

# The Blue sheet



Norfolk's guiding news

July 2023



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

## On the cover:

Downham Market Guides at EVAC

## Inside:

Coronation Events . London  
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Hippodrome Circus . District Days





## We help all girls know they can do anything

Looking back at my first Blue Sheet as county commissioner in October 2018 the words I used to describe the fantastic reports and photos were WOW, WOW and more WOW!

Five years on, as I come to the end of my term of office, that is still spot on. WOW, WOW and more WOW! This edition is crammed full of wonderful reports and photos and showcases the huge range of activities and experiences that are on offer to our young members and those not so young.

How impressive are the Gold awards for so many Rainbows? A great personal achievement for each of them, guided and supported by their amazing leaders. Let's hope their enthusiasm carries on into the next stages of their guiding adventure. Not forgetting of course all the Gold, Silver and Bronze awards that have been presented across all the sections. Congratulations to all recipients.

Being county commissioner over the past five years has certainly been an adventure for me and my county team. It hasn't all been plain sailing with a rather sudden and unprecedented worldwide pandemic to cope with plus lots of other behind the scenes 'issues'. However, reading about all the wonderful things that have been happening across the county over the past few months is testament to the guiding spirit, demonstrated week in week out by our adult

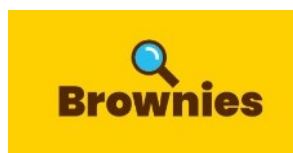
volunteers, who have come back after the pandemic to do what they love and to share their passion with the girls.



Before I sign off, I would like to say a **huge** thank you to my county team – Catherine Morrey, Doreen Brookes, Janet Leeson and Linda Watkinson. I couldn't have done it without them. I would also like to thank our county president, Carol Bundock for her enthusiasm, support and good advice which I have found invaluable. Carol is sadly retiring from her role as county president but will continue to support Girlguiding Norfolk as a vice president.

It just remains for me to wish you a great summer and to welcome on your behalf, your new county commissioners, Fiona Hunter and Yvonne Kemp. I am sure Girlguiding Norfolk will continue to flourish and grow.

*Christine Martin,*  
County Commissioner



# Hippodrome Circus

In July, 100 girls and their leaders from Hautbois district enjoyed a fantastic summer trip to the Hippodrome circus in Great Yarmouth.



The girls took part in a circus skills workshop in the morning including trapeze and walking a tight rope plus spinning plates and juggling. We were fortunate enough to have dry weather (even if it was pretty breezy) so we enjoyed lunch outside and had a jump on to the beach too. In the afternoon we all

enjoyed popcorn while watching the fabulous summer spectacular show back at the Hippodrome.

Rainbows through to Rangers had a fantastic time and of course we had a badge to mark the occasion too!

*Jo Stroud,  
1st Coltishall Brownies*



## Easter Fun

Members of 1st Toftwood Brownies took part in an Easter themed activity day during the Easter holidays. The Brownies had the chance to complete a number of different crafts, including painted cork coasters, lavender sock bunnies, peppermint creams and fingerprint cards.

The leaders were particularly impressed with the hammering skills on show to make their nail art chicks.

The Brownies earned a special Easter badge for the event.

*Katie Theobald,  
1st Toftwood Brownies*





# International Selection Weekend

As international travel is open again for Girlguiding, the Norfolk International advisers have started to establish a program of adventures overseas.

The first stage of the process is selection. Over a June weekend we had the pleasure of getting to know 18 guides, aged 11-13, who had been nominated by their DC or unit leader.

It was a busy weekend at Hautbois shepherd's huts with several activities to help demonstrate team work and resilience including crate stacking, paddleboarding, breadmaking and performing the history of Girlguiding to Brownies at Patteson Lodge, courtesy of The ARC.

The 'community' part of the weekend was assisting the Hautbois team by packing away tents. After a quick

demonstration on how to get the tent back in its bag neatly, the girls worked in teams and managed to take down 18 tents. The speediest team completed the task in less than 3 minutes, which was thanks to brilliant team work!

Towards the end of the weekend, we were visited by Karen Johnson, Anglia Chief Commissioner, who was able to hear about our wonderful menu, the plans we have for international travel and how guiding inspires the future generations.

Our next international selection is taking place in March so keep an eye out for details.



We are also on the hunt for leaders who would be interested in supporting our selection residents as well as our ventures abroad.

Please contact Carin or Kate if you are interested: [international@girlguidingnorfolk.org.uk](mailto:international@girlguidingnorfolk.org.uk)



## RSPCA Fundraising Event

1st Terrington St. Clement Brownies have been working on their Charities badge. Each six chose a charity, promoted it to their peers in many interesting ways and in a secret vote the RSPCA came out as winners. We held a fundraising event, selling cakes and playing games including hoopla, guess how many sweets in the jar, treasure hunt and name the dog. Parents and siblings came along and in 30 minutes we raised an amazing £155!

## County Presentations

It was a pleasure to present special awards to some very worthy recipients when the county executive met at Pensthorpe recently. In particular a well deserved Anglia Brooch for Janet Leeson, ACC and an impressive 50-year long service award for Catherine Morrey, county treasurer. Congratulations to all.

We also said thank you to three trustees who are coming to the end of their term of office – Catherine Leigh, NW Norfolk, Lynn Elliott, Central Norfolk and Carin Pratt, Wensum.



Left hand picture. Back row: left to right: Linda Watkinson, Catherine Morrey, Carol Bundock, Christine Martin, Janet Leeson, Doreen Brookes, Margret Spanswick, Tina Allen.  
Front Row: Nicky Scott, Vicky Wardrope, Nikki Ireson, Kate Hill

Right hand picture. Carol Bundock, Catherine Leigh, Christine Martin, Lynn Elliott, Carin Pratt

## Hethersett Brownies Need Help!

The current leadership team of 1st Hethersett Brownies have a combined service to the unit of 50 years and it's time to take a step back at Christmas – could you take the unit into 2024 and beyond?

Our lively unit of 28 girls meet on Thursday evenings from 5-6pm. Guiding is thriving

in the village with Rainbows, Guides and Ranger units. If Brownies isn't your age group, any of the other units would also appreciate another pair of hands!

To get involved, please contact our district commissioner Pam at [hethersettdistrictcomm@gmail.com](mailto:hethersettdistrictcomm@gmail.com)



## Adele Carty 15 January, 2008 – 23rd May, 2023

***'Just forget if you can that I ever frowned,  
Remember only my smile'***  
(from a poem by Lyman Hancock)

On 23rd June we said a very sad goodbye to Adele Carty.

Adele was a Rainbow, Brownie and then a Guide. Her determined, positive attitude and her cheerful nature endeared her to so many.

Adele loved dancing, singing, acting and chocolate cake with a cup of tea.

She truly embraced 'girls can do anything'.

Goodbye Adele from us all.  
Sleep peacefully.

*Sue Theunissen,  
Heacham Guides*



## Badge Brilliance – Norfolk Rainbows Achieve Gold



Back in the spring of 2021, a shy little 4 year old Erin was impatiently counting down the days to her 5th birthday, keen to escape the confines of COVID lockdown and join our Rainbow unit. Erin had watched her older sister on months of Zoom meetings and was desperate to become a Rainbow herself. As we progressed outdoors, Erin was finally able to begin her journey in the last half of the summer term. And there it started... the sheer grit and determination to experience everything possible, learn anything, help anyone, gain confidence and skills and take every opportunity given. As well as attending weekly meetings, district activity days at Hautbois and Eaton Vale, Thinking Day events at Thrigby Wildlife Gardens and How Hill, sleepovers and theatre trips and completing her GOLD award, Erin has also worked very hard independently to earn all 12 Rainbow interest badges, her favourite being Animal Lover.

She's a force to be reckoned with and eagerly set about organising a plan to ensure she met her goal. During Erin's last meeting, before moving onto Brownies, she was presented with the new 'I Love Badges' badge which seemed a perfect fit – Well Done Erin!

*Sharon Rowsell, 1st Acle Rainbows*

Well done to Ameilia from 2nd Sprowston Rainbows who, after a delayed start due to Covid, was presented with her Rainbow Gold Award, the second Rainbow from the unit to achieve Gold.

District commissioner Pam Lacey was happy to be invited to Ameilia's Pot of Gold party where Amelia shared her favourite things about Rainbows. These included becoming a princess to celebrate the Queen's Platinum Jubilee, enjoying a Rainbow Coronation celebration and taking part in a district day with activities like bracelet making, fruit kebabs and bouncy castle.

Ameilia loved making crafts and her favourite game to play was 'red light, green light'.

Ameilia is sad to be leaving Rainbows but excited to be joining Brownies. She worked hard at home to complete all 12 of the Rainbow interest badges and can't wait to start completing the Brownie ones!

*Kerry Lain,  
2nd Sprowston Rainbows*



In June, the eldest East Harling Rainbow, Amelie Fusco-Nicklin, achieved her Rainbow Gold Award, having completed over 720 hours of activities, 6 different skills builder badges and 6 interest badges across the 6 guiding themes. In addition, Amelie went above and beyond to achieve all 12 interest badges, something we are all very proud of her for.

Notably, Amelie is the first Rainbow in East Harling to get this award. To celebrate we held a gold evening, played lots of games, hunted for gold treasure and got gold medals for doing an obstacle course before Amelie was presented with her badge by Wayland District Commissioner, Sonia Ewbank.

Amelie showed the unit all her badges, told us about which were her favourite to complete and which she found the most challenging, she also showed us a book of her favourite memories whilst at Rainbows. Congratulations Amelie!

*Rabbit, Fox Cub, Red Squirrel, Deer.*



1st Harling Rainbows are a growing unit of girls aged 4-7 years and consequently are looking for volunteers.

To volunteer or register a child for a place please visit:  
[www.girlguiding.org.uk/get-involved](http://www.girlguiding.org.uk/get-involved).

1st Poringland Rainbows is delighted to announce that five dedicated Rainbows have achieved the highly coveted Gold Award. This significant accomplishment is a testament to their hard work, commitment and passion for personal growth.

Amy Collins, 1st Poringland Rainbows Leader, said: *"I'd like to thank the leaders, parents, and mentors who have supported these Rainbows throughout their guiding journey. They have played a crucial role in the success of these exceptional girls. I hope they enjoy their next adventures in Brownies."*

Left to right: Elle, Esme, Seren, Beatrice and Annabelle .



Keswick Campsite was the venue for the latest Gold Award presentations to four 4th Norwich Rainbows. Lily, Carmen, Freya and Flo worked super hard to achieve the requirements for the award with Carmen and Flo also completing all 12 interest badges.

The evening started with a parents v children rounders match which was interrupted by a particularly noisy thunderstorm. After piling into the hut for badge presentations we managed to finish the match - Rainbows won!



# King's Lynn Trip to Adelboden

With guiding returning to face-to-face meetings after Covid-19 the leaders of 4th, 9th, 17th & 19th King's Lynn Guides and King's Lynn Rangers thought a trip to Switzerland would be part of returning to normal guiding.

Overcoming the change in post-Brexit travel requirements and adding in Covid-19 risk was challenging. The travel insurance premium increased 25% for Covid cover and then they lost our forms 6 weeks to departure. Guiding spirit to the fore and we were set to go.

In anticipation of the additional costs we may meet, two supportive parents found us plenty of fundraising opportunities, boosting our funds and giving us the opportunity to visit all the places on our 'wish list'.

The week was an amazing adventure. At 'Our Chalet' new promises were made, GOLD awards presented and then as a group we made our Promise to the King. We also

left badges and pinned our trip badge to the map in Speicher.

It was a packed week of events including cable car rides, tobogganing, boat trips on the lake and a funicular railway on the Neisenbahn, the Swiss Pyramid.

The gorge walk at Aareschlucht was amazing and somewhere we had not visited before. Pictures do not do justice to the beauty of this place.

On our trip to the Woodcarver two of the leaders took the badges they had bought 30+ years ago. Over time their names had been worn away and Herr Trummer kindly re-wrote them.

Evenings were spent playing musical bingo, camp fire and fondue, pamper evening and a games evening.

Hari's Chalets in Adelboden are celebrating their 100th anniversary in 2025 and the plan is to visit to be part of that special event.

*Pat Pinnington*





# Easter Visit to Hautbois

Eleven members from 1st Freethorpe Guides and Acle District Rangers were lucky enough to get funding from UK Youth for a two night residential stay at Hautbois.

We slept in the beautiful house for the first time ever and were very excited about this opportunity, having previously both camped and stayed in Lodge Cottage.

After making our beds on Friday we were treated to a yummy and plentiful pasta bolognese and "the best chocolate cupcakes ever" before snuggling up in our pj's to watch a film with hot chocolate and all the trimmings.

Saturday morning started with archery followed by bushcraft where we learnt how to light a fire and make paracord keyrings. After filling up on jacket potatoes and a quick visit to the well-stocked region shop to top up badge

collections, we enjoyed an afternoon of abseiling and stand up paddleboarding in glorious sunshine! BBQ chicken and wedges filled our tummies before we headed outside to make the most of the light evenings and enjoy orienteering and the Hautbois maze. Having had such a busy day, sleep was on everyone's minds so we retired to bed ready for another adventurous day tomorrow.

The Sunday morning alarm was greeted with squeals of excitement as, post breakfast, we headed off to zip wire! After lots of attempts at Disney film charades as people zoomed down the wire, we put our feet back on the ground and battled to find the midi-fencing champion. It's a new activity at Hautbois, and not something anyone had tried before. We all picked it up quickly and were keen to be crowned the winner.

After yet more food, and we were certainly kept well fed and watered by the fabulous Hautbois catering team, we headed outside for our final adventure of the weekend – crate stacking. Once we were harnessed and ready to go, we started building towers and climbing up them, showing fabulous teamwork, support and encouragement for each other resulting in every member swinging from the trees!

We cannot thank Hautbois enough, especially James, Megan, Rowena and Sammy, for making us feel so welcome and at home and sending us home with exceptionally full tummies! We are also grateful to UK Youth for the funding to enable every member to take part in this amazing opportunity!

*Poppy George,  
1st Freethorpe Guides and  
Acle District Rangers*





## RNS 2023

At The Royal Norfolk Show 2023 representatives from Guides, Scouts and EACH (East Anglian Children's Hospice) were invited to meet the Prince of Wales.

I was selected to go and was a mixture of nervous and excited. The Prince chatted to us about our favourite things to do at Guides. It was very exciting meeting him and talking about his opinion on being outdoors – he thinks we should be outside more.

Prince William shook everyone's hand – it was very hard to bring myself to wash it! I made sure I looked extra smart to meet him too!

*Colette Purvis,  
Dereham Guides*

## Serving Teas

4th Norwich Rainbows had a fabulous time serving refreshments to members of the public at Pull's Ferry recently but the thing they enjoyed most... the washing up!!



## School of Rock

On a bright, sunny June day, 7th Hellesdon St Paul's Brownies went to the Maddermarket Theatre in Norwich to watch the musical "School of Rock". This was a performance by the Echo Youth Theatre and the cast were incredible. We even spotted one of our ex Brownies amongst the talented youngsters.

The Brownies had a fabulous time and enjoyed an ice lolly to cool off thanks to our generous donation from Girlguiding. An excellent day was had by all.

*Lynn Unsworth*



## Neon Sleepover

It was with great kindness that 1st Catton Guides invited 3rd Hellesdon Guides to join them on their 90's/Neon themed sleepover weekend at Patteson Lodge.

Many memories and giggles were had throughout the weekend, from having a glow stick disco where glowsticks were taped to limbs to reflect in the dark whilst the girls danced around, to enjoying Hautbois Open day. There the girls could enjoy taster sessions like paddle boarding, kayaking, grass sledging, wall climbing, abseiling, archery, low ropes and zip wire as many times as they liked.

Back at the Lodge girls had the opportunity to decorate candles, learn macrame to make owls, make paracord keyrings to name just a few of the activities on offer. The girls even had a great camp fire in the woods wrapped in their camp blankets.

Making their own tea was a great giggle and soon a conveyor belt of pizzas were flowing from the oven with a yummy smell of garlic bread too.





## Thorpe's District Day

Rainbows, Brownies and Guides from Thorpe District joined together for a fabulous activity day at Keswick campsite in June. All those present earned the Feel Good in Nature Badge, launched by Girlguiding Anglia and the RSPB.

The Rainbows loved being outside all day and completed the following activities: stone painting, an A-Z treasure hunt of natural objects, a bug hunt, a free falling experiment, making mini bug hotels, decorating binoculars and meditation to help connect with the emotions that nature can help bring. Of course the best part was making and eating s'mores.

Excitingly, Bluebird (Sarah Wilby), our newest leader, made her promise to Doreen Brookes and her daughter Sophia received her Gold Award. Congratulations to both of them.

Sadly, the campfire singing was cut short by a downpour of rain.

*Jackie Baker, 3rd Thorpe Rainbows*



## EVAC Day

4th Norwich Brownies had an adventurous time at Eaton Vale Activity Centre recently.

Activities included navigating the cave bus, racing round the Go-Kart track and obstacle course and creating natural art.

Earlier in the term, the girls completed activities from the Take Action theme, voting to collect and donate Easter eggs to the Jenny Lind Children's Hospital.

We are very proud of the girls for thinking of others and upholding their Brownie promise.

*Katie Clough,  
4th Norwich Brownies*



# King's Lynn Trip to London

9th, 17th and 19th King's Lynn Guides and King's Lynn Rangers got together for a long overdue trip to London to experience a West End Show and Trooping the Colour.

The original plan to take a small group of 18 was not the final number. The event was so popular and we had 39 Guides and Rangers plus 8 leaders attend. Some of our group had never been on a train or the London Underground. Each group was provided with a camera to take pictures of their trip.

On arrival at Pax Lodge, we were fortunate to meet a group of American Girl Scouts. Photocall done we headed to Buckingham Palace in time for 42 Gun Salute and the second balcony appearance for the fly past. We were fortunate to have good weather and the Guides and Rangers coped so well with the heat.

Next to Girlguiding HQ for a quick lunch stop and shop. Then on to the Apollo Theatre for Wicked where Olivia made her Ranger promise in the interval. Fortunately, we had

filled the last two rows of the dress circle which made the ideal special place for Olivia to make her promise.

A trip then to the Tower of London for an evening walk along the Thames from Tower Bridge to London Bridge before heading back to Pax Lodge.

On Sunday we were up early for breakfast to make sure we were ready for the Flag Ceremony. After which promises were made and GOLD awards presented.

Then a walk to Camden Market. I'm not sure we were ready for the many shops and sights at the Market. Umbrella Alley had so many shops for the girls to spend their money. We had lunch sitting in the sun at Camden Lock watching the canal boats go past. The Rangers were spent out.

Great weekend with lots of memories made for everyone.



## The Big Help Out Party

In June, Horsford and Hellesdon district came together at Hellesdon Scout HQ for a disco party to celebrate the King's Coronation and to make donations to the food bank.

It was a very hot day and we were thankful to be awarded a donation from Wensum Division to fund a visit from an ice cream van. The grant also allowed for everyone to have a coronation badge.

We had a fun filled afternoon and collected a generous amount of food and toiletries for the central foodbank.



# Cantley Engineer Visits Guides

British Sugar are always pleased to celebrate women engineers and want to help promote the career path to the engineers of the future.

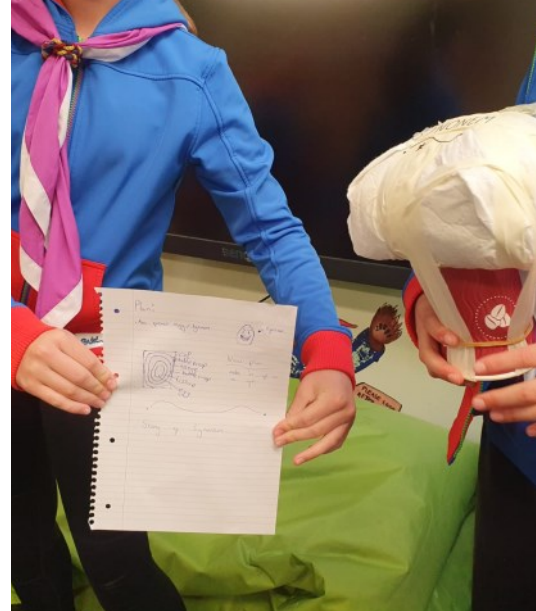
To celebrate International Women in Engineering (INWED) Day, Lauren Padmore, a Process Engineer at Cantley factory, visited 1st Freethorpe Guides to bring the homegrown sugar production journey to life and talk to the Guides about future careers.

With this year's theme of 'Make Safety Seen' in mind, Lauren brought along a range of personal protective equipment (PPE) from the factory for the girls to try on, to demonstrate how they keep themselves and their colleagues safe on site. She also devised a challenge to put the Guides' engineering skills to the test, getting them to design something to protect an egg from a 2-metre drop. The Guides proudly shared photos of their

named eggs once they got them home safely and unwrapped them!

Lauren commented, *"The girls were very enthusiastic and asked some great questions. I was very impressed with the knowledge they had on engineering. We spoke about the wide range of engineering opportunities available, the day-to-day life of an engineer and by the end of the session a lot of the girls said they would consider engineering as a career opportunity."*

Lauren added, *"the Guides showed fantastic design engineering skills when it came to the egg drop challenge, working together in the task, to create excellent plans safety devices to protect the egg. The eggs were in great hands, and*



*none were harmed in the 2m drop – well done girls!"*

1st Freethorpe Guide leader Dawn George, said, *"It was great to have Lauren visit our guiding unit for International Women in Engineering Day. The girls really enjoyed hearing what it's like to be an engineer and learning about what goes on behind the scenes in the sugar factory on our doorstep. Visits like this are invaluable in inspiring young people to look towards careers in STEM, especially at an age when they are considering future options."*



## Teddy Bear Festival

2nd Attleborough Rainbows and 3rd Attleborough Brownies enjoyed their annual walk spotting bears of all shapes, sizes and designs as part of Great Ellingham Teddy Bear Festival.

It was a particularly soggy Tuesday evening and we ended up quite wet, but everyone had fun and took home a commemorative badge as a souvenir. There were over 90 bears this year and we managed to spot 25 in the time available. The most popular bear was Pooh and friends but close runner's up included Parachuted, Mer-bear, Ted Sheeran and Star Wars.

*Kathryn Donald*



# Clackclose News

Members in Clackclose district, West Norfolk, have been very busy recently. Here's what they've been up to...



## Guides receive prestigious badges – 1st Downham Market Guides

1st Downham Market Guides are thrilled to have awarded 6 Guides with their Bronze Award and these girls are now striving for Silver and Gold.

The Guides all worked extremely hard (while having lots of fun) earning their Mixology and Conscious Consumer Interest Badges. Learning about keeping well, first aid and the importance of influencing through campaigning and raising money for good causes.

## Rangers do Fencing

Clackclose Rangers enjoyed an evening of fencing from The Norfolk Fencing Club. The Rangers learnt a brief history of fencing, before donning all the protective equipment and duelling. They enjoyed themselves so much they've asked to do it again, although all agreed it made your legs ache and was hot under the face guard.



## British Science week

With the support of British Science Week funding, leaders from 1st Watlington and Runcton Holme Brownies and Guides successfully organized engaging sessions for 90 young women and girls across six units.

These exciting activities allowed our members to delve into the wonders of science, by completing the 'Astronaut Challenge'. The girls had the opportunity to create their own constellations using wooden sticks and clay, using their creativity and imagination. They also discovered the power of teamwork as they worked together to land their own rocket. They also found out why people think the moon is made of cheese, by tasting different cheeses they decided which they thought most tasted like the moon.

This fun and interactive experience provided a glimpse into the thrilling side of science, with the hope of inspiring the girls towards potential careers in the scientific field.





### Guide and Rangers Eaton Vale Trip

30 enthusiastic Guides and Rangers from Downham Market and Runcion Holme recently had a thrilling adventure day at Eaton Vale where they took part in a range of exciting activities, including conquering the high ropes course, tackling an obstacle course, mastering the art of kayaking, and honing their aim with the air rifles. It was a day of challenge, skill-building and unforgettable memories for all our Guides.

This trip was organised by the leaders to give the girls the opportunity to try new things and also team build. The guides even managed to organise a game during lunch without the help of the leaders, showing their independence and leadership skills.

### Ambulance Visit

Rangers had an exciting visit from the East Anglian Ambulance Service where they had the opportunity to learn about the job of a paramedic. The informative session covered essential topics such as defibrillators, CPR techniques, handling emergencies and the risks associated with hoax calls. The experience was made even more exciting as the girls were given a special tour inside an ambulance and had a chance to sit in the driver's seat to turn on the blue lights and siren.

It was an educational and hands-on experience that left our Rangers feeling empowered and inspired to help others in times of need.



### Litter Picking

After a fulfilling litter pick, 1st Downham Market Guides found themselves at the end of their community activity, embracing the spirit of 'thinking of others'. The Guides took part in Litter Pick Bingo, turning their cleanup efforts into an exciting game. They also displayed their botanical knowledge by identifying five different weeds, five beautiful flowers, and five diverse varieties of trees.



The dedication and hard work of our Guides didn't go unnoticed as members of the public who witnessed their actions applauded and congratulated them for their outstanding efforts. It was a heartwarming experience that highlighted the positive impact our Guides can make within their community.



# Guides Conquer Jacob's Ladder

Following a generous donation from Wensum Division 12 girls from 1st Queens Hill Guide and Ranger Units visited Eaton Vale Activity Centre for some end of term fun!

After a fierce debate, the vote decided Jacobs Ladder, a high ropes activity where the wooden steps and posts get further apart the higher you climb, was the activity the majority wanted to do. At this stage, all leaders bowed out gracefully and advised that they would be there to provide cheerleading and to take photos...

Jacob's Ladder is physically challenging and takes real team work to get the climbing group to the top. The rest of the team will belay instruction and encouragement from the bottom, pulling ropes through big anchor points on the ground that keep the climbers safe, making sure that everybody is ok and helping the climbers with where to place themselves. The girls took turns to climb, with varying results, but the team-work and dedication

they put in was absolutely amazing. They worked really well together and the shouts of encouragement from them (as well as us leaders) could probably be heard for miles around!

The leaders kept everybody up to date with the events of the evening with plenty of photos being posted live from the session on our closed Facebook group. This meant there was plenty of encouragement coming in from parents as well!

Spurred on and showing real grit and determination, everyone opted to try and conquer Jacob's Ladder a second time, even those who were overcoming a fear of heights - what a huge sense of personal and group achievement at the end of the session.

We were really fortunate with the weather as earlier in the



day there had been torrential rain and thunder storms! Thankfully at our session time the sun came out, and it continued to shine until we were back in the car park waiting for pick up when it started to spit with rain again.

A lasting memory for all to treasure over the summer holidays!



## EVAC Day

The cows in Marston Marshes were not 'amooooosed' by the arrival of 13th Norwich Brownies. The girls got up close and personal while working towards the river and canal badge. The girls learnt all about how to be safe around the water before a evening walk along the river!