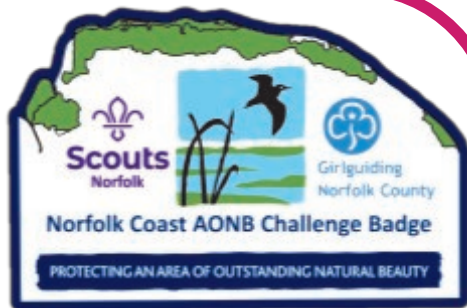


Norfolk Coast AONB Challenge

The Norfolk Coast Area of Outstanding Natural Beauty (AONB) is one of 41 in England and Wales that, together with national parks, make up our finest scenic areas. The Norfolk coast covers a total area of over 450 square kilometres. Stretching from the silty expanses of the Wash in the west through the coastal marshes, and soft cliffs of north Norfolk, to the dune system at Winterton in the east, it is an area of remarkable beauty, diversity and scientific importance.

The Norfolk Coast Partnership aims to ensure that the natural beauty and character of this area are conserved and enhanced through the work of partners, including the community, who manage a range of issues affecting our environment. Find out more: www.norfolkcoastaonb.org.uk



The Norfolk Coast Partnership has created a Challenge Badge for Scout and Guiding members

- ◆ Take part in fun 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 area
- ◆ Write your group Code of Conduct for protecting the environment
- ◆ Why not stay in the area on a residential or even sleep out under the stars?

Look out for the challenge and details of badge ordering on the Girlguiding Norfolk website and e-news. For any queries, or to request a copy of the challenge, please email Catherine Leigh at aonb@norfolk.gov.uk



Sparkling Stars Final Sunday 28th June

Please put Sunday

Cancelled

It will be held at the OPEN Academy,
Salhouse Road, Norwich NR7 9DL in the
afternoon with a rehearsal in the morning.
More details to follow!



Where guiding history comes alive!

Dates for your diary

Outdoor heritage cooking
April 25th (10am - 3pm)

June 20th (10am - 3pm) - £70 - age 12+

Email: archivist@girlguidingnorfolk.org.uk
for more info or to book a place

Postponed

The Blue sheet



Norfolk's guiding news

April 2020



Inside this issue:

- ARC ◆ World Thinking Day
- Guiding Star ◆ Gold Awards
- Disneyland Paris ◆ Big Sleep Out
- Pull's Ferry Birthday ◆ Wartime Weekend

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

Don't forget to share your guiding news with the rest of Norfolk!
Deadline for July issue: 1st June 2020; email article and photos to: bluesheet@girlguidingnorfolk.org.uk
Check photo permission first. Please try and send high resolution pictures!

www.girlguidingnorfolk.org.uk

As I write this just a couple of days since...

all guiding activities were suspended due to the current COVID-19 (Coronavirus) crisis, I am, as always, amazed and delighted by the resourcefulness of our volunteers and their determination that Girlguiding should carry on, even if our members cannot meet together in person. Already activity packs are being sent out for girls to complete at home, there is the whole range of interest badges for girls in all sections to work on and some units are even meeting virtually, using the range of technology that we have at our fingertips. The County Team is making good use of video conferencing for its meetings and will continue to do so. As they say, where there is a will, there is a way!



Sadly, because of the current situation, we have had to make the difficult but necessary decision to cancel all County events that were in the diary for 2020. This includes the County Activity/Thank You weekend in June, the Sparkling Stars County Final, and our big Seaside Sparkle 2020 in Great Yarmouth in September.

In the midst of all this turmoil, the new Girlguiding Strategy has been announced - **Today, Tomorrow, Together**. How pertinent is that?! I would urge us all to look out for each other today and tomorrow (this is not going to be a short lived crisis) - and remember we are in this together. Be kind, be caring and do reach out to others. There is so much we can do to support one another through these difficult and quite stressful times. Why not pick up the phone for a chat, send a note or a letter or send a text, WhatsApp message or have a video call with friends and family.

It is also important for us to look after our own health and wellbeing, so as a start, I suggest you take some time to sit down with a cup of tea and enjoy this Blue Sheet from cover to cover. It is crammed with wonderful stories of adventures and experiences that our girls and leaders have had. When you have read it why not pass it on to someone else to enjoy?

Above all, don't be daunted by this dreaded virus - be assured Girlguiding Norfolk will weather the storm and we will come back stronger than ever. Do stay safe and well.

Christine Martin
County Commissioner



Our strategy has three goals which we will work on over the coming years

Let's create exceptional experiences for girls and young women

We want to offer fun, accessible, empowering experiences that inspire girls and young women. And every decision we make, should be led by our girls and young women.

Let's develop a rewarding volunteer experience

We want volunteering to be flexible so it's easier for people to give their time. We're going to create opportunities that fit around people's lives.

Let's be more inclusive and make a bigger impact

We want Girlguiding to have a bigger impact and influence on local communities and across the UK - welcoming more girls and volunteers, and proudly telling the world about Girlguiding.

Well Done Evie!

Congratulations to Evelyn Fuller (Evie) of 2nd Spixworth Brownies who in January earned and was presented with the final four interest badges to complete the full set of 18.

Current Brownie interest badges include Archaeology, Space, Speaking Out, Aviation, Languages, Zero Waste and Painting.

It's now up to us leaders to make sure she covers all the requirements to gain her Brownie Gold Award!

Vicky Wardrope,
2nd Spixworth Brownies



GGN Support Macmillan Cancer

Christmas 2019 saw King's Lynn Division Commissioner Lynne Gill and former County Commissioner Pat Pinnington present Macmillan Cancer Support with care packages contributed by members of Girlguiding Norfolk. Patients at the Queen Elizabeth Hospital in King's Lynn were among the recipients.

A spokesperson at the hospital said, "Our patients wanted to express their thanks to Girlguiding Norfolk for providing the packages and helping them at what can be a difficult time. When unwell and having treatment you still have Christmas to get ready for but may have limited funds due to not being able to work and/or spending time and money travelling to and from hospital. Plus treatment and just living with cancer means fatigue levels are very high therefore the items provided were so appreciated."

One patient commented, "how kind, how generous to receive the hamper, this will really help me out, what a nice touch."



Abbi's Fundraising Efforts for Mexico Trip

I am a member of 1st Old Catton Guides. I have been through all the Girlguiding sections. Last summer, I went out to Holland for 10 days with Guides to participate in the Haarlem Jamborette.

I am now fundraising to go to Mexico in 2021. I have fundraised nearly half of what I need to go on the trip. While we are in Mexico, we will be doing a 12 day project in and out of Our Cabaña. After that we will spend two days in Mexico City exploring the sights.

My latest fundraising effort was an indoor carboot.

Abbi Clarke, 1st Old Catton Guides



The Big Sleep Out!

December saw members of Girlguiding Norfolk and Norfolk Scouts take part in the national event 'The Big Sleep Out' at Eaton Vale Scout and Guide Activity Centre to raise money to support homelessness which affects over 320,000 people every year. Homelessness can be caused by a variety of reasons; a lack of affordable housing, poverty and unemployment but also leaving prison, care or the army can be factors.

Members came prepared for the night with cardboard boxes, tarpaulins and many, many layers of warm clothes. After a light snack of soup to warm us up and a campfire we tucked ourselves in for the night ahead. Questions such as "where do I put my shoes?", "what do I do with my glasses?" and "what if I need the toilet during the night?" started us thinking about what it's like to spend the night without the security and shelter of a home. As the night progressed the wind howled and the rain fell but we persevered. Every noise and scurry made you a little more anxious and the floor was pretty hard and cold. The thought of doing this evening after evening was a somewhat humbling feeling. In the morning, not feeling refreshed but feeling proud, we were further able to reflect on what it must be like to face this challenge night in and night out.

The event raised £560. £5 a day can pay for the vital basics such as a toothbrush, fresh towel, or clean bed sheets which equates to 112 people being supported by our event alone. Members also brought items which were donated to a local homeless charity therefore helping not only the wider community but the local one.

Susan Newton,
EVAC Centre Manager

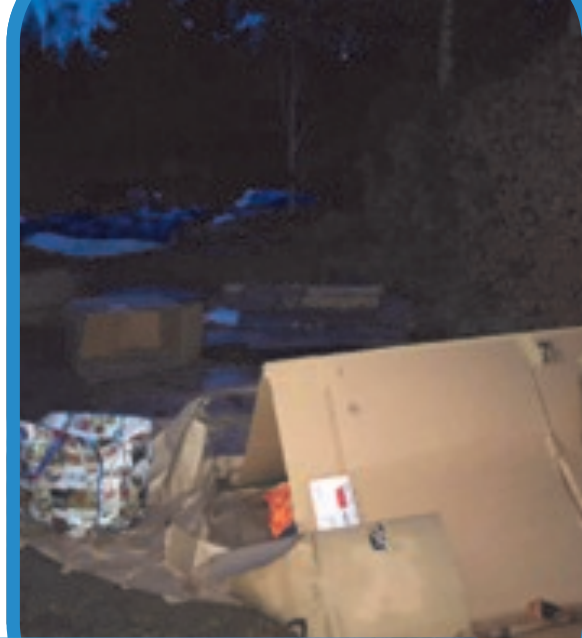
"At the sleepout, I enjoyed being together with other guiding and scouting groups; talking together, campfire songs, and the community feeling. I also learnt how challenging it must be for the homeless dealing with weather conditions that we faced and sometimes even worse."

Sophie, age 15

"At the sleepout I enjoyed working together to build our shelter. Also I enjoyed the campfire and the songs. I gained a lot of empathy for the homeless and how hard it is for them every day. I found the experience very challenging and respect those who have to do it every night through even worse conditions."

Moira, age 14

**THE
WORLD'S
BIG
SLEEP
OUT**



Thinking Day Trip to Amazona

4th Norwich Rainbows enjoyed a super trip to Amazona Zoo in Cromer to celebrate World Thinking Day.

For some the journey by train was a first and despite taking animal themed puzzles the Rainbows just wanted to look out of the window!

After a blustery walk from the station to the zoo we played 'spot the animal' as most were sleeping or staying in the warm. Eventually the jaguar appeared for a stroll around his enclosure but the ocelot remained in hiding.

The Rainbows spent a long time talking to the macaws and rheas before moving on to more feathered friends, the flamingos. Every single flamingo was standing on one leg which led to a barrage of questions why! Big discussions followed and unfortunately neither the signage nor google helped with an answer. There were many

differing theories including to keep warm and putting off underwater predators as one leg looks more like a stick but most scientists think it's simply because it requires less effort! Looking at the Rainbows trying to mimic the flamingos it seemed much effort was required by them!

Off to the tapir enclosure next. We must have looked like keepers as the friendly tapirs came straight over looking expectantly for lunch.

After commandeering the yurt to eat our own packed lunches it turned a little chilly so we headed for the Tropical House which is home to a variety of South American snakes and spiders. Not all the Rainbows were fans of this particular area but we did manage to get most of them nose to nose with a caiman! See front cover pic.

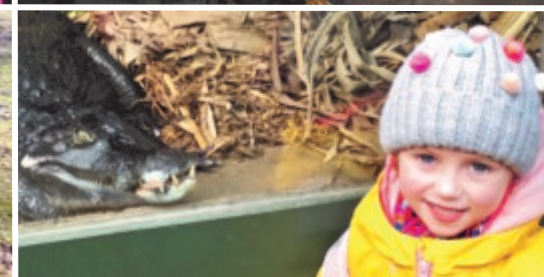
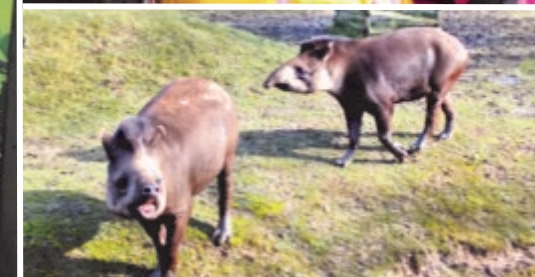
Before heading back to the station there was time for a little play on

the adventure playground and bouncy pillows, a trip to the shop and despite the chilly temperature we all indulged in an ice cream.

I would definitely recommend Amazona Zoo for a guiding trip. It's really achievable in a day, even for little legs, and the walk from the station is under a mile along a footpath so is nice and safe.

The girls really enjoyed their day with one Rainbow saying "This is the best day ever!"

Claire Everson,
4th Norwich Rainbows



Around the World in a Day...

Only in guiding can we attempt such a feat and normally it's around Thinking Day. Annually this special day, 22nd February, is when we celebrate the joint birthdays of the founders of the Scout and Guide Movement, Lord and Lady Baden-Powell.

This year, Taverham District held their Thinking Day event, attended by over 80 Rainbows, Brownies, Guides, Rangers and leaders, at Taverham Scout Hut. The Rainbows and Brownies were inside travelling around the world with their passports and enjoyed

making pandas in China, reusable piñata in Mexico, aboriginal art work in Australia and an African necklace. The Guides were open fire cooking with food originating from countries around the world - USA burgers, Mexican vegetable curry, Italian pizza wraps and finally England with scotch pancakes and welshcakes. They prepared all the food, got fires going, despite windy conditions and then enjoyed sampling it all.

In the afternoon every girl wrote on a paper hand something that made them special before placing

the hands around the world. We also made friendship bracelets, something guiding is all about - friendships, togetherness and thinking of others. The day ended with everyone coming together to sing traditional guiding songs headed up by leader Helen.

A thoroughly enjoyable day and we could not have done this without our band of fabulous volunteer leaders, so thank you to them all.

*Christine Chapman
Taverham District*



...and in an Hour!

4th Norwich Rainbows were also up for the challenge of a world trip and during an evening meeting close to Thinking Day we dusted off our passports, changed our currency and set off on our adventure.

The Rainbows were challenged to visit 4 countries, completing an activity from each in exchange for a stamp in their passport. In Australia we made spiders, in China there were chopstick games, in North America we made dreamcatchers and in Switzerland we enjoyed chocolate fondue with fruits to dunk.

At the end of the meeting we lit tea lights for each country visited and hopefully the Rainbows went home enlightened as to why we celebrate Thinking Day.



North West Division Leaders Weekend

We always look forward to our annual leaders' weekend at Dunton at the end of January. This year there were 20 of us, with several first timers, and as usual we had a fantastic time with delicious food cooked by Alirae again.

Our weekend started with chatting and chilling, sharing ideas and catching up with each other. We split into section groups to discuss a range of topics including recruitment, GO, Thinking Day and all things programme related.

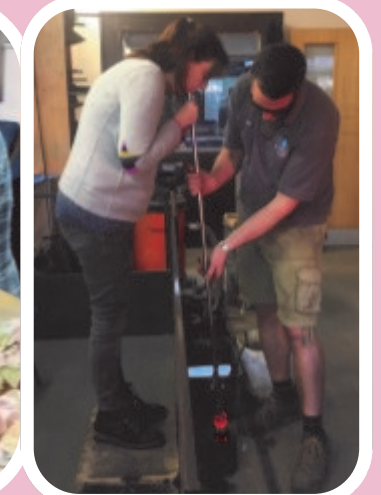
Saturday was 'full on' starting with a visit to Langham Glass for a glass making demonstration. Some of us also made glass items to take home. After lunch we had a Gospel and Blues singing workshop led by the amazing Lauren, from the band Dove and Boweevil, who had us singing harmonies of a Nina Simone song after about 20 minutes practice. I have to say we sounded very good and it left us all buzzing with excitement. Later that day we did rag rugging with Jerry, mosaics

with Susanne and more chilling and chatting. We also succeeded in the Rangers 'Escape Room' challenge!

I think this is an amazing weekend for leaders to relax and unwind. It's good for the Division leaders to meet up and it's like getting together with old friends. We always come away with so many ideas.

Can't wait for next year! Thanks to all involved.

Jill Craske, 2nd Wells Brownies



On Sunday morning Bob the Scout leader came and led Tag-Archery. It felt like a grown-ups version of Cowboys and Indians! Great fun!

Inspirational Women

Inspired by International Women's Day in March, 4th Norwich Rainbows have been learning about three inspirational women. We chose a woman of colour, a woman from history and an inspirational young woman. It was really nice to get our teeth into some crafts - we are finding the new programme a little too chatty! We split into groups and did a 'round robin' of the activities.

Florence Nightingale - we learned about her nursing role during the Crimean War, looking after wounded soldiers and how she was referred to as the 'Lady with the Lamp' and we made our own lanterns.

Mae Jemison - an American engineer, physician, and former NASA astronaut. She became the first black woman to travel into space when she served as a mission specialist aboard the Space Shuttle Endeavour. We used rainbow ribbon to weave through colourful rockets - aren't they pretty!

Jessica Watson - a teenage adventurer who, at the age of 16, sailed solo and unassisted around the world, navigating four oceans in eight months. We made some rocking sailing boats from paper plates. We all agreed we didn't fancy the gruelling 23,000 nautical miles she endured on one of those!



Wartime Weekend

On a very cold January weekend 1st Downham Market Guides with their friends from 2nd Downham Guides and Clackclose Rangers, descended on Patteson Lodge for a trip back in time to the 1940s, when 1st Downham Market Guides were founded.

With the help of the ARC the Guides and Rangers earned their Tenderfoot badge, Guiding History badge and a Guides in WWII challenge badge - we do love a badge! Marching was the order of the day but the highlight of the weekend was the old style Guide uniform. All the girls wished they could wear this uniform now. They LOVED it.

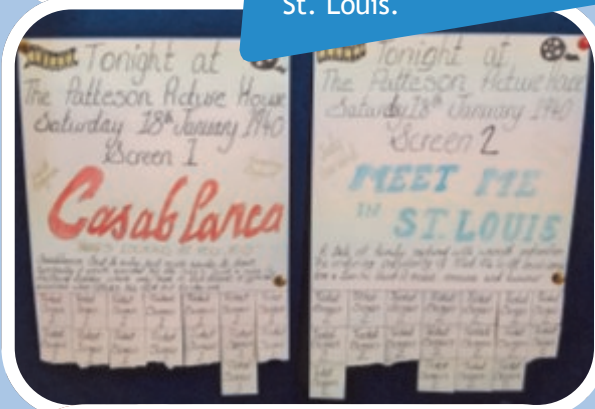
The saying of the weekend was 'there's a war on, don't you know'. The girls all helped cook with wartime rations using only food that would have been available in the 1940s and enjoyed a campfire, learning wartime songs and the National Anthem. They also 'went' to the cinema, for many it was the first black and white film they had seen!

The weekend ended with a wonderful 80th birthday party for 1st Downham Market Guides. All the food was prepared by the girls and we had various displays of badges and camp blankets. The Guides and Rangers held a sing song which the audience joined in with. We welcomed distinguished guests including Girlguiding Norfolk County Commissioner Christine Martin and Joyce Dent who was one of the original Guide leaders, starting Guides in Downham Market for the girls who had been evacuated from London during the war. A very memorable weekend.

Victoria Fonzo, 1st Downham Market Guides



During an evening blackout we 'went' to the cinema to watch Casablanca, which won in a vote between Casablanca and Meet Me in St. Louis.



Off to School!

On Monday 24th February Girlguiding Norfolk Archivist Helen Green and Patteson Lodge staff Sharron Hunt and Tracy Church visited Coltishall Primary School for their morning assembly.

They were invited to give a presentation about Thinking Day and the talk included facts about the founders, Lord Baden-Powell and Lady Olave Baden-Powell, their shared birthday of 22nd February and why Guides and Scouts have the left hand shake. For those who don't know, it's the hand nearest the heart and is offered as a token of friendship.

Having spoken about Hautbois House, Patteson Lodge and the ARC too, the school now know how lucky they are to have these super facilities in their village!

Great PR for Girlguiding Norfolk!



Thinking Day Fun in Acle

What an amazing Thinking Day Rainbows, Brownies, Guides, Rangers and leaders enjoyed in Acle District.

We all came together to celebrate, play games and complete various activities. The girls all had the chance to engrave or paint a glass mason jar, make rocky road to put inside them, work on team building challenges or build a tent in teams. The activity day finished at 7pm for Rainbows with the Brownies, Guides and Rangers having the chance to sleepover, enjoying an indoor campfire, fish and chip tea and watching a film from their sleeping bags! In the morning the girls woke to the smell of sausage and egg butties before heading home.

A huge thanks goes to the Freethorpe leaders who organised the event along with all the leaders who attended.

Dawn George, 1st Freethorpe Guides



What a 'Guiding' Star

Rainbow leader, Sarah Lechmere, was recently honoured to be awarded the Guiding Star. Sarah came to 3rd Thorpe Rainbows as a Rainbow aged 5 years old, but later returned aged 13 as a Guide helper.

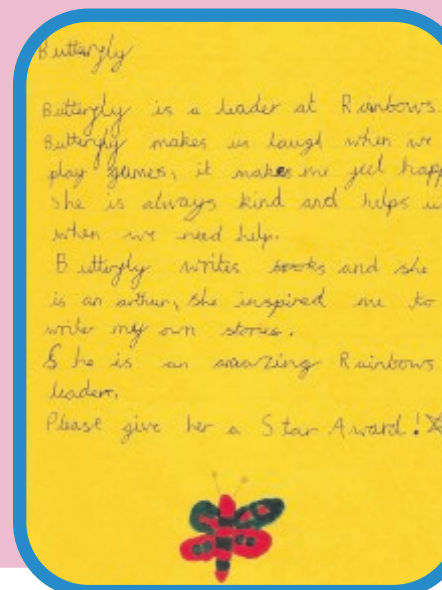
She eagerly completed her Young Leader qualification alongside her GCSEs, despite spending 9 months in a specialist hospital in London, where she learnt how to cope with anorexia and her OCD symptoms. As soon as Sarah turned 18, she began working towards her ALQ. This is no easy task, however, during this time Sarah also self-published her first novel 'Kitty's Letters' and passed her A-Levels with excellent grades. Sarah is now studying Literature at the UEA and in her spare time runs 2nd Thorpe Rainbows.

Zoe Howell, assistant leader at 3rd Thorpe Rainbows said, "Sarah has had some obstacles thrown her way during her life, which she takes on with great strength, never allowing them to define who she is. When I think of Sarah, I see a great role model for our young Rainbows, a talented author, a committed Guide and an all-round lovely young lady, who never lets things get in the way of helping our young members develop their skills, build their confidence and inspire them in what they can achieve."

Sadie, age 7, wrote the below letter to accompany the nomination.

Christine Martin, Girlguiding Norfolk County Commissioner, along with leaders from Thorpe District, made a surprise visit to Sarah's Rainbow meeting to present her with the award.

*Jackie Baker,
Thorpe District*



The National Awards Committee at Girlguiding HQ said, "Sarah inspires the girls in the units she works with. She is a fabulous role model to members of all ages, showing that with hard work, commitment and enthusiasm, anything is possible. Despite facing adversity from a range of medical conditions, Sarah has continued to guide enthusiastically. She is a worthy recipient of the Guiding Star award."

Happy Birthday Pull's Ferry!

In 1949, having helped raise vast sums of money to restore the building, Norwich Girl Guides were proud to open their HQ at Pull's Ferry on the River Wensum. 2019 saw the 70th anniversary of this great achievement and in March the current committee hosted a special birthday party for former committee members and supporters of our popular refreshments afternoons.

One special guest who has been involved with the building since its inception as Norwich HQ was Marlene Thompson. Marlene was enrolled as a Brownie in 1941 and has held numerous roles within Girlguiding and Norfolk Trefoil Guild. She was present at the opening of the building when the then County Commissioner, Lady Somerleyton, sailed up the river Wensum to Pull's Ferry. To commemorate Marlene's unwavering dedication to Pull's Ferry - she calls it her second home! - the committee presented her with a beautiful Girlguiding crystal vase and flowers.

Another special guest was Betty Jackson. In 1950 her Sea Ranger unit, SRS Echo, met regularly at Pull's Ferry. Their boat 'Wishbone', which the Rangers dug out of the river mud, restored and moored at Pull's Ferry, was launched in 1950 and was one of six, the other five being owned by Scout groups. Betty brought some super photos and log books of her time at Pull's Ferry which she has donated to our archive. The picture below shows Betty (furthest right in the photo) sailing in Wishbone with other members of the Sea Rangers in 1950.

We also welcomed current Girlguiding Norwich Division Commissioner Doreen Brookes who was invited to jointly cut the birthday cake with Marlene.

What a super afternoon!



Open for refreshments

Girlguiding Norwich hope to open Pull's Ferry for refreshments on Saturday and Sunday afternoons (2pm to 5pm) between 6th June and 27th September.

Get a lovely cuppa and piece of homemade cake for £2.50 per person.

Please advertise this to the parents of girls in your unit as there are still lots of people out there who don't know we exist!

If you fancy helping on the refreshments rota, baking a cake, buying a badge or for any info on Pull's Ferry please do get in touch by email: pullsferrynorwich@gmail.com

Going for Gold!

38th Norwich Rainbows have been loving the new programme which we've been running since its launch in September 2018.

The Rainbows love the variety, working towards their own interest badges and trying so many new activities in amongst our old favourites. We also organised 2 very successful UMA badge days outside normal unit meetings so dedicated girls had

the chance to earn their Gold award.

At Christmas we were excited to present our first 5 Gold awards at a rather sparkly Gold party! These girls hardly ever missed meetings, worked exceptionally hard at home on interest badges and came on all the units trips and activity days. At February half term we awarded 2 Silver and a

further Gold award. Many more of the unit have



now been inspired to achieve their 'shiny' badges and we hope our award holders will continue this success as they move up to Brownies. Well done girls!

Alice Flower,
38th Norwich Rainbows

Brownies Supermarket Sweep

33 girls from 1st Toftwood Brownies descended on Tesco Dereham for a food shop with a difference involving looking at pricing within the supermarket and handling money.

The leaders designed a worksheet where Brownies were looking for the cheapest and most expensive items for a number of different products including pasta, cereal, biscuits, tinned carrots, tinned fruit and long life milk. They then used their £2 subs to purchase items for the Mid Norfolk Foodbank in Dereham. They really enjoyed going around the

shop and seeing what they could get for their money. As a group, they managed to come in just under budget, with 55p to spare!

Those that had some time left also had a look at the different types of packaging that Tesco and other food manufacturers use, noticing that a lot of it cannot be recycled. Last year, the Brownies focussed heavily on plastic and recycling, so it was interesting for them to see the problems we face in the real world.

Katie Theobald, 1st Toftwood Brownies



Tackling Period Poverty



Six months ago Earham Rangers tackled the End Period Poverty badge produced by Girlguiding.

They began researching and came across the Red Box project, a community initiative that aims to tackle period poverty. The Rangers felt this was something they could set up! We approached the church we meet at and asked to install and maintain

a Red Box in our meeting place due to the number of Girlguiding groups, students and church members that visit on a weekly basis. The girls have been running their Red Box for over 6 months, keeping it stocked up through donations and fundraising.

We are so proud the girls have had a positive lasting impact on their local community.

Alice Flower, Earham Rangers

Embroidery Skills

Earham Rangers have been busy showing off their embroidery skills by making individual badges for World Thinking Day. Brilliant!



King's Lynn Guides Trip to Disneyland Paris

After 18 months of fund raising and planning, three units of King's Lynn Guides left Gaywood Community Centre at 5.45am on 16th February 2020, the day Storm Dennis hit the UK. Our drivers from Millers of Cambridge were amazing. The rain and wind battered the coach the entire journey. The only respite was the crossing on the shuttle.

We arrived at our hotel later than expected due to the bad weather, so headed straight to dinner. Group meetings, tickets and lunch money sorted and we were ready for our first day in Disneyland Paris after a good nights sleep. Well, you can always hope for a nights sleep with 33 excited girls!

We woke up to a forecast of better weather. The Guides has been split into groups - Simba, Nala and Zazu - and on reaching the park we all went our separate ways. After a day of queuing, fun and

watching the parade and fireworks we arrived back at the hotel to share stories of the day. Although some Guides were reluctant to go on the more adventurous rides they did try and overcome their fears.

On day two we headed back to the park with plans to go on as many rides as possible. Our evening meal was booked for Planet Hollywood which was a highlight for the girls and also a great opportunity to present Karen Plaicewood with her 10 year service award and Hannah Fisher with her 5 year service award. Two Guides made their Promise and Sharon Russell made her Promise as a leader. What lovely memories!

We had a few issues to overcome on our trip but the guiding motto of 'Be Prepared' shone through and overall everyone had a super time with lots of memories made.

Pat Pinnington, King's Lynn Guides

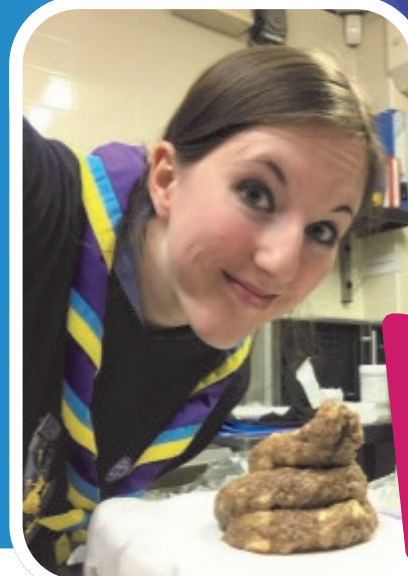


Woohoo for poo!

As a leader who has a day job in the UEA Anatomy Department, I see medical students and healthcare professionals keen to learn more about the human body in a practical way and no age group could say no to making poo!

Earham Rangers recently took the journey 'from mouth to south', learning how poo is made by making their own. The night began with a discussion of what we already know is involved in digestion, not avoiding any gross details. We then started with the action of our teeth, using scissors as incisors and potato mashers as molars, to break down a mixture of weetabix and banana with cold cocoa as saliva. The 'food' was then placed in a plastic bag (stomach), before passing into the tights, squeezing liquid out like the intestines. The resulting mixture was finally emptied into the 'colon bag' where it was piped out into a poo!

Jasmine Downes, Earham Rangers



The best/worst thing about the poo that was produced, is that it is edible, leading to some very disgusted looks from the Guides who saw our activity!

Our history

- ◆ The vision became reality when the first turf was turned four years ago this month.
- ◆ Two years of funding from National Lottery Heritage project are complete - one more to go. What shall we do next? Suggestions always welcome.
- ◆ Making history now as we work! We have worked very hard and focused to achieved 10,750 entries to date on our Museums database, called Modes. This is a huge achievement and Nick at Modes has said we are #ModelModesusers. Any ideas how many more items we have to list?
- ◆ Have you started your unit logbook yet - to contribute to your memories and ours? We'd love a copy!

Outreach - How we are bringing guiding history to live!

- ◆ School assemblies and visits.
- ◆ Supporting units preparing for VE Day commemoration events.
- ◆ Outreach Brownie box based in King's Lynn for units to use for Traditions meetings.
- ◆ Book an activity with us when you are staying at Patteson Lodge or Hautbois House. The girls love to dress up!
- ◆ Check out our new amazing web pages www.girlguidingnorfolk.org.uk
- ◆ Additional programme support - Norfolk UMAs.
- ◆ Sharing objects and using them as prompts to tell our history, teaching how to interview and then recording reminiscing conversations.
- ◆ Lending camp-themed reminiscent box.
- ◆ Get in touch to chat about how we can support you.

Volunteering

- ◆ Volunteers meet every Monday at the ARC to take on different projects. Three new volunteers were welcomed last month. Other volunteering days available including weekends so we can be accessible to all!
- ◆ Remote volunteers use their skills at home - transcribing, typing, sewing.
- ◆ There are work experience, Duke of Edinburgh and Queen's Guide opportunities available. Currently four members are counting volunteering hours towards their QG service element, working on mugs, Gressenhall camp and reminiscence boxes.
- ◆ Data collection shows over the past year 33 different volunteers worked 186 days, amounting to £133,000 worth of volunteering according to NLHF guidelines - priceless!
- ◆ We have a role to suit everyone - every skill can be used! Please get in touch if anything here has made you think twice.

How you can support us!

- ◆ Come and visit or invite us to you.
- ◆ Follow us on social media. 'Like' us please!
- ◆ Support our fundraiser Music and Musicals with Taverham Brass Band on 11th July.
- ◆ Volunteer some time - Blitz days are 17th May and 26th June.
- ◆ Advertise girl events within your unit: Gressenhall 1940s camp, Poppyline in Holt and work experience opportunities.
- ◆ Find out about being an ARC Angel.
- ◆ Coming soon! A geocaching activity based on Norfolk guiding. Can you or your unit take responsibility for a geocache local to you? Get in touch to find out more!
- ◆ Send in your badges designed for special events to add to our special Norfolk Badge Collection. Include details - who, what, why, when, where - to add to their interest.



Logbooks - have you started yours yet? It's always good to have something to handle.



Wow, I've made a net bag! Contact us to find out about lanyard making, heritage cooking, calligraphy and stained glass sessions.



Attending a school assembly all about Thinking Day and why we have a left handshake.



ARC Angels do very important work for us - watch out for our fundraising badge!



Freya working on Queen's Guide Project - Ranger uniform through the ages - seaside style!



UMA support cards with Norfolk-flavour added in. Find them on our website.



Want to see if you can pass your Tenderfoot Test?



Remote volunteer Alison taking what she needs to achieve her goal!



Just some of the Norfolk Badge Project Collection, produced by members for a range of events.



Prepping for sessions is always great fun!



Part of our Library's reference collection - getting sorted! We have books over 100 years old!



Becca sorting annuals - reaching places the rest of us can't! We love having young people join us.