

Girlguiding Hertfordshire

Frog quest challenge badge



To support the fundraising efforts for the refurbishment of Hertfordshire Guide Centre.

Welcome to Girlguiding Hertfordshire's frog quest challenge.

Thank you for taking an interest in our challenge badge, which has been created to support the fundraising efforts for the refurbishment of our county centre in Cottered, Hertfordshire.

The county centre offers indoor accommodation, a campsite, campfire circle, trim trail and pond, making it suitable for meetings, training days, sleepovers, residentials, camps and activity sessions, such as pond dipping.

Having spent 25 years with members of Girlguiding sleeping on mattresses on the floor in the hall, it was our dream to have dormitories to sleep in and for the centre to be accessible to everyone. Due to the costs, the work has been split into phases with phase 1 due to complete in the summer of 2025.

Phase 1 will form a new accessible bedroom and bathroom – complete with hoist and adult changing table; a leaders' bedroom with ensuite and 3 dormitories to sleep a total of 20 people.

The proceeds from the sales of this badge will go towards phase 2, which will include a new heating system along with updating and making the kitchen accessible to all.

We are grateful for any contributions to our fundraising and thank you for your time in reading this pack.

Re-opening offer

To celebrate the re-opening of Hertfordshire County Guide Centre, following phase 1 of the refurbishments, Girlguiding Hertfordshire members have an exclusive **leaders required for ratios go free offer** for all bookings between 2 June and 31 August 2025.

<https://www.girlguidinghertfordshire.org.uk/about-us/county-centre/>

How to complete the challenge

There are 4 sections to this challenge badge with 10 suggested activities per section. We would encourage members from all ages to take part. Additional resources can be found at the back of the pack.

Arts and crafts



Food







Environment
and
sustainability



Charity
fundraising

How many activities should each guiding section complete?

	Complete 1 activity from each of the 4 sections.
	Complete 1 activity from each of the 4 sections, plus 2 more of your own choice.
	Complete 2 activities from each of the 4 sections.
	Complete 2 activities from each of the 4 sections plus 2 more of your own choice.



Arts and crafts

1. Water lilies

Water lilies grow in still or slow-moving water like ponds, streams and the edges of lakes in tropical areas. Their floating leaves are often called lily pads and frogs like to sit on them.

Use card, paint, tissue paper, and felt to create these beautiful water lilies. There are quite a few steps though, so you may choose to use coloured card instead to make it quicker. Instructions are at the back of the pack.



2. Frog bookmark craft

With the arrival of the new Book lover badge for Rainbows and Book reviewer badge for Brownies, why not make an adorable frog bookmark to make reading time even more special?



You will need:

Coloured card; a pencil; PVA glue; scissors; sharpies/felt tip pens and googly eyes

Find full instructions at the back of the pack.

3. Origami frog

Use thick green paper to make an origami frog. If you're careful, they will even hop. Maybe, you could have a table-top frog race in a group.



4. Clay frog

Made with air dry clay, and painted with acrylic paint, this is a great activity for all ages.

No special tools are needed to make this clay frog – only your hands and toothpicks are needed to sculpt it.

You can either make your own air-dry clay or buy some from a craft shop. Once made, it will need 3-4 days to dry completely. This is ideal for a residential or to complete over 2 meetings along with other badge clauses.

5. Hama bead frog

Use light green, dark green, white and black hama beads to make a frog. Frog-shaped peg boards are available from online craft shops, or you can use a different shaped board and the templates in the resource section.

Did you know?

There is evidence that frogs have roamed the Earth for more than 200 million years, at least as long as the dinosaurs!



6. Frog pond playdough

Not just for our youngest members; make playdough to create a frog pond. You could also make different colours to create water lilies and lily pads.

Once the playdough has been made add props to help create a pond-scape and talk about the life cycle of a frog in springtime.

See the resources section for playdough recipes.

7. Frog bean bag toy

This easy to follow activity helps girls to create their own bean bag frogs. They can be made out of any material in any pattern or colour and then filled with dried beans, lentils or pulses of your choice. These would be a great addition to a sequence of meetings, where you could use them in a game after they are finished. Instructions are at the back of the pack.



@spiderqueensshoppe on Etsy



8. Frog planters

Combine this clause with “grow your own” from the food section to create a truly unique herb garden or salad pot. Use a plastic bottle to create this planter and think about

reducing waste at the same time! All instructions can be found by clicking this video link: https://www.youtube.com/watch?v=U2xcW_tFIk

9. Paper plate frog mask

Transform ordinary paper plates into frog masks, complete with a long curled tongue to catch unsuspecting flies. This is a great cheap craft activity for younger members to use resources that are already tucked in the back of cupboards. See the instructions at the back of the pack.

10. Rock painting

Rock painting is a fun and relaxing activity suitable for all ages. You could paint the rocks to keep or hide around your meeting place to encourage others to take part in the challenge too. Don't forget to varnish them so the design last longer.





Environment and sustainability

1. Visit a local pond or wetland and do a habitat survey, looking for signs of frogs or other wildlife.
2. Create a mini pond or wildlife-friendly water source in a garden or outdoor space.
3. Research what frogs need to survive and make a frog-friendly habitat at your home or meeting place.
4. Learn about the threats frogs face (e.g. habitat loss and pollution) and create a poster or social media post to raise awareness.
5. It is not just frogs that have their habitats damaged by the actions of humans. Take part in a litter pick to help protect local wildlife.
6. Write a letter or email to your local council or nature organisation asking them to protect wetland habitats.
7. Learn about water pollution and how it affects amphibians. Try a simple water experiment to see how clean water should be.
8. Take part in a pond dipping session to find out what other animals live in ponds, besides frogs.



Thirsty work UMA

Guides could complete this UMA to experiment with different ways of filtering water to make it clean to drink. Another activity to use an old empty plastic bottle!



9. Take part in an activity or project that improves local conservation. This could be during a weekend residential or over several weekly sessions. Do you have a wildlife conservation area nearby that you could visit?

You could look at:

- Recycling
- Reducing energy usage or renewable energy
- Protecting important habitats or wildlife
- Pollution
- Flooding

Biodiversity blitz UMA

Guides could complete this UMA explore local nature by completing the fastest biodiversity survey ever!



Did you know?

Frogs don't drink water; they have permeable skin, which means that liquids and gases can pass through it. However, this means that frogs are at risk of absorbing whatever pollutants are in the water or air and they can easily get dehydrated if they are away from water for too long.

10. Organise a big clean-up of a local pond. This could be arranged by speaking to local councils, charities or even by coming to Hertfordshire Guide Centre to work on our pond. Alongside removing litter and invasive plant species, you could also build some shelters for amphibians too. They need cool, shady and damp shelters like piles of rocks, logs, or leaf litter to protect them from harsh

sunlight or predators. Are there any other ways of providing shelter?

Rangers – Take action



Volunteering comes in all shapes and sizes: no matter your skills, you can have a massive impact. You can use this challenge badge to complete the "local" part of your volunteering badge – especially linked to places or animals.



Food

1. Kiwi frogs

<https://realfood.tesco.com/recipes/kiwi-frogs.html>



Ingredients (serves 8):

8 kiwis – peeled

4 strawberries – hulled and sliced

16 mini marshmallows

16 currants or sultanas

1 tube of dark chocolate writing icing

Method:

1. Cut a peeled kiwi widthways into thick slices and discard (or eat) the top and bottom slices. Stack the slices on top of each other to form the body. Put a slice of strawberry between 2 slices of kiwi to form the tongue.
2. Use dark chocolate writing icing to stick a currant in the middle of a mini marshmallow for each eye, then put them on top of the frog. Repeat to make 8 frogs.

2. Lily pad or frog-shaped pizzas

Make mini pizzas shaped like lily pads or frogs using green toppings such as pesto, peppers, spinach and basil. Have a look at the recipe in the back of the pack that uses spirulina to turn the dough green too!



3. Swamp juice

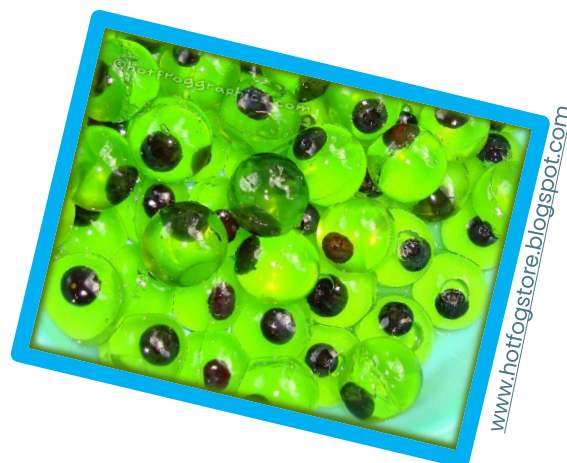
Create a healthy green smoothie using green ingredients such as kiwi, spinach and lime. Top tip – spinach makes most smoothies green, so you can add anything you like!

4. Jumping jelly

Make green frog-themed jelly with gummy frogs or fruit inside.

5. Incredible edible frog spawn

Make your own incredible edible frog spawn, which looks amazing and tastes even better. All you need is a spherical ice cube tray, a pack of lime flavour jelly, a handful of blueberries, a measuring jug and a fridge.



Method:

1. Prepare the jelly but halve the amount of hot water recommended. This will lead to the jelly being firmer and more concentrated than normal.
2. Once mixed thoroughly, pour the liquid lime jelly into the bottom half of the spherical mould put the jelly in the fridge until it starts to set.
3. When the jelly is semi-set, it will be a thick liquid and a bit wobbly. Pop a blueberry in the middle of the circles.
4. Once you are happy with the positions of the blueberries, put the top half of the mould on top and press down firmly.
5. Put the jelly into the fridge for about an hour until the jelly is set. They should just pop out of the ice cube tray as frog spawn.

Did you know?

Common frogs are carnivorous and survive on a diet of invertebrates, such as flies, worms, snails and slugs. They use their long, sticky tongue to catch their prey.



6. Grow your own

Plant something edible that could be used in a meal like herbs, salad leaves or cress. You could also use this as an ingredient in many of our other edible creations. For



Rainbows, this could be clause 3 of their Nature interest badge.



7. Frog rolls

Completing this badge on a residential trip? What better addition to your menu could there be than home-baked frog rolls.

This recipe from www.bakingmad.com can also be found at the back of the pack.

8. Rainforest treats

Research foods from tropical rainforests where some frogs live. Did you know, it is estimated that 80% of the world's diet originated from rainforest plants? Popular foods like chocolate, bananas, coffee, cinnamon and other spices are still found there. Can you find a recipe and create something using rainforest ingredients?

9. Frog face cupcakes

Use foil cupcake cases and any cupcake recipe to make these amazing frog face cupcakes. You could even make it easier for yourself by buying a cupcake kit.

For the icing, you will need (ices 12 cupcakes):

- 140g softened butter
- 280g icing sugar
- 1-2 tbsp milk
- ¼ tsp vanilla extract
- Food colouring – green, pink and black



10. Leapfrog cooking challenge

While creating an item of your choice, work in pairs where 1 person can only use 1 hand and the other can't talk while cooking.



Charitable acts and fundraising

1. Leap for a cause

Organise a sponsored leap-a-thon, skip or bounce to jump like frogs while raising money for a charity of your choice.

2. Pond pals

Support a local wildlife charity, conservation project or amphibian rescue by fundraising or spreading awareness. Froglife is a charity in Peterborough who are committed to the conservation of amphibians and reptiles. They offer education sessions across the UK. Why not see if they will visit your meeting place to tell you about their work?

3. Ribbit recycling

Collect and donate items (e.g. clothes, books or toys) to a charity shop or environmental cause.

Badge link: Charities

Brownies could use this section to earn their Charities interest badge. You could promote and support Hertfordshire Guide Centre or a frog related charity such as Froglife.org or Wildfowl and Wetlands Trust.



4. Frog kindness challenge

Do a random acts of kindness challenge inspired by frogs e.g. writing "hoppy" notes of encouragement to others.

5. Sponsored pond patrol

Organise a sponsored walk to include a visit to a nature reserve or past several places where frogs may live. See how many different animals you can spot while on your walk.

6. Bake sale

Using some of your creations from the food section of this challenge, host a bake sale with the proceeds going towards your chosen charity.

7. Green day fundraiser

Host a frog-inspired sports day to include activities such as lily-pad jumps, mud crawls and water challenges. Encourage participants to wear green and donate a small amount to join in.

5 little speckled frogs

5 little speckled frogs,
Sat on a speckled log,
Eating the most delicious bugs:
Yum yum!

1 jumped into the pool,
Where it was nice and cool,
Now there are 4 speckled frogs.

Repeat the verse, counting down from 5 to 1 frog.

1 little speckled frog,
Sat on a speckled log,
Eating the most delicious bugs:
Yum yum!

1 jumped into the pool,
Where it was nice and cool,
Now there are no more speckled frogs.



8. Scavenger hunt

Invite other units from your local area to attend a scavenger hunt to raise money for charity. You could focus this on nature, plants, other things that are well-known in your local area or a combination of them all. Remember, the more people involved, the more awareness you will raise.

9. Pizza party

Now you have mastered the art of green pizza making in the food section, you could host your own pizza party. This could be a bring-a-friend evening or something for your families to enjoy.

Sometimes, it is lovely to treat those who mean the most to us.

10. Karaoke night or campfire sing-a-long

Why not host a karaoke night or campfire sing-a-long to raise money for charity? You could serve some of the food that you have made within this challenge badge and sing lots of animal related songs. Hertfordshire Guide Centre has a great campfire circle that would be perfect!



Resources

Water lilies

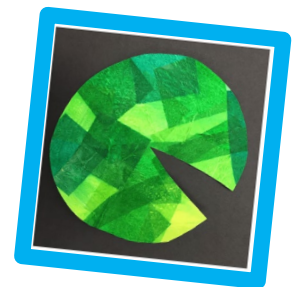
Source: <https://www.artwithmrsfilmore.com/tag/3d-water-lily/>

Resources:

- Paint – blue and magenta
- Thin card (12 x 18" and 10 x 10")
- Green and yellow tissue paper
- Yellow felt cut into 8 x 1.5" strips and fringed
- PVA glue
- Salt

Method:

1. Paint 12 x 18" card with magenta paint – watercolour works best.
2. Paint a 10 x 10" piece of card with turquoise liquid watercolours.
3. Sprinkle salt onto the turquoise paint while still wet. This soaks up some of the turquoise paint leaving areas of white, which looks like light reflecting off the water.
4. Cut out the petal templates – 1 x small, 1 x medium and 1 x large. These should then be traced 6 times onto the magenta card and cut out, resulting in 18 petals. Group the cut-out petals by size.
5. Create a lily pad by filling a drawn circle with layers of green and yellow tissue paper. This should be done with watered down PVA glue taking care to make sure all tissue paper is flat.
6. When dry, cut out the circle and a triangle from the circle to create a lily pad. After making sure all salt is removed from the blue square, stick the lily pad onto the blue square.
7. Assemble the flower! Glue down the large petals to the lily pad first, followed by the medium and then small. There should be 3 layers of petals arranged in circles.
8. Once all the petals are attached, roll up a piece of pre-cut felt fringe and glue it to the flower's centre. Girls should roll their strip of fringe tightly and apply lots of glue to keep it rolled, and to stick it to the flower's centre.



Frog bookmark

Source: <https://intheplayroom.co.uk/adorable-frog-hug-bookmark-fun-paper-craft-for-kids/>

Resources:

- Coloured card
- Pencil
- PVA glue
- Scissors
- Sharpies
- Googly eyes

Method:

1. Download, print and cut out the template patterns.
2. Select coloured card for the patterns.
3. Use a pencil to trace the template patterns on the selected card and cut out using scissors.
4. Attach the arch-shaped cutout (front legs) to the round cutout (lower body) on the top side, while keeping the bottom end of the front legs free.
5. Attach the back legs on both sides of the pattern (body base) prepared in the previous step.
6. Attach the head cutout to the top side of the body.
7. Attach the pink circles to the cheeks of the paper frog.
8. Attach googly eyes to the eye spaces of the head.
9. Attach the spots to the forehead of the paper frog and use a felt tip to draw the mouth.
10. To use the frog as a bookmark, insert a page between the belly and the front legs.



Air dry clay recipe

Source: <https://onelittleproject.com/clay-frog/>

Air dry clay is designed to dry at room temperature; however, because these pieces are large, they could take 3-4 days to dry completely.

Materials:

- 1 cup baking soda
- ½ cup cornstarch
- ¾ cup water

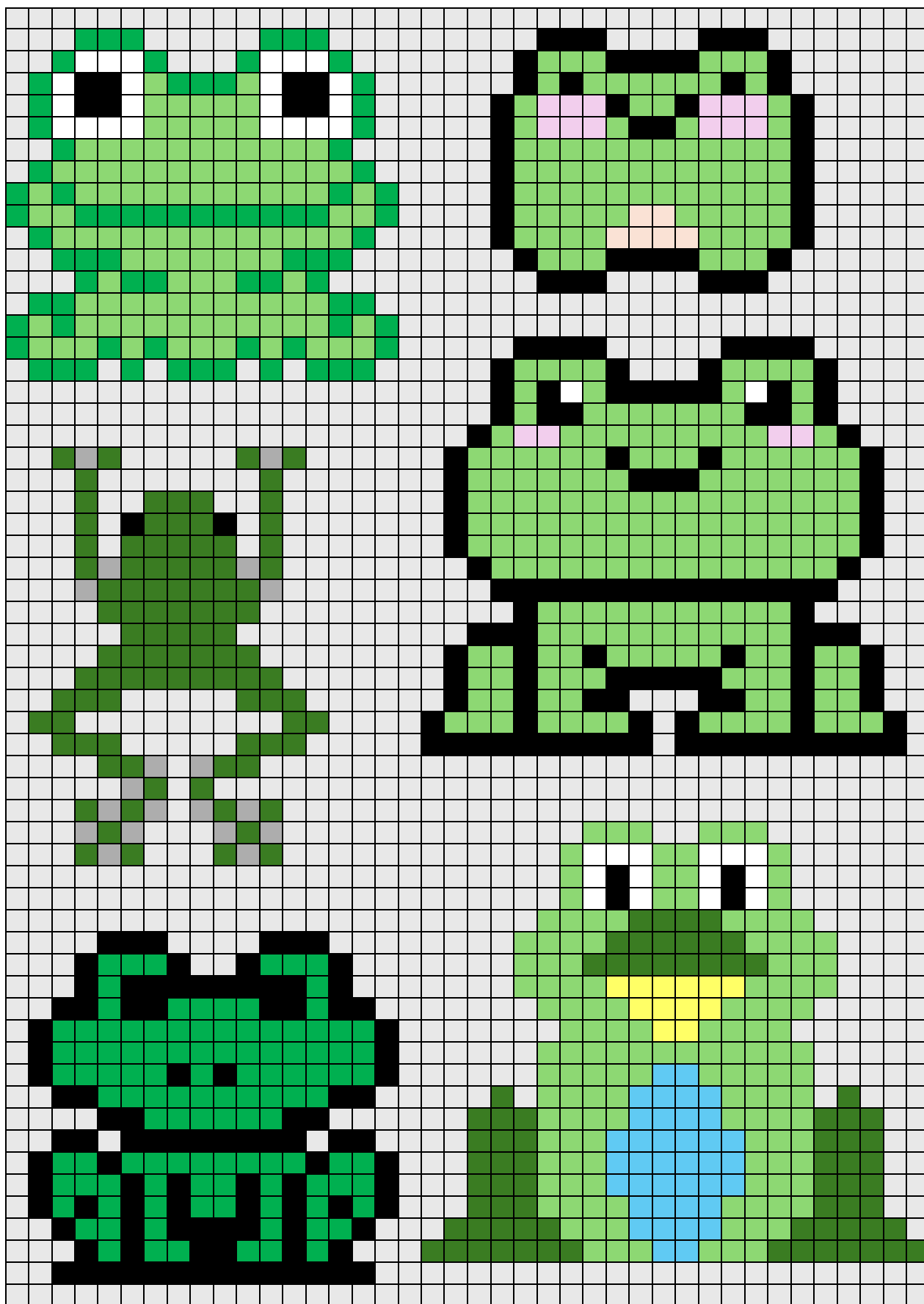
Equipment:

- Measuring cups
- Saucepan
- Spoon

Method:

1. Add baking soda, cornstarch and water to the saucepan and stir together.
2. Place the saucepan over a low to medium heat.
3. Stir continuously until the mixture starts to pull away from the sides and forms a “mashed potato” consistency. Remove from the heat immediately. Do not overcook!
4. Put the clay into a bowl or spread it out on a baking sheet to cool. Let the clay reach room temperature before working with it. It will take at least half an hour to cool down.
5. The clay should be soft and mouldable but not sticky. If it sticks to surfaces, or your hands, dust the area with cornstarch.
6. You can now roll out the clay or form it with your hands.
7. This will take 3-5 days to dry. It can be baked at 90°C for 1-1.5 hours, turning once halfway through.

Hama bead frog template

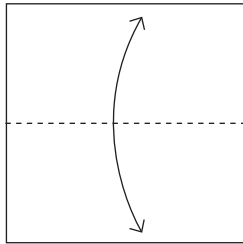
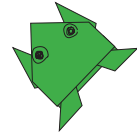
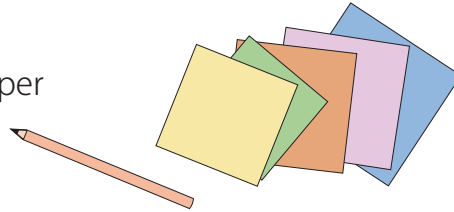




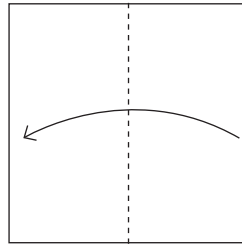
Jumping Frog!

You will need:

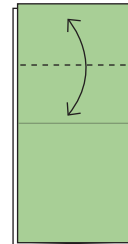
- origami paper or square paper
- pen or pencil



1. Fold in half to make a crease then unfold.



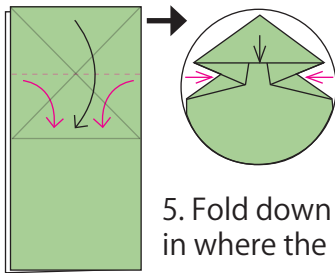
2. Fold in half.



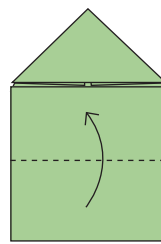
3. Fold down to crease line then unfold.



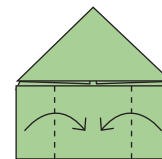
4. Fold down corners to make crease lines then unfold.



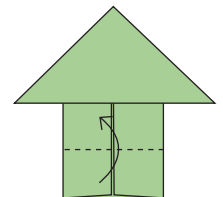
5. Fold down then tuck in where the pink line is.



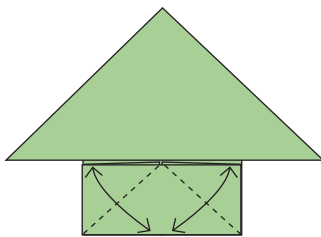
6. Fold up.



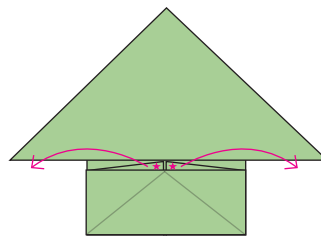
7. Fold in to meet in centre.



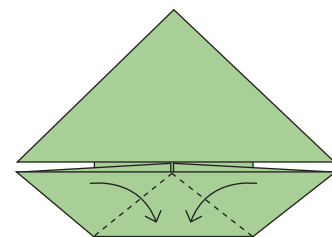
8. Fold up.



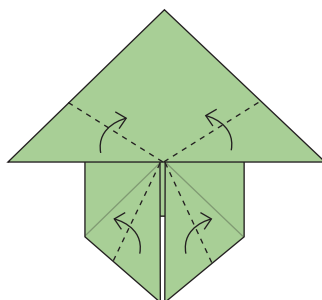
9. Fold down corners to make crease lines then unfold.



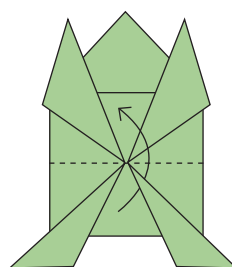
10. Pull the inside corners out (where the stars are).



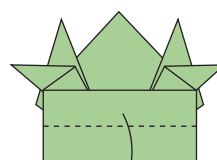
11. Fold down in the crease line.



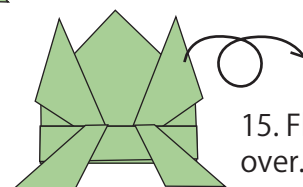
12. Fold in the dotted line.



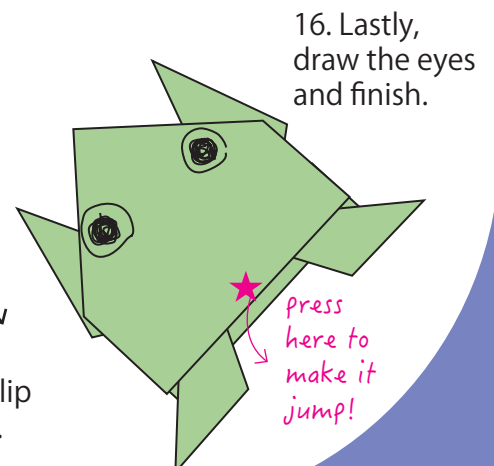
13. Fold up.



14. Fold down.



15. Flip over.



16. Lastly, draw the eyes and finish.

Frog pond playdough

Source: <https://taminglittlemonsters.com/frog-pond-playdough/>

Resources:

- 2 ½ cups of boiling water
- 2 ½ cups of flour
- 1 ¼ cups of salt
- 1 ½ tbsp of cream of tartar
- 5 tbsp vegetable oil
- Blue food colouring
- Optional: blue glass pebbles, regular pebbles and toy frogs.



Method:

1. Mix together the flour, salt and cream of tartar in a large bowl.
2. Add the oil and boiling water – adult supervision needed!
3. Knead the dough together until it is a smooth consistency. If it is too sticky, add some more flour; if it is too crumbly, add a bit more water.
4. Place 5-10 drops of food colouring into the centre of the playdough. Then knead until all the playdough is covered.
5. Organise the props – include toy frogs and different pebbles along with the playdough and let the girls create their own frog pond.
6. When finished, you can store the playdough in a Ziploc bag or an airtight container.

Frog bean bag

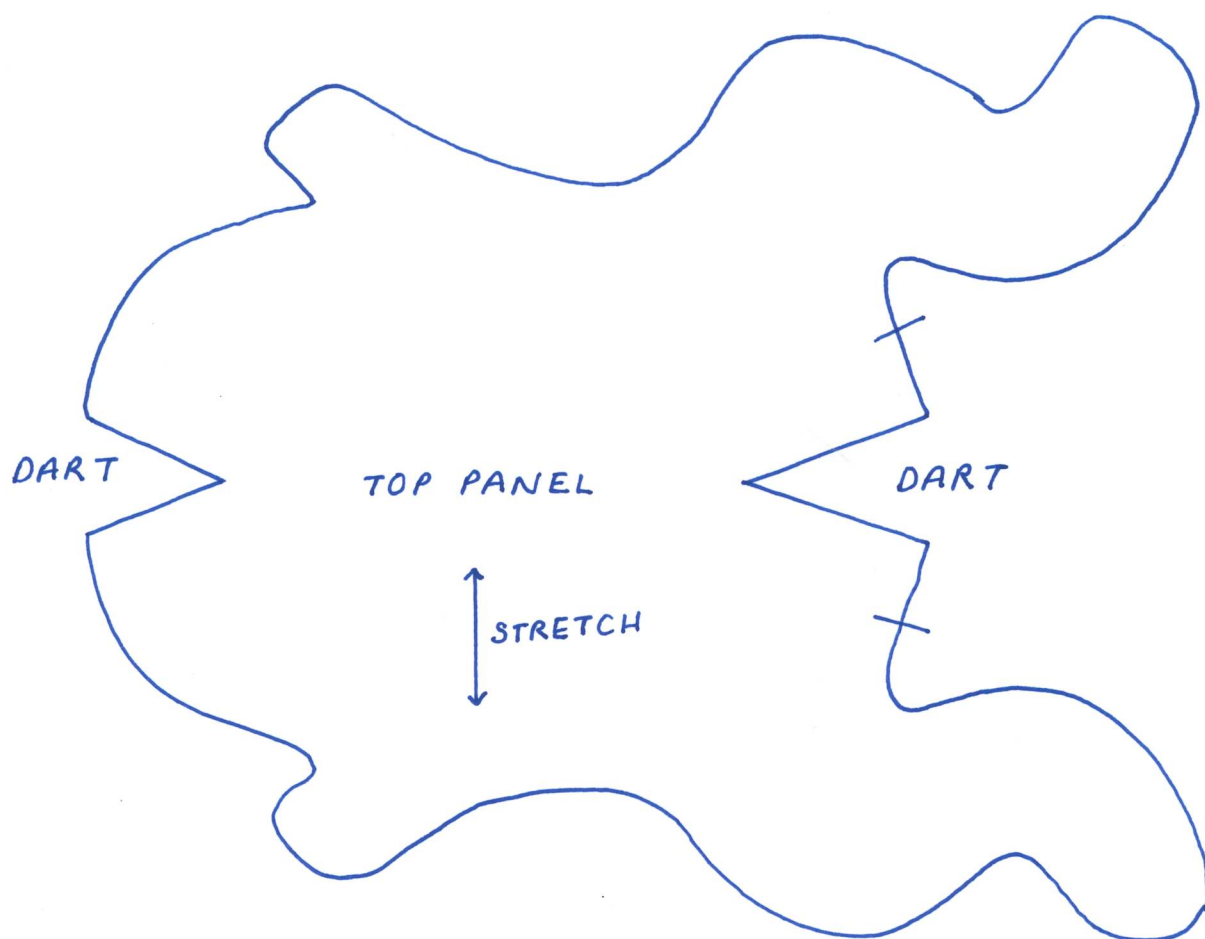
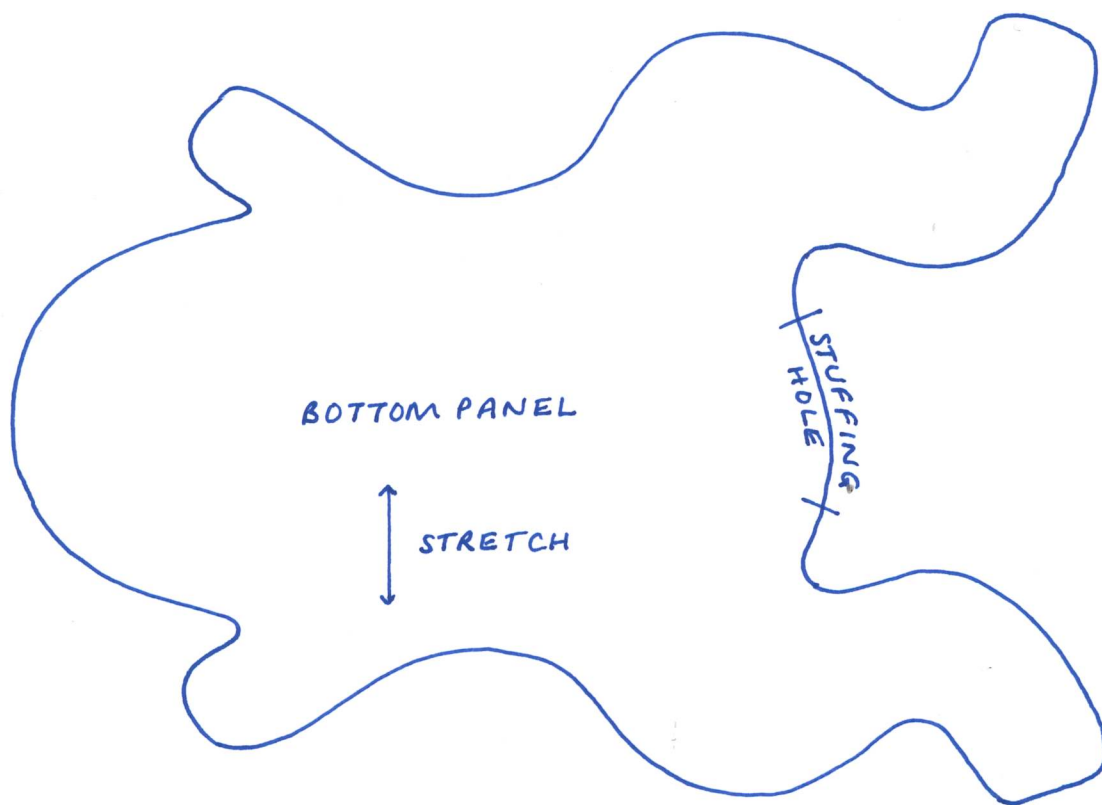
Resources:

- 8 x 12" fabric of choice
- Pencil or fine marker pen
- Scissors
- Pins
- Thread
- Needle
- Rice, dried beans or lentils for stuffing
- Buttons for eyes



Method:

1. Cut out the paper pattern on the outer edge of the black line.
2. Trace the pattern lines with a fine marker and cut out the fabric panels within your preferred seam allowance.
3. Fold and pin the top panel so the edges of the darts are aligned. Sew the darts and remember to use tight running stitch or backstitch so there are no gaps for the filling to come out.
4. The darts give the top panel a curved shape.
5. Trim the darts.
6. Place panels right sides together and pin.
7. Sew along the line using running or backstitch from one side of the stuffing hole to the other. Remember to tightly secure at both ends.
8. Prepare to trim the seams and make sure the seam allowance around the stuffing hole is left longer.
9. Cut your corners to keep the curves clean.
10. Turn the right way out and stuff with half a cup of beans, lentils or rice.
11. Sew on your button eyes.



Paper plate frog mask

Source: <https://kidscraftroom.com/paper-plate-frog-mask-animal-mask/>

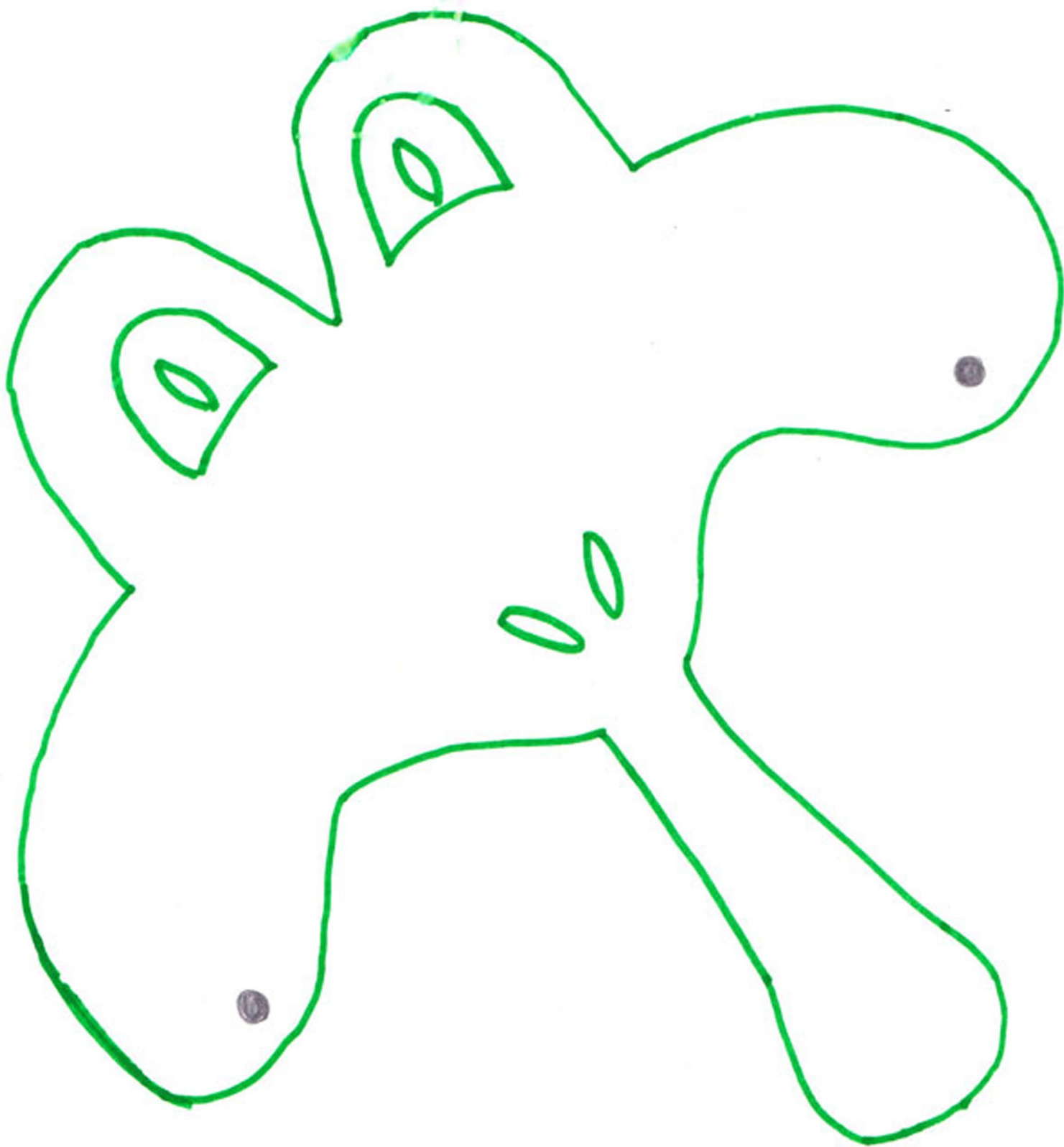
Resources:

- A paper plate
- Green, red and white paint
- Elastic
- Small piece of tracing paper
- Black and green felt tips
- Scissors
- Glue



Method:

1. Print and cut out the frog mask template.
2. Place it on the paper plate, draw around it and cut it out.
3. Paint the tongue red and the rest of the mask green and set aside to dry.
4. When it's dry, paint and draw on your chosen features. You could add some white for the eyes and a few felt tip blobs of texture too. Allow to dry.
5. Make 2 holes for the elastic. You could use a hole punch or poke holes with a pencil.
6. Measure the mask against the wearer and cut a length of elastic to fit and tie into place through the holes.
7. Roll the tongue around your finger to give it a nice curve.
8. For the fly, fold a small square of tracing paper in half and cut out a basic fly shape. Open it up and draw a black body and wing veins before gluing it on the end of the tongue.



Paper Plate Frog Mask Template

Designed by Emma Smith
<http://kidscraftroom.com>

For personal
non-commercial use only

Lily pad pizza (green pizza dough)

Source: <https://archersfood.com/froggy-pizza/>

Equipment:

- Mixing bowl
- Baking paper
- Scales
- Measuring cups/jug

Ingredients (serves 4):

- 125ml water
- 113g all-purpose flour
- 113g bread flour
- 1 tbsp fresh yeast
- 1 tbsp extra virgin olive oil
- ½ tsp salt
- ½ tsp spirulina
- Tomato sauce/pesto
- Toppings of your choice



Method:

1. In a mixing bowl, combine the all-purpose flour, bread flour, salt, spirulina, water and fresh yeast.
2. Knead the dough for at least 10 minutes.
3. Once the dough is smooth, add 1 tbsp of extra virgin olive oil and knead for an additional 5 minutes.
4. Place the dough in a lightly oiled bowl, cover it with a damp kitchen towel and let it rise in a warm place for about 40 minutes or until it doubles in size.
5. After the dough has risen, divide the dough into 4 portions, set aside 2 small portions to form the frog's eyes. Roll each big piece into a ball and then attach the smaller balls for eyes with a tiny bit of water.

6. Allow to rest for a further 10 minutes before shaping the dough. You should press down on the body to make a flat surface for the toppings.
7. Spread tomato sauce evenly over the dough, add mozzarella cheese and other toppings.
8. Pre-heat the oven to 220°C and bake your frog-shaped pizzas for about 13 minutes. Check the pizzas after 10 minutes to ensure they're perfectly cooked without over-baking.
9. Add eyes and a mouth to your frog pizza using dark chocolate, balsamic glaze or other garnishes like herbs or olives.
10. Enjoy!

Frog rolls

<https://www.bakingmad.com/recipes/frog-rolls>

Ingredients:

- 500g strong white bread flour
- 175ml milk
- 10g fine sea salt
- 10g golden caster sugar
- 50g unsalted butter softened
- 1 sachet easy bake or time saver yeast
- Pitted olives (optional) and extra milk for the glaze

Method:

1. Put the milk with an extra 150ml water and butter in a pan and gently heat until the butter is melted. Set aside to cool.
2. Tip the flour, sugar and sea salt into a large bowl or stand mixer and dry whisk through with a fork.
3. Add the yeast sachet and whisk again.
4. Gradually work in the warm milk mixture, until you have a smooth dough.
5. Tip the dough onto the surface – try not to use extra flour unless the dough is too sticky – and knead for about 10 minutes until springy and shiny.
6. Divide into 12 pieces and roll 11 of these into tight balls.
7. Use the remaining piece to make the boggly eyes, a pair of each to sit on top of the rolls. If you want larger eyes, you can make just 10 rolls and use the rest of the dough for the eyes.
8. Transfer to the baking trays lined with baking parchment, leaving plenty of space between them. Cover the tray with a large piece of lightly oiled cling film and allow to prove for 30-45 minutes. You want the rolls to double in size.
9. Heat the oven to 180°C fan/200°C/gas mark 6.

10. When ready to bake, halve some olives and make thin slivers which will be for the eye detail. Use tiny bits of the olive to make frog nostrils. Push them gently into the rolls.
11. Brush with extra milk to glaze and bake for 12-15 minutes until risen and lightly golden.
12. Leave to cool completely, and then slice to create the mouth and pack with fillings of your choice.



Order form

Frog quest challenge badge

Contact name	
Unit	
Telephone number	
E-mail address	
Postal address	
Postcode	

Number of badges	
@ £1.20 each	
P&P 1-12 - £1.00 13-30 - £1.70 31+ - £3.40	
Total	

Badges can also be ordered using the online form:

<https://forms.office.com/e/G5LjkPhssR>

Please make cheques payable to "Girlguiding Hertfordshire" and send orders to:

Liz Pinnington

54 Nutcroft, Datchworth, Herts, SG3 6TG

Payments can also be made by bank transfer to:

Girlguiding Hertfordshire

Account number: 00013524

Sort code: 40 52 40

If paying by bank transfer, please add your unit name/frog as the reference.

Please e-mail your details to lizacc@girlguidinghertfordshire.org.uk

Branding approval

Frog quest challenge badge design



Branding Matters <BrandingMatters@girlguiding.org.uk>

To: Liz Pinnington



Wed 12/02/2025 11:31

Hello Liz,

Thanks for taking the time to adjust the badge design for the Frog quest challenge, Girlguiding Hertfordshire

I can confirm the design meets our refreshed branding requirements. It is okay to produce in Masterbrand as shown (White Trefoil on Girlguiding dark blue Pantone® 2766 C background).

Good luck with the challenge and badge production.

Kind Regards
Ruth

