

# The Blue sheet



Norfolk's guiding news

April 2023



[www.girlguidingnorfolk.org.uk](http://www.girlguidingnorfolk.org.uk)

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Old Catton Rangers London trip

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We help all girls know they can do anything

I hope you like our revamped Blue Sheet with our new county logo and the new Girlguiding brand. I love it. It looks fresh, vibrant and eye-catching. I hope you like it too.

As I write this just before the Easter weekend, I am reflecting on all the great events and adventures that are being planned for the summer term and beyond – as well as being in awe of the many fantastic events that have taken place and are reported in this edition. A Ranger trip to London with a surprise visit to Wicked the musical. How special is that? A district event ending with a promise renewal overlooking the river at How Hill is another special memory for those who were there.

The Great Guide Bake Off sounds wonderful and how lucky were the judges to sample the delicious looking bakes. Pamper evenings for Rainbows, yoga for Guides, and leader weekends – there is something for everyone. Congratulations to Gill and Yvonne on receiving your long service awards.

Lowering the tone slightly the mention of an 'interesting' public WC in Wroxham and Brownies climbing through a 'big bum' made me smile. You will need to read on to find out the context...

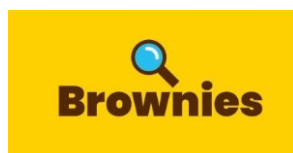
We are keeping our fingers crossed for the ARC and their museum accreditation application and a huge well done to Sophie who was presented with her Queen's Guide award by Tracy Foster, our new Chief Guide.

The King's Coronation is taking place in May and I am sure many of you will have plans in place to celebrate. We will be launching our County Coronation Challenge very soon so do look out. The challenge will run until 31 December 2023. Several of our volunteers are taking part in the Anglia Region Abseil down the Forum building on Monday 8 May – how brave are they?!

I would like to thank all of you who played your part in paying your membership subscription invoices on time. Only five remained unpaid at the deadline amounting to only 1% of our total county bill so a good result.

Easter may have happened by the time you read this but I hope you, your family and friends have a relaxing and happy Easter break. Take time out to do something just for you and recharge your batteries for the exciting and busy term ahead.

*Christine Martin,  
County Commissioner*





# Rangers Christmas trip to London

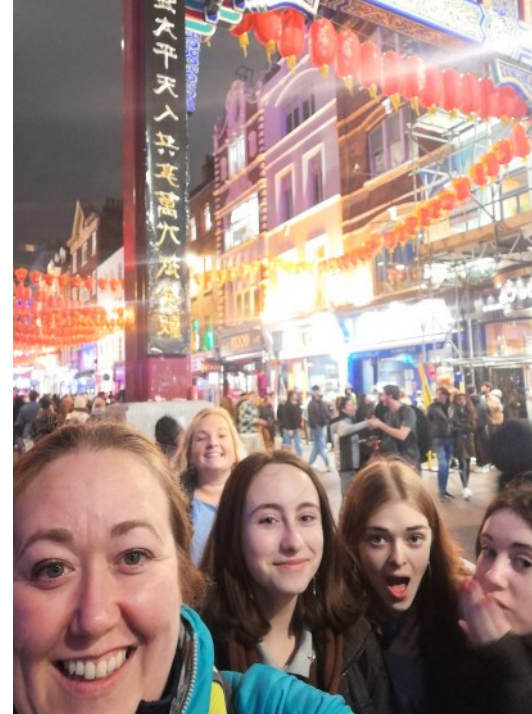
Old Catton Rangers joined Wensum division leaders trip to London to embark on a wonderful weekend of sights and sounds, including the Southbank Christmas market, the Sky Garden, pizza at an authentic Italian, Wicked the musical, Christmas lights and shopping in Oxford and Regent Street – and that was just Saturday!

Over the course of the first weekend of December, I had the opportunity to stay at one of the world guiding centres, Pax Lodge in London, with my Old Catton Ranger group. Throughout the few days spent in London, we got to experience a wide variety of activities and sight seeing, including exploring the Sky Garden and shopping at Camden market. This makes it incredibly difficult to choose my favourite part as I loved every second, especially the

Christmas lights which added to the festive excitement. However, I have to say that being surprised by our group leaders with the opportunity to see Wicked live was the absolute highlight.

I enjoyed being able to spend my weekend adventuring London and Pax Lodge with my Ranger group and I am incredibly thankful to my leaders for making it happen.

*Isabelle Buck,  
Old Catton Rangers*



"I found some urban outfitter jeans in a charity shop, they were an absolute steal!"

"The BEST weekend ever! Everyone should have the chance to visit a World centre."

"Wicked was incredible!"



Pax Lodge 2022 – a weekend to remember! From watching award winning musical Wicked to wandering the stalls of infamous Camden market, the trip had everything you could ever want! Barely time to breathe, the two days were packed with an exciting itinerary, forging memories to never forget. Simply take the underground into central London, and experience

Oxford Street and Regent Street for yourself!

Pax Lodge itself is a beautiful site, filled with international Girlguiding memorabilia, fascinating history and (of course) badges!

The trip is not like any other guiding I've been on, offering an unforgettable experience of the capital!

*Alanna Wright,  
Old Catton Rangers*





## Active term for Wroxham Guides

1st Wroxham Guides were very pleased to welcome Freya, (Blue Cat Yoga) to one of our meetings. A joint approach to 'Comfort your discomfort', a Guide UMA where Freya taught the Guides postures to combat period pains, breathing techniques, how to do a body scan - section 1 of the Meditation Badge and how to switch off for section 3. Freya set up the room with tea light candles, a scent diffuser and provided mats for those who didn't have them.



We also made heat socks and the favourite aroma of the four on offer was the Bergamot oil.

Other activities included a Scottish Theme evening for Burns Night where Guides made their own crazy golf course from household junk and then in pairs made shortbread. On World Thinking Day, which fell on our meeting night, we played Bandiera, a Spanish game; looked at what we had in common with our sister Guides worldwide and reflected on our own Guide laws having made a Flexangle the week before.

Our Skills Builder for the term was Express Myself, Innovate. The Guides made beautiful tiles; designed tools which they used for 'It's not brain surgery' and on paper, redesigned Wroxham as part of 'Walk of the Town'. Who know one group of Guides would envisage the rotting tree stump with a recess in it, as the public WCs?!?!

*Kate Hill, 1st Wroxham Guides*

## Rainbows round the world

4th Norwich Rainbows enjoyed a whistle-stop journey around the globe for World Thinking Day in February.

We travelled to Egypt and wrote our names on paper cups in hieroglyphs before constructing a cup pyramid. Then it was off to Australia to turn pipecleaners, boggly eyes and pom-poms into a spider before enjoying chocolate fondue in Belgium. The final destination was Poland to make paper poppies and learning to say 'hello' in Polish - taught by our Polish Rainbows.

The evening ended with a rendition of 'This little guiding light' around the world map, the lighting of tea lights for the countries visited and presentation of Thinking Day badges.

*Claire Everson, 4th Norwich Rainbows*





# Norwich Science Festival

Lakenham District Brownies decided to head off to Norwich Science Festival for the first time to earn the 'I am a Physicist' badge.

This was an awesome event with lots of free activities suitable for all ages. We started off with the 'Rocket to the Moon' workshop where the girls got the opportunity to launch their own rockets trying to hit the red spot on the moon. They got a few attempts but our winner was Tia from 13th Norwich who was only 3cm away!

We then went wandering around the Exploratorium enjoying a range of activities and the girls learnt so much. Lots of wows and jaw drops as they learned about plants in space and watched experiments, although my

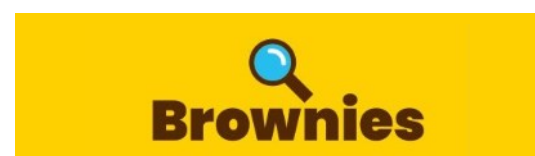
groups favourite activity was climbing through a giant inflatable bum and colon. One of the girls said, while giggling, "I can't wait to tell my mum I climbed through a big bum!".

We ended the day learning about the science behind music. The speaker was great and kept all of the Brownies (and leaders) entertained similar to if we were at the Panto.

The organisers were great too and so accommodating to the 30 Brownies making sure we were well looked after.

I would recommend it to everyone in Norwich or even Norfolk, we had a full day out and it only cost £5 each. We will be going back next year.

*Sasha, 13th Norwich Brownies*





# Thinking Day at How Hill

Acle District recently spent the day at How Hill Environmental Study Centre, for our Thinking Day event.

We had over 80 girls attend and had lots of fun in the winter sun!

Rainbows and Brownies enjoyed making woodland wands, pond dipping, bug hotel building and constructing dens.

Guides and Rangers went on a boat ride across the river Ant to explore the marshes, including a spot of bird watching. They teamed up to develop their compass skills and completed an orienteering challenge.

We finished the day by renewing our promise overlooking the river. We are all looking forward to our next district event at Eaton Vale in the summer term.

*Lynsey Skeates, 1st Strumpshaw Brownies*



Hello, I just wanted to introduce myself, I'm Hannah and I'm the new Young Leader Co-ordinator for Girlguiding Norfolk.

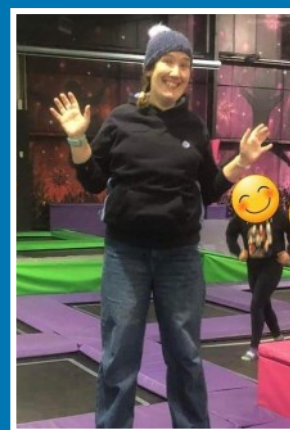
I've been involved in guiding for over 20 years, starting as a Duke of Edinburgh volunteer, before becoming a Young Leader and a Leader with Brownies, Guides and Rangers (I also hold my Leadership Qualification for Rainbows too!).

Since opening my Brownie Unit in 2011, I've had a number of Young Leaders and Duke of Edinburgh volunteers. Not all have chosen to complete the Young Leader Qualification, but I have always tried my best to ensure they felt included as part of the leadership team and were supported and encouraged to grow into young ladies we could be proud of.

I am passionate about supporting our Young Leaders and want to be accessible for all looking for advice and guidance. I can't guarantee that I'm going to have the answers, however I will do my best to find out anything that I don't know.

I'm looking forward to putting together some events and activities specifically for Young Leaders and leaders supporting Young Leaders, or those who would like to.

If you've got any questions, comments or need any help, please get in touch by email: [youngleaders@girlguidingnorfolk.org.uk](mailto:youngleaders@girlguidingnorfolk.org.uk)





# The Great Guide Bake Off

After a lot of asking from the Guides (and only slight fear from the leaders), 3rd Hethersett Guides ran their first 'Great Guide Bake Off' meeting.



18 Guides, and 2 Brownies, visiting as part of their Gold Award, participated in the 'Great Guide Bake Off' and had three timed challenges to complete – the Signature Bake, Technical Challenge, and Show Stopper, which were all judged by special guest judges (another local leader and her husband).

They worked in groups of 4, and came up with a team name to start with. For the Signature Bake, Guides had 20 minutes to create 4 savoury pastry twists using pre-made pastry and a variety of fillings. They all had to be identical in length, and every group had to be cleared up by the end of the time too.

For the Technical Challenge we incorporated one of the Skills Builders from the Express Myself theme we have

been working on, and Guides were given a cookie recipe which wasn't quite right, and the science behind why the ingredients are used. They had to use both of these pieces of information to come up with their recipe, which was later taste-tested by the judges.

After a quick snack break, we moved onto the Show Stopper. This time, the Guides had 8 cupcakes per group to decorate and create a 3D display with a nature theme. They had 10 minutes to plan, and then 15 minutes to create their 3D display and hopefully avoid any Pritt Stick or Sellotape making it onto the cupcake decorations... The final 30 minutes of the challenge were then dedicated to decorating their cakes, assembling their

displays, and clearing down their entire work space.

It was then time for the judging, where the judges were looking not only at presentation and taste, but teamwork throughout the challenges and the food hygiene of each group.

With only a couple of tables still being slightly sticky, the winners were announced and received a 'Star Baker' badge. Everyone got a 'Bake Off Challenge' badge and could take home their creations, a win for all the groups!

Despite some trepidation from the leaders about how the bake off would go, all the Guides worked together fantastically to produce some great results.

*Rosie Watts,  
3rd Hethersett Guides*



## Rainbow pamper evening

3rd Thorpe Rainbows had a great 'Pamper' evening recently. Never knew it would take each of them so long to choose the nail varnish from the 3 on offer! Our manicurist was a previous Rainbow's mum. Sometimes it really pays off to do a 'skills audit' amongst your parents. You never know what talents and resources you have close at hand.

So hands were creamed and massaged, toe nails painted, hair braided or just combed through if the girls preferred. Chill time next. Lay on the floor and relax. Add some cucumber slices to the eyes to make them bright and sparkly and now some nice slow deep breathes. Put your niggling thoughts on a cloud in your mind and imagine it drifting away leaving you calm and relaxed. A few girls decided the cucumber was better in their tummies than on their eyes!

We finished off with some simple tai-chi moves and the option to do some quiet drawing, designing their perfect outfit for that special occasion.

*Elaine Shields, 3rd Thorpe Rainbows*



## Pets At Home

38th Norwich Brownies have been completing their Friend to Animals badge.

Activities included a cat night, visit from Pets as Therapy and more recently a trip to Pets at Home in Norwich. Staff there shared the basics of looking after an animal and tasked the Brownies with working out the costs of upkeep by sending them round the store searching for and costing items.

The highlight for all the girls was a cuddling session with some of the rabbits and guinea pigs.

*Sam Hubbard,  
38th Norwich Brownies*





## Service Awards

Poringland Rainbows, Brownies and Guides recently celebrated Yvonne Kemp's 40 years long service award.

(L to R) Jade Potter, Nikki Kemp, Yvonne Kemp, Amy Collins & Jemma Russell. The other leaders in the photo have a combined service of 40 years. Starting as Poringland members, with Yvonne as a leader, they now run the Units with 4 other leaders.

Amy also received her 5 year service on the same evening. Rainbows, Brownies, Guides took part in their normal meetings before joining together to enjoy cakes, with a Bee cake representing Yvonne's guiding name.

*Jemma Russell, Poringland Rainbows, Brownies and Guides*



## 50 Year Service Award

September saw the presentation of 50 years of service to Gill Rule. A remarkable achievement, which was celebrated with Wayland District and family and friends with lovely meal in Spooner Row.

Fortunately, we managed to keep it a surprise from Gill; she knew she was having a district meal but not that it was dedicated to her.

On arrival she saw familiar faces of the district team which then changed to a lovely smile when she saw her two daughters, and previous guiders and friends including Cara Reeves, Christine Hardy, Mary Harveyson, Sarah Fitch (who came over from Suffolk) and Wendy Izzard (who travelled up from East Sussex). She also loved the fact the

room had been decorated for her.

After a lovely meal Helen Green (County Archivist) presented her with her badge and award and from the district she received a vase and a beautiful bouquet of flowers, plus many gifts from individuals.

Gill started as a leader at 1st Attleborough Brownies in September 1972 and has remained there for all her remarkable time in guiding. Throughout the time the Brownies have been lucky to have Gill and along with Liz Lawford they've work together as a brilliant team, fulfilling the Brownie programme and enjoying many pack holidays over the years.

She has been extremely busy with other roles, with two stints as division commissioner, district commissioner twice and assisting with the volunteer shop.

The award is well deserving for her dedication to Girlguiding and fantastic service to Wayland District.

A big thank you from Wayland District for all you have done for guiding and for all your Brownies over 50 years.

*Sonia Ewbank,  
Wayland District Commissioner*





# Dunton Leaders Weekend

In January we had our annual Leaders Weekend at Dunton, a weekend we look forward to very much giving the chance to catch up, share ideas and stories and eat lots of cake.

Friday, after we'd settled in, kicked off with a beetle drive, supper and a catch up. The food was amazing, catered by the lovely Sue Theunissen.

Saturday was a fun packed day. We were divided into 2 groups; one group went outside with Bob the Scout leader and the other was inside making things out of clay with 'Gary Potter' and his assistant. This year Bob's activity was building bird boxes with a twist. We were put into pairs and our left hands were tied together, then one person was blindfolded and given the hammer, the other one had to instruct that person where to place the nail and hit it with the hammer to join the pieces of wood together. Bob explained this was to highlight how difficult tasks can be for people with disabilities. It took a while and

there were bruised fingers but we all managed to complete the task.

In the afternoon there was Safe Space 3 or WAGGS Thinking Day resource training. The fun continued into the evening with felt making where we made cute owls. Thanks to Moonbrush Studios for providing all the tools, wool and excellent tuition.

On Sunday we welcomed Aileen Beck who brought various things from the ARC and led a great activity with code breaking, cotton reels and divisions past, present and future.

And so ends another fantastic weekend at Dunton, until next year, when we get to do it all again and eat more cake!!

*Nicky Witton,  
1st Hunstanton Rainbows*



## Messy Rainbows

What a mess we made creating a 'non-Newtonian' fluid.

4th Norwich Rainbows were tasked with completing the 'What is it' UMA, and armed with cornflour, water, a large bowl and an even larger tarpaulin set about understanding why the fluid we created fell off the spoon like a liquid but when we tried to move something quickly through the liquid it acted like a solid. The aim was to use a spoon to discover this; the result - fingers...!

A great evening!



## News from the ARC

The ARC Angels met in February to recreate old badges in different art styles, with some being drawn with true likeness in pencil, and others given an abstract interpretation in pastel or fabric. We had a great time finding badges that we felt resonated with us and getting creative with the art.

This was in preparation for the Heritage Open Days festival later this year. The festival runs every year in September, encouraging the public to visit places with a rich history and culture. The ARC has over 30,000 items from Girlguiding's long history, many items over a century old!

The ARC will be open for Heritage Open Days on Saturday 9th and 16th September and Sunday 10th and 17th September.

We also had a special presentation for Sophie Ridge-Ahmed who was awarded her Queen's Guide award. Many county commissioners were visiting the ARC and so were present at this presentation, and were amazed at the extent of the ARC's collection and the ongoing work of the volunteers.

The next ARC Angel meeting will be on Sunday 16th April when we will be taking part in a collage activity as part of Stranger's Hall Centenary as a museum this year. We will be contributing to the community element is a window display called 'What a Pane!'

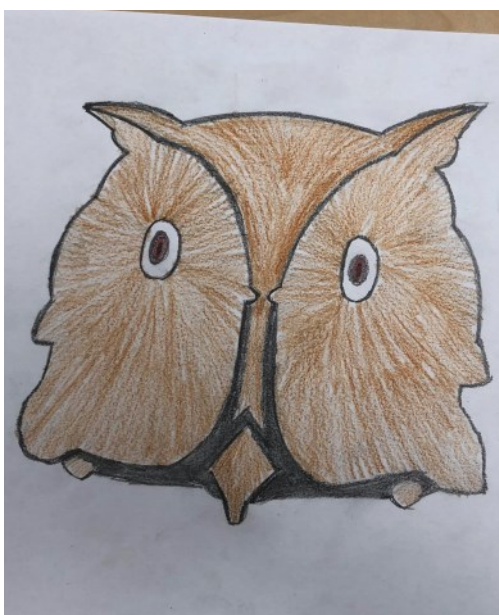
The idea is for community groups to create collages of renowned Norwich people. Groups have already made lots of collage papers based on designs found in the museum, and then the papers are being turned into portraits of the people.

We are delighted to let you know that the ARC has submitted its application for Museum Accreditation Status. This is comprised of nationally agreed standards to ensure museums are sustainable, focused and trusted, inspiring the confidence of the public and funding and governing bodies.

This has been a huge piece of work, taking place over the past three/four years. There have been numerous policies, action plans, statements, gathering of data and so on assembled and submitted - approximately thirty in all!

All fingers and toes crossed for a good outcome please!

We will keep you updated!





 **Spring offer for Guiding and Scouting**  
19th April - 12 May

For a group of up to 16 participants to come and do a session of one of

**£90** Climbing Challenge  
Crate Stacking  
Trapeze

**£75** Backwoods Cooking  
Buggy Building  
Shelter Building  
Tomahawks

This offer for Guiding and Scouting so you are able to bring your young people to experience outdoor activities. This is part of our continued professional development of our new staff team and is therefore being offered at a reduced price.

More information at [eatonvale.co.uk/spring-offer](http://eatonvale.co.uk/spring-offer)

**Girlguiding Norfolk**  
**1940S GUIDE CAMP**

**24TH-29TH AUGUST 2023**  
GRESSENHALL FARM & WORKHOUSE MUSEUM,  
NEAR DEREHAM


Are you a keen camper?  
Do you fancy travelling back in time?  
Are you between 13 and 18 years old?

Then Girlguiding Norfolk's 1940s Camp is definitely for you!

Find out how Guides camped in the 1940s  
Help with farm animals  
Cook on wood fires  
Make new friends  
Become expert in lots of new skills  
Camp in a bell tent

AND...  
...gain a badge only available to 1940s campers

Cost is £100 and bursaries may be available  
For more information and to get the application form contact Becky on [1940norfolkguidecamp@gmail.com](mailto:1940norfolkguidecamp@gmail.com)

Forms will need to be returned by  
30 April 2023  
We will let successful applicants know by 15th May 2023


 **Abseil Anglia 2023**

Be a part of something amazing!

**When:** 8 May from 9.30am to 4.30pm  
**Where:** The Forum Norwich

**What:** Come along wearing your Girlguiding uniform and be proud to support us! An opportunity to sing campfire songs, take part in fun activities and enjoy being a part of Girlguiding Anglia

**Why:** Girlguiding Anglia will be launching their volunteer recruitment campaign and would love for members to be a part of it to help raise awareness for our fantastic charity!


**We help all girls know they can do anything**



**We Are Back!**  
**9 – 16 August 2025**

NORJAM is a Scout jamboree held in Norfolk at the Norfolk Showground open to all Scouts and Guides from across the world.

**[norjam.org.uk](http://norjam.org.uk)**  
Website coming soon – keep checking!

We look forward to seeing you all in 2025!