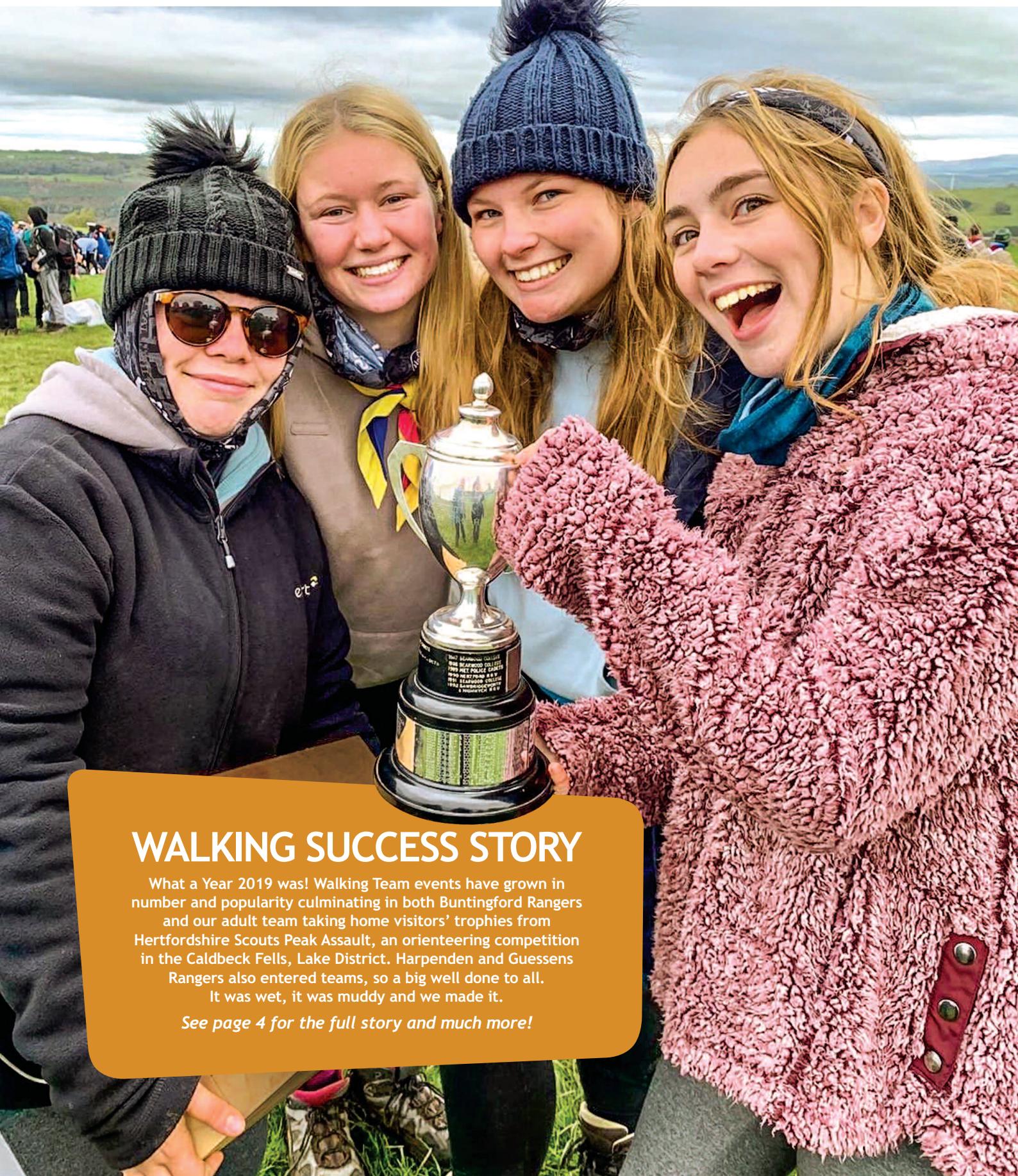




share



WALKING SUCCESS STORY

What a Year 2019 was! Walking Team events have grown in number and popularity culminating in both Buntingford Rangers and our adult team taking home visitors' trophies from Hertfordshire Scouts Peak Assault, an orienteering competition in the Caldbeck Fells, Lake District. Harpenden and Guessens Rangers also entered teams, so a big well done to all.

It was wet, it was muddy and we made it.

See page 4 for the full story and much more!



HMS Belfast

19th & 14th Harpenden Brownies

In November 2019 the 19th and 14th Harpenden Brownies had an amazing night on HMS Belfast on the River Thames.

We travelled by train which was an adventure in itself – London Bridge Station in the rush hour! – and spent Friday evening and Saturday morning learning about the activities that the HMS Belfast has been involved in over the years. We slept in bunk beds under the water line and had a scrummy breakfast. A good sleepover!

Linda Traynor Leader, 19th Harpenden Brownies

NIGHT SKY OBSERVERS



1st Flamstead Brownies spent an evening looking at constellations.

Firstly, each girl chose a constellation and marked the pattern on a card circle. They made holes in the card and by using a torch were able to view the image of their constellation on the wall. The same images were then used to decorate biscuits, which we placed on our map in the right places – it took us a while! We saved the biscuits (many groans!) and took them with us when we went on our annual ‘torch walk’ along local footpaths at our next meeting. This is one of our most popular activities, even for parent helpers, and luckily it was a beautifully clear night. When we stopped to enjoy the biscuits with some hot chocolate we were able to identify some of the constellations in the sky for real, and it was made more exciting as one of our parent helpers had an astrology app to show us too!

We all enjoyed the evening (not sure what the group of late night cyclists thought when they came across a noisy group having a snack!). Hopefully some of the girls will now be inspired to complete the ‘Space’ interest badge!

Jenny Frampton Leader



Future Girls Act on Plastic



Both Thorley Rangers and 1st Thorley Guides undertook the Future Girl challenge looking at plastic pollution and the steps we can all take to reduce our plastic use.

Taking time to think about everyday objects we take for granted which are in turn polluting the planet gave us a lot to think about. Every girl, in each unit, took home some actions they have pledged to take to reduce their plastic use and



where this is not possible to be more thoughtful of how they dispose of the subsequent plastic waste to minimize the effect on the environment.

The evening for each unit ended with the creation of plastic creatures and signs related to the 'act on plastic' theme.

Carrying on this theme the two units got together and took the Project Aware Course offered by PADI which looks at the pollution in our oceans and what this means for the creatures and plants which live there. Plastic is obviously a real threat to marine life, but we also took the theme further and looked at pollution in the oceans more broadly. It gave the girls a real appreciation for what a tiny act of dropping plastic or any other form of litter on a beach,

for example, can mean to the ocean environment as well as considering other disasters like oil spillages.

A very thoughtful group of girls went home after these sessions with a real appreciation for their role in making the world a better place. If everyone took individual responsibility and stopped to think about plastic use, all of the small contributions would really add up to a much reduced use of plastic and the associated plastic pollution which is now becoming a global disaster.

Julia Keddie Leader



Gold Awards 6th WGC Brownies

On the 16th September 2019, ten Brownies from the 6th Welwyn Garden City Methodist unit gained their Brownie Gold award.

Their awards were presented to them by the newly appointed County Commissioner Jenny Maskrey and Assistant County Commissioner Sally Settle.

It was a very proud moment.

Gill Logan Leader

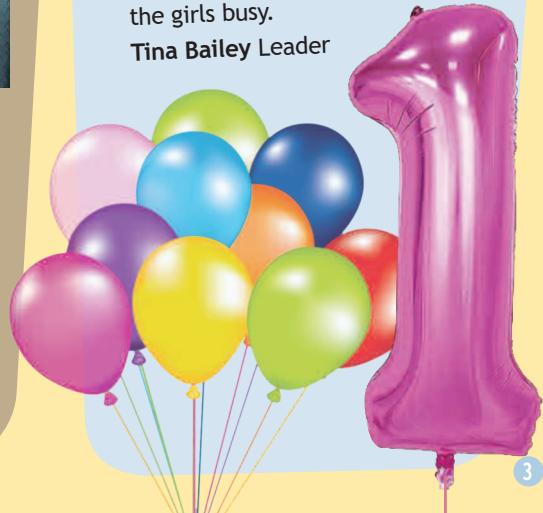


10th Goffs Oak all age unit for girls with additional needs

September was an exciting month for the 10th Goffs Oak unit as it was their first birthday.

Blowing the candles out on a lovely big chocolate cake was the highlight of the afternoon, and party games, balloons, singing and dancing kept the girls busy.

Tina Bailey Leader



PEAK ASSAULT

Continued from front cover

We kicked off the Summer with Mountain Experience, a training weekend event in the Peak District, open to Rangers, young leaders and adults alike. Starting at Edale we paced our way from point to point, clough to clough, along the edge of Kinder past mysterious rock formations, then down via the tarns of Grindslow Knoll. Overnight we stayed in the warm and dry at Glenbrook Guide Centre, before finding our bearings on Bamford Moor. The weather was mostly kind too and we had a fab time despite the minibus breaking down!

Next up was our first challenge event; the Yorkshire Three Peaks, taking in Whernside, past the famous Ribblehead Viaduct, up Penyghent and finally summittting Ingleborough as the sun dropped. It was a long 24 mile day with an

ascent of 1,585m but all participants dug deep, ignored the blisters and got back to the bunkhouse for a feast.

If you're a Ranger, young leader, or an adult with a passion for walking, 18-30 (or well over!), you can take part in similar events in 2020. Contact your county walking adviser alison.tuch@gmail.com and check out the county website and newsletters.

As always there will be adventures for younger members too – walking is for ALL sections. The Walking 100 badge will be relaunched to fit with the programme and surprise events are in the pipeline.

Alison Tuch County Walking Adviser

Front cover:

Peak Assault and Buntingford Rangers with the Visitors' Trophy

This panel:

Murky conditions at Peak Assault on Caldbeck Fells, Lake District

YORKSHIRE THREE PEAKS



MOUNTAIN EXPERIENCE



QUEEN'S GUIDE AWARD

On Sunday 3rd November 2019, I was fortunate enough to receive my Queen's Guide award. We celebrated in style with cake and afternoon tea style refreshments, surrounded by friends and family who have been part of my Guiding journey from Rainbows to currently being a leader now. Especially invited were those who helped me to complete the award such as my mum, mentor, local leaders and my assessors.

The award took me about 2 and a half years to complete in total which included lots of activities, beginning with organising a district Thinking Day event for all sections. The final part of my award involved presenting my community action section which was based on helping local homeless charity DENS. I fundraised for the charity using a sleepout event and raised awareness of the charity with the Brownie units I work with. Other parts of the award were my exploration for which I visited Weymouth to complete an A-Z of tourism there. I also volunteered at Wellies and Wristbands on the activities team and helped to gather feedback from participants and volunteers. I also helped with catering for the county guide competition the Great Patrol Hunt. I took part on a walking team residential where I made connections with lots of other people in guiding and enjoyed exploring the beautiful Lake District landscape. I also developed my personal skill of hockey. I continued to work alongside local units which also included giving Brownies the opportunity of a one-night residential event.



Overall, I feel very privileged to have been able to widen my guiding horizons and to be able to do things that I would not have done if it wasn't for my Queen's Guide award. I thoroughly enjoyed completing this award and cannot wait to see where my Guiding journey takes me next.

Elizabeth Pavlik



Time flies when you're having fun!

I can't believe it is six months since I have been in post as county commissioner. As you would expect, I have been very busy learning new things, meeting new people and attending lots of meetings. I have really enjoyed meeting with leaders, commissioners and advisers within the county, their skills and enthusiasm are wonderful to see. Meeting with the girls and seeing how much fun they have at meetings and events is so lovely and really motivates me.

Girlguiding in Hertfordshire already provides so many opportunities for its members and we look forward to opening up many more.

The county team is always evolving to ensure we have the people in place to provide these opportunities. Of course, looking after our members is also very important and I am pleased that we have been able to appoint wellbeing and safeguarding advisers. We have renamed our Special Needs Team to Inclusion Team and we have a very caring county Chaplain. Between them they will help leaders to look after their young people, but they can also assist our amazing volunteers so please do get in touch with them if you feel you need any support.

We want to reach more members with news of events and would welcome any ideas about how to do this. We are looking to form a team to look at the website and communication and we would love to involve younger members in this.

The next few months will see the county form its strategy which we look forward to sharing with you. Please do get in touch to share ideas but most of all get involved. Together we can make a difference.

I look forward to the upcoming events and to meeting more of our members; please do say hello!

Jenny Maskrey County Commissioner

Helen Bainbridge

What is your role? How would you describe it in a nutshell?

My role as wellbeing adviser is to help leaders understand and prioritise wellbeing – what is it, why it is important, and how can I help build it in myself and others? This happens in a few ways, from training and resources to support when leaders are concerned about an individual's wellbeing.

How did you become county wellbeing adviser?

I was supporting an individual in my own district who was struggling, building on my experience with pastoral mentoring as a youth worker. I got talking to Jenny Maskrey, our County Commissioner, about support we could put in place and she told me about her exciting plans for wellbeing in our county and how I could get involved.

How do you feel having a wellbeing adviser in the county will benefit members?

Girlguiding is all about wellbeing, and we're all building the wellbeing of the girls in our units – whether we realise it or not. We teach them life skills, to advocate for themselves and others, and to take care of their bodies and minds.

Things are changing, though. We understand more than we ever did about how our minds, bodies and emotions work (and work together) but we're also living increasingly busy and stressful lives, not to mention the challenges our girls face forming their identities surrounded by social media and industries which make money by persuading us that without the latest thing, we are not enough. Hopefully, we will be better able to equip you and advise you to be ready to respond to these challenges with confidence in your units.

If someone feels they wish to improve their wellbeing what do you advise as their first step?

Imagine that you are one of the girls in your unit who has come to their leader for help. What would you advise them to do? Would you allow them to speak about themselves critically? Would you encourage them to work hard and be busy all the time without ever taking a break for themselves? How would you teach them to take better care of themselves? Most of us would be much harsher on ourselves than the girls we work with, so it can be a useful reminder to be kind to ourselves – you'll make much better choices by valuing yourself than criticising yourself.

Do you have any other roles?

Within Guiding, I'm a Brownie leader in two units and I'm a district mentor, admin and ID verifier. Outside Girlguiding I'm a youth worker, and a mum to my eight month old.

How long have you been in guiding/what is your guiding history?

I have been in Girlguiding since I joined Rainbows back in 1994. I've been a Rainbow, Brownie, Guide, unit leader (Brownie helper), and young leader, and as an adult I've been a leader in the Brownie, Guide and Ranger units I used to attend.

What is your favourite guiding activity?

My favourite Guiding activity is residential – I really like camping, and Brownie

holidays (although I've never been brave enough to take Brownies on camp). They're exhausting and a lot of work but they are also really good fun, and they provide time and opportunities to get to know the girls and help them grow as individuals that you just don't get elsewhere. One example that stands out was a Brownie holiday at Hautbois. We went away with quite an anxious bunch of girls, but we spent the trip teaching them that it was okay to take (sensible) risks – trying new activities, or even just jumping down from the bouldering wall. It was amazing to watch them learn about themselves and come away more confident.

What do you do when you aren't volunteering?

When I'm not volunteering I am either with my husband and my eight-month-old son and our family, or at work. I'm a youth worker in a Church in Hitchin so my work has similarities with what I do in Guiding – I'm planning sessions and events, getting to know the young people and families that I work with and supporting them to take care of themselves and grow their wellbeing. I like creative things like music, sewing and baking but I don't get that much time to do them.

How would someone describe you?

I would hope that they would describe me as caring and passionate about helping people to reach their potential, but they'd probably also say that I try to do too much!

How does your role affect what you do with your unit?

I've always tried to do wellbeing-related sessions with my units. For example, we did a superhero evening where we gave characters to a few key parts of the brain and used them to explain how those parts of the brain interact when we are anxious and what we can do about it. We also did another where we made self-care boxes. I've been working in schools with young people who struggle for the past decade. Although we can never fully prevent mental and emotional health struggles any more than we can stop people getting colds, I firmly believe that the more we build wellbeing and resilience in young people across the board (and preferably from a young age), the fewer cases of issues like anxiety, depression and self-harm we will see.

What is your next challenge?

In my own life, I've just gone back to work after my maternity leave so my current challenge is figuring out what life looks like trying to fit in work, volunteering and family. As so many of you will be able to relate to, I'm finding out just how hard it is to do that balancing act without burning out. In Guiding, I'm trying to recruit and build up a team of division wellbeing reps who can further support you and your units.

How has Girlguiding changed over the years?

I think Guiding has changed quite a lot, but it is right that it does change because society does too. I think these changes come with challenges but with positives too. Our leaders are busier than ever not least because it's the norm to work longer and longer hours, but Guiding has become more flexible, meaning that leadership is much more of a team exercise with the wider skill set that comes with it. We have more girls with additional needs (or maybe we're just better at identifying and responding to them?) but that teaches us to be more creative and accessible in the way we do things – because what is 'normal' anyway? Every change brings a challenge and an adjustment period, but the thing that remains constant is our motivation to do our best for our girls.

If you would like to know more about wellbeing in Girlguiding Hertfordshire, please take a look at the county website wellbeing resources page:

<https://www.girlguidinghertfordshire.org.uk/about-us/wellbeing-resources-and-links/> If you would like to get in touch please email wellbeing@girlguidinghertfordshire.org.uk

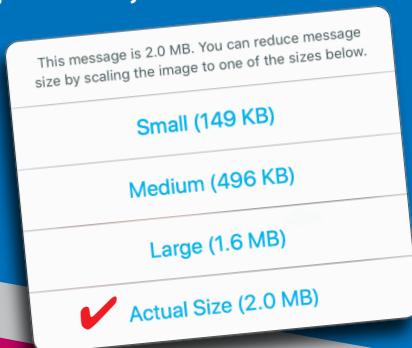


QUICK? QUESTIONS

SENDING US YOUR PICTURES/IMAGES

Share wouldn't be the magazine it is without all your fantastic photos.

We know most photos are now taken using mobile phone cameras, which have improved greatly over the last few years. For photos to be reproduced well in the magazine, ideally they need to be **1MB - 3MB per photo**. When sending photographs (the more the merrier), please email them separately to avoid them being condensed in size **and if prompted, please ask for the photo to be sent in its original/actual size** – anything around 1-3MB would be perfect.



Future editions of Share

There are so many amazing events, experiences and news stories from across the County that we want to shout about and we want to shout louder than ever!

Keeping up with technology and communication trends; doing our part in protecting the environment and staying current for our members are all things we need to take into account and therefore going forward **Share** will look slightly different. There are many ideas and it is likely that you will see **Share** coming to you in different formats and, as a result, on a more regular basis. This will enable you to digest the news and act on the exciting opportunities when they are relevant.

We will continue to consult members and gather feedback. Please send any ideas you may have to share@girlguidinghertfordshire.org.uk

Be part of it

We will need a team to help with the new look **Share**. Why not be part of it? Let us know if you would like to be part of the **Share** team by emailing share@girlguidinghertfordshire.org.uk by 1st July 2020.

Social Media

In the meantime, please follow Girlguiding Hertfordshire on social media to ensure you are up to date on news and opportunities.

Facebook: @GirlguidingHertfordshire Twitter: @gguidingherts

As we are unsure when normal Girlguiding activities will resume please send in any articles or pictures as and when you are able.

Please send items to:
share@girlguidinghertfordshire.org.uk

PHOTOGRAPHS: For photos submitted where individuals featured are identifiable, please complete, sign and return a photo permission form which can be requested by emailing share@girlguidinghertfordshire.org.uk or visiting www.girlguidinghertfordshire.org.uk/get-involved/share/

Please note photos may be cropped/edited/deleted where permissions are not provided.

Photos submitted may be used for Girlguiding Hertfordshire publicity.

Happy Hearts Go Greek

Happy Hearts county residential weekend for members with additional needs was held in September at Wymondley Wood Guide and Scout Centre, Letchworth, with the theme for the weekend being *Mamma Mia*.

It was a fun-packed weekend with the highlight on Saturday being an ABBA tribute band who were fantastic getting the girls to dance and sing all the ABBA songs – not that they needed much encouragement to do so.

Sunday saw the girls enjoying Bubble fun. This activity is the highlight for some girls but especially the wheelchair bound girls who just love bubbles, especially the really big ones.

Gill Logan County Inclusion Adviser



DATES for your Diary

See E-newsletter or website events page for details.

2020

Due to current Government advice, please check the county website events page www.girlguidinghertfordshire.org.uk/events/ and monthly newsletters for up-to-date information as to whether event/course is taking place.