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## Welcome to this first bumper issue!

Thanks to everyone who has sent in reports on what they have been up to in their units, districts and divisions so far this year. Please keep sending in your articles and photos for next term's issue. Thank you.

[EMAIL THE EDITOR](#)

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## Sussex West Annual Review



This year's Annual Review returned to Arundel Castle, after a few years away following the arrival of the pandemic and the associated restrictions. Everyone who attended will no doubt agree it was a lovely evening - the colour parties all did an amazing job, it was interesting to hear

from the speakers about their special guiding adventures, and many well-deserved awards were presented to volunteers from across Sussex West.



This year's Sussex West county Penny Hardwick Team Award was presented to the team who worked long and hard over many years organising the various Baden Powell Adventures for Guides. The members of this great team were: Gillian Almond, Debra Phillips, Jessica Craft, Samantha Phillips, Malika Freyerd-Smith and Katie Almond.

Many congratulations to all our long service award recipients (see list below), but particularly to Ann Swabey, who received her **60-year** long service award!

## AWARDS PRESENTED

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## Sussex West Youth Awards



Congratulations to all our younger members who were presented with their Gold section awards and also the Young Leader Qualification at this year's county Youth Awards event in June.

## YOUTH AWARDS PRESENTED

## West Chiltington units enjoyed Autumn



Both units had a busy Autumn term with a couple of joint meetings. The first was at RSPB Pulborough Brooks where they investigated pond wildlife and foraged in the woods for mini beasts. They also had a joint Halloween party

with lots of games and challenges all dressed up in their spooky costumes.

The Rainbows tackled the art of communication with stories being told in silence using other methods, this followed on with puppet making which culminated in a fabulous shadow puppet show. Even the most timid girls joined in enthusiastically. Later in the term they built a huge indoor camp which took up half the hall floor space.

The Brownies focused on the Jobs badge and also various means of communication. They spent an evening with a journalism challenge and what makes a great headline. We had a visit from the local Hedgehog charity and got to meet a real hedgehog. We then were lucky that 2 of our parents came in to do a Q&A about their jobs - a police detective and a digital film producer. The Brownies were then challenged to an escape room night where a variety of puzzles and enigmas led to the final locked door of treasure.

We were delighted to be able to present Bronze, Silver and one Gold award to our Rainbows and Brownies, with more due to be completed in 2023.

**Sarah France**

**Leader**

**1st West Chiltington Rainbows &**

**2nd West Chiltington Brownies**



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**Kate Thompson, local children's author, visits  
1st Midhurst Rainbows**



Local author, Kate Thompson, put out an appeal for paper chain links before Christmas with acts of love and kindness written on them. She was attempting to create a long paperchain of kindness at a school in the new year to accompany her new book launch. We held a Rainbow pyjama party around Christmas time and the Rainbows filled in lots of kind chain links, which were sent to Kate.

Kate then came along to our Rainbow meeting in February to show us the finished paperchain, read her new book and helped us discover our own superheroes. The Rainbows had a great time listening to Kate's book, asking questions, designing a group superhero and then their own individual superheroes.

In true guiding tradition the Rainbows gave Kate some badges, along with some flowers, to say thank you for her visit.

**Kirstin Bosley**

**Leader**

**1<sup>st</sup> Midhurst Rainbows**



## Rother Valley District guiding display at Midhurst Museum



Trefoil members can work towards the Trefoil Voyager Awards, which involves challenges covering 5 themes; Skills, Service, Explore my world, Myself, and Teamwork. As a Midhurst Trefoil Guild member I have completed the Bronze Award and am now working on my Silver Award.

As part of the Myself theme I decided to investigate the history of guiding in my local district and display my findings in our local museum over February. I have really enjoyed researching guiding over the decades in Rother Valley District, which was originally Midhurst District in 1927.

Using a local heritage social media page, 'Flashback Midhurst', I shared a couple of photos and asked for any memories to go with them. I have now received emails, messages, photos, and actual badges to use in both the display and a memory book which is growing page by page. I also had a wonderful poster from two sisters, Jess (Midhurst Rainbow) and Imy (Easebourne Brownie), who did a project for school about their family in guiding, and had included photos of their family in different local guiding roles.

The earliest memory entered in the book dates from 1930 and is accompanied by a photo and set of badges with more memories in each decade right up to recent entries from the 2020s.

**Kirstin Bosley**

**Midhurst Trefoil member**





## 1st Selsey Brownies celebrated.....



**Burns Night**



**Chinese New Year**

We rashly decided to celebrate Burns night in conjunction with Chinese New Year!

The sixers helped cook stir fry and noodles. Whilst the cooking was taking place, they all had their Chinese new year birth symbol to colour in to make into Chinese lanterns. Each Brownie could choose 2 different types of stir fry, rice noodles and/or ramen noodles, chow mein or sweet/sour sauce with prawn crackers to share; most tried everything although some just had the noodles. They all had great fun trying to eat with chopsticks too, quite a skill to master; then they all had a traditional fortune cookie to take home.

Snowy Owl then talked about the history of Burns night and reasons why it's celebrated. We told them they were then going to have a traditional Burns night food plate - tatties, neeps and haggis. After they all had tried it and said they liked it, we revealed it was actually crushed bourbon biscuits, scrambled orange jelly and a scoop of ice cream (though the ice cream was a bit hard to create a proper round scoop)!

Very grateful thanks to a fellow leader on Facebook for the idea - no food waste doing it this way. Even the parents weren't sure whether it was real Burns food or not until we enlightened them!

**Anne Wheway**

**Leader**

**1st Selsey Brownies**

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## **2023 World Thinking Day celebrations**



## Worthing Cissbury division celebrates

Over 130 young people, leaders, helpers and Trefoil members gathered together on Worthing seafront to celebrate World Thinking Day.

Worthing's Mayor, Councillor Henna Chowdhury, started the celebration with a warm welcome and a renewal of Promises. This was followed by Zoë Walker surprising one of our leaders by presenting her with a Good Service Brooch.

Girlguiding leaders from across the Worthing Cissbury Division organised an exciting seafront quiz, challenging all members to find the answers along their walk. There were lots of questions for young members and their leaders to answer along with a range of challenges for them to complete along the way.

"I had lots of fun walking the seafront with my friends and trying to find the answers" commented one of the younger members from a Rainbow unit. A Brownie who enjoyed the day said "Me and my friend had to find the Girlguiding stained glass window on the pier, it was very exciting. I also got to

draw one of the buildings that had a pointy roof”.

“Being part of Girlguiding provides such a range of different activities for young people in the Worthing community. Being all together walking along Worthing seafront celebrating World thinking Day is just another great experience we provide to them” - commented a Unit Leader about the day.

The celebrations were closed with the all-important presentation of the official Girlguiding World Thinking Day 2023 badge, for all members to keep and remember their special day.

**Rebecca Adlem-Knight**  
**Leader**  
**Worthing Cissbury**



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**1st Selsey Brownies celebrate**



We were super proud of our Brownies this year. We had written to the 4 local schools the girls attended and they were very supportive for them to wear their uniforms to school on Wednesday 22<sup>nd</sup> February. When we asked how many had worn their uniforms over 80% had done so - one even stood at the front of the whole school assembly and told them why she was wearing her uniform and about the fun she has at Brownies, as well as about some of her badges. Lots of the girls said others were really interested to find out about their badges (so a good PR job done by them - thank you). Apparently there were also a few jokes about Brownies being nice to eat!

Luckily our Brownie meeting was actually on World Thinking Day this year. All the girls chose the Brownie picture of which country they wanted their cardboard doll to represent - some chose the countries to match their name initials. They re-created some fabulous copies of their uniforms. Afterwards they found out where in the world the countries were - the Brownies were amazed how close or far some of them were from the UK. Then we played some games from around the world - Cyprus, France and Belgium. With their dolls arranged around the outside of our Trefoil with their tealights on ready, the Brownies all took turns in lighting their candle, saying I'm thinking of Brownies in .. (their chosen country). We then all renewed our Promise now that we had a King reigning over the country.

They all received their 2023 Thinking Day badge to help them remember the

day.

**Anne Wheway**

**Leader**

**1st Selsey Brownies**

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## **Worthing Highdown division enjoys a conservation day**

A collaboration between Girlguiding Worthing Highdown and Go Youth Activities resulted in a conservation day at 'The Compound' on Goring seafront in March.

Activities included interactive games to learn about ecology, making cones filled with items suitable for the local birds to make their nests, planting hawthorn, blackthorn and hazel trees to form a 10-foot hedge (which had been donated by Carbon Footprint), drilling holes in wood to make insect hotels, and using electric drills to make 5-star bird boxes, under the supervision of Worthing Men in Sheds.

The 24 girls, aged between 9 and 14, got to make their own lunch over an open fire and finished off the meal sampling a fondue made from cocoa beans sent from St Lucia that were roasted over a BBQ and hand ground.

The day proved to be a real community event that will help the wildlife of Goring.

**Debra Phillips**  
Division Commissioner  
Worthing Highdown

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## 2023 Monopoly Run - London



## Bognor Regis Guides & Rangers

On Saturday 4th March 11 Guides, 1 Ranger and 5 adults from 1st Bognor Guides / Bognor South District Rangers caught the 6.30am train up to London to take part in the 2023 Monopoly Run.

One of the Guides, Molly, was celebrating her 13th birthday so after singing “Happy Birthday” we were all eating birthday cake at 7.30 in the morning!

After starting at the London Eye (with the other 1384 teams taking part) we split into our two teams and travelled all over London using buses, the underground and lots of walking, visiting many of the properties from the

Monopoly board. At each location we were either able to buy the property, if no other teams in our “game” had already purchased it, or pay rent. We also completed several challenges and a quiz en route, all of which earned us extra money.

We walked about 26,000 steps and visited so many parts of London that many of us had never seen before. After all this we had a McDonald’s meal at Victoria Station before getting the train back home.

It was an amazing day and the girls were a pleasure to take. We can’t wait for Monopoly Run 2024!!

**Karen Railton**

**Leader**

**1st Bognor Guides**

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Monopoly Run is such a fun experience - I would definitely like to do it again next year.

The day starts super early, especially for us getting the train at 6:30am. When we got into London we got there at 8:30am and our starting time was 10:00am so we went to the starting point of the London Eye. It was absolutely freezing, but finally after waiting 1hr and a half, we set off.

We had already planned our route out at the Guide meeting the week before. So we went straight up to Euston Road, Kings Cross Station, Pentonville Road and the Angel Islington and bought all of those properties without having to pay any rent (as it’s not real money). We then went to Liverpool Street and Fenchurch Street Stations - it took us ages though. Then we sat and ate our lunch while looking at the back of The Tower of London. After that we went to The Monument (where the Great Fire of London started) on Pudding Lane. After having a little break, we continued on walking along London Bridge to then find one of the most vile prisons in London - The Clink Museum. Then we went over the Millennium Bridge taking us to a stunning view of St Paul’s Cathedral. Next we went to Piccadilly Circus, Leicester Square and Regents Street. After that we had to start paying rent, so we sort



of gave up but we still went to places. Later we went back to Victoria Station, where we got a McDonalds, then we got on the train back home.

**Poppy Railton**

**Guide**

**1st Bognor Guides**

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## 13th Worthing Guides

We had such a brilliant day at the Monopoly Run Live!

Having done very little preparation, Team Stream met at London Victoria - our players were all leaders from Worthing Cissbury, Bognor and Arun Valley Divisions - and made our way to Jubilee Gardens for the start.

We chose to start at the bottom of the list of properties and managed to pick up 3 of the stations. However, whilst we were on the outskirts of the city, the other teams in our group were busy buying up properties in the central area. This meant we had an awful lot of rent to pay for the most of the day! We managed to pick up some money at the Free Parking spot and by completing the extra challenges through the day. We got our selfie with a double pillar letter box within 120 seconds as we were stood right by one as the challenge came through - shame there were no extra pounds for speed!

Across the day we took over 30,000 steps and used at least 6 different tube lines, and needed to retrieve a ticket that got stuck in the machine! It was really good fun and great to see so many people in uniform throughout the day. When all the scores were totted up, we were pleased to finish in credit! We'll definitely make a better plan another time!

**Zoë, Paulette, Anna, Louisa, Sarah and Jess**  
**13th Worthing Guides**

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**County International Opportunities weekend**





In April Guides, Rangers and Young Leaders from across Sussex West came together at Downview Hall, East Wittering for a weekend of fun with an international flavour, and to learn about opportunities to travel abroad through Girlguiding.

Friday evening began with ice-breaker games including making a metre of rope from a toilet roll, buddy bingo, and an adventure “What would you save?” challenge. This was followed by an evening snack with a Mexican theme, cheesy Nachos and Aztec style hot chocolate, which proved very popular!

After breakfast styled on dishes from the African continent, Saturday morning began with the jelly baby challenge which was followed by an international MasterChef competition. This involved groups planning their lunch menu to a budget, going out to buy provisions and then cooking meals with an international flavour. Six groups of 5 people all cooking at once might have been chaos, but was in fact a remarkably calm and orderly affair and tasty dishes including bolognese, crepes and stir fry soon emerged and were keenly devoured.

The afternoon saw a change in groups, who then had the challenge of planning their own international adventures and presenting their ideas to a

panel, along with a signature cocktail drink. Ideas ranged from sightseeing in Canada, to visiting a world centre and chilling on the Mediterranean. Ideas for a county trip 2024 - watch this space!

A Ranger then visited to tell the group a little more about her visits to Adelboden and Disney/Paris with Girlguiding. This was followed by an optional photo scavenger hunt or free time, then curry for tea.

The evening activity was a Taskmaster special which, amongst other things, challenged the young people to put a slice of bread on their head with their hands behind their backs. There was much fun and laughter involved!

On Sunday morning we were up early and ready for our first visitor at 9am: Diane one of our region ambassadors with a passion for travel and a particular enthusiasm for visiting Sangam. Diane told the girls something about each world centre and kindly brought food to taste and activities/crafts to try as well as artefacts to look at. In addition, she had great tips for fundraising and lots of ideas about and enthusiasm for travelling abroad with Girlguiding. Her camp blanket was also an inspiration and promoted much discussion.

After a quick break, a "Think Resilient" peer education session was run by Vicky, our region peer coordinator, who followed this by explaining to the group how they could become a peer educator if they felt this was something they would like to do.

Our weekend finished with UK style roast dinner followed by crumble and custard.

It was a privilege to spend the weekend with such a great group of young people and such a wonderful leadership team.

**Ann Macaulay**

**County Lead Volunteer - Girl Experience**



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## Coronation-themed London sleepover



On 4th April, 18 girls and 5 leaders travelled up to London for a sleepover at ICANDO at Girlguiding HQ, to explore some of the sights associated with the coronation of King Charles and to try and gain our London and South East

England region London challenge badge.

We travelled up to London by coach and arrived at around 11.00, having dropped our bags off at ICANDO and taking a quick drink and snack stop we set out to walk first to Buckingham Palace, where we were fortunate to see the guard change. From Buckingham Palace we walked to St James' Park where we had time for lunch and a chance for the girls to play in the playground. From there we walked to Westminster Abbey where we were met by our guide, who first led a craft workshop for the girls so they could make crowns, that they then wore as we toured the abbey. The girls loved learning about the coronation chair and its long history, hearing about some of the famous people who have memorials in poets' corner, sitting in the choir stalls looking out at the place the coronation would take place and visiting the memorial to Lord and Lady Baden Powell. They asked lots and lots of questions!

From Westminster Abbey we walked to Westminster Pier where we caught a river boat along the Thames to Tower Bridge and back, enjoying the commentary and spotting more famous landmarks.

Once back at Westminster Pier, we walked to Pizza Express for tea and on the way caught up with a group of 50 guides, rangers and leaders from Scotland who were spending the week in London - they were booked into Pizza Express at the same time as us so the group area was filled with Girlguiding members.

After tea we walked back to ICANDO for a relaxed evening, writing up log books, playing games and doing London-themed crafts before hot chocolate and then bed!

We were up early ready for breakfast, making of packed lunches and spending some time enjoying the activity boxes supplied by ICANDO before leaving to walk to Victoria Underground Station to catch the tube to the Tower of London. As we walked towards the tower, we saw the Girlguiding group from Scotland again and, as we waited for our entry time (we had both booked for 10.30!), a spontaneous joint singing games session entertained the other visitors in the area. Once in the Tower of London, the girls enjoyed visiting the Crown Jewels, exploring the ramparts, watching the entertainments,

seeing the ravens and visiting the torture exhibition!

All too soon it was time to make our way back to ICANDO, spend pocket money in the shop, collect our bags and meet the coach for the journey home. We needed 100 points to complete the region London Challenge badge and after a final count were delighted to find that we had scored 110 points each.

**Ann Macaulay**

**Leader**

**1st Wick Brownies**



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**Coronation events & mountain-top moments**





## Coronation camp fire

Worthing Cissbury division had a fantastic evening on Friday 5th May - about 350 members, family and friends joined together in Victoria Park to celebrate with a Coronation Campfire.

Many brought a picnic, and there were s'mores a-plenty to gobble up, even though it was a challenge to keep the tealights alight for cooking the marshmallows! Girls could have a union flag tattoo and help to make a paperchain whilst waiting for the singing to start. There was a lovely atmosphere, and a fantastic team of 6 leaders led the singing for nearly an hour and a half. There was a selection of old favourites as well as songs that were new to some, and it was wonderful that so many participated - especially with the action songs! We finished with the National Anthem before people dispersed to continue with their Bank Holiday.

All our sections were represented, from Rainbows to Rangers, supported by our fabulous volunteer leaders - thank you to everyone for making it such a successful event.

**Zoe Walker**  
**Division Commissioner**  
**Worthing Cissbury**



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**Invited to watch the Coronation!**



Hello, my name is Charlotte, and I am a Girlguiding Advocate, which means that I represent Girlguiding at events and share their views to major decision makers around the country.

Girlguiding has quite a history with the Royal Family - the late Queen enjoyed her time as a Guide as a member of the 1st Buckingham Palace Guides and so did Princess Margaret as a Brownie. HM The Queen was also our patron from 1952 up until she passed away last year.

For the King's Coronation, Girlguiding had 150 volunteers all round London working as stewards and way-finders, and lots of units also got involved on the Monday afterwards in the Big Help Out. However, the Advocate panel and some other youth panels at Girlguiding, such as the young leader working group and Amplify, got invited to attend a special private screening in the small white chapel next to Westminster Abbey called St Margret's Church. This is where 400 young people from selected charities such as NCS, St John Ambulance and the Scout Association watched the live screening of the Coronation.

We all got invited to have breakfast and lunch at Lambeth Palace as well. The food was served in a 'bake-off style' tent in the garden which guests could take a stroll around, it really was such a beautiful garden. At lunch, the Archbishop of Canterbury came along to speak to all the young

people who had been invited and I managed to get a photo with him.

One of my favourite moments was seeing the Coronation procession as it left the Abbey. We were all let out of the Church early to be escorted to the railings right outside Westminster Abbey, so that we could all get a front row view of the golden coach. It was striking and beautiful as it rolled past us, and the King and Queen gave us all a wave as they came past. It was extremely special as they were so few people there, the Abbey guests not being allowed to leave just yet, and it really felt like the Royals were looking directly at you.

It was an amazing day and I felt honoured to have been invited to represent Girlguiding, the largest UK organisation dedicated solely towards girls and young women, as it is such an amazing thing for all girls no matter where they come from to be a part of. All the young guests got a tote bag with the Coronation symbol on it containing an order of service, invitation, and special pin badge to go on our badge tabs.

**Charlotte**  
**Worthing Cissbury division**

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**Worthing Highdown division takes part in the Big Help out!**

On Monday 8<sup>th</sup> May, Rainbows, Brownies, Guides, Rangers, Young Leaders and Leaders from Worthing Highdown division gathered together at the Youth Compound on Goring seafront. They were there to take part in the Kings coronation Big Help Out, by litter picking and, helping to keep the beach and surrounding areas clean.

Around a hundred members of Worthing Highdown division took part in the event. So armed with their litter pickers, gloves and high viz jackets they collected a staggering amount of rubbish between them, collecting items as small as a bottle cap to bits of carpet. They did an amazing job helping to keep our beaches and green spaces beautiful.

**Debra Phillips**  
**Division Commissioner**  
**Worthing Highdown**

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## **Buckingham Palace Garden Party**

At 9.30am on Tuesday 9<sup>th</sup> May, I boarded the train to London Victoria for my day of volunteering at Buckingham Palace.

Once the train arrived in London I met 2 other leaders from Sussex Central

county, and together we walked to Girlguiding HQ to meet everyone before we set off to Buckingham Palace.

After all the security checks, we were taken inside the palace to have our lunch, be given our roles and briefed on the day. After this we were taken to our positions ahead of the guests arriving - they were expecting 7500 guests! My role was at the garden entrance and I was to usher people along and encourage people not to take photos. I saw the Bishop of Dover and also Dave Moorcroft (ex Olympic athlete) entering the garden party.

After the majority of the guests had arrived, we were able to join the garden party and see the members of the Royal Family arrive to the National Anthem. After enjoying our afternoon tea, we explored the gardens and assisted where needed. Before long it was time to meet up again to assist with everyone leaving, but not before having the opportunity to meet HRH Sophie, Duchess of Edinburgh. As a group of guiding leaders she talked to us about Girlguiding and what our plans were for the summer.

Our last job was to assist with everyone leaving. Once everyone had left we went back to our briefing room, for each of us to be presented with certificates of assistance for our part in the garden party. After this we headed back to HQ and home. I had an amazing time and a day to remember forever.

**Jane Van Hoof**

**Leader**

**Worthing Cissbury division**



## 2nd Beeding & Bramber Brownies Fireman visit



In May, 2nd Beeding & Bramber Brownies were visited by a fireman to learn all about fire safety.

In an interactive evening the girls learnt about all the different jobs that fireman do, such as attending serious car crashes, rescuing all sorts of animals, not just cats, and giving fire safety advice, and were surprised to learn that fighting fires is only a small part of their role. The Brownies learnt what do in the event of a fire, such as how to call for help, how to exit a building safely, the dangers of smoke and what to do if someone caught fire. They also learnt all about the clothing that a fireman wears and what each piece is designed for. They also had fun dressing up in the uniform and in some cases disappearing under it as it was so heavy and cumbersome.

**Gillian Woodrow**  
**Leader**  
**2nd Beeding & Bramber Brownies**

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## Rustington district challenge afternoon







In June, Rainbows, Brownies and Guides from Rustington enjoyed a sunny Saturday afternoon outside tackling various challenges and puzzles in teams with their friends. Crystals were awarded for completion of the tasks, with bonuses for good teamwork, with a winning team from each guiding section.

The girls really enjoyed visiting all the challenges, which included a Tower of Hanoi, team plank walking, throwing balls into numbered buckets, ball and drainpipe, stepping stone course, toy car race, hook a duck, netball shooting/bounces, table games, as well as decorating biscuits.

After a hotdog supper followed by cold ice pops, the afternoon ended with some campfire singing in shade of the trees.

Whilst Rustington girls and leaders had got together for Remembrance Sunday, this was the first cross-section get-together since before the pandemic, so as well as lots of fun, it was a very special afternoon for the leaders who all helped run the activities in the sunshine.

**Michelle Quiggan**  
**Leader**  
**Rustington district**

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