



Girlguiding Hertfordshire Youth Opportunities

Adult leaders and coordinators: Please read this newsletter and share with members aged 13+, including leaders, Rangers, Young Leaders and older Guides. This will help us ensure that everyone understands the opportunities available and knows who to contact to find out more.

The Girlguiding Hertfordshire Youth Opportunities team is here to support those members aged 13+, but in addition we also support the leaders of these girls. Following our last edition it was great to hear that we have had success with some peer educators. If you missed this opportunity please don't worry, we hope to have further opportunities for more this year or early next year.

Duke of Edinburgh Award

Girlguiding has joined forces with DofE so you can complete this fantastic challenge as part of your guiding experience. For each level you need to undertake four sections; volunteering, physical, skills-development and an expedition. For the Gold level you will also need to take part in a residential event. We have 23 girls registered across all 3 awards. There are currently flexibilities in place for Covid which ensures the award is accessible for everyone whatever restrictions / disruption they face. You can start Bronze when you enter Year 9 (even if you are still only 13 years old) DofE has three levels.

- **Bronze** - for those aged 14 and over, or aged 13 and in the school year they turn 14. Takes at least six months to complete.
- **Silver** - for those aged 15 and over, or aged 14 and in the school year they turn 15. Takes at least 12 months for direct entrants (those without Bronze Awards) to complete.
- **Gold** - for those aged 16 and over. Takes at least 18 months for direct entrants (those without Silver Awards) to complete.

You can decide which levels you complete and in what order, as long as you meet the minimum age requirement. The DofE programme operates in over 100 countries and is recognised by potential employers and universities as a mark of real personal development and achievement. The programme is balanced and develops you as a whole person - mind, body and soul - in an environment of social interaction and teamwork. Activities within the DofE programme can also be matched with those you are already doing in guiding, so you can get more than one award for the challenges that you complete.

Hertfordshire Girlguiding has regular training events including training days, an overnight DofE style camp and also offer Bronze / Silver Practice events. Anglia are running several Gold expeditions too. The cost to register and start the award is £25. Transferring your registration between different organisations (eg school / Scouts / Girlguiding) is very straightforward. If you are interested, or have any questions please contact Katie Wright, county Duke of Edinburgh Award Adviser on dofe@girlguidinghertfordshire.org.uk



Queen's Guide Award – Joy Grahame

Further to the article, **Queen's Guide award in last terms Youth Opportunities Newsletter**, in response to the coronavirus pandemic, we have created a list of flexibilities for the Queen's Guide award that candidates can utilise to make the award more achievable under the present circumstances. The full list can be found on the Girlguiding website's [Keep up your Queens Guide award page](#)

Walking Team - Alison Tuch, County Walking Adviser

I'm delighted to report that as Covid restrictions have been relaxed, many walking activities have been able to restart, including monthly social walks, geocaching, outdoor first aid and DofE training.

The Tokyo Olympics have ended with Team GB bringing home an awesome medal haul; an inspiration to us all. Our own Marathon Challenge is still open to everyone, members & non members and can be done from home right up to the end of the year.

Just walk, run or use a wheelchair to complete 42km over as many sessions as it takes; 2-3km a day soon adds up. You can carry on if you wish and earn the next 4 badges to make up the 5 Olympic rings. Check the [Challenge Badges page](#) on our website for details and how to order badges.



Many of you are already involved and we've sold over 2500 badges so far which is fantastic and has exceeded our expectations. All profits will be used to subsidise future walking events, including **Mountain Experience**, a training weekend for you in the Peak District. Sadly we cancelled this year due to Covid but if you'd like a taste of the mountains or navigation training ready for Peak Assault or DofE, then put **15-17 July 2022** in your diary now.

Enjoy your walking and maybe join us for a social walk or some map reading skills help. Follow us on the [Herts Guides Walking Team Facebook page](#) for more news of walking activities.

Social Walks To book please email walking@girlguidinghertfordshire.org.uk

Sunday 10th October 10am – Moor Mill, Bricket Wood - 2 hour guided walk in Colne Valley & along the River Ver, for those aged 14+. Map reading skills help available (please say if this is required when booking). No charge

Saturday 13th November – Devils' Dyke & Nomansland – 2.5 hour guided walk. For those aged 14+. Map reading skills help available (please say if this is required when booking). No charge



Young Leader Qualification - Update to registration process

If a YL chooses to undertake the Young Leader Qualification, this should be communicated to the local commissioner by the Unit Leader. The local commissioner will record that the YL has started the qualification on GO by adding it and marking as 'in progress'. Additional assistance, if required, can be found in the GO help files or requested from the [County Membership Systems Coordinator](#).

When a YL completes the Young Leader Qualification, it will need to be signed off by their local commissioner. The final sign off page (which includes their name, membership number, completion date and the name/signature of the commissioner who signed it off) will be sent by email or post to the County Young Leader adviser (YL@girlguidinghertfordshire.org.uk). The YL adviser will review the completion and ask the county office to update the Young Leader's GO record accordingly. Badges/certificates will then be issued by the Adviser to the appropriate local adult leader/commissioner for presentation.



Commonwealth Award

Congratulations to Charlotte Fletcher Mason and Elizabeth Aird who have both completed their Commonwealth Award

Stem Activities you might like to try:

Art, science, magic, or just fun?
Most of the things you will need for this month's activities are probably already in your kitchen cupboards.



Tattoo a banana

Use a banana to spread a message or display your art! Use a just ripe banana (so that the skin is nice and yellow), then with a safety pin or cocktail stick prick/scratch your design into the skin. If you want some guidelines, draw your design onto paper first, then sellotape it round the banana and prick through the paper and tape layer. Once the outline is in place, remove the paper and add detail. The design will darken over time, but the banana inside is still fine to eat!



pH painting

Explore the effects of acids and alkalis to create art or write secret messages.



Mix the turmeric powder with water and, using a cotton wool ball, 'paint' a sheet of paper yellow (fairly thick paper is easiest).

Use a cotton bud dipped in an alkaline solution to create your design. We found that a bar of soap in a dish of water worked well but you could also use bicarbonate of soda and water, or try washing powder. The areas you have painted will change colour.



Now try using lemon juice or vinegar to reverse the colour change.



Try writing in soap/bicarb. first and then reveal it with the turmeric, or write on the yellow paper with candlewax and paint the soap/bicarb. over to reveal.

Magic colouring



Fold a piece of kitchen paper in half. Working on some scrap material to protect your table, draw the outline of your picture in permanent marker on the top layer.

Open up the kitchen paper and you should see the outline of your design on the bottom section. Colour this in with washable pens. Re-fold the kitchen paper, then place it into water or onto wet kitchen paper to watch the design magically colour.



The wonders of water...

Refraction will make a picture appear to turn round when viewed through a glass of water.

Draw two arrows or two coloured bars and prop the paper up a little way behind a glass. Look through the glass as you fill it with water so you can see the magic!



Oobleck

*A little messy, but always fun! Is it solid or liquid?
Explore the properties of non-Newtonian fluids
simply by mixing cornflour and water.*

Cover your area with a plastic cloth, then mix cornflour into some water in a dish to form a thick paste. When you apply pressure it becomes firm, but will then drip through your fingers.

Just enjoy playing with it!



Create with cornflour

Super-simple dough



To make a soft play-dough, mix cornflour with conditioner or moisturising lotion. You will need to use about one quantity of lotion to two quantities of cornflour. Mix the two together to give a stiff mixture, then knead to make it smooth, adjust the consistency with more lotion or cornflour as needed.



Fiddle friends

Make a stress ball from a balloon and flour.



Inflate the balloon to stretch it, then let the air escape. Stretch the end of

the balloon over a funnel or the neck of a cut-down plastic bottle. Place about 4tbsp (100g) flour into the funnel and fill the balloon. You will need to poke it in a bit with a chopstick or straw. As the neck of the balloon begins to fill, stretch it a bit and press the flour down firmly into the balloon. Remove the funnel, make sure you've removed all the air, then tie the top. To make hair: wind wool around your fingers 10-12 times, slip off and tie in the centre. Cut the loops and tie the 'hair' just below the knot of the balloon. Add a face with a permanent marker.



Chocolate art

Melt some dark, white, and milk chocolate in plastic bags or disposable piping bags by sealing the tops and standing them in a bowl of hot water. Once melted, dry the bags, snip the corners, then create your artwork on a piece of acetate or baking paper. Chill to set.



You can start with the background or why not try making the design with two colours and then covering with the third one? Allow to set and peel off the paper/acetate to reveal - your final design will then be a mirror image. Perhaps swirl the chocolate with a cocktail stick or add sprinkles.

Other things to look out for:

Further to these opportunities, and those you might hear about from your units and districts, please look out for:

BBC Children in Need

Girlguiding will again be partnering with BBC Children in Need, raising money for both charities. The BBC Children in Need appeal night will take place on **Friday 12 November**, so save the date! Details about the partnership and how you can get involved will be available very soon.

Buzz About Anglia

We continue to celebrate our region 50th Birthday, please promote the Bee A Leading Light focus and also the birthday card swap, plus the Amazing birthday party pack which was launched this month. Further details can be found on region's website: ["50th Birthday"](#).

The Queen's Jubilee 2022

Girlguiding have been afforded a special role in the Beacons ceremony aiming to have 70 guiding Beacons across the UK, one for each year of the Queen's reign. Further details and how you might be able to be involved to follow.

Our next edition, will be in the Spring term where we hope to have an International theme. Please send your ideas and articles to Catherine Farman, Hertfordshire Youth Opportunities Adviser via email to youthops@girlguidinghertfordshire.org.uk