1st Freethorpe Guides due to a lack of leaders, however that hasn't stopped us having one last chance to have adventures!

This term 'Three Little Kee' come to us to deliver a soap making flower bouquet workshop. We melted soap, chose our scents and colours and then learnt how to pour it correctly into moulds. Soap set, we put all our soap flowers together into a gorgeous bouquet box to take home.

We also had a visit from 'First Light Flowers' where Sam taught us all about sustainable flower bouquets – did you know some supermarket bouquets travel from as far as Kenya to reach us! She brought along hand cut stems from her local flower fields in Reedham and taught us all how to make either a hand tied bouquet or a jam jar posy – both options looked and smelt amazing!

We spent a sunny Saturday in June on a super busy day out too. We started the day with a tubing session at Norfolk Ski Slopes before getting taxis to bowling at Castle Quarter. We then spent some pennies in the amusement

arcades there before walking to the Assembly House and thoroughly enjoying a 'Secret Garden' themed afternoon tea. We felt like royalty as we tucked into our dainty finger sandwiches and yummy cakes – although we all ended up with a "doggy bag" because we just couldn't eat it all! We rolled back to the train station and caught the train home to finish our wonderful day out!

Our final meeting before the unit closed was on Monday 13th July 2026 when we travelled by mini bus from our meeting place to Norwich. A McDonald's tea set us up for our city escape hunt. We were given a picnic basket of clues and an ipad and walked 2km around Norwich solving clues – a huge outside escape room! Although we didn't manage to escape, we only had 2 final clues to solve. Nevertheless, we all enjoyed a luxury ice cream sundae or loaded cookie dough from Sundaes Gelato.

On the mini bus home, leaders were presented with thank you gifts for all their hard work and dedication to the unit. The girls were given a goody bag with activities to keep them busy over the summer holidays and a gift to remind them of their time in guiding. Tia-Rose was also presented with her Guide Gold award which is a huge achievement!

Poppy George, leader, writes, *"We are sad the unit is closing but we are very proud of everything the girls have achieved in their time with us."*



Helen's 50 years

Congratulations to Helen Green who was presented with her 50 year service award and a lovely bouquet of 'ARC purple' flowers.



Royal Norfolk Show 2026

Have we ever had such a hot Norfolk Show? Looking for a 'cool spot' or even a breeze became the challenge on day one! This years theme was Culture and Collaboration – which we easily managed by sharing our stand. Hautbois provided soft tomahawk and archery – a very popular activity. The Trefoil Guild supported us throughout as well as giving out prospective members keyrings made by current members. The ARC had a packed display including a giant birthday cake, a display about the Guide of Dunkirk and encouraged people to find out more about Nora – if you don't know you need to visit to find out!

Guiding activities included UMAs – especially handy to dip your hands in the water when it was warm. One of the most popular handouts is always the stickers – this years 'I was a Brownie' or 'I was a Guide' were popular with a backup 'I'm amazing' for everyone else.

Helen managed to get us all a special donation, a refreshing cup of homemade lemonade to enjoy – icy and tasty, it was a real treat!!

Plans have started for next year – if you have any amazing ideas, do let us know what you would like to see on the stand.



Patteson Lodge

Thank you to everyone who has donated items to our campsite recently. If you want to hire tents for your next camp, we have plenty so please do ask.

We also would like to thank people for other donations and time given. As well as our Friends of Patteson lodge and Millefleur, we welcomed Coltishall Brownies taking part in their Eco award and building a bug hut. Wildflowers will follow and give us another area to welcome more wildlife to the site.

A new fire pit in the woods, will hopefully encourage more campfire singing and a new bench shortly arriving on the campsite, another place to sit.

The lodge will close during November for the new bathrooms. In the new year we will have open days for you all to come and take a look.

We are also launching more challenge badges – the first about Hippy the hippo! You can find out more by visiting: www.pattesonlodge.org.uk