

The Blue *sheet*



WE DISCOVER, WE GROW

Girlguiding

Norfolk County

Norfolk's guiding news

July 2020



www.girlguidingnorfolk.org.uk

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Welcome to our 'lockdown' Blue Sheet...

It is now over three months since all face to face guiding activity was suspended on 16 March. Those months have been challenging for each one of us in so many different ways and on so many different levels. Right from the very start of lockdown, the message from Girlguiding has been that no-one should feel pressured to give time to guiding if that was not appropriate for them, and that message still applies. Our own personal health and wellbeing and that of our families must always come first.

This edition of the Blue Sheet is truly inspiring! I do hope you enjoy reading about all the fantastic things our young members and our adult volunteers have been doing during lockdown and the fun they have had, even though they cannot meet in person. Well done to Olivia and Phoebe for some great fundraising efforts and to Ayesha for making lovely lockdown keepsakes. Our volunteers have been learning new skills and becoming adept at running meetings on Zoom - had you even heard of Zoom before lockdown?!

The word cloud picture on page 4, designed by Hannah, shows why we all love Girlguiding and why we volunteer!

As I write this, we do not know when face to face guiding will be able to start again but I am confident that when it does, guiding in Norfolk will bounce back and be even stronger than it was before the pandemic. Yes, big events and trips have had to be cancelled or postponed, but the fun and friendship is still there and always will be. Very often it is the little things that give so much pleasure and create the lasting memories, and that is certainly evident in all these fantastic updates.

Thank you for all you give to guiding and I look forward to being able to meet with you in person very soon!

Christine Martin

County Commissioner



Greyhound Rescue

Back in early March Cringleford Guides had the most wonderful meeting...

We were treated to an evening with Norfolk Greyhound Rescue! Hayley, who leads the charity, brought along her two lovely dogs (smaller than greyhounds but still rescue dogs) and talked to us about the charity, what it does and why.

We will let you look them up online or invite them to your future meetings to find out more... There was plenty of time to pet her gentle, calm dogs and ask lots of questions about them as well as keeping dogs as pets in general.

We hope you might enjoy these photos of such a therapeutic evening.

1st Cringleford Guides



We were able to make a donation to the charity in thanks of Hayley's time and individual Guides and leaders may well go along to some of their charity walks and events in the future.

Inspirational Women Welcomed to the ARChive Weekend

The ARC hosted a wonderful archive weekend in March, showcasing the multitude of Guiding items from across the 110 year history and giving members a chance to get hands-on with exploring the archive.

The aim of the weekend was to develop a timeline of Girlguiding Norfolk history, using the many objects available in the collection. This gave way to a collaborative approach, where younger members were able to combine their technology skills with the wealth of Guiding knowledge the ARC ladies had to contribute. This resulted in the creation of an amazing timeline booklet with photos fresh from the archive, ready to share knowledge across the Girlguiding community.

It was my first time visiting the ARC after hearing many great things, and it did not disappoint! The lovely volunteers immediately enthused everyone about the collection and made the research project so interesting with all the quirky facts they remember. The Guides loved trying on and posing in uniforms that were worn decades before them. I admired the vast array of challenge badges that Norfolk Guiding has produced, as well as observing the rigorous archiving skills being put into practice.

The other focus of the weekend was International Women's Day and we heard inspirational quotes and inspiring stories from ladies who had joined the weekend. The first was Leslie (all the way from Edinburgh!) who told us about her perseverance with researching Guiding's early days and how she has built up a detailed website to share this knowledge. One of the leaders shared how she became involved with international guiding and helped to lead a group to Ghana and the extraordinary difference this made to the children there. One of the ARC's volunteers described how she battled her way into a career in air traffic control, which was heavily male-dominated at that time and took a lot of determination for her to succeed.

Finally, the archive weekend made a very clever link to science. Patteson Lodge welcomed a fabulous storyteller (who has a background in a genetics laboratory) who engaged everyone with a family history story: was Grandfather the war hero his family thought? We learnt how DNA testing can be used to help us understand more about our own history, as well as the practical side of doing so.

Jasmine Downes, Earlham Rangers



An enthusiastic audience ready to listen to the story of Grandfather - was he a WW2 hero? DNA will give the answer!



Understanding, through visual aids, how DNA works, and how the matches are found. Fascinating!



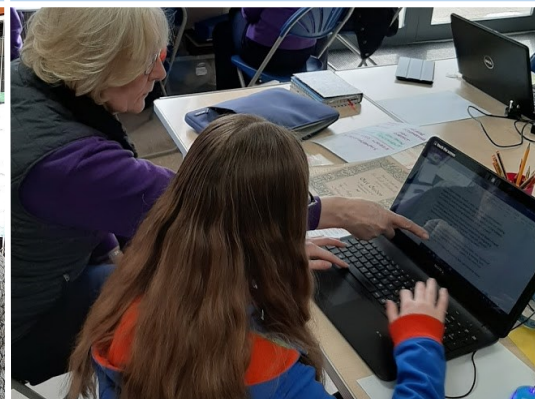
Our hero! Leslie, (search Leslie Smith's Guiding History), joined us to share her story and that of Agnes Baden Powell.



Princess Mary's tin which contained Christmas presents sent to those in WWI trenches, carried by Grandfather as his 'good luck' charm.



Dr Mandy Hartley, (The Little Story Telling Company), uses items from the ARC to weave into the story to determine whether or not the DNA on them matches the DNA on Grandfather's clothing.



Sharing skills intergenerationally! Information supplied is recorded to produce our next booklet - 100 years of Girlguiding Norfolk History through objects in our collection.

London Monopoly

At the beginning on March, four leaders from Norfolk took part in the annual Monopoly Run Live with over 4000 other members from Guiding and Scouting.

Unlike the board game we had to travel to each of the locations in order to “land” on the properties. The first team to reach each property had the option to purchase it with subsequent teams paying rent. We had seven hours to reach as many properties as possible using an app to check-in. At the end of the day teams were penalised for each property they didn’t visit.

Amazingly, our team visited 24 locations out of 30! And purchased five properties including all of the light blues. Along the way there were additional team challenges and an underground station quiz where we could earn extra money.

We came 3rd in our game and 194th overall out of over 800 teams - a good result for our first ever run.

During the day we did 15 journeys on the tubes/buses, took over 30,000 steps, walked over 21km and climbed 76 flights of stairs - we ached a lot the day after! Through the weekend we also completed the LaSER London Challenge and sections of our Queen’s Guide Awards.

Overall the weekend was great fun and we will definitely be going back next year (with more appropriate footwear!)

Katie Clough, 4th Norwich Rainbows



WE DISCOVER, WE GROW
Girlguiding

MONOPOLY RUN



In recognition of National Volunteer’s Week...

The Trustees and some of the Norfolk County team created a special ‘Thank You’ message to all our wonderful leaders, helpers and supporters - see pages 5 & 6.

The word cloud picture (left) uses the words people used to describe why they volunteer. Thanks go to Hannah Borrett from Stalham District for organising this super piece of artwork.

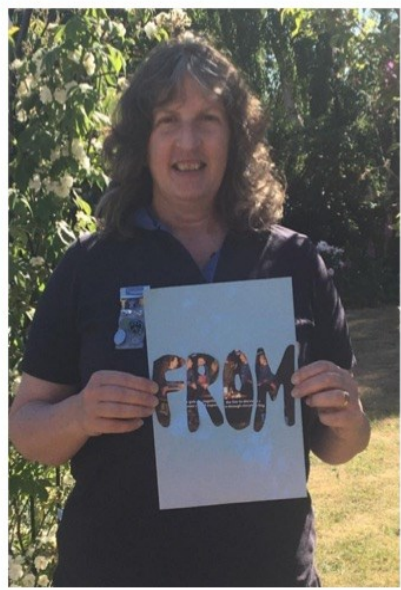


1-7
JUNE

VOLUNTEERS’ WEEK

Volunteering for all





Spectrum Camp for Units in Mile Cross District

When in person meetings paused I knew that one of the saddest parts for the girls and leaders would be the lack of our summer sleepovers, camps and holidays. Until one of the Guides camp up with the idea of a virtual camp.

The girls were heavily involved in planning our weekend, something they are very used to from normal meetings, and soon ideas were coming in from all 4 units involved - 31st Norwich Rainbows, 6th Norwich Rainbows, 9th Norwich Guides and 9th Norwich Rangers. One big camp really provided a great feeling of connection to something bigger.

'Spectrum Camp' was based on the theme rainbows and space. There were a number of activities to

choose from but one compulsory challenge - to make a den, or put up a tent to sleep in for 2 nights, inside or out. The huge range of dens and tents was amazing. Some slept in dens made with cardboard boxes, others in tents in their garden with a full campfire!

The challenge involved completing one activity from each section: Skill - learning BSL to trying yoga, Create - giant art to shadow puppets, Just For Fun - a family Zoom quiz or watching a film, Camp - activities included making mug cakes to taking part in a Zoom virtual campfire when Promises were renewed.

It was important to us that everyone

was able to take part and so there were ways to participate with little or no equipment and Zoom sessions were optional.

We were surprised with the uptake and even girls we hadn't heard from since the start of lockdown took part.

Our aim during this time was to ensure the girls had fun while Making Memories and they certainly did that! Even better - leaders slept without the whispers at 4am!

*Cheryl Glinwell,
Mile Cross District Commissioner*



Build Up of Badges for Rainbows

4th Norwich Rainbows had completed all the challenges for the First Aid Skills Builder and UMA hours for the Be Well theme before lockdown scuppered our chances of presenting badges.

So, whilst face to face guiding is on hold, we have been keeping in touch with the Rainbows and encouraging them to complete the interest badges needed to achieve theme awards. Currently 10 of the Rainbows have completed the Fruit and Veg badge as they turn green fingered at home and the badge list is getting longer by the day. We will have several Bronze and Silver Awards to give out too.

Rainbows have also enjoyed the online Girlguiding Adventures at Home Festival, Easter activities and the Girlguiding Anglia Midsummer sleepover. The definite hit though was the Unicorn Challenge which saw nearly every Rainbow take part and photo evidence showed dads, brothers and other members of the household getting involved! The picture shows Penny's unicorn rice crispie treat using food colouring in every colour of the rainbow - yummy!



Gayton Virtual Camp

Girls and adults in Gayton were so disappointed that their planned joint camp at Patteson Lodge had to be cancelled.

All units were already sending out materials to the girls by Facebook and email, so we decided to try and organise a Virtual Camp. In advance, we sent out safety information and a 'kit list' of things which might come in handy, but we did try to use things which they would already have at home.

The camp took place over 2 nights at the end of May and involved everyone sleeping anywhere other than in their own bed. Girls built indoor and outdoor dens, pitched tents and many leaders and parents camped out as well.

Camp started with a video introduction and the instruction to make a tornado in a jar to take you to OZ. After that it was pretty full on, with new activities sent out every hour or so and families responding on the Facebook group with photos and comments about what the girls were getting up to.

Each girl got to choose which Patrol she was in, we worked out a jobs rota and depending on which job she was to do that day, there was a challenge instead. We had one for Water - make a tippy tap, Wood - tin foil leaf rubbing and Health - a First Aid assault course and the girls got to do them all.

As we couldn't do activities like Rafting and Zip Wire, we substituted by making a small raft to float in a bowl and making a zip wire for teddy.

We had a campfire on Zoom and it was great to see the girls and their families joining in and toasting marshmallows and cooking dampers. Some girls cooked egg bread for breakfast!

Most of the adults made videos introducing the activities which the girls really appreciated. We also sent out some time fillers like word searches and crafty bits that could be done at any time.

There was even a (not so) Wide Game for which we enlisted the parents help with hiding clues and objects which were used in some weird and wonderful challenges.

The ARC provided us with a Kim's Game Video challenge which the girls and adults liked taking part in.

We were featured on Radio Norfolk and presenter Chris Goreham was really interested in what we had been doing.

All in all it was a great experience, enjoyed by girls and adults alike and very well supported by the parents.

Linda Watkinson, Assistant County Commissioner



Toftwood Brownies Achieve lots of Badges during Lockdown

At the start of lockdown Toftwood Brownie leaders posted out activity booklets which included a few UMAs that could be carried out at home and some Easter activities. The unit decided straight away to try and keep meetings going, even through the school holidays, so virtual meetings were born.

Between 20-22 Brownies attend each week and have really taken to virtual guiding and seeing their friends each week. Parents and siblings have been joining in with some of the games and campfire singing too! For those Brownies that aren't able to attend, we are sending the badge work by email or Facebook to give them the opportunity to earn their badges. We have had positive feedback from the parents and girls, saying that it has been great to keep some normality during these strange times.

The pictures show some of the interest badge work seen during 'show and tell' sessions where Brownies can share what they have been up to.

The first 12 weeks of virtual guiding has seen a number of UMAs and Skills Builder activities completed and the following badges presented:

- 2 x Express Myself Theme Awards
- 7 x Take Action Theme Awards
- 5 x Be Well Theme Awards
- 8 x Jobs interest badges
- 2 x Inventing interest badges
- 4 x Languages interest badges
- 4 x Charities interest badges
- 9 x Zero waste interest badges
- 20 x Make Change Stage 2 Skills Builder badges
- 8 x Bronze Awards

Katie Theobald, 1st Toftwood Brownies



Lockdown Keepsakes

Ayesha, a member of 3rd Attleborough Brownies, has been using some of her time during lockdown to create keyrings. She joined forces with her friend Lily to design and make the gifts, which have then been left out and about Attleborough for people to find, with some delivered to keyworkers. Each one has been put into a bag or envelope with a note asking for it to be posted on to the 'Norfolk Lockdown 2020 keepsake' facebook group. I was lucky to have a special 'Brown Owl' one posted through my door!

Kathryn Donald, 1st Attleborough Brownies

A little something to make you smile
if you find me. Please post it on facebook
(Norfolk Lockdown 2020 Keepsake) Stay safe



Fabulous Fundraisers

Olivia from 2nd Attleborough Rainbows has raised £1000 for Starthrowers, a Wymondham based cancer support charity, by undertaking the 2.6 challenge, an initiative started to raise money for UK charities. Her action has seen her feature in the Wymondham and Attleborough Mercury.

Her amazing activities have included: 26 science experiments (successful lava lamp, partial success making smores on a solar oven and failure at sugar crystal sparklers!), making 26 rainbows, telling 26 jokes, hanging 26 items on the washing line, 26 item scavenger hunt, baking cakes, walking up and down the stairs, a Lego tower and making VE day bunting.

Over in Toftwood, Phoebe, took to Radio Norfolk to talk about the fundraising she had done for her Charities badge. She decided to climb the stairs at home to raise money for NHS charities and climbed a total of 1300 flights, equivalent to walking from her house to the Norfolk and Norwich Hospital. She raised over £500 in total.

Other Toftwood Brownies completed their Charities badge too; one raised £170 for Pudsey's big night in, another raised over £100 for the Mid Norfolk Railway and a third raised money for Dereham Cats Protection.

Amazing, well done!



V - V = V! An amazing weekend to learn about GIS!

Along with 170 others, we have had the most amazing weekend celebrating VE Day and learning about the Guide International Service on the 'V for Virtual' camp organised by Helen Green and her inspirational team.

It has been really refreshing to focus on fun Guiding activities during this difficult time and learn about Guide leaders trained during the war who were amongst the first to go into Europe to undertake relief roles. Many know that Girl Guides supported the war effort in many ways, but few are aware of the relief work done by teams in Europe and the Middle East. Challenges included dressing in the dark, lighting a fire, cooking a three course meal, exercise, make do and mend, creating a badge and more. Information was given by video and written means, followed by a variety of quizzes as a fun way to test our knowledge. We enjoyed a virtual campfire sing song, Guides' Own, and closing ceremony; caught up with old friends and made new ones.

One of our favourite activities was the scavenger hunt! All the material was presented in a thoughtful way so that girls and adults of all abilities could challenge themselves to do something new. We could dip in and out of activities as we wished so other commitments didn't prevent full involvement in the event, and all the way through people shared their experiences and achievements on the dedicated Facebook page (navigation of which is still a challenge to me!).

I wish I had time to write more, but one thing I will add - if the opportunity to be involved in one of these camps comes again - go for it! Bravo, Bravissimo, Jolly Well Done to all!

Oh, if you are wondering about my heading...

Virtual - Virus = Victory

Helen Daniels



Wells Brownie News

2nd Wells Brownies have been busy completing Baking and NHS Challenges as well as other Brownie badges. The girls have made some amazing bunting and posters to say thank you to the wonderful NHS staff. They have enjoyed baking at home and hopefully learnt some new skills.

We are also having a sunflower growing competition, which is getting quite competitive, especially from the leaders (Snowy Owl!).

We are all looking forward to when we can see each other again at Brownies.

Jade, Jill & Cat, 2nd Wells Brownies



New Keswick Campsite badge

A recent competition to design a new badge for Keswick Campsite saw Claire Mann from 1st Cringleford Guides chosen as the winner by the Campsite committee.

The design represented all the things we love at Keswick; campfires, songs, snowdrops and daffodils. It also has the outline shape of the new/old hut.

Keswick update - the builder's last job is connecting the drainage and completing the snagging list. Once that has been done there is a list of jobs for willing volunteers ranging from putting up tents, washing equipment, making a new campfire circle, cleaning the toilet/shower block and gardening. Hopefully we will be able to start some of these jobs soon with social distancing so if anyone would like to volunteer please get in touch by tel: 07759 888712 or email sprowstonguides@btinternet.com



Brownie Zooms

We have been keeping in touch with our Brownies via Facebook and email but wondered if anyone would join in on Zoom... They certainly did and we had a brilliant first Brownie Zoom! Parents were involved too, safeguarding sorted, and now we Zoom every week but email challenges too to make sure everyone is included.

We have a very active little group of around seven Brownies who are earning badges every week. They have been making zip wires for teddies, happy jars for mindfulness badge, baked cakes and painted pictures. The Brownies post their photos and videos on Facebook which have included dressing for hiking and camping with siblings indoors and out. So much fun. Their latest challenge is to make a video of themselves showing the lifecycle of a butterfly. Priceless.

Having seven of our twenty-two Brownies really active at the moment has enabled us to tailor the programme to the individual Brownie, so they will achieve the maximum reward for their efforts. One of our girls only joined in January and is on course to gain her Bronze award by the end of this term, before moving up to Guides next term. Another should achieve her Silver award. We have formed a very close bond with these Brownies and their mums who say they don't know how they would have got through lockdown without us! It has kept my daughter, Jemma, and myself busy and given us something to focus on. It has been quite a task to record it all on GO and every Brownie and leader has an envelope with badges in for when we return.

When we do get back to face to face meetings, I think our current working group will miss the contact we have on Facebook. We will keep the Facebook page going but it won't be the same. Everyone has just been so supportive; but then we all know that, don't we. That is Girlguiding - long may it continue.

*Vicki Fletcher,
4th King's Lynn Brownies*

The ARC in Lockdown... but still busy!

Girlguiding Norfolk County's Archive Resource Centre is currently closed but that doesn't mean things aren't happening...

- **Weekly volunteer meetings** have continued via Zoom. There's a time limit of 40 minutes - the request is to continue with shorter meetings!
- **ARC Angels** have met virtually and are busy working on a Time Traveller badge - it's going to be a great opportunity to look at guiding in the past, the present and the future! The minimum number of meetings to receive an ARC Angel badge is three, and they have all done that now! FAB news plus the legacy of designing a new fundraising badge for the ARC!
- Creation of the **Living in Lockdown challenge**, an opportunity to reflect on your Lockdown experience by taking part in a number of varying challenges. We are now receiving some amazing pieces of evidence from those wanting a badge! It is not too late to join in... but hurry there are a limited number of badges!
<https://www.girlguidingnorfolk.org.uk/news-2019/living-the-lockdown-2020-challenge/>
You might enjoy someone's poem they submitted for this!



Lockdown Guiding by Poppy George

*On 16th March they said please stop face to face Guiding, But for the girls we wanted to continue providing,
How would we do it without seeing their faces? And when we couldn't meet up in any places!
Now all the plans we had were up in the air, With lockdown fast approaching it didn't seem fair,
That the girls and leaders plans all suddenly had to stop, Because without our Guiding, spirits would drop.
So a few weeks of consideration and a lot of thought, Online meetings - which was the best sort?
The choice was made, meetings on Zoom, The join link was shared and then suddenly BOOM!
Scavenger hunts, chat and show and tell fun, Guide meetings could still be enjoyed in the sun,
As a leader these meetings brighten my week, Sometimes a happy tear from my eye will leak,
Webinars and trainings put on to support us all, With tips to stay safe on each and every call,
I miss our normal meetings of course I do, I also miss camping and a hike to the loo,
But most important of all we've kept spirits high with a smile, With 'normal' Guiding on hold, maybe for a while,
The traditional activities have been moved online, But we know we'll come back and be just fine!*

- Our innovative, hugely successful event, '**V for Virtual**', learning about the Guide International Service, and linked in to commemorating VE75. If you missed out, the fun tasks and challenges are available on our website www.girlguidingnorfolk.org.uk/arc-home/ They are great fun. The team is proud that 26 people contributed to the planning and execution of this event, all within 17 days. What an achievement!
- Unfortunately you won't be able to visit us at the 1940s weekend at Gressenhall this summer but you can have a virtual camp tour as our heritage camp videos are now on our YouTube channel... the only thing missing is the smell of woodsmoke!
www.youtube.com/channel/UCzAZaoEBXb7YvFYAMynBHvw

Helen Green, County Archivist

We are still available, updating our Facebook page regularly and there are exciting anniversaries coming up - keep an eye on us!

Let us know if we can support in any way; we popped along to a camp recently and did an activity there!

We use modern technology too!

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!

Email article and photos to: bluesheet@girlguidingnorfolk.org.uk

Check photo permission first. Please try and send high resolution pictures!