



County Matters

Issue 64
Autumn 2022





Letter from our County Commissioner

Before the summer break, County Matters showcased how our members took part in Queen Elizabeth II's Platinum Jubilee, connecting with friends old and new to celebrate a remarkable milestone in our Patron's reign. The Queen has brought us together again more recently, but this time to reflect on a life of duty and service following her death in early September. Echoing the words of Girlguiding's CEO, Queen Elizabeth II embodied the spirit of guiding through her dedication and service to the country. In guiding, we make a commitment to our own communities through our Promise, and I'm grateful to the members of Sussex West who made a difference by volunteering in London on the day of the state funeral, an experience that will remain with them for a long time.

The succession of King Charles III will bring changes, some more subtle than others, but the way we go about our lives will continue in much the same way. This model of change is also reflected in guiding and was summed up perfectly by one of our Vice Presidents who attended a recent County Executive meeting. On thinking about the experience afterwards she concluded that the fundamentals of guiding are just the same as they have always been, driven by a passion and enthusiasm to give girls and young women amazing opportunities. However, the framework within which we all now work is vastly different, having evolved over time to meet the changing needs of society and our members.

The activities and events covered in this edition of County Matters capture how those fundamental principles of guiding remain firmly embedded in the county; our members are gaining fantastic experiences, building essential life skills, and supporting their communities - I couldn't be prouder of what we achieve in Sussex West and know that, whatever change comes our way, as we start to think about 2023, we will make the best of it and come out smiling!

Before I end, special thanks need to go to Teri Maher as she steps down from her editorship of County Matters, a role she has held for over a decade. In times of change it remains important to celebrate and share our stories and successes, and County Matters plays a key role in helping us share the brilliance of guiding in Sussex West. Thankfully, Teri remains on the county team in her Marketing & Communications Lead role but, if you (or someone you know of) are interested in leading County Matters into its next chapter as our new editor, I would love to hear from you.

As always, sending my thanks and best wishes to you all,

Mel

Youth Awards

Each year we hold a Youth Awards recognition event to celebrate the amazing achievements of our Rainbows, Brownies, Guides, Rangers and Young Leaders. On Sunday morning 3 July, along with their leaders and their guests, they came to Field Place in Worthing to have their certificates re-presented by The High Sheriff of West Sussex, James Whitmore.

County Commissioner Mel Ford welcomed everyone to the event and as she read out each of the girls names' they came forward to receive their certificates. The High Sheriff took time to speak to each recipient, as he shook hands and made their presentation. Many photos were taken and a lot of smiling faces were captured for future reference.



There were Gold awards for Rainbows, Brownies and Guides. Rising Star awards for a Rainbow Helper, a Brownie Helper, and a Young Leader. There were also Young Leader Qualifications and Commonwealth Awards, plus, a Girlguiding Hero Award, which is a national award for a young woman 'who has made a sustained and considerable contribution to guiding in the face of adversity'.

Congratulations to everyone.

Awards & Recognition Event

On the afternoon of 3 July at Field Place the adult event took place. As we have been unable to hold our usual Annual Review at Arundel Castle for the past three years, we have held a smaller event on a Sunday to allow the presentation of service awards and other special achievements. Next year we will be back at the castle!

This year's event was the first one for our County Commissioner Mel Ford and began with an afternoon tea (lots of cakes!) followed by the presentations. We were delighted to be able to welcome our patron Her Grace The Duchess of Norfolk, who made a large percentage of the presentations, alongside Mel. It was a wonderful afternoon for members who had not seen each other in person for over 3 years and involved lots of chatting, alongside the eating of the wonderful cakes and sandwiches.



Long Service Awards:

20 years

Kirstin Bosley, Donna Trembath, Julia Wain, Natalie Evans, Jane Van Hoof,
Linda Healey, Julie Tanner

30 years

Angela Purser, Janet Luck, Sue Callander, Linda Glasspool

40 years

Joan Parkes, Pat Ware, Pam Lovegrove



Cont.

50 years

Jean Brooks, Sandy Tout, Carole Mouland



60 years

Rosemary Pullen



Trainer Award: Suzie Hellyer

County Thanks Badge: Katie Stone

Girlguiding Hero Awards: Yvonne Piper, Teri Maher, Angela Pickett, Annabel Gray, Ann Macaulay, Nicky Angelo, Zoë Walker, Dawn Boulton, Debra Phillips



County Silver Oak Leaf: Teri Maher



Good Service Award:
Carol Pateman



County Performing Arts Day

After many, many months of restrictions, Joan and Juliet were delighted to be able to plan and run a County Performing Arts Day on Sunday 15 May alongside the support of members of the Sussex West County Guide Choir. Brownies and Guides were invited to join a day of workshops which included musical theatre, body percussion, Samba drumming, dance and singing. The uptake for the event surpassed their initial thoughts and resulted in a waiting list of 67 young members, so a second County Performing Arts Day was held on Sunday 18 September.

9:50am on both Sunday mornings, eager Brownies and Guides signed in and by 10:15am were embarking on their first practical session. The atmosphere was buzzing with a strong sense of fun and enjoyment. This excitement continued throughout the day and by 4.15pm the girls had finished three exciting workshops and rehearsals and were ready to stage a short performance to their parents. It was quite outstanding to watch such confidence from all the young members taking part and to see how much hard work and concentration they had put in during the day.

The Guides thoroughly enjoyed experiencing Samba drumming, whilst the Brownies learnt about rhythm using body percussion, sticks and poles to perform a wide range of rhythm patterns. All the girls learnt and performed modern dance movements, taught by Jasmine Dalziel, Charlotte Reader and Kara Boustead-Hicks. During the musical theatre workshops the girls acted, mimed and performed to Billy Elliot's 'The Stars Look Down'. Popular pop songs featured during the day with Guides singing Queen's famous 'We will rock you'; Brownies singing 'Happy' by Pharrell Williams and finishing the day with Gary Barlow's 'Sing', which was originally written for the Queen's Diamond Jubilee. All of the songs were supported by the County Choir.



The choir has welcomed some new members at their rehearsals to continue their enthusiasm and learning from the Performing Arts Day in May and hope to welcome some more following the Arts Day in September. The choir is always looking to welcome new members - Brownies, Guides, Rangers, Young Leaders and Leaders - even if they were unable to attend either of the Performing Arts Days. Please spread the word and ask them to get in touch with Joan or Juliet.

Nicky Angelo - Choir member and Arun Valley Division Commissioner

Barnham Brownies visit WWT Arundel

One Saturday in May 20 Brownies and their leaders visited the Arundel Wildfowl and Wetlands Trust centre, where we were met by Lizzie, one of the trusts education coordinators, who gave us a safety talk and explained what birds we might see during our visit, she also gave us binoculars and activities sheets to make the visit fun. We were then given the use of our own thatched hut for the day, overlooking the reed beds, where we could leave our belongings, have our picnic and enjoy a great day of activities. These included an electric boat ride through the reed beds and a pond dipping session, which was greatly enjoyed by everyone. A new play area had just opened, which was a great hit with the Brownies to finish off our days' visit.

When walking around the site, the Brownies soon realised that if they were quiet and looked into the reeds and visited the hides, they could see and hear many different birds, including families of goslings, only a few weeks old, learning to swim in formation. Everyone enjoyed our day and have asked to go again. It was a great value for money day out and I would certainly recommend a visit.

Sue Callander - Leader 2nd Barnham Brownies



East Preston Festival

11 June was a warm, sunny and slightly windy day, which saw Rainbows, Brownies and Guides from East Preston & Angmering take part in the East Preston Festival carnival parade. The festival's theme was 'A Reign to Remember', so at zoom meeting back in February we decided we would love to take part this year. HM Queen Elizabeth was our patron, so we would decorate the truck accordingly and be ourselves.

We entered 'Best Dressed Float - Youth' and won 1st prize of £50 for our efforts! A Festival committee Member commented 'You deserved to win for such an imaginative display, and it was bang on theme, which the judges loved'.

We had a backdrop of tents and a campfire, and the girls wore their current uniforms and some vintage ones. The truck sides had lots of colourful paintings of crowns, rainbows, owls, toadstools logos, badges & Girlguiding bunting. We had Rainbows sitting in the back of the truck and Brownies, Guides and leaders walked behind carrying their flags and pennants and singing campfire songs. All in all, there were approximately 60 Girlguiding members who took part, which was by far, the most for a very long time. What was more amazing was the volume of spectators along the route who cheered the whole parade along.

Hannah, a Unit Helper's comment was "We were so lucky with the weather and it was fantastic to see all the local guiding community together" and Isla, a Guide said "It was a good idea to dress up the float and have some older uniforms to wear. It was so much fun".

We would like to thank everyone who helped make our entry possible, beforehand and on the day. We all had a fabulous afternoon and in total our district collection buckets raised £100.

Linda Healey - East Preston & Angmering District Assistant



1st Plaistow Guides - Women's Euros

1st Plaistow Guides continued to celebrate their 90th Anniversary with exciting adventures. On 20 July we roared on the Lionesses through their roller coaster match against Spain, in the quarter finals of the Women's Euros at the Brighton Amex stadium. Nine Guides, some of their siblings, one Young Leader and six adults attended the game, sitting surrounded by football teams and families of all nationalities. It was a thrilling experience to support the teams in their incredible endeavours - a true battle of the lion-hearts!



There was dismay when heroic goalie, Mary Eaps, was beaten by Esther Gonzalez in the 54th minute, but then all even as the sensational Ella Toone smashed the ball into the back of the net in the nail biting 84th minute. The crowd erupted - what joyous noise! The game just kept on giving as we moved into extra time. The players competed for every ball whilst battling against cramp and fatigue. Then the wonderful Georgia Stanway rocketed her long range wonder goal past the Spanish goalie in the glorious 96th minute.

If screaming alone could power on a team, then the players could have gone on forever! What an amazing privilege to be part of this incredible experience - we all earned our Guiding Euros badge that evening!

Linda Douglas - Leader 1st Plaistow Guides



County Trefoil Guilds celebrate Jubilee

A fine but blustery day on 16 June was when Sussex West Trefoil Guilds held their Jubilee Picnic, at Rustington Guide Hall and Recreation Ground.

This was a wonderful day with over 80 members from all around the county attending. We started with games, competitions and quizzes, some outside, wind permitting. We had a crown-making competition which was won by Bognor Allsorts Guild.



Each guild was asked to make a square for our Jubilee Banner; this will be on display at our Friendship Service on 16 October. This was followed by tea, each guild bringing their own food. Anna, one of our Guide leaders, made us a wonderful cake in the shape of a Trefoil, which tasted as good as it looked.

Then it was time for our campfire, led by Lou Salmon. Many rousing old and favourite songs were sung, which brought back many memories of their earlier guiding days.

After a great day of fun and friendship, we all went home tired but happy to have met old friends and made some new ones.



Joan Salmon - Trefoil Chairman Sussex West County

Blackland Farm Summer Camp

The Guides and Rangers from Bognor Regis South District enjoyed a fun and adventurous camp at Blackland Farm. Many of the girls challenged themselves by abseiling, kayaking, tunnelling, grass sledging and lots more. Others challenged themselves by lighting fires, cooking dinner and trying new foods. Some of us slept outside, we all made new friends and enjoyed the lovely sunshine and beautiful surroundings. We look forward to more adventures in the coming months.

Lucy (Guide) - "I'm so glad that I tried lots of new things, it makes me want to challenge myself even more"

Jo Evans - Leader 1st Bognor Regis Guides



Southwick Trefoil Guild

Southwick Trefoil recently held a lunch to celebrate the contribution our former Chairman, Anne Geiger, made to guiding in Sussex West, attended also by our President, Margaret Goodyer, Chair, Joan Salmon and other friends. Apart from being a Brownie and Guide in Southwick, Anne was Captain of one of the Lancing Guide Companies for many years, before joining Southwick Trefoil. As well as leading us, she served on the Trefoil County Exec as County Goods Adviser and also as Secretary. We remember many happy times we spent with her at our day camps, the anniversary tea at the Hilton and Fashion Show to name but a few. We miss her greatly and send condolences to her husband Roger who did much ferrying for her over the years, her Queen's Guide daughter Julie and son Christopher.



Jan Powell - Southwick Trefoil Guild

Worthing Rotary Carnival Parade



Girls and leaders from Worthing Cissbury and Worthing Highdown Divisions had a great time in the Worthing Rotary Carnival Parade on August Bank Holiday Monday. The weather was just right for the procession along Marine Parade, and it was lots of fun waving at all the people who had come to watch. The theme for the parade was Through The Decades, so we raided the archives at Margaret Goodyer's (County Archivist) home, for some historic uniforms and tried to match as many as we could to the right time in history! We did the best we could and everyone looked amazing! It was lovely to hear lots of comments en route from people recognising the style they used to wear as children and we could see women of all ages pointing to the different clothes and accessories we were wearing.

As well as being in the parade, we had a stall in Steyne Gardens and raised some funds with a popular teddy bear tombola. Thank you to everyone who joined in and supported our day - we loved it!



Zoë Walker - Worthing Cissbury Division Commissioner

Billingshurst Guides summer camp

2nd Billingshurst Guides had their first week's summer camp since 2018! We decided to go to camp with Midhurst Guides and camped at Foxlease, somewhere new for both units. So many of the Guides have made new friends. We had evening activities together, a walk to Brockenhurst and a camp fire at the end of the week. The Guides were teaching each other new camp songs and keeping traditions going.

It was a hot week at Bridges site, so plenty of shade and time in the paddling pool was needed. Most of the activities were in the woods and shady areas, which really helped. The leaders took part just as much as the girls, with the favourites being crate-stacking, abseiling, kayaking and zip wire. Archery got very competitive with a game of snakes and ladders.



The Guides cooled off at the end of the week with a trip to the New Forest water park at Fordingbridge, which had a large inflatable obstacle course in the water. Billingshurst Scouts were also camping at Foxlease, so we all went to the waterpark together. This was certainly a real highlight of the week for everyone.

The patrols took part in 'Leaders Surprise' this year on camp and each had a couple of leaders to cook for. This is a great way for the Guides to work together to decide on a two course meal, that can be cooked over a fire and is a balanced meal. We had spaghetti carbonara from one patrol and the other cooked chicken kebabs, with a hint of lemon, cooked on the grid over the fire. Both meals tasted extremely good - the leaders felt chilled out that evening!

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All of the Guides were working on their Have Adventures theme award during camp. They all completed the backwoods cooking badges and the camp skills skill builder stage 4, which is just like the camper badge that we are all used to.

Chloe's comments: "Summer camp has been a very exciting experience. I loved all of the activities and my favourite one was the zip wire. I enjoyed cooking our meals on the fire and Leaders Surprise (cooking for the leaders.). I tried some new activities like climbing, kayaking and the water obstacle course. I loved everything and can't wait for the next camp!"

Eva's comments: " I loved everything and my favourite activity was Kayaking. This was the best camp ever!"



The girls all challenged themselves during this camp and experienced new activities. It was lovely being back camping and watching the girls grow and try new something new. It made you realise why we are all leaders, giving us that warm feeling. We are looking forward to summer camp 2023, when we are off to Sealarks, a Girlguiding Sussex East site in Seaford.

Natalie Evans - Unit Leader, 2nd Billingshurst Guides

Worthing Cissbury Rangers - Disneyland Paris

After over 3 years of planning and over 100,000 steps we had a magical time in Disneyland Paris and a day trip to Paris.

Monday 29 August - To start our journey, we all met at Worthing station at 5:30 in the morning. After an uneventful train ride, we arrived at St Pancras International Station. The Eurostar ride felt surprisingly short, as we were all so excited to get to Paris. When we arrived, we handed our bags into Disney Express, a service which meant we could go into the park and have our bags arrive at the hotel. We all separated into groups at this point, and from the sounds of it, all wandered around lost. After a while however, we (Michelle and Grace) stumbled upon Star Wars Hyperspace Mountain, a Vekoma launch rollercoaster located in Discoveryland. Between the two rides, we went on Buzz Lightyear Laser Blast. We then watched the parade, the highlights for us being the dragon and the princesses. Then we went back to the hotel, had our dinner at La Cantina, and then four of us went back to the park to see the fireworks. We went on Hyperspace Mountain again, and managed to get front row seats! We followed that by another ride on Buzz Lightyear, this time with Karen joining us. The fireworks were lovely, albeit incredibly busy. The water fountains were especially impressive.



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Tuesday 30 August - Today we went to breakfast around 7:30. After which we travelled to the park on the bus. Michelle and I went onto the Pirates of the Caribbean ride, whereas the others went on the Peter-Pan's Flight ride. After Lunch we all joined up and went to Le Passage Enchanté d'Aladdin, which was a walkthrough of the scenes in the film with animatronics. We were really excited to go on Big Thunder Mountain, so whilst waiting for the queue to get shorter, we went on the Pirates of the Caribbean ride. After Big Thunder Mountain, all of us Rangers met up to go on the Pirates Of The Caribbean ride for a photo. While the Parade was on most of us went to Hyper Space Mountain and Buzz Lightyear Laser Blast, as we had seen the parade the day before and it was amazing.



Wednesday 31 August - We met in reception at 08:15. We travelled to the train station by shuttle bus and went into the train station and bought lunch. We got the train to Charles de Gaulle Étoile. The train was a double decker and it took 16 stops till our destination. We arrived at Charles de Gaulle and walked five minutes to the Arc de Triomphe and saw a masking structural building and then travelled towards the Eiffel Tower through the Avenue des Champs Elysée, and went into a number of different shops, including Swarovski Crystal and found a crystal for €1,500, and a sunglass shop with the highest price at €249,000! After two hours and nineteen minutes of walking, we arrived at the Eiffel Tower. We then stopped in a nearby park to have lunch. After lunch, we took a short walk to the River Seine, to get onto the batobus to go to the Notre Dame. After our visit to Notre Dame we took a boat ride via a batobus and headed towards the Louvre. When we arrived, we headed towards the Louvre museum, and we went to see the Mona Lisa. We made our way over to the batobus, at the Louvre, to go to our next destination of the Eiffel Tower. We arrive at the metro to go to Charles de Gaulle Étoile and then set off back to Disneyland and the hotel where we ate dinner. Some Rangers went into the park to go on rides and then watched the light show and the fireworks, which were both incredible and definitely worth watching! The weather had been very hot, meaning a lot of sunscreen lotion! One leader achieved 28,833 steps! Overall, a very enjoyable day!

Cont.



Thursday 1 September - We split off into two groups and we went into the two different parks. One group went into the Disney Store and bought gifts for family and then waited for the gates of the Disney Studios to open. We went on many different rides throughout the morning and into the afternoon. One ride was called Crush's Coasters, one Ranger said: "I thought it was very cleverly done and thrilling", another ride was called 'The Tower of Terror', another Ranger said "the ride was really scary, but really good". While some Rangers went on rides, some went and got photos with Disney characters, two including Woody from Toy Story and Goofy from Mickey Mouse Club House. At 14:50, we went back into the Disneyland Park, after leaving Disney Studios and we did more fun and exciting rides, one ride was called Pirates of The Caribbean, one Ranger said, "at first, I did not know what to expect but doing it over and over again increased how much I liked the ride, making it one of my favourite rides to do." We carried on going on rides until it was time to go back to the hotel to get ready for dinner. After dinner, everyone either went into the Disneyland Park or stayed in the hotel and came into the park later on to enjoy the rides. On our last day in the park, with the time that we had left, we saw the light show and the fireworks for the final time, which were both exceptional and amazing to admire. After the light show and the fireworks, we headed back to the hotel by shuttlebus and went to bed to rest for a big day of travelling home on Friday.



Friday 2 September - For Friday, we woke up to a grey morning but that did not dampen our spirits. We woke up later than previous mornings, as we had to check out for 11:00 with our luggage. We didn't have breakfast until 9am, due to the large queue that was outside. We got into Disneyland for around 11:30am. We spent the rest of the day on our favourite rides in both the park and studios. We discovered that some of us enjoy being scared, whereas others prefer "to have their feet safely on the ground". However, we managed to all enjoy ourselves no matter what rides we chose to go on. Lunch was spent at a variety of restaurants, depending on what group you went around with; one group found a Tony Stark themed restaurant with very cool napkins. We also did some shopping for family and ourselves, including a purchase of a very large Stitch character worth around £90!!! Some of us collected food for the journey home. We left Disneyland at 4pm and met everyone at the station. We managed to get through security and collect our luggage successfully, before getting onto the Eurostar train for 17:30. The journey on the Eurostar was pleasant, including a rain shower and a gorgeous sunset once back on English soil. Two more train journeys later and we were back home, safe and sound.

Overall, although we are all very tired, we have been so excited to explore a new culture and see the most famous sights in the city. Being a Ranger does of course come with more responsibilities, but it is all worth it with the exciting new experiences we get to encounter and places we get to visit.

Worthing Cissbury Division Rangers - each day written by a different member



Chichester Guides at Wellies & Wristbands

In August, over the bank holiday weekend, Guides from Chichester headed to Foxlease to attend Wellies and Wristbands. For those of you that do not know, Wellies and Wristbands is a festival camp for Guides and Rangers. Girls have the opportunity to participate a wide variety of activities during the day and enjoy live music in the evening.

The Guides had a great time, participating in activities such as archery, bushcraft, pioneering, climbing and leap of faith. They also enjoyed relaxing in the hot tubs and getting glitter tattoos and henna. In the evening they enjoyed music from Here At Last, Max & Harvey, VLTGE, Liam White Jazz Trio, Luke M, and Angel n Bandits, to name a few. Some of our Guides got to meet Here At Last and Max and Harvey. They were extremely excited!

On the Saturday evening, participants were invited to dress up in fancy dress. The theme this year was 'Through the Decades'. The leaders joined in too. The leaders also enjoyed taking part in an escape room. The theme was WAGGS and we managed to escape with 8 minutes to spare. Everyone had a fabulous weekend and we are already looking forward to next year.



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This is what some of the Guides said when asked what their favourite part of the weekend was -

Archery, Ferris wheel, concert acts, the pillow fight, water walking, rock climbing. (Ella)

Everything! (Bella)

Pamper zone. (Molly and Charlotte)

Boy Band, taking pics with them, making new friends, concerts. (Emily)

My favourite thing about the W&W weekend was the concerts and meeting Max & Harvey and getting their merch and meeting VLTGE. (Maisie)

Having a photo taken with Max & Harvey. (Georgina)



Rushing around doing activities in the SAGGA area for marshmallows. (Evie)



At Wellies & Wristbands I loved getting henna. The designs were beautiful and the artists were talented. I also loved listening to live music in the evening. (Lottie)



Julie Tanner - Leader 7th Chichester Guides

Dounhurst & Leconfield District activity evening & BBQ

On Wednesday 14 September, we held a District activity event for young members of Girlguiding Dounhurst & Leconfield. In all, 78 girls attended including Rainbows, Brownies and Guides and so it was a great opportunity for the girls to see each other face-to-face again and take part in some fun activities! The event took place at Champs Hill, in their sand quarry field. This site is situated within a disused quarry in the grounds of Champs Hill, but it is now used as a large open space which was absolutely perfect for our event.



After arriving and being sorted into teams, the girls began some activities! Each team would compete against another at one activity station for about 10 minutes, before switching round to a different activity. Some of the highlights were the sponge race, in which members of the team had to relay water from one bucket to another using a sponge; and the obstacle course, where they had to transfer water through the obstacles, via a cup and into a bucket at the end, before running back to the beginning so that their next team member could go - however there was a twist! As, depending on their age group, they had a certain number of holes in the bottom of their cups for the water to leak out along the way.

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Once each group had done all the activities, it was time for the food! We served up hot dogs, along with some salad and an ice lolly to finish. After everyone had finished eating it was time for Rainbows to head home but not before we had all participated in a two minute silence for HM The Queen and renewing our Promise. Then the Brownies and Guides continued with more activities. These worked similarly to the previous ones, as they rotated around different activity stations. The highlights included trying to untangle a human knot and working as a team to cross a stretch of grass by only stepping a few stepping stones.

Overall, everyone very much enjoyed taking part in the evening and enjoyed meeting lots of new people. I had decided to plan and organise this event as part of my Queen's Guide Award. I had a great time learning about how to run district events for young people and now can't wait to run more in the future.

Rose Moran - Leader in training 2nd Billingshurst Guides

Plaistow Guides camp at Sealarks

Plaistow Guides were delighted to return to the Girlguiding Sussex East Sealarks site near the Seven Sisters in Seaford for their summer camp.

With the superb support of Anita, Sue and Bethan, we ate like kings, with lots of wonderful meals and scoffed a lot of ice-creams and sang our lungs out around the campfire!

Tie dye was a huge hit once again, so not only did the t-shirts get the full colour treatment, but also the towels and even socks, as they searched for anything they could recolour!



The Guides re-ran a Marine Conservation Society beach clean, that we had done in 2019, finding over 15kg of plastic waste in just a 100 metre stretch of beach.

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The Guides had huge fun kayaking one day and then paddle-boarding on another, at the Buzz Active Centre in Cuckmere. Turned out our camp coincided with Eastbourne Airborne, so every afternoon all kinds of aircraft Spitfires, Eurofighters and Chinooks flew overhead, while we pioneered and crafted on our site. The Red Arrows delighted us with their astonishing display during our 4pm ice-cream break - what an amazing experience!



We can't wait to return for more Sealarking about next time!



Linda Douglas - Leader 1st Plaistow Guides





Easebourne & Midhurst Rainbows

Members of Easebourne and Midhurst Rainbows from Rother Valley District enjoyed an activity packed day at the RSPB Pulborough Brooks Nature Reserve in July.



They were first met by Easebourne Rainbow leader Michaela, who works at the reserve, and then by the education officer who explained what activities they would be doing at the reserve. The first activity was pond dipping, where all the girls helped carry out a pond life survey to check how healthy the pond was after the extremely hot weather. An amazing array of pond life and insects was collected in their nets and then identified, which included a baby newt and dragonfly nymphs. We then moved on to bug finding in the woodland area, nets were used to sweep the long grass and logs were moved to find what lurked underneath. There was lots of excitement when a centipede or beetle was discovered, and some girls found a stripy orange and black cinnabar moth caterpillar munching on the ragwort plants.



After enjoying a picnic lunch, we had a group game of Bat and Moth, before moving on to identify moths that had been caught on the reserve overnight and match them to their habitats according to their colours and shapes. The moths were then released. It was then time for a butterfly hunt along the meadow zig-zag paths, before heading back for a well-earned ice cream and visit to the play area.

All the activities that day earned the Rainbows their Girlguiding LaSER Together with Nature RSPB badge.

Kirstin Bosley - Petworth Joint Division Commissioner

Charmandean District visit Flip Out

Charmandean District took nearly 50 Rainbows, Brownies and Guides to Flip Out in Chichester on Sunday 25 September, following a 2 year delay due to covid. The girls all really enjoyed themselves and some of the leaders even bounced!

We were able to present a Gold Award to one of our Brownies on the trampolines and every girl received their Get Active badge. We can't wait for our next district outing!



Claire Clark - Leader 4th Worthing Brownies



Arun Valley Division trip to Little Canada

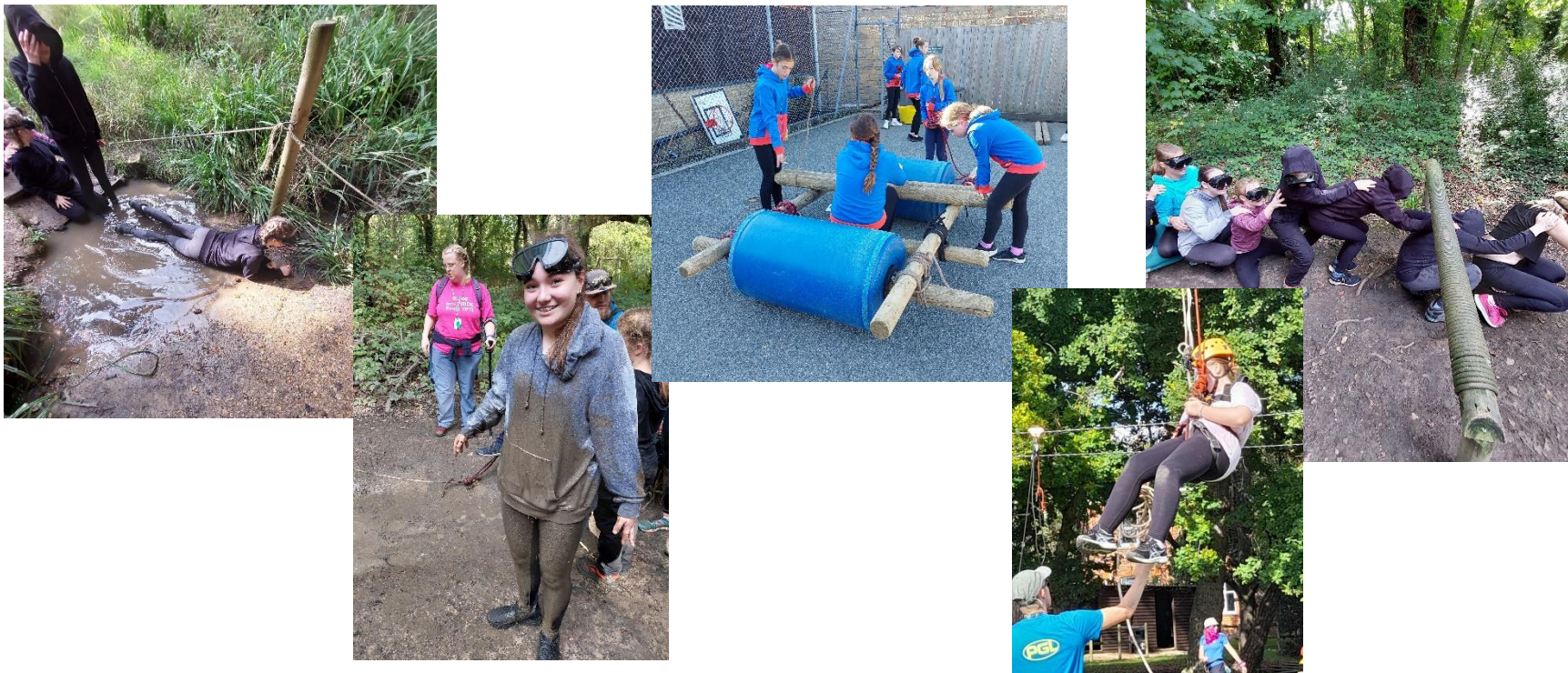
On Friday 23 September 50 Brownies, Guides, Rangers and Young Leaders plus 12 leaders set off by train from various stations along the south coast to meet up at Portsmouth Harbour. From there we took the Fast Cat to Ryde Pier on the Isle of Wight, where we were greeted by the most beautiful sunset, as we walked the half mile along the pier to where coaches were waiting to take us to PGL's Little Canada site.



By the time we arrived it was dark, we were whisked off to have some supper before settling into our cabins for the night. On Saturday morning the girls were up early and ready for the day's activities. The group I was with started the morning with climbing; two girls pausing half way up to make their Promise, among the first to refer to The King. This was followed by survivor, where imagining they had been taken to a remote island off the North Devon coast inhabited by puffins, (Lundy) they had to build shelters and use flint and steels to light cotton wool.

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After a break for lunch the girls threw themselves into the sensory trail (night line), quite literally, ending up being covered from head to toe in muddy water! Along the way their team work and communication skills also shone through. Following a break for showers, the day's activities ended with the zip wire, which was much enjoyed by all.



After supper the girls took part in a camp fire before heading off to bed. Day two started with buggy building, where once again the girls displayed excellent teamwork, organisation and communication skills. Convinced by the effectiveness of their knotting and lashing I even accepted the offer of a ride on their completed buggy. Our final activity was archery, which some of the girls found more challenging, but enjoyed nonetheless.

We had lunch and time to chill before embarking on the return journey, cancelled and delayed trains provided a little extra challenge for leaders, but all returned safely to their various destinations after a great weekend. As well as enjoying the activities, girls also talked about enjoying making new friends and trying new food, truly embracing our aims for the weekend.

Ann Macaulay - Brownie residential adviser (Arun Valley Division)

Little Canada trip - Wick Guides & Rangers

We arrived at the train station on Friday 23 September (lots of bouncing excitable girls) we said goodbye to the parents and got on the train at Littlehampton with another unit. When we got to Portsmouth Harbour we met up with all the other Brownie and Guide groups at the ferry terminal. We didn't have long until we arrived on the Isle of Wight and we were picking up our luggage again, to get onto the coaches that would take us to the site. We arrived at PGL Little Canada and we were taken to our accommodation.



We looked at the program and saw that all of the units were to be together for the activities. We were booked onto Climbing, Survival Skills, Sensory Trail, Ziplining, Buggy Building and Archery. We had a great time, all of the girls got stuck into each and every activity and were very supportive of the girls in the unit that needed a little encouragement. The weekend flew past and it was soon time to leave, we got back on the coach and waved goodbye to the instructors that had been so great with us during the weekend.

We boarded the ferry again on Sunday and this time we decided to sit downstairs and enjoy the comfortable seats, we arrived back around 3pm, and again boarded the train at Portsmouth Harbour. It wasn't the train we were supposed to be on, as that had been cancelled, but that just added to the adventure. We made it back to Angmering station, where we were faced with our third cancelled train, but we were close enough to home, and parents were able to collect from there. All the girls were looking forward to seeing their parents, and I'm sure the parents were looking forward to seeing the girls, and their washing!

It was a great weekend; I was able to get to know the girls that little bit better and just enjoy the weekend. We laughed, we cried, we screamed, and more importantly we all had lots of fun.

Eveline (13) I had a lovely PGL trip to little Canada on the Isle of Wight. I enjoyed all of the activities but my favourite was the zip wire. I also enjoyed toasting marshmallows on the campfire. The staff were lovely and made us laugh. I wish every day was a PGL day.

Abigail (13) I enjoyed PGL. My favourite activity was the survival skills, trying to light a fire with a striker, it was a different method to what I had done before. The rooms were nice and the instructors were friendly.

Katherine (11) I really enjoyed being other Guides outside in the fresh air, my favourite activity was the Zip line; my least favourite was the sensory walk.

Lucy Buckingham - Leader 2nd Wick Guides and Rangers

Worthing Cissbury & Highdown Divisions

One of the themes that runs through the Girlguiding programme is 'Be Well' which encourages our members to be fit and healthy. We were delighted to celebrate this in early October by having a Girlguiding Takeover of the Worthing Parkrun! Several leaders from Cissbury and Highdown Divisions volunteered to be marshals and had lots of fun encouraging all the runners, joggers and walkers on the 5km route along Worthing promenade. It was fantastic to see some of our Brownies and Guides taking up the challenge in their uniform and they were able to take home a badge for their camp blankets. Leaders also provided cakes for the runners and through their kind donations we raised nearly £70 for the Girlguiding London Marathon Team; thank you to everyone who visited the stall! Next month we will be in the community again for Remembrance Day, laying our wreaths at the War Memorial by the Town Hall.



Zoë Walker - Worthing Cissbury Division Commissioner

Rainbow Lauren pays her respects

We went to London because we love The Queen.

We went to Buckingham Palace and Green Park. We saw the guards and the man with no hair in the back of the car, who waved to me. (Mummy said it was Prince William). I also saw the lady with blonde hair, she waved too. (Mummy said it was the Queen Consort).

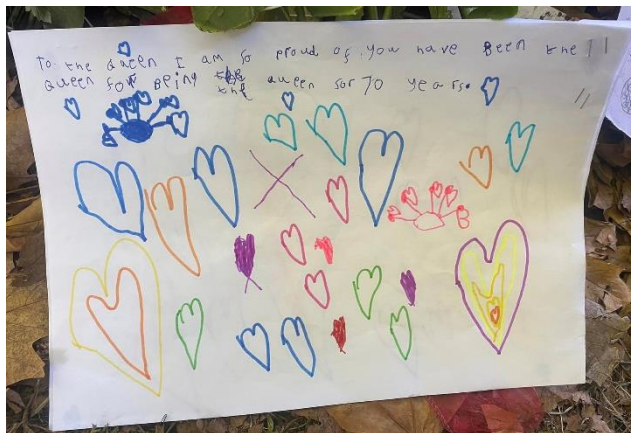
I was also on the camera for the news as I was on Daddy's shoulders.

We laid flowers and pictures for the Queen. It was beautiful and there were loads of piles of flowers. It made me emotional because it was about The Queen and it made me sad. I wanted to lay flowers because it would make The Queen better in heaven.

I took Olivia the Rainbows teddy with me because she made me happy and less emotional.

I miss The Queen.

Lauren Allard - (aged 6) 1st Bognor Regis Rainbows



Proclamation of HM King Charles III

On Sunday 11 September, Flo and Zoë were at Worthing Town Hall to hear the Mayor, Cllr Henna Chowdhury, read the Proclamation of His Majesty King Charles III. Whilst there, they also laid flowers on behalf of Worthing Cissbury Division in tribute to the late Queen Elizabeth II. Debra Philips from Worthing Highdown Division also laid some flowers in the Garden of Remembrance outside the Town Hall.

Zoë Walker - Worthing Cissbury Division Commissioner



Lying in State of HM The Queen

In 2000 my husband Chris was awarded his Queens Scout Award and I was awarded my Queens Guide in December 2004. We never got to see the Queen in person during her life, but she's always been part of our journey, in Scouting and Guiding and in life. So on Thursday 15 September we decided to go to London to say thank you.

The 6 hour queue through the capital was a great experience, meeting some lovely people along the way, all united in the simple task of walking and waiting (or pointing which way to go). It was as much as celebration as an act of remembrance or mourning.



Once we reached Westminster Hall, there was a respectful quiet. Despite the numbers in the hall, nothing was rushed and everyone could have their personal moment to say what they wanted to say. We both did the Scout/Guide salute and had a moment to be able to say thank you for the service and everything Her Majesty has done in being part of our Guiding/Scouting journey.

We saw Huw Edwards, a journalist you always associate with the Queen and the Royal family. I messaged my Mum to let her know we had spotted Huw and she had spotted us on TV queuing, maybe our scarves made us stand out in the crowd! A day to remember and treasure. Thank You Your Majesty.

Natalie Evans - Petworth Joint Division Commissioner

Volunteering for Her Majesty's Funeral

What a wonderful privilege to be able to serve the Queen on this historic day. It was a lovely, calm atmosphere at Girlguiding HQ when I arrived and met some fellow volunteers before heading out to our meeting points. One member had arrived from the overnight train from Scotland! Arriving early, we had time for lunch and to get our purple tabards fitted by Team London (managed by the Greater London Authority), followed by our team briefing. Stationed on Queen's Gate meant that we were able to glimpse Her Majesty passing by on her final journey to Windsor before we set off on our shift.



I was paired with a leader from Essex and we were taken with the crowd to our base at Cromwell Road. Once in position we directed people to the closest station and parks, serving the community with welcoming smiles and consideration and taking the time to chat with those who had come to pay their respects.

The mass of people dispersed fairly quickly and we were able to see the police motorbikes escorting the diplomatic cars on their way to collect the dignitaries who had attended the funeral.

On our break, we had time to take in the floral displays in Hyde Park - a heavy scent in the sombre air - before being stood down from duty.

It was an incredible opportunity to fulfil our Promise and lovely to make new guiding friends from across the country.

Zoë Walker - Worthing Cissbury Division Commissioner



Thank you, to everyone who contributed to this bumper issue, and all of the issues that I have had the privilege to edit over the past 11 years.

This is going to be my last one and I will hopefully be passing the role on to someone new very soon. Information will be in our enews once this is sorted.

Thank you again for all your support over the years.

Teri Mahel

Editor

