



County Matters

Issue 59
Spring 2021



1st Arundel Rainbows & Brownies

1st Arundel Brownies and 1st Arundel Rainbows have been running their meetings online using Zoom since the beginning of the Coronavirus in March 2020. The same month, 1st Arundel Brownies turned 100 years old as a unit. We have been doing crafts, sleepovers, games, cooking and partying using the online Zoom sessions.

Both Brownies and Rainbows, have been a lifeline to many families, giving the girls (and siblings) a chance to have a break from the lockdown routine. All our leaders are Key Workers and have been working through the pandemic; we also have parents that work for the NHS. At the start we wanted to give the girls a safe space to see their friends and to keep the morale of the girls going. We only thought this was going to last a few weeks.

During the lockdown, with the support of the leaders and the Girlguiding programme we have managed to bake, including pizza cookies, cake in a mug and Scottish shortbread, Christmas crafts, games like pass the pen and the bean game. As well as two overnight sleepovers, with themes of VE Day and an international, around the world.



The best part of the lockdown was making over 60 mini Christmas cakes and supplying the icing and cake boards, so that we were able to keep Christmas as normal as it could be for the girls and their siblings. We were able to host a socially distanced picnic in the summer holidays for the girls and their families. We were able to meet face-to-face for a short time from September, in our bubbles of 15, before lockdown number 2 happened. But with the support of the leadership team and parents we managed to decorate pumpkins for Halloween, have sparklers and individual chocolate apples for bonfire night and Santa managed to visit us, socially distanced of course!



Our Brownies, Rainbows and parents have become a community. We have been the only units to have been running on a weekly basis online in Arundel. We have been given a community champion award by our local MP, Andrew Griffiths and we were nominated by the community of Arundel to be placed on the Role of Honour in Arundel Town Hall.

Lockdown hasn't been bad for us and seeing the girls on a weekly basis has not only kept up the morale of the girls, but also the leaders too. We can't predict the future but hope we, as a unit, have done enough for the future of our girls.



Rachel Stanford - Unit Leader 1st Arundel Brownies and 1st Arundel Rainbows

From the Girls and Parents of 1st Arundel Rainbow & Brownies

Amelia, age 6, 'Rainbows makes me very happy because I get to make biscuits and see all my friends on Zoom.'

Amelia's Mum, (Louise) 'Rainbows has provided a much-needed touch of normality in the chaos of lockdown. Maintaining some elements of the pre-Covid routine has been so important in keeping Amelia happy and settled. We are so thankful for Brown Owl and all the leaders, who have gone above and beyond to keep Amelia guiding and supported all the girls' mental health and wellbeing during this time.'

Eleanor, Aged 8, 'Brownies has been a little different but we still get to see our friends and leaders. My favourite part that we did was when we decorated cakes.'

Eleanor's Mum, (Sarah) 'Both my girls have attended Rainbows and Brownies throughout the lockdown. They have both looked forward to the amazing activities each week. They have benefitted from the support of a fantastic group of girls and leaders that are truly inspiring.'



Coco, Aged 9 'I love doing Brownies on Zoom, I get to see my friends, and play games and do crafts, its brilliant! It's the next best thing to real life Brownies!'

Coco's Mum, (Georgina) 'The girls really enjoy the online Brownies sessions, they are always well planned and relevant, such as making Scottish shortbread on Burns night, so simple for the girls to all join in with, great fun and it can really brighten up the day for the children.'

Clara, Aged 7 'Brownies has been really great on the Zooms as I get to still see everyone and I don't feel so lonely. The activities are great.'

Clara's Mum, (Kaye) 'Brownies has been a lifeline for my daughter in keeping her connected to her friends and peers. Her younger siblings have also been included by the leaders, who in all ways have gone above and beyond to keep the 1st Arundel Brownie and Rainbow community still going despite the challenges of being virtual. I'm sure the long-term effect on all the girls' wellbeing and relationships has been hugely helped by the continued weekly virtual activities.'



Holly, Aged 8 'I've enjoyed the cooking and seeing all my friends on screen every week and Brown Owl always makes us feel amazing with everything we produce.'

Isabel, Aged 11 - 3rd Arundel Guides and Pack Leader

'I'm a helper at Rainbows called Little Owl, and I think seeing how you can make the little ones smile, laugh and have fun every week is motivating and inspirational for my future. It makes you realise how important it is to not feel alone and reach out to help each other in these difficult times.'

Holly and Isabel's Mum '2020 became brighter for my daughters Isabel and Holly, when 1st Arundel Brownies began to do their meetings via Zoom and they were able to interact with their friends - cooking, dancing, quizzes and just having a conversation. Holly, my youngest, was suffering in lockdown, and it was almost like she had forgotten how to talk to people and felt lonely without her friends, but every Monday her Brownie leader got her talking, waving at her friends and just giving them something to look forward to.'

Georgina, aged 5 "I liked it when we made shortbread because it was so delicious!"

Georgina's Mum and Unit Leader 'Rainbows activities have been so much fun this year. Brown Owl prepares everything for Zoom calls so carefully, including materials for crafts and ingredients for cooking. All the activities are pitched so perfectly so that all the activities have been really engaging, challenging and fun! Georgina has had loads of great experiences this year. The highlights have been going to the beach, carving a pumpkin and holding a sparkler!'



Regnum and Manhood virtual sleepover

What an amazing couple of days. A fabulous Zoom Girlguiding virtual sleepover. Who would have believed that in the current pandemic we would have such a wonderful weekend. It was great to see Rainbows, Brownies, Guides and leaders getting together from Regnum and Manhood Districts, 74 of us took part.

Friday evening we made peace doves and played world flag beetle. Some of the girls slept in dens in their living rooms.



Saturday morning we took part in a yoga session, a scavenger hunt and made origami animals. Saturday lunch time we made pizzas, which went down very well! Brownie Promise ponds and tea lights for the Guides were the afternoon activities.



We finished the event with awards and Promise ceremonies, our County Commissioner Amanda Teasel joined us for this session. We presented 13 Brownie bronze awards, 2 Brownie silver awards and 1 Brownie gold award (the first in Regnum District).



Wendy Goacher was presented with her 40 year long service award - many congratulations.



6 Brownies and 2 leaders made their Promise, before we all remade our Promise to celebrate World Thinking Day.

3rd Chichester Brownies made their Promise using Makaton.

A big thank you to all the leaders who ran sessions and kept us all safe online. I am looking forward to the next one!

Suzie Hellyer - Regnum and Manhood District Commissioner

1st Ferring Brownies - round-up of our year 2020

As in everyone's world, we had a very different 2020 at Ferring Brownies!

We started the year full of optimism and plans for sleepovers, activity days, outings and camps But Covid put an end to all of our plans and as we hunkered down in our homes from March 2020, we had to adapt to a completely different way of guiding!

At Ferring Brownies we have a resourceful and very positive team, which worked with our girls and their families to explore how we could stay connected and keep our Guiding Lights shining brightly.

Our crazy Brown Owl started posting weekly videos on our group's Facebook page and shared games, activities and challenges with us. We even did a virtual Easter Egg hunt round Brown Owl's house!!

There was so much wonderful community spirit in Ferring village and our group was very involved. Our leaders sent out posters for us to colour and display in our windows - we coloured rainbows to support our wonderful NHS and keyworker heroes, as well as Owls and Guiding Light posters.

We enjoyed walks around the village to spot all the amazing rainbow pictures and our leaders produced a rainbow spotting quiz sheet that was great for helping us to search and look for different pictures on our daily walks.

When the rainbow walks had been done, the village came up with a wonderful idea to put teddy bears in the windows and our leaders shared a Bear Hunt sheet, so that we could hunt for bears as we walked through the village.

In the Easter holidays we were able to enjoy a holiday sleepover, from the comfort of our own front rooms! We joined our leaders on Zoom in the evening to play games and show off our camp-at-home set-ups. Then we had a good night's sleep in our camps and joined each other on Zoom for breakfast the following morning! It was so much fun and we had lots of giggles!

We connected with our community so much this year! We clapped for carers, we celebrated VE Day, we enjoyed the Tuesday Treasure Hunts, and we were amazed by the Scarecrow and the Winter Wonderland trails.



We were able to continue with our badge work and at the end of the Summer term, we all received a doorstep delivery of certificates and badges and treats - it was really lovely and we felt connected together, even though we had to stay distanced.

After the Summer break we were hopeful that we might be able to meet in person again, but our hopes were dashed and we continued to meet weekly on Zoom. Brown Owl started doing weekly deliveries of resources and notes, so that we could fully participate in our weekly Zoom sessions and do lots of activities and crafts.

At the end of the year we had a brilliant Christmas-themed games night on Zoom and we had a special guest join us - Father Gary! We have missed our regular church parade services and visiting the church centre but it was great for him to join our crazy night of fun. At the end of the session 2 of our girls received very special presentations as they had achieved their Brownie Gold Awards! They were so surprised when their Mum's produced special presentation gifts, because Brown Owl had secretly delivered them to their houses beforehand.

We are looking forward to more fun, games and learning on Zoom this year - and we are hopeful that we will be able to meet together again, as soon as it is safe.

The leaders would like to say a special thank you to all the parents and family members of our Girlguiding members because they have been so very supportive in enabling the girls to continue their involvement!

We continue to discover and grow together and welcome new members from age 5 to 105! Please get in touch if you have a skill, a memory or a story to share!

Jo Tuck - Unit Leader

(with contributions from all the girls and leadership team at 1st Ferring - St Andrews - Brownies)

Wild Roadshow evening - our first guest speaker on Zoom!

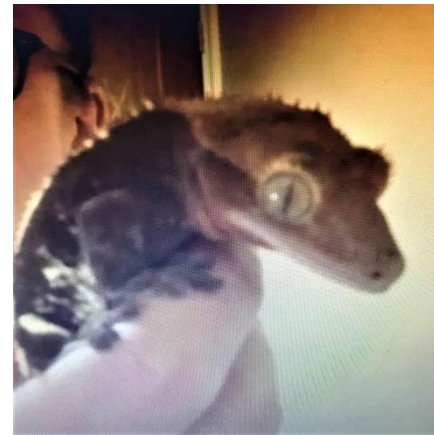
At one of our February meetings, Andrea from The Wild Roadshow met 2nd Billingshurst Guides over Zoom to show us her exotic animals. We saw 5 different types of unusual animals: a Brazilian snake, bearded dragon, gecko, tarantula, and a millipede.

My favourite animals that she showed us were "Flame" the flame-crested Gecko and "Rosie" a Chile-Rose Tarantula. Rosie is called a Chile-Rose Tarantula because she is from Chile and has a slight pinkish tint to the hairs on her back.

Andrea travels with her animals to different places so children can see her unique creatures and have the opportunity to learn about something new, but obviously during the pandemic she has had to adapt to using Zoom to let everyone learn about them. For example, did you know that female tarantulas generally live for about 25 years, but males rarely make their 5th birthday? I did not know that before the meeting.

Alexandra, 11 a fellow Guide, said, "It was fun to see all the unusual creatures and to learn about them."

Pippa Sheasby - Guide 2nd Billingshurst Unit



World Thinking Day

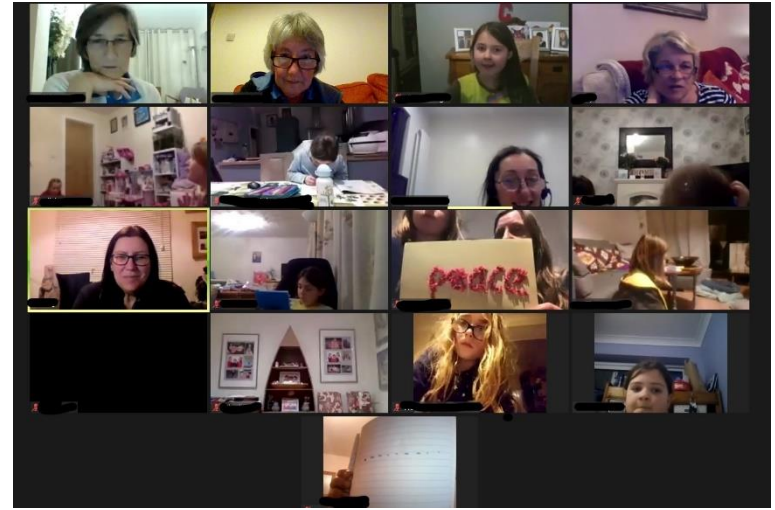
1st Wick (All Saints) Brownies

Normally we celebrate World Thinking Day in person with other units from our district or division as that was not possible this year, we decided to go further afield and meet up with another unit from another county virtually. We made contact with the leaders at 3rd Grove Brownies in Oxfordshire who were keen to join us on Zoom actually on Monday 22nd February - World Thinking Day.

We decided to take the WAGGGS theme of peace for the evening, which began with introductions and sharing of favourite Brownie activities, both virtually and face-to-face. As units, we shared a love of cooking, being out-of-doors and playing games. Girls from Oxfordshire were keen to come and visit (when allowed), especially when they heard how close we are to the sea and girls from Wick were keen to go and explore places of interest in and around Oxford.

We then shared some of the WAGGGS information about World Thinking Day and talked about what peace meant to us as individuals; this was followed by making peace badges and symbols of peace. We shared a DVD clip about making large scale collages and challenged the girls to make a symbol of peace using different materials and on a range of scales. The results were colourful, varied and creative - from rainbows made of clothes and blankets, to a rainbow made of coloured sweets. One family spelled out the word peace in fabric and above it put the word peace in morse code.





The next week 1st Wick Brownies carried on the World Thinking Day theme with a virtual visit to the world centres and the making of craft activities linked to some of these countries, chocolate lolly making from Switzerland, mask making from Mexico, paper elephant decorating from India, we also had a game from UK planned but ran out of time! Two Brownies - Makayla and Mollie - chose to make their Promise on this evening, which was very special.

Ann Macaulay - Unit Leader

1st Northbrook Rainbows & Brownies Easter themed virtual sleepover

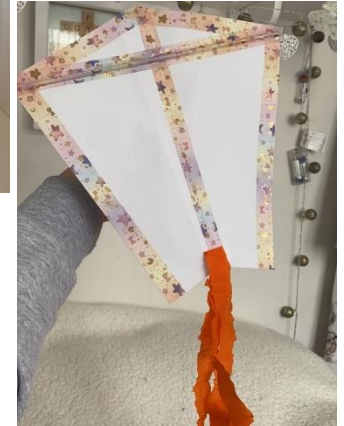
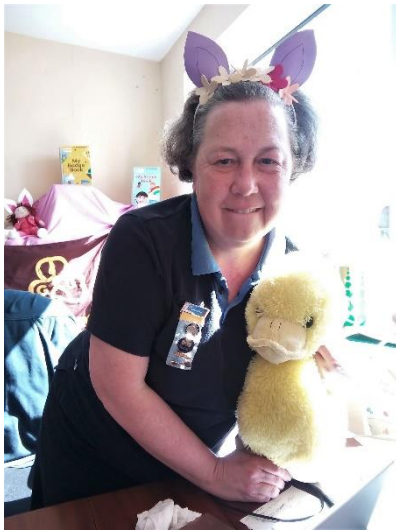
Several leaders, parents, Brownies and Rainbows enjoyed our virtual sleepover. We sent out activity packs to those who would be on the Zoom calls and emailed out the resource to the rest. Over a few weeks prior we also created some videos to go along with the activities, which were then posted on our closed Facebook group.

The first thing to do on our sleepover was to build our dens to sleep in, which we were delighted to see on our first Zoom call Saturday morning, along with several animals who had also made a bed in the dens. Our theme was Easter, so we played a few Easter games; the duck race being the favourite, with everyone cheering their duck on. Videos of kite making and an origami frog were put on the Facebook page for the girls to follow, along with the equipment provided. After lunch we did some baking, made a paper rabbit and wool covered sheep, before doing some 'eggsperiments'!

On the evening Zoom call, we saw the baking everyone had done and the results of the experiments. Two of the leaders had great success creating square eggs. Before bed, a hot chocolate bomb and 2 bedtime story videos from the leaders.

Sunday morning and a bit of a lie in even though it's virtual it is still tiring! Eggy bread for breakfast and some yoga to wake everyone up, followed by a Taskmaster-style Zoom call from the dens who knew you could fit 45 things in a sock and that drawing a rabbit with your eyes closed actually came out pretty well!





Throughout the weekend we also posted on Facebook Easter egg hunts, where the leaders had hidden eggs around their homes, took photos and then an hour later the answers to the eggs' hiding place were shown. Even some of the leaders could not find the eggs in the pictures.

On our last Zoom call, we all wore our bunny ears we had just made and looked at the eggs we had just used in an egg drop challenge (wrapping an egg up to protect it, then dropping it from a height). All the eggs survived apart from mine, which was hard boiled and smelt terrible. By popular demand we also had another duck race, a short scavenger hunt and played knife, fork, egg. We finished with a guess the chocolate game with pictures of parts of the wrapper, one of which was an After Eight ... Brownie - "can I have a clue"? Leader - "yes ...it only comes out after eight" Brownie - "but I am in bed by 7" !

A final bedtime story video posted on the Facebook group and our virtual sleepover was officially over.

A huge thank you to all the leaders who took part, Debbie, Rachel, Louise, and Catherine and especially to the Rainbows and Brownies who joined us. It was clear we all enjoyed it.

Susan James - Leader 1st Northbrook Rainbows & Brownies



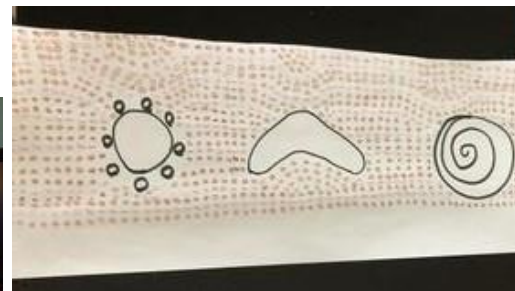
Worthing Cissbury 24 hours Around the World virtual camp

Girlguiding Worthing Cissbury Division and Worthing District Scouts teamed up to have a fantastic virtual sleepover in February. From Rainbows to Rangers and Beavers to Explorers, over 250 people took part. They were celebrating the birthdays of Robert Baden-Powell and his wife Olave and this is traditionally done by thinking of Guiding and Scouting friends across the world.

Girlguiding
Scouts Worthing

'Around the World in 24 Hours'
Opening Ceremony
Transport Challenge

How might you have travelled to the opening ceremony?
Create a model form of transport to bring with you and show us!



Young members were treated to 24 hours of fun activities covering all the continents. At the welcome ceremony on Friday evening they were joined by the Girlguiding Ambassador, Diane Vasey, who told us of her travels and different opportunities available to members. Later there was a virtual campfire and bedtime story and then the younger ones snuggled into their indoor dens. Older members looked at the Singapore Night Safari and researched animals, before some of them braved a night under canvas in their gardens.

Saturday morning Breakfast Challenge

Design your breakfast to look like
a flag!



An early start on Saturday with some exercises provided by Christie from Bodywaves Yoga, followed by a challenge to make a breakfast looking like a flag. The day was filled with international crafts, sport, art, quizzes, dancing, cooking and an exciting live virtual Kung Fu lesson from Chris at Teach Me Kung-Fu. The closing ceremony celebrated Mardi Gras and there were lots of fantastic masks and homemade instruments on show.

Zoë Walker - Worthing Cissbury Division Commissioner

Petworth Park virtual camp weekend

One weekend at the end of March I attended my second Petworth Camp and both of these have been virtual! Guides and Scouts from Girlguiding Petworth Division and the Scout District all joined together. We were altogether for a Zoom opening ceremony, where we were greeted and told all the activities we would do during the weekend.

We had lots of activities over the Saturday, like making rope from strawberry laces and making a structure out of breadsticks (very delicious when it was finished). We weren't just given the food activities to do but were set engineering challenges, like making a catapult and a pen gun. We were so lucky with the weather that doing the "penny" hike was not hard to do. We ended the first day with a virtual campfire and joined in with lots of campfire songs.



Some of us camped outside and took our phones/tablets/devices out into the cold so we could join in. Whilst some of us stayed in the warm and made a camp in our homes. My favourite bit of this was making smores - no camp is complete without smores! Toasted marshmallows in between chocolate digestives. So yummy!

On Sunday, we met again in the morning and took part in the Petworth Taskmaster. We had great fun trying to do the cookie challenge (which my sister found really funny to watch and cheered me on), making a moustache out of something and sticking it to our face. We were also given the challenge of getting something on our head with our hands tied behind our back - it was 'sooo' hard but so much fun. I tried to get a sofa cushion on my head and managed to do it by lots of throwing in the air. Another task was to draw a self-portrait whilst not looking at the paper - it was really hard not to look. Out of all the challenges my favourite was definitely the cookie challenge. The rest of the day was spent completing activities from the day before and then there was the closing ceremony in the afternoon.

I want to say a huge thank you to Chris, Nat and all the other leaders for giving us an amazing weekend. I can't wait to do this at an actual camp in the park next year!



Maddie - 2nd Billingshurst Guides

Worthing Highdown Division World Thinking Day

2020 was an unusual sort of year, so we thought it would be fun to do an unusual sort of World Thinking Day that would help cheer up people in our area.

Leaders from the division, Heather Fox, Debra Phillips, Betty Fox, and guide Sophia, put their 'thinking' hats on and came up with a way for us all to take part in a World Thinking Day activity, cheer up our local community and show that Girlguiding is going strong in Worthing Highdown.

They designed, printed and delivered a World Thinking Day activity booklet for each section; even the adult leaders got one! As well as dot-to-dots and colouring pages from around the world, included with each booklet was equipment and instructions for making pom-poms and tassels.

Once our pom-poms and tassels were made we passed them on to Heather, who used them all to decorate the tree outside of Goring library, bringing cheer to passers-by.

We also collected funds for St. Lucia Guides and Miss Faustina's home in St. Lucia.

The tree remained decorated throughout March and gave much pleasure to all who passed by.

Susan James - Worthing Highdown Division Rainbow Adviser



Astronaut Adventure - 1st Yapton Guides and Rangers

In March 2021, a whole year since their last 'in person' residential event, 26 Guides, Rangers, and their siblings spent the weekend on two virtual Space Missions - the Gemini and the Mercury Mission. It was a weekend of out-of-this-world activities and an amazing amount of fun!

Iris said "The Astronaut Adventures sleepover was one of my favourite camps. I enjoyed making the moon rocky road and creating some very pretty star crafts. I also liked joining all the Zoom calls and hearing what everyone else had got up to. Me and my sister really enjoyed creating our 'space room' together for our sleepover. We added our star jars we made and lava lamps too! As well as the glow in the dark blankets and star decorations."



Izzy (a Ranger) and Eleanor (a Guide) got really involved in all the activities together. Izzy said "I loved it all very much from making the lava lamps to the folding of lucky stars - (even though it took me a few attempts before I mastered it!) The fact we were able to make moon rock cakes and moon rocky road was also so much fun and tasted really good!"

Jacky said “I had a brilliant time and really loved the mission pack full of amazing space activities, for example ingredients to make space ice-cream, instructions and supplies to make a rocket bookmark, scratch art stars and materials to make a lava lamp.”



The ‘Astronauts’ all had the opportunity, as part of their missions, to join a virtual drawing workshop with their families at the London Greenwich Museum, as part of the weekend; the highlight was getting a big shout out from the organisers! We learnt to draw the solar system and all about all the different planets which was so interesting.

Everyone earned a ‘Nights Away’ badge for sleeping in their star dens or space rockets and all are keen to plan the next virtual event, getting excited for the time when they can get back together again and share the activities with their guiding friends! Iris, Izzy and Jacky all wanted to ‘thank the leaders for putting on such an amazing event’.

Anna Drynan - Leader 1st Yapton Guides & Rangers

County Camp-over weekend



Over 200 members and families from every division across the county joined the event Facebook page in the lead-up to the Camp-over weekend, giving them access to all the resources needed to join in with lots of great activities. Leaders had extra resources shared via E-News in readiness for the event launch too.



The county YouTube channel premiered videos over the event weekend, starting with a welcome by our County Commissioner, Amanda, before everyone was then able to watch how to make camp gadgets using breadsticks and strawberry laces with Corinne, orange bird feeders with Rachel, hedgehog homes compiled by Susan, friendship knot tying and lemonade scones from Emma, eggy bread from Christina plus much, much more.

The traditional activities, at the heart of the Camp-over challenge, proved the most popular, including tent/den making, fire-lighting and toasting marshmallows using a variety of methods (Bev's smore making video is a real must see!).



All the food activities were very popular, as is generally the way with all Girlguiding members, along with the 45 minute magic and party dance show kindly shared by Nick Clarke and friends.

Lots of unit leaders took the opportunity to challenge their girls to do some of the extra programme-related activities towards badges and theme awards, meeting via Zoom during the weekend to share all the fun and friendship.

It was fantastic to see photos on the Girlguiding Sussex West Camp-over 2021 Facebook page of girls and their families joining in all the activities. Looking forward to seeing more.



The challenge is ongoing and can still be completed throughout the rest of the year, by using the available resources and subscribing to the county YouTube channel to view all the videos.

Don't forget to order your badges from Pam Lovegrove, County Badge Secretary, as lots have gone already.

Kirstin Bosley - Lead Volunteer Camp-over Challenge

Comments received -



Ophelia from 1st Ifold Brownies enjoyed making her camping gadget. Thank you so much for organising! She loved sleeping in the snug (in a baby pool!)

Looking forward to sleeping in the den tonight, thank you for organising, we have had lots of fun today. (Beth Cossins from Billingshurst Brownies)

Hedgehog houses, pizzas and s'mores! Thanks for a lovely day. Niamh and Kitty had such fun! (Nadine Williamson - 2nd Billingshurst Guides)

Kids are both loving the activities today! (Amy Arky - 2nd Rustington Brownies)

Eleanor has had a great morning, planning and doing her walk somewhere new, making lemonade scones and renewing her Promise. Thank you for an amazing Camp-over. (Claire Marie - 1st Worthing Guides)

Ellen from 1st Yapton Brownies made her den with Brownie bear of course, made her duck food, did some yoga with mummy, watched the magic and dance show, decorated a jar for her tea light and many more. Ellen and her sister Annie (soon to be a Rainbow) finished off their day of fun by having a fire and toasting marshmallows (Alison Staker)



Can't thank the team enough for all their hard work in organising the Camp-over, me and my girls have had so much fun so far. (Beverley Palmer)

Thank you for all the fun ideas, it has certainly kept us busy. (Amy Colvin - 2nd Rustington Brownies)

Charlotte (13th Worthing Guides) has lit her candle and renewed her Promise, she also continued to sew badges onto her camp blanket. (Sally Cook)

Eva (1st Arundel Brownies) had a great sleepover - drew with Rob, watched Nick Clarke's magic show and had a midnight feast (Catherine Howie)

Promises renewed, thank you for such a great activity. Thanks. (Jenny Haw-rie)

Thanks so much for a great weekend of activities. Beth (1st Midhurst Rainbows) has really enjoyed herself. Making and decorating her den, doing yoga, doing a flower scavenger hunt, making s'mores and healthy flapjacks, drawing with Rob and watching the magic show and much more. (Kirstie Rees)

Happy 90th birthday Grace



Wealden Trefoil Guild were delighted to be able to get together for a small socially distanced celebration, in one of the member's garden to wish Grace Poysden a very happy 90th Birthday at the end of May. Grace was one of the founding members of Wealden Guild when it started nearly 30 years ago and continues to attend meetings (when we can!) every month at St Mary's Rooms in Billingshurst.

Grace has a long history with Girlguiding Sussex West beginning as a Guide leader all the way to holding the role of Chairman of the County Trefoil Guild. Always giving her very best to whatever she turned her hands to, this included cooking hundreds of meals over the years for the children and staff at the Ingfield Manor School for students with neurological motor impairments.

A wonderful lady deserving of a very happy day - we love you Grace!