



## Girlguiding Hertfordshire Youth Opportunities

Supported by our County Commissioner, Jenny, the Girlguiding Hertfordshire Youth Opportunities team has been created, bringing together teams that support opportunities for our members aged 13+. We are excited to work together, supporting each other and our members.

This is our first newsletter, and we'd like to introduce you to the teams, advisers and opportunities available.

We hope to produce this termly, enabling direct contact with this age group, where age allows or through leaders, to share information and ensure that they too are aware of what is on offer. If anything isn't clear, please always ask your unit leader, district commissioner, county office or contact your advisers - it's what we are here for!

<https://www.girlguidinghertfordshire.org.uk/introducing-the-youth-opportunities-team/>

### Youth Opportunities Team:

Team Leader	Catherine Farman	<a href="mailto:youthops@girlguidinghertfordshire.org.uk">youthops@girlguidinghertfordshire.org.uk</a>
Commonwealth Award	Catherine Farman	<a href="mailto:youthops@girlguidinghertfordshire.org.uk">youthops@girlguidinghertfordshire.org.uk</a>
DoE	Katie Wright	<a href="mailto:dofe@girlguidinghertfordshire.org.uk">dofe@girlguidinghertfordshire.org.uk</a>
International	Lorraine England & Karen Dance	<a href="mailto:international@girlguidinghertfordshire.org.uk">international@girlguidinghertfordshire.org.uk</a>
Outdoor	Sarah Wright	<a href="mailto:outdoor@girlguidinghertfordshire.org.uk">outdoor@girlguidinghertfordshire.org.uk</a>
Peer Education	Tricia Botten	
Queens Guide	Joy Grahame	
Rangers	Catherine Farman	<a href="mailto:youthops@girlguidinghertfordshire.org.uk">youthops@girlguidinghertfordshire.org.uk</a>
Walking	Alison Tuch	
Wellbeing	Helen Bainbridge	<a href="mailto:wellbeing@girlguidinghertfordshire.org.uk">wellbeing@girlguidinghertfordshire.org.uk</a>
Young Leaders	Amy Gilbert	<a href="mailto:YL@girlguidinghertfordshire.org.uk">YL@girlguidinghertfordshire.org.uk</a>

Whilst we realise that schoolwork has to take priority, there are many things that Guiding enables young people to do as a result of undertaking challenges, building skills and developing as a leader and individual. This has an impact later in life, from boosting CV's enhancing UCAS applications and setting our members apart during job interviews.

The first edition of our newsletter is aimed at both leaders and girls as an introduction, but with the uncertainty of the pandemic, events have been postponed and Guiding has become remote so it has been a challenge. Some areas are continuing unit Guiding in the form of online meetings or regular emails with challenges for individuals, others have simply needed a break from regular activities. However you are able to, please stay safe and continue to share your Guiding light wherever and whenever you can.

### So what next?

**Leaders and coordinators:** Please share this 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.

#### Young members:

- Have you found a great challenge/game/activity that you'd like to share with us all?
- We are looking to design a badge for the Youth Opportunities team, have you got any ideas for what this should look like?
- We are planning a County Challenge Day, specifically for the 13+ age group but this is currently on hold due to the pandemic. If you have some ideas for what you'd like this day to include, please get in touch with Catherine.

Send your badge designs and challenge ideas to: [youthops@girlguidinghertfordshire.org.uk](mailto:youthops@girlguidinghertfordshire.org.uk)

## Young Leaders - Amy

Have you considered the YLQ?



- This is something you can do inside your normal meeting times so easily fits in around other commitments
- You will earn a badge and certificate on completion 😊
- This is something you can put on your CV to show your commitment to completing a qualification and demonstrating leadership skills.
- You can carry over what you did for your YLQ to the Adult Leadership Qualification meaning you'll have less to do if you'd like to become an adult leader when you're 18.

### Want to know more?

Visit: <https://www.girlguiding.org.uk/what-we-do/rangers/young-leader-qualification/>  
Speak to your unit leader or contact Amy Gilbert, County Young Leader Adviser



### Wellbeing - Helen

Helen Bainbridge is the County Wellbeing Adviser. Along with a team of Division Reps as well as

other advisers whose areas link with wellbeing, I'm working to help people understand how important wellbeing is. It's tougher than it's ever been for young people to navigate the world of exam stress, social media and concerns like the environment. Life isn't easy for leaders a lot of the time, either, but the more we focus on taking good care of ourselves, and teaching our girls to do the same, the less likely we are to struggle with our mental and physical health. It's even more important given how COVID-19 is isolating us and causing so much uncertainty. I encourage you to make sure you get some fresh air, eat well, and really try to be positive and thankful where you can. Without going too much into the science, gratitude releases feel-good chemicals in your brain and over time, trains your brain to look for the positives more automatically - so it can really help.

## International - Lorraine



Due to Coronavirus the European Jamboree due to be held in Gdansk, Poland this summer has been postponed until July 2021. This is a fantastic opportunity for those who will be between 14- 18 by July 2021. Please check out the website [ej2020.org](http://ej2020.org) and look out for further information over the next few months. If you have any questions, please contact Lorraine and Karen, the International Advisers on [international@girlguidinghertfordshire.org.uk](mailto:international@girlguidinghertfordshire.org.uk)

## Duke of Edinburgh Award - Katie



DofE is open to those in Yr9 or above, even if you have not yet turned 14. Girlguiding is a registered provider or if you have registered with another organisation (eg your school), Girlguiding can still support the award, e.g. volunteer as Young Leader or take part in a Girlguiding Expedition. We have Rangers and Young Leaders working on all levels of the Award in Hertfordshire and plan to run Expedition training & Expeditions in the future once things get back to normal. <https://www.dofe.org/wp-content/uploads/2019/12/girlguiding-dofe-leaflet-2019.pdf> Please note, you don't have to start at Bronze; as soon as you turn 16, you can start on Gold if you wish. Contact Katie Wright on [dofe@girlguidinghertfordshire.org.uk](mailto:dofe@girlguidinghertfordshire.org.uk)



### Peer Education - Tricia

Peer educators are 14-to-25 year olds who help Brownies, Guides and Rangers explore important topics. As young people, they use their own experience to bring the subject to life. Peer educators run fun, safe and challenging sessions which we develop with expert partners. They can deliver a variety of training sessions See <https://www.girlguiding.org.uk/making-guiding-happen/programme-and-activities/peer-education/what-is-peer-education/>

## Walking - Alison

As County Walking Adviser I head up a Walking Team which organises walking, hiking, orienteering and geocaching events for all members. Many of our events are aimed at Young Leaders & Rangers and some are also run in conjunction with Hertfordshire Scouts. This year sadly lots has had to be cancelled already for obvious reasons, but the following events are still in the diary at the moment - keep an eye on the County website as details become clear for all event information:

**17-19 July Mountain Experience in the Peak District** This weekend is ideal for girls who love the hills, those who want to learn to use a map & compass (including DofE'ers) and those who want to take on the challenge of Peak Assault. We stay indoors in bunk accommodation at Glenbrook Guide Centre, so we can enjoy a hot meal and showers after a day in the hills. £70 covers all food, minibus transport and accommodation and you can come without your Leaders. Proper equipment is essential, especially waterproofs, but assistance is available. This event *may* need to be deferred to September due to Coronavirus.

### **16-18 October Hertfordshire Peak Assault (HPA)**

This is a large scale, tough, annual team competition which takes place in the mountains, but the exact location is kept a secret until we get there! It is organised by Hertfordshire Scouts. There are two orienteering courses: the high route which is the full course and the lower route which is a bit easier physically. Both courses are challenging however and require off path navigation and therefore prior experience - see Mountain Experience above. The competition takes place over two days with lightweight camping both nights. Teams are supported by a crew who provide a hot meal before and after as well as expedition food to cook for yourselves during the competition. Ideally one of your leaders would be part of this crew. The weekend will cost about £75 all in, plus you'll need some good kit, as for Mountain Experience.



## This is my favourite....

Before lockdown I asked my own YL what would be a good cross-sectional game and activity to share with other YL's. Here are her suggestions:

### **Dicerobics**

played in teams of 4-6.



#### Method:

Take it in turns to throw a dice, find the right challenge, then everyone in the team does the challenge.

- 1) Stand up and sit down 5 times
- 2) Say your section's Promise
- 3) Touch your toes 6 times
- 4) Give yourselves a clap
- 5) Swap places with someone in the team
- 6) Do 5 star jumps

### **Oreo Butterfly**

Ingredients: 2 oreo biscuits, spreadable frosting, jellies (jelly tots/skittles), string liquorice



Method: Split one cookie and carefully break the in half to form 2 sets wings. Spread frosting over this and the base (full) cookie. Decorate the wings with the sweets and join, over the full cookie with further sweets, adding the antennae liquorice.

### **Artistic flair?**

We're looking for a badge for anyone in the County who participates in any of the County Youth Opportunities - if you have an idea for this design, please get in touch.

Fancy writing an article or submitting your favourite activity or game, please send it in and share with your Guiding family.

**Our next edition, due out in September will focus on Young Leaders.**

Email: [youthops@girlguidinghertfordshire.org.uk](mailto:youthops@girlguidinghertfordshire.org.uk)

