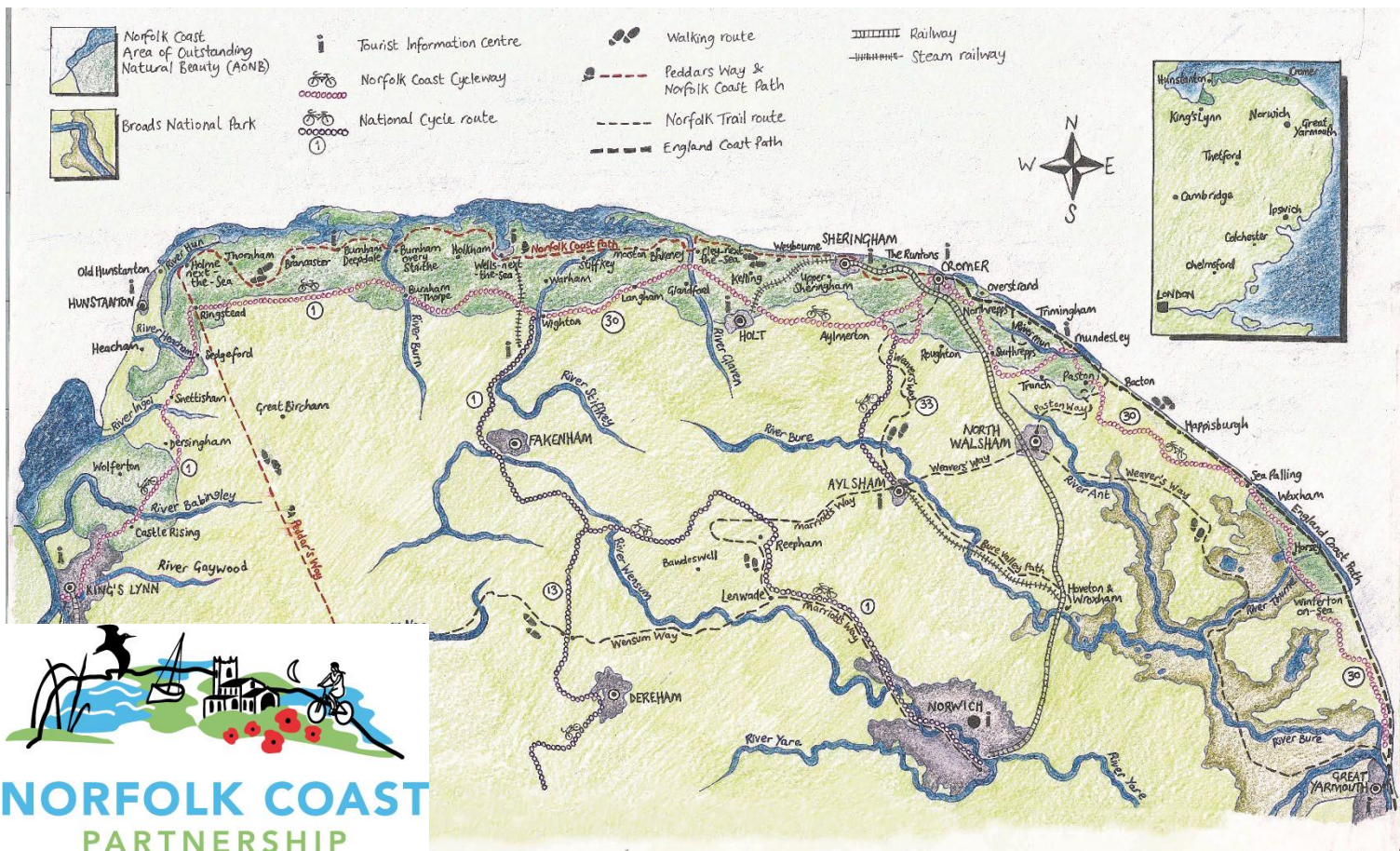


## Norfolk Coast AONB Girlguiding & Scout Challenge



The Norfolk Coast Area of Outstanding Natural Beauty (AONB) covers intertidal, coastal and agricultural land with a total area of over 450 square kilometres. Stretching from the silt expanses of the Wash in the west through the coastal marshes, soft cliffs and hinterland of north Norfolk, to the dune system at Winterton in the east, it is an area of remarkable beauty, diversity and scientific importance. Although 'Area of Outstanding Natural Beauty' is essentially a landscape designation, natural beauty includes wildlife and historic and cultural heritage as well as scenery, and all of these are closely linked.

The Norfolk Coast Partnership aims to ensure that the natural beauty and special character of the Norfolk Coast are conserved and enhanced through the work of the Partnership; a group of stakeholders, including the community, who manage a range of issues affecting the natural beauty of the area.

Find out more about this special area and the work of the Norfolk Coast Partnership at

<http://www.norfolkcoastaonb.org.uk/>



# We have created a Challenge Badge for Scout and Guiding members of all ages

- ✓ Take part in at least 4 activities from our partnership members
- ✓ We've recommended age groups but feel free to mix and match
- ✓ Get out and explore by visiting at least one site within the AONB
- ✓ Why not stay in the area on a residential or even sleep out under the stars?

## For Rainbows & Beavers

- RNLI beach safety resources <https://rnli.org/youth-education/education-resources/lower-primary>
- Make a pine cone bird feeder – RSPB instructions at <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/produce-a-pine-cone-feeder/>
- Get to know a tree – National Trust inspiration at <https://www.nationaltrust.org.uk/features/no-1-get-to-know-a-tree>
- Learn how to save water at home to help the environment with Anglian Water's resources - <https://www.anglianwater.co.uk/siteassets/household/in-the-community/we-worksheet-ks1.pdf>
- Make music with nature – Wildlife Trust ideas at [http://628202242a032dff9975-8a88a36bd5b80e36c3634e14eb705770.r12.cf1.rackcdn.com/Natural%20musical%20objects%20\(2\).jpg](http://628202242a032dff9975-8a88a36bd5b80e36c3634e14eb705770.r12.cf1.rackcdn.com/Natural%20musical%20objects%20(2).jpg)



## For Brownies & Cubs

- Make a bird kebab – RSPB instructions at <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-bird-kebab/>
- RNLI beach safety resources at - <https://rnli.org/youth-education/education-resources/upper-primary>
- Make a butterfly feeding table – Wildlife Trust instructions at <http://628202242a032dff9975-8a88a36bd5b80e36c3634e14eb705770.r12.cf1.rackcdn.com/BUTTERFLY-TABLE.jpg>
- Create some wild art – National Trust inspiration at <https://www.nationaltrust.org.uk/features/no-18-create-some-wild-art>
- Save water using Anglian Water's Love Every Drop booklet at <https://www.anglianwater.co.uk/siteassets/household/in-the-community/students-work-booklet.pdf>



## For Guides & Scouts

- Make a nest box - RSPB instructions at <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-nestbox/>
- RNLI beach safety resources at - <https://rnli.org/youth-education/education-resources/lower-secondary>
- Make a wild mocktail – Wildlife Trust instructions at <http://7474fab53f1b6ee92458-8f3ac932bad207a00c83e77eaae8d15c.r12.cf1.rackcdn.com/WILD-COCKTAIL.jpg>
- Star gaze – learn some constellations and identify any planets you can see – useful downloads at <https://www.bbc.co.uk/programmes/articles/2pZFdnsPGI1DDwH6pZbJKkh/guides-downloads>
- Go barefoot in nature <https://www.nationaltrust.org.uk/lists/no-24-go-barefoot>

## For Rangers & Explorers

- RNLI beach safety resources at - <https://rnli.org/youth-education/education-resources/upper-secondary>
- Shape some seed balls – National Trust resource at - <https://www.nationaltrust.org.uk/features/how-to-make-wildflower-seed-balls>
- Cook a meal using ingredients grown or produced in Norfolk – go to <https://www.norfolkcoastaonb.org.uk/local-produce/> to find a local farm shop or market.
- Make a bird feeder from recycled materials – RSPB instructions at <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>
- Build a bat box – Norfolk Wildlife Trust instructions at <https://www.norfolkwildlifetrust.org.uk/wildlife-in-norfolk/wildlife-information-service/how-to/make-a-bat-box>



## For Trefoil Guilds & Scout Active Support Units

- Find us on Twitter @NorfolkAONB and send a tweet about your challenge badge activities and your visit to the area – we promise to 'like' it and retweet you!
- Arrange a talk from RNLI, RSPB, Norfolk Wildlife Trust or other local organisation based within the AONB area.
- Open a hedgehog café – RSPB guidance at <https://www.rspb.org.uk/get-involved/activities/nature-on-your-doorstep/garden-activities/feed-hedgehogs-in-a-diy-hedgehog-cafe/>
- Manage your garden hedge for wildlife – advice from Norfolk Wildlife Trust at <https://www.norfolkwildlifetrust.org.uk/documents/a-living-landscape/wildlife-advice/garden/nwt-hedges-in-your-garden>
- Make a Dark Skies pledge <https://www.norfolkcoastaonb.org.uk/exploring/dark-sky-discovery-sites/>



## For all - Compulsory visit element

Visit one of the wonderful locations within the AONB area. You can watch wildlife or explore the local history and enjoy delicious food. Why not take a ride on the Coastliner bus or one of the heritage railways too? Have a look on our interactive map for inspiration at <http://www.norfolkcoastaonb.org.uk/activemap/>

Our Norfolk Coast Guardian publication has visit ideas and event listings too and is available throughout the Norfolk Coast AONB from King's Lynn to Winterton through a wide range of businesses, attractions and information points.



You could organise a beach clean and survey for the Marine Conservation Society - <https://www.mcsuk.org/what-you-can-do/fun-learning/youth-groups/scouting-and-guiding-resources/>

or

'Follow the Acorn' and walk on the Norfolk Coast Path National Trail - <https://www.nationaltrail.co.uk/peddars-way-and-norfolk-coast-path>



### Here are some ideas for residential and sleepover opportunities, or even a night under the stars;

Cromer and Sheringham Girlguiding Headquarters - see <https://www.girlguidingnorfolk.org.uk/out-and-about/cromer-girlguiding-headquarters/>

Youth Hostels at Hunstanton, Wells-next-the-sea or Sheringham – see <https://www.yha.org.uk/places-to-stay/norfolk>

Burnham Deepdale Granary group hostel – see <https://www.deepdalebackpackers.co.uk/groups/#Granary> [More Info](#)

Wells Scout Activity Centre – see <https://campsites.scouts.org.uk/sites/565>

Kingswood Activity Centres at either;

West Runton - <https://www.kingswood.co.uk/activity-centres/west-runton/> or

Overstrand - <https://www.kingswood.co.uk/activity-centres/overstrand-hall/>

Hilltop Activity Centre at Sheringham - <https://www.hilltopoutdoorcentre.co.uk/index>

Roughton Mill - <https://www.facebook.com/Roughton-Mill-339443636127814/>

# Help us to protect this amazing environment



The Norfolk Coast AONB is one of a family of 41 in England and Wales that, together with national parks, make up our finest scenic areas and a member of the national family of AONB's. We are also part of a wider network of protected areas throughout Europe. The statutory purpose of designating an area of land as an Area of Outstanding Natural Beauty is to conserve and enhance the natural beauty of the area.

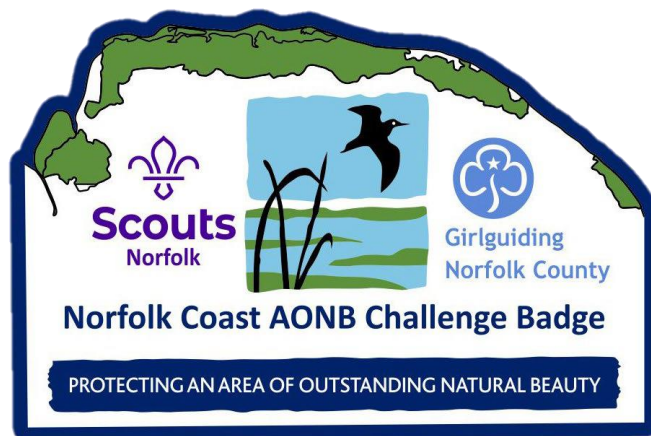
Always contact the venue and prepare a risk assessment in line with your organisation's policies before your visit. If you are not already familiar with the site, a pre-visit is also strongly recommended. Venue websites or Tourist Information Centres can help you and your group to get more out of the visit, provide advice on safety matters such as tide times and appropriate clothing, and help you to plan suitable activities in locations which do not cause harm or disturbance to wildlife and habitats. You should also consider alternative plans to cover the possibility of bad weather.

The Wash and North Norfolk Marine Partnership have produced guidelines for everyone to enjoy, respect and protect valuable habitats and wildlife. This will be useful for your risk assessment and can be downloaded at <https://wnnmp.co.uk/wp-content/uploads/sites/29/reports/2019/06/The-Wild-Recreation-Guide.pdf>

## Develop your own group Code of Conduct

Highlight the unique and special features of the AONB area and develop a group code of conduct for your visit or residential stay.

- In small groups (Sixes, Patrols etc) ask children to discuss what they expect to see on their visit - obviously this will depend on your venue or ask what they would like to see as part of their input on planning the trip. Ask groups in turn to feedback...did they think about the birds nesting on the beaches, seals or minibeasts that make this area their home? What kind of building might be there and who lives and works there?
- Next, give each group some paper or post it notes and pens so they can write some ideas of ways to keep themselves, other people and the wildlife they might encounter safe and happy.
- Come back together and group their ideas e.g. all the 'take our litter home' themed ideas together.
- From this write a Code of Conduct together – remember to keep it all positive i.e. 'walk quietly around bird nesting areas' rather than 'Don't climb on the dunes!'
- Once you have created your code ask everyone in your group to sign it and perhaps add a drawing of something Norfolk themed so that your code looks beautiful too.
- Please do send us a copy (just sign first names if you plan to do this) to [aonb@norfolk.gov.uk](mailto:aonb@norfolk.gov.uk) or Tweet it and tag us at @NorfolkAONB



## Badge Order Form

**Each woven cloth badge is 7.5cm x 5cm and has been approved by Norfolk Scouts and Girlguiding as an unofficial challenge, or blanket badge.**

Name: .....

Group name: .....

Delivery address:.....

.....

..... Postcode .....

Phone and/or email: .....

We visited;.....

Our favourite activity was.....

Data Protection: Please note that we adhere to the GDPR Regulations 2018. We will only use the information collected for the purposes of the Norfolk Coast AONB Challenge Badge administration and will not pass on personal information to third parties.

No. of badges required @ £1.00 each (includes postage) .....

Total payment enclosed: £.....

Please send form to:  
Norfolk Coast Partnership, South Wing, Fakenham  
Fire Station, Norwich Road, Fakenham,  
Norfolk NR21 8BB

or email to [aonb@norfolk.gov.uk](mailto:aonb@norfolk.gov.uk)

Payment by (tick as appropriate):

☐

Cheque enclosed - payable to: NCC County Fund Account

☐

Electronically by BACs:

Sort code: 20-62-61

Account no: 00675261

Date transfer made:



Our Challenge Badge has been created to be non-profit making, but if any surplus funds are available this will be divided between Norfolk Scouts and Girlguiding Norfolk in grant form, to be used for visits to sites within the AONB.