

We give a chance
for new adventures

Try an Eaton Vale Activity Day

Over 25 activities to choose from!

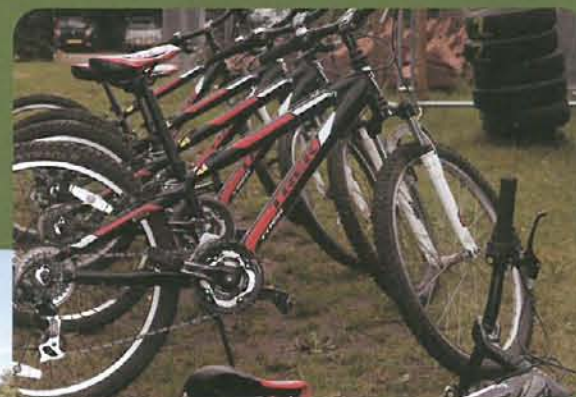


From only
£15.40 per
head for a
day

From only £15.40
for 3 activities
or £19.30 for 4



Or why not book
1 activity session for
your meeting night?



From Rainbows to
Rangers we have a
challenge for
everyone

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

For more information visit
www.eatonvale.co.uk
or call 01603 501228



The Blue sheet

Norfolk's guiding news

April 2019



Inside this issue:

- Kusafiri ♦ Queen's Guide Presentations
- ARC Takeover ♦ Projects Abroad in Ghana
- Residentials ♦ World Thinking Day
- Afternoon Tea with Olave Baden-Powell

www.girlguidingnorfolk.org.uk



Every time Claire, our fabulous Blue Sheet...

Editor, sends me the draft of the latest edition to review, I am absolutely amazed at just how many exciting and varied activities our girls and volunteers have had the opportunity to take part in, be it in their local area, in the County or further afield.

In this edition of the Blue Sheet you will read how some girls slept in a museum, while others slept on a trampoline! One District had the chance to polish a steam engine (I bet it was very shiny by the time they had finished), a group of Rangers made their promise in front of the statue of Emmeline Pankhurst in London and some very lucky Brownies met Father Christmas in their pyjamas! And then there was the group who took over the ARC!

Travelling abroad, there are articles about a leader's fabulous trip to Kusafiri, the fifth World Centre and a great report from girls who spent two weeks in Ghana. They certainly had the experience of a lifetime!

As I look forward to the summer term, (hard to do on what is a very wet, cold and blustery day today) I know that there will be lots and lots of plans in the making for exciting new adventures for our young members - and the not so young! No matter what the activity, or where it takes place, none of it would be possible without our amazing volunteers. And by that I include every one of our GGN volunteers as well as their families and friends. And in some cases, their employers.

We should never forget how much support we get from those who are not officially part of our great organisation. Be it the partner who looks after the children during a unit meeting, the mum who makes a cake for the sale, the friend who comes along to help, the employer who lets the leader leave work a little bit early every week... they all contribute in their own way to giving great opportunities to our young members.

Enjoy this edition of the Blue Sheet and share it with your friends, family and work colleagues - and take every opportunity to tell them just how great volunteering with Girlguiding Norfolk is!

Christine Martin



Queen's Guide Presentation at the House of Commons

On Saturday 9th March three members of Girlguiding Norfolk, Lydia Greenwood, Diana Howes and Marion Bryant (left to right), along with their 'plus ones' travelled to the House of Commons to celebrate receiving our Queen's Guide Awards and meet with other recipients from the length and breadth of the country.

The ceremony started with a canapé reception and the opportunity to mingle with our guiding sisters to laugh and chat about what we did to achieve our awards, (and some of the minor disasters that we faced!) We were then invited to our seats and got to hear from three of our fellow recipients about the challenges they faced during the award and how they had grown and learned from their experiences, many of which we were all able to relate to.

We also listened to our guest speaker Ella Foote, a keen outdoor swimmer who shared a very funny story about swimming in the green grotto in Capri and inspired us all to believe in our own abilities, seek adventure and always strive to get the most out of life.

Following this, we were presented with our brooches by the Deputy Chief Guide, Julie Bell and individually congratulated for our hard work. It was very special day and a fitting way to celebrate all our efforts and achievements and I know that we will all continue to grab every amazing opportunity that guiding offers to us.

*Diana Howes,
Old Catton Senior Section*



Visit to the Fifth World Centre

I've previously had the opportunity to visit Pax Lodge, Our Chalet, Sangam and Our Cabaña World Centres in London, Switzerland, India and Mexico. In 2010 a fifth new Centre was born; Kusafiri, which means 'travel' in Swahili. Kusafiri is different to the other World Centres. It is not in a physical place, it is a concept and travels around popping up in a different country on the African continent most years in the form of an event, run by WAGGGS in conjunction with the host Guide Association.

In the summer I saw an advert to apply to take part in a cultural programme in Kusafiri, Uganda. After some hesitation and with the thought I wouldn't be accepted, I applied the day before the deadline and put it out of my head. I was completely shocked to receive an email a week later saying I had been given a place. This was a bit of an OMG moment, I'm going to Uganda on my own, not knowing anyone. I've travelled quite a bit, but not on my own.

But I took the plunge, paid the event fees and booked the leave and flights. There was no going back! A Facebook group was set up and I organised to go on a post event safari and Gorilla trek with seven other people from the USA, Canada and New Zealand.

Well I didn't look back... I got the opportunity to take part in WAGGGS initiatives on Stop the Violence, Action against Body Confidence and Free Being Me. We met leaders who will facilitate the Juliet Low Seminar in 2019, as their training event ran alongside the cultural programme. I had the most amazing time meeting new people (147 other people from 42 different countries), exploring the Ugandan culture and country as well as the cultures of other participants. Dance is a key part of Ugandan culture and we were lucky enough to visit the Ndere Cultural Centre where dances from all over Uganda were performed. I was also able to confirm what I already knew, I have no rhythm!

We were also given the opportunity to visit 'SINA', a Social Innovation Academy which was set up by a Ugandan Guide after she volunteered at Pax Lodge. It works with disadvantaged young people to support them in setting up their own businesses in the community with a sustainability theme. Projects include making bags from used cement bags, building houses out of plastic bottles (see picture below)



and making flooring from egg shells and plastic. It was also the venue for the obligatory camp fire.

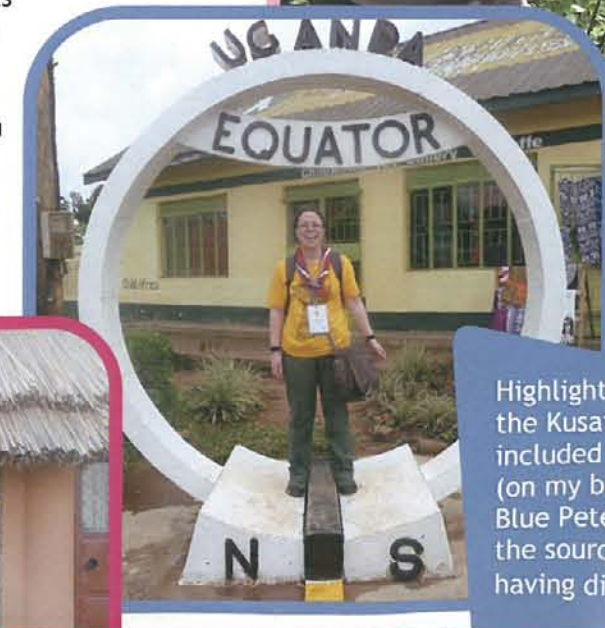
The safari didn't disappoint either; I had the privilege of seeing elephants, hippos, crocodiles, lions and a wealth of bird species in their natural environment. We had to chase chimpanzees through the forest and trekked through the rain forest to visit a family of mountain gorillas.

I completely fell in love with Uganda and Africa, it is such a beautiful, culturally rich, hospitable country. All I can say is we are all members of the most amazing global organisation and it is sometimes too easy to forget this. Step out of your comfort zone, take the opportunity to visit a World Centre be it Pax Lodge or Kusafiri or one of the others, go on a Guiding International trip, or just do something new.

Thank you Girlguiding for giving the most amazing opportunities.

Helen Bowman

1st Diss Rainbows and Brownies and 2nd Diss Guides



Highlights of the Kusafiri experience included standing on the equator (on my bucket list since watching Blue Peter as a child), standing at the source of the river Nile and having dinner with a Ugandan family.

Anyone for Tea with Olave Baden-Powell...?

During a February weekend 'Lady Baden-Powell' joined a total of 50 Leaders, Guides, Trefoil Guild, one former Scout (and a guide dog!) for three tea-parties celebrating World Thinking Day at Girlguiding Norfolk's Archive Resource Centre (ARC).

Lady Baden-Powell's autobiography was brought to life by costumed character 'Olave' while guests enjoyed tea, scones and light-hearted chit-chat about the beginnings of the Guiding movement and life with The Founder, Lord B-P.

Olave encouraged her guests to share their own memories of Guiding for the ARC's oral histories record, and read snippets of her own typewritten letters to the Patteson sisters aloud. Guests were also invited to leaf through fascinating archived log-books

including those from the Sandringham and Coltishall companies, where they found cuttings relating to the World Chief Guide's many visits to Norfolk.

The party finished with candles, a cake and a rendition of 'Happy Birthday' for Olave!

Girlguiding Norfolk County Archivist Helen Green said, "We're so delighted to open up our amazing archives again for this very original event, and we're thrilled that the National Lottery Heritage Fund has given so many people the opportunity to share their own guiding stories and donate items for us to treasure and keep safe for future generations."

Rachel Duffield,
ARC Learning & Outreach Officer

Quotes from guests demonstrate how participants enjoyed learning from the costumed character, the objects and each other in this relaxed and informal setting, younger members being inspired by the stories of older guests...

"Thank you very much for such a lovely afternoon...very interesting talk with 'Olave Baden Powell' - and of course to the ladies who arranged such a scrumptious cream tea for us all."

Linda, Hautbois Trefoil

"Thank you so much for a really excellent and informative afternoon with good company and delicious food."

Helen, 43rd Saxlingham Nethergate

"Amazing! I can't wait for my own adventure!"

Sarah, 1st Harleston Guides

"We learnt so much from OBP and all attending - lovely!"

Susanne, Gt Yarmouth Trefoil



Steaming into Strumpshaw

85 girls and 25 leaders from Acle District, held a fantastic event celebrating World Thinking Day at Strumpshaw Steam Museum. The Rainbows, Brownies and Guides from Acle, Freethorpe, South Walsham and Strumpshaw units were treated to a day packed full of fun crafts and challenges.

It was also a great opportunity to realise we are part of an international movement. They had a chance to mix and make new friends, as well as understand the guiding Promise is recognised in the same way by girls all over the world.

Indoor sessions included a ride on the carousel and a tour of the museum and also some time dedicated to cleaning an engine in preparation for the Easter Rally. Outdoor activities included a train ride around the museum and parkland, seeing a steam engine in action, as well as some team games.

Girls also had the chance to make dreamcatchers, keyrings and jewellery, all using components usually



more associated with a workshop; like nuts, bolts, wire, metal rings and cogs.

The day ended with all members renewing their Promise together, and receiving a special badge to mark the occasion. Strumpshaw Steam Museum were presented with a donation of £400 as a thank you for hosting the day.

Sharon Rowsell, 1st Acle Rainbows



Birthday Traditions

4th Norwich Rainbows celebrated World Thinking Day by learning about birthday traditions in other countries around the world. We started the evening by playing true or false - have a go!

Hungary: earlobes are pulled whilst the partygoers sing to you...

Switzerland: parents hire a clown to torment, stalk and frighten you. The experience finishes with a pie in the face...

The Caribbean: Partygoers (and sometimes total strangers) cover you in flour, sometimes throwing water first...

Ireland: you are given the bumps - but on your head...!

The Rainbows then spent some time finding out about the location of the World Centres before choosing one and writing postcards home. We lit tealights for all the countries 'visited' in our meeting before finishing with a slightly nicer birthday tradition of the Mexican Piñata (but perhaps not for the donkey...!).



Answer - all true

WTD 'Bouncy' Sleepover

Thinking Day 2019 was celebrated in Mile Cross District, Norwich with a sleepover at High Altitude Trampoline park.

Sleeping bags in hand, 48 Brownies from 3 units and 9 leaders descended on the 'bouncy' venue and after a comprehensive safety briefing bouncing started - a full two hours for both Brownies and leaders. Pizza was enjoyed during the evening too.

At 10.30pm music and bouncing stopped and everyone stood on the trampolines and remade their Promise before beds were quickly made and peace descended on the park by 11.30pm.

We were woken early next morning to music and more bouncing Brownies!

As a leader who always said 'NO' to trampolines with Brownies, absolutely 'YES' we would go again. It was a WICKED Night!

Pam Lacey,
27th Norwich Brownies



Quotes from the Brownies...

Lucy - "The best sleepover I've ever been to"

Abigail - "I liked meeting up with other packs"

Eliana - "I liked being able to stay up until 11pm and sleeping on a trampoline"

Ruby-Willow - "Sleeping on a trampoline was WICKED!"

Grace - "I had fun bouncing like Tigger!"

Olivia and Amelia - "I had a great time and a great nights sleep. The trampolines were comfy"

Paige - "I can't believe I got to bounce before breakfast!"

'Kids in Museums' Takeover the ARC

Thirteen Guides from nine Norfolk units took over Girlguiding Norfolk's Archive Resource Centre for a weekend as part of the national 'Kids in Museums Takeover' initiative in November.

The girls discovered Girlguiding Norfolk's rich history with the ARC team before creating their own exhibitions of uniforms, badges, books and documents from the archive. Initially they explored the contents of the archives, learning to recognise destructive bugs, seeing how archive items are categorised and conserved, and thinking about the best ways to share information with visitors. Finally, they chose the topic which interested them most and prepared their exhibitions. The laminator got red hot! Just as the finishing touches were made, an invited audience of family, friends and Trefoil Guild arrived to experience a variety of subjects from the Guides' displays - past

uniforms and badges, a recent WWI play, Brownie annuals, 1940s First Aid, and Queen's Guides. Many of the Guides also involved their audience by running quizzes and themed activities.

Participating in the Takeover Sleepover meant some of the Guides achieved their Baden-Powell Adventure certificate, and all the girls received a Kids In Museums certificate, an ARC Treasure badge and a unique Kids in Museums Takeover badge in a ceremony at the end of the day.

Rachel Duffield, ARC Learning & Outreach Officer said, "Kids in Museums is all about helping young people feel confident in a heritage setting and the ARC is the ideal location to do just that. We are thrilled that the Guides participated so enthusiastically in discovering and sharing Norfolk's guiding history as part of national Takeover Day."

Helen Green, County Archivist, said, "The young people rose to the challenge of being trusted to look after and share our treasures brilliantly. They learned skills this weekend that they can apply to daily living as well as in heritage settings - and just as importantly they had great fun doing it!"

Visitors commented,

"Wonderful, the girls spoke so beautifully about their chosen topics."

"Fantastic displays. Wonderful opportunity to reflect on Guiding through the ages and the impact it has had for so many girls and young women."

"Lovely to see the enthusiasm of the girls and the pride in their work."

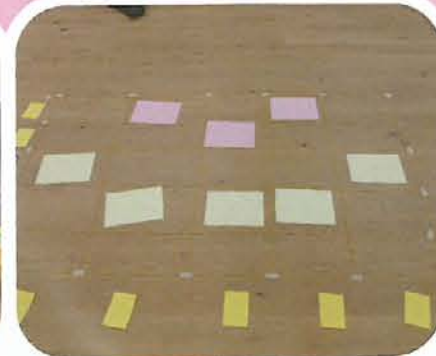


Exploring a Skills Builder

1st Toftwood Brownies have been trying the new programme since January and have completed their first skills builder - Explore Stage 2. 26 Brownies completed all the clauses including map reading (grid references), making a compass, going for a walk, learning about the countryside code and discovering which items you can take into different countries.

The Brownies have really embraced the new programme and we are looking forward to a 'show and tell' evening next week for those who have chosen to work on an interest badge. They have already chosen their theme for next term and can't wait to get started.

Katie Theobald,
1st Toftwood Brownies





Projects Abroad Trip to Ghana

In August 2018 Mollie Pilsbury Gaunt, Hannah Carter and Janet Leeson were part of a group that spent two weeks in Ghana in Africa. The group consisted of 12 Senior Section members, aged 14-18 years and four leaders. We were all selected for this opportunity by Girlguiding Anglia - first goal was to get to know each other.

The main purpose of the Ghana trip was to undertake a service project organised by Projects Abroad. Our Project was based at Mampong Presbyterian Schools in the Akuapem Hills. The hills are about 1½ hours from Accra, Ghana's capital city.

In the mornings we worked in the Mampong Presby Primary B School and led activities across 4 school classes. Class sizes varied however there were usually at least 20 in each class - on our busiest day about 120 children joined the holiday school. We used educational games, nursery rhymes, reading and fun activities to help develop the following areas from the Care Management Plan for Ghana:

- Improving hygiene levels
- Promoting early childhood development
- Increasing literacy
- Increasing numeracy

In the afternoons we worked at Presby Junior High School and undertook supervised renovation work to a school building. This had commenced in 2014 but the school had been unable to complete as funding had run out. We learnt how to make and mix mortar

and then to render the walls of the large extension block using just a flat trowel, good wrist technique and perseverance! On our final afternoon, having finished the rendering, we painted the building to match the rest of the school.

Whilst away we learned about the Ghanaian Culture by enjoying the hospitality of two Ghanaian hosts, met the local chief and his elders, a group of Rangers at the national Girlguiding headquarters, a local Mother's Union group and visited some local historical and geographical sights. Other highlights included seeing young people drumming, dancing and singing and learning to barter in the bead and wood markets.

*Janet Leeson,
Assistant County
Commissioner*



Mollie's Ghanaian Experience!

Being surrounded with a totally different culture and trying new foods with some amazing new friends was incredible! Being a Rainbow, Brownie and Guide and never going away on camps I didn't know what to expect but going away with 12 strangers for a week is definitely something I will never forget, particularly the food and the insight to Ghana's culture, the bucket showers and filling up the toilet after each use! African drumming and dancing.... Wood market... Bead Market and meeting other Girl Guides from across the world was just amazing.

Every morning, English resources in hand, we visited the primary school, helping the younger children with maths, english and science as well as hygiene and sport. The children were excited to learn English songs. Every day we sang 'head, shoulders, knees and toes'. Learning a little 'Twi' (Ghanaian language) we could soon sing it in Twi!

In the afternoon we headed to the high school which required renovating. Each day we would make mortar and complete a new wall, before painting inside and out. From what was a small empty boring brick classroom, it transformed into such a bright inviting area. To see the progress and our achievements was amazing!

We earned ourselves a trip to Cape Coast, visiting the castle and beach and enjoying some African drumming and dancing and a canopy walk. We also visited a botanical garden which was FULL of really interesting plants. The views were stunning and to relax and have a break from 'working' and sightsee for the weekend felt even better.

Other experiences included trips to wood and bead markets where we had to haggle for items -

I wasn't very good at that! We had dancing and cooking lessons, had quizzes and movie nights and continued to learn the local language of Twi.

We had the privilege of meeting the Chief of the Town who thanked us for our work within the community and some local Girl Guides who gave us an insight into guiding in Ghana. It showed me how the programme compared and how lucky we are to get many more opportunities within guiding in this country. Meeting the Girl Guides was fantastic and definitely a highlight!

For me trying new foods was an adventurous experience! Red-red (a Ghanaian stew) and plantain are my new favourite foods. The flavours are amazing and I've started to enjoy eating rice!

Another highlight was staying with a host family and being fully immersed in the community and culture - I really enjoyed it!

Pushing myself to do this trip has been one of my biggest achievements. The whole trip was amazing, the people were lovely and I would encourage more people to go international. Even if its something you have never thought about doing or even considered!

It was an experience of a lifetime I am never going to forget!

Mollie Pilsbury Gaunt





Girlguiding Norfolk's Latest

Congratulations to Hazel Farman who has been working hard to achieve her Queen's Guide Award, the highest Award possible by a Girlguiding member.

Hazel is currently studying medicine at The University of East Anglia and is now in her final year. She's been an active member of the UEA Trefoil Guild when studies and placements have allowed and supported 4th Norwich Brownie Unit, taking her 'Going Away with...' license with them at Patteson Lodge.

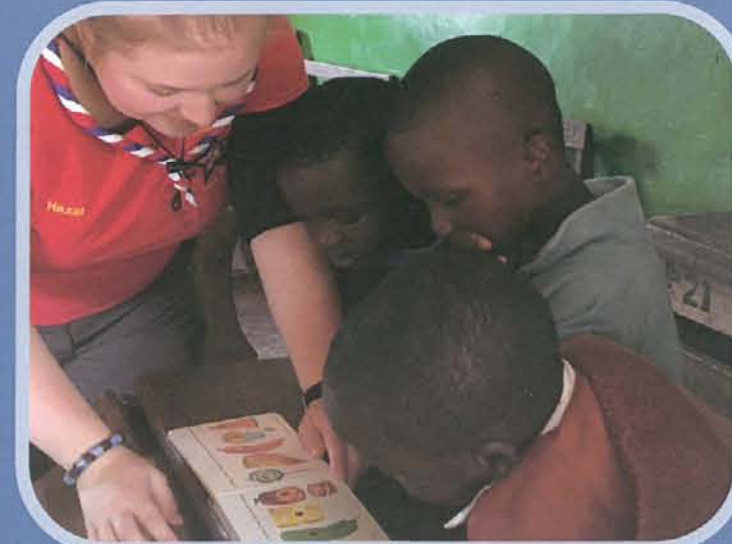
Hazel was presented with her Queen's Guide Award by Helen Green at NORJAM where Hazel was part of The Medical Team. She has participated in a number

Queen's Guide

of international opportunities including trips to Japan and more recently joined the leadership team for a region trip to Ghana alongside Janet Leeson and participants Mollie Pilsbury Gaunt and Hannah Carter (see page 8/9).

Queen's Guide has been a really difficult challenge at times but one of the highlights was the exploration which involved travelling from Norwich Airport to various locations around the coastline to locate emergency AEDs and explore what difference these have made to Norfolk's remote communities.

Hazel would like to take this opportunity to thank everyone who has helped and supported her on her guiding journey.



Brownies go wild at BeWILDerwood

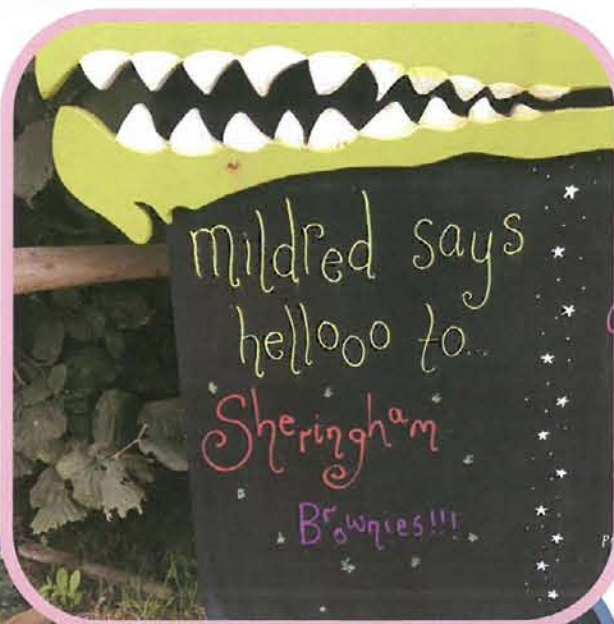
Mildred the Crocklebog welcomed 4th Sheringham Brownies and leaders to a special visit to BeWILDerwood outdoor adventure park near Wroxham.

The return to the Autumn term was a fun filled day, enjoyed by all as we spent the whole day boating, climbing, swinging, sliding, mazing, zipwiring and crafting our way through the site.

Packed lunch followed by ice cream was much needed to give us lots of energy to get through our busy day!

We highly recommend BeWILDerwood you should go and have a great day out - it's our second visit as a unit!

Kerry Baker,
4th Sheringham Brownies



Mini Professors in Attleborough

2nd Attleborough Rainbows and 3rd Attleborough Brownies enjoyed a science themed evening from Dr Lucy at Mini Professors on the theme of energy.

The Rainbows enjoyed putting together some small light circuits and there was great excitement when the bulb shone brighter with two batteries and then three! (We didn't go to four in case the bulb couldn't take it!) They also tried out Dr Lucy's human circuit, showing how electricity can travel through people.

Both units made ping pong ball shooters which they took home. The girls competed to

see who could touch the ceiling with their ping pong ball.

The Brownies experimented with iridescence and made gorgeous nail varnish rainbow bookmarks to take home.

An activity I can see us repeating in the future! A thoroughly fun evening was had by all.

Kathryn Donald,
Attleborough Rainbows
& Brownies



Guide's Night at the Museum

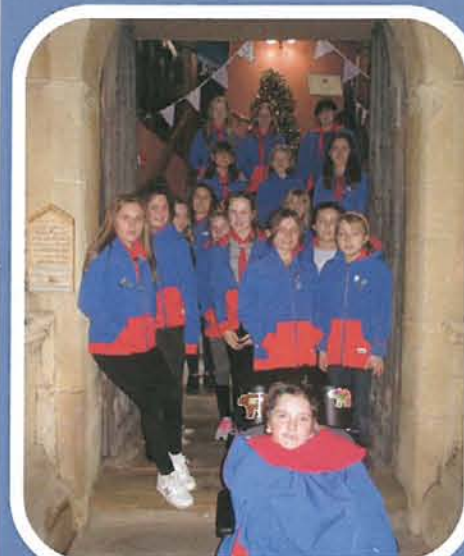
1st Dersingham Guides enjoyed a Sleepover at the Stories of Lynn Museum in King's Lynn called 'Snories at Stories'. The museum contains exhibits and displays covering 800 years of history of King's Lynn. Education Lead, Rachael, started the evening by telling the Guides about the Hanseatic League before showing the girls a collection of clay tiles that had been discovered in the town. The Guides then created their own clay tile. Afterwards it was quiz time - this involved lots of racing around, trying not to let anyone else see your sheet and lots of laughter!

The Guides found out about the first female Mayor and saw the incredibly beautiful King John's Cup - a 14th century cup decorated with gilt and enamel. There was also time for dressing up to re-create the mayoral chanting and marching procession that takes place before the Mart (Fun Fair) opens each February.

Once dark, we went outside to admire the brickwork and the different buildings which surround the museum - the museum is the Old Gaol House and is over 400 years old. After a night sleeping in the museum gallery, the girls had the chance to explore the Gaol House part of the Museum to see how crimes used to be punished! We didn't tell them until the morning that the carpeted gallery where we slept had been prison cells at one point!

During the sleepover we celebrated a birthday with cake for breakfast and two Guides made their Promise. There was also a surprise visit from the Mayor who was attending an event in the Town Hall and popped in to say hello to us all. It was a sleepover with a difference and all the girls received a unique 'Snories at Stories' badge.

*Elizabeth Wheeler,
1st Dersingham Guides*



Super Brownies!

1st Strumpshaw Brownies chose to do the 'Super Brownie' activity from the new guiding programme. The girls designed their own masks and ran around for a bit with their cloaks on pretending to be super heroes. Then they came up with super hero names before deciding on super powers to make their community a better place to live. Ideas included changing the old school into a bank, becoming invisible, making people respect each other and helping save and feed injured animals. They presented their lovely ideas to the rest of the unit.

Tamsin Drake, 1st Strumpshaw Brownies



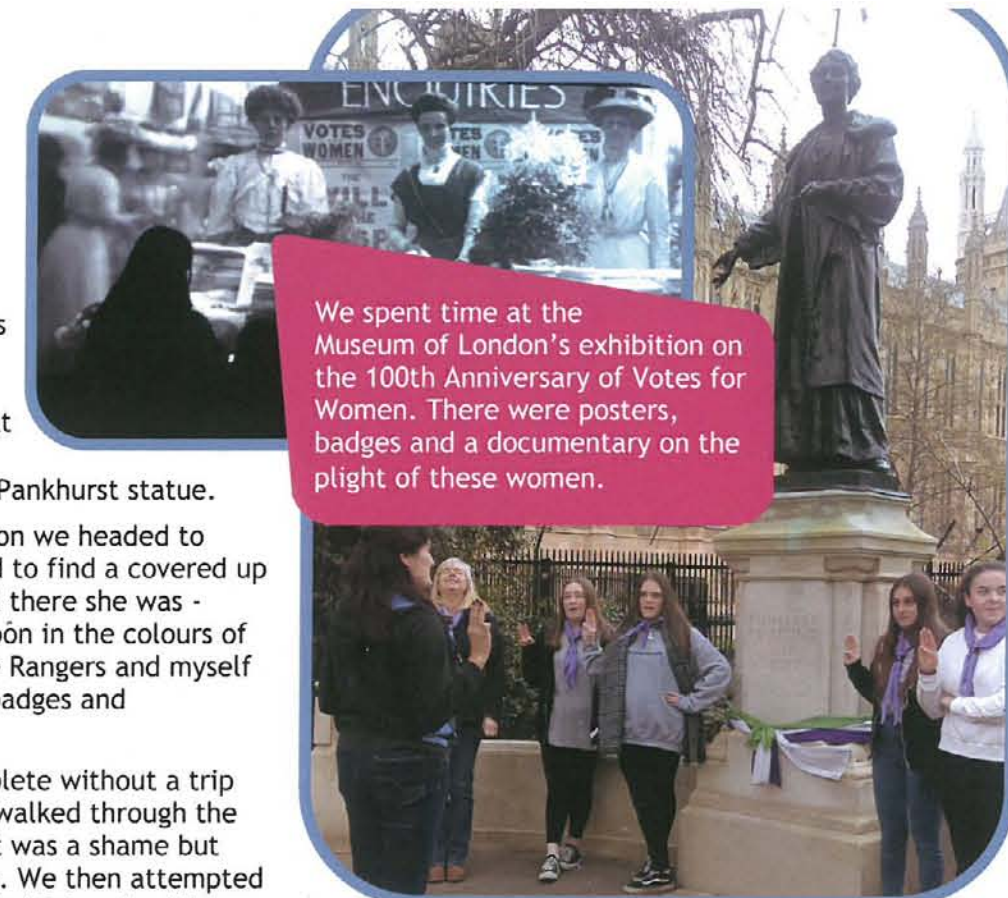
Heacham News

1st Heacham Rangers enjoyed a recent trip to London with the main objective to celebrate the 100th Anniversary of Votes For Women, a topic which the Rangers have been participating in and creating activities around. We also decided that it would be great if the Rangers could make their Promise in front of the Emmeline Pankhurst statue.

After time at the Museum of London we headed to Westminster, slightly disappointed to find a covered up Big Ben. Then to Victoria Park and there she was - Emmeline Pankhurst, sporting ribbon in the colours of purple, green and white. Here the Rangers and myself made our Promise, receiving our badges and certificates - amazing!

The trip wouldn't have been complete without a trip to Hamleys but it was so busy we walked through the door and then straight back out! It was a shame but not worth the pushing and shoving. We then attempted some retail therapy in Selfridges and Primark whilst admiring the amazing Christmas lights. After a Nando's tea it was back to the station for the return trip to King's Lynn. The whole day was brilliant and the Rangers were a joy to be with.

Debbie De Grussa, 1st Heacham Rangers



We spent time at the Museum of London's exhibition on the 100th Anniversary of Votes for Women. There were posters, badges and a documentary on the plight of these women.

Centenary Camp at EVAC

Heacham Guides, Brownies and leaders celebrated 100 years of Guiding in Heacham by having a joint camp at Eaton Vale in the tented village. We had loads of different activities from climbing, canoeing, archery, wide games and crafts.

We cooked chocolate cake in oranges on campfires, had a singsong and of course, birthday cake. A great weekend despite the cold.

A big thanks to all the leaders who worked so hard to make it all possible and also to all the staff at Eaton Vale.

*Sue Theunissen,
Heacham Guides*



Brownies Head for the North Pole

38th Norwich Brownies enjoyed a very special trip to the North Pole to celebrate Christmas at the end of last term.

Pyjamas on and with golden tickets in hand, 20 excited Brownies, 7 leaders and 3 young leaders travelled by coach from Norwich to Dereham to the Mid Norfolk Railway to ride the Polar Express to the North Pole. There was an interactive performance on the platform stage before we were warmly greeted by Candy Cane and the conductor and boarded the 'Dasher' carriage. The station, train and carriages were beautifully decorated and it felt very 'Christmassy'.

The staff on the train were great and incredibly entertaining. There was singing, dancing and attempts to stack presents on the leaders heads! We were filled with hot chocolate and cookies as they sang the 'hot chocolate' song and ran up and down the carriage - the girls loved it!

On arriving at the North Pole we were greeted by Santa who boarded the train and gave everyone bells and a cheeky elf came on the train and kept hiding under the girls seats.

The Polar Express experience is one of the best trips I have ever taken my Brownie unit to and I would highly recommend it. The Brownies (and leaders) loved it!

Sam Hubbard,
38th Norwich Brownies



On the way home on the coach the Brownies chatted about their super special evening...

Poppy said: "I liked the cooks who were dancers - they made me laugh when they took 'selfies' with Brown Owl's phone!"

Erin said: "I LOVED it. I really enjoyed singing the Christmas carols and meeting Santa."

Lilly said that it was amazing! She loved being on the train with the show people and Jenny agreed saying "the entertainers were hilarious."

Holly really liked the performance on the platform stage before going on the train where people were trying to clean up but you had to keep throwing black foam (coal) into their bucket.

Ela said: "I liked playing with the elves and chefs and of course, meeting Santa."



Present for Patteson Lodge

Patteson Lodge received a surprise present recently after a family stayed there whilst visiting Norfolk for a wedding. It came with a note as follows:

"I'm Jim Coleman. I joined the 11th Norwich Sea Scouts as a cub in 1948 and I still consider myself a member. I rose to the dizzy heights of 'Assistant Scout Master'. In the late sixties I became Venture Leader. I have always been a member of the Norwich District Rover Crew, initially under the leadership of Geoff Crane. I was Scout Leader of the 1st Tacolneston Troop for several years and my wife Judith was an enthusiastic Brown Owl."

We retired to Gosport in 2014 and came back to Norfolk for a wedding in August 2018, staying in Patteson Lodge. The bell rope looked a bit tatty so I decided (having had a life long interest in rope work) to make a new one. I hope all who see it enjoy it."

A BIG thanks to Jim, it looks amazing!



Weather themed Rainbow Sleepover

15 girls from 1st and 2nd Attleborough and Harling Rainbows joined together for a weather themed sleepover with lots of different activities squeezed into 20 hours including autumn leaf name badges, creative and individual snowflakes and lovely suncatcher windchimes. Our sleepovers offer a chance to do longer and different activities compared to our normal hour long weekly meetings - this time round it was pizza decorating and making cakes for tea. As these cooked, there was the opportunity for making place mats (weather themed of course!) and after tea we enjoyed some outdoor activities including a night time walk in the dark, watching the stars and trying to spot the meteor shower. Back inside, the girls played a few party games - musical statues, musical bumps and pass the parcel - to celebrate Rainbow Emma's 7th birthday. As eyes started to look heavy, everyone got ready for bed and settled into their sleeping bags - although it was some time before all of them were asleep!

Once the morning dawned, it was breakfast time followed by packing up of sleeping bags. There was a chance for a final couple of crafts - nail varnish rainbows and decorating umbrellas. Poppy made her Rainbow Promise and all the girls were presented with their 'Whatever the Weather' challenge badge.

Some Rainbows experienced their first night away from home and for all of them it was their first Rainbow sleepover. Everyone earned a '1 Night away' badge.

A huge 'THANK YOU' to the adults who gave up their time for the weekend.

Kathryn Donald, Attleborough Rainbows



Socks for the Homeless

1st Mulbarton Rangers have been busy packing socks with toiletries, gloves, chocolate, underwear and other useful items for the homeless. They were given as Christmas presents with the packaging being useful too, of course!

Pam Tancock, 1st Mulbarton Rangers

