



QUARTERLY UPDATES FROM AROUND THE COUNTY

MAY 2023

Welcome to a packed Summer edition of the Essex West News Fest, restyled with the new branding. Crowning Glory, the Coronation of King Charles III event on 13th May at Chigwell Row is fully booked, but there is our new Coronation Challenge Badge (p3) and we need volunteers to help on the day. Alice Elwood writes of her experiences with GOLD (p7) and there are other opportunities available for older girls, Find out about the Trefoil Guild's 80th Anniversary (pp4&5), Axe Throwing (p3) and in the Delve into Division series, it is the turn of Epping Forest North on p2,

## **Dates for your Diary**

3 May 2023	Anglia Recruitment Campaign Zoom – <a href="#">Pass it On</a>	p8
6 May 2023	Coronation of King Charles III	p3
Monday 8 May 2023	<a href="#">The Big Help Out</a> with Girlguiding	p8
Monday 8 May 2023	<a href="#">Forum event</a> to launch Anglia Recruitment Campaign	p8
Saturday 13 May 2023	<a href="#">Crowning Glory</a> —All Units Day at Chigwell Row	p3
Sunday 14 May 2023	<a href="#">International Abroad Tea Party</a>	
19-21st May 2023	<a href="#">Black Mountains Walking Weekend</a>	
22 May 2023	Bookings for <a href="#">Essex International Jamboree</a> open	
3 & 4 June 2023	<a href="#">Girlguiding Cinema takeover</a> —Little Mermaid	
Saturday 10 June	<a href="#">Brownies Go Explore 1 - Shuttleworth</a>	p3
17 June 2023	<a href="#">Mini County Day—Harold Wood</a>	p6
17 June 2023	<a href="#">80 years of the Trefoil Guild Chigwell Row Tea</a> (LOB)	p5
30 June 2023	Deposits due for Essex International Jamboree	
Sunday 9 July	<a href="#">Brownies Go Explore 2 – Colchester</a>	p6
Saturday 22 July	<a href="#">Brownies Go Explore 3 – Hautbois House Sleepover</a>	p6
Saturday 23 September	<a href="#">Brownie and Rainbow Day— Chigwell Row</a> – LOB	
Saturday 23 September	<a href="#">Brownies Go Explore 4 – London</a>	p3
6-8 October 2023	<a href="#">Peer Education weekend, Suffolk</a>	p7
October 2023	Mini County Day—Thurrock	p6
27 July 2024	<a href="#">Essex international Jamboree</a>	

# Delve into a Division: Epping Forest North

*The second of a series of articles about the Divisions of Essex West County, continuing alphabetically with Epping Forest North:*

Epping Forest was designated a Royal Forest in the 12th century by King Henry II and has served as a royal hunting forest throughout history. Queen Elizabeth I's hunting lodge is still a popular place for people to visit. It is home to 55,000 ancient trees, some of which date back to Anglo Saxon times. As a Girlguiding Division, Epping Forest North is one of two in the forest within Essex West. We have 3 Districts which cover a large area and, as I write, have 360 girls.

Ongar and Fyfield is a special place and boasts the oldest wooden church in the World, that of Greenstead and the longest heritage railway in Essex with the Ongar to Epping line. It sits amongst fields and farmland.

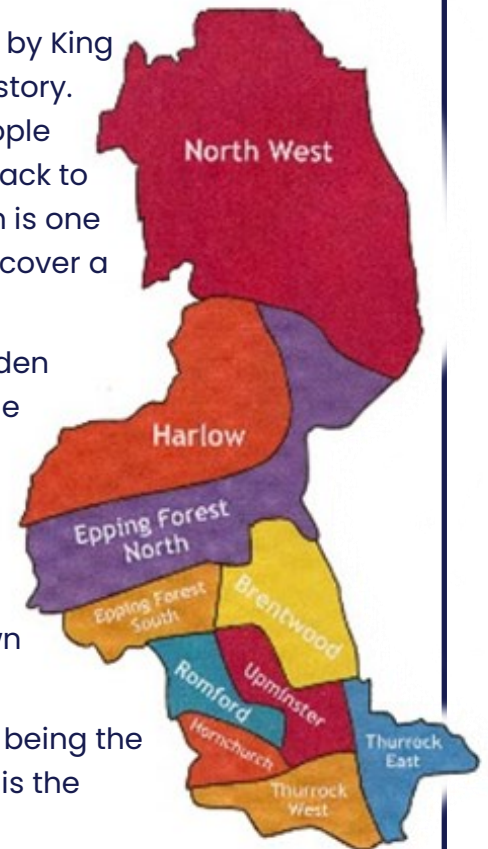
Waltham Abbey and Upshire is home to King Harold's Church which was built in 1060, Copped Hall and the Olympic White Water Rafting Centre. Waltham Abbey is an ancient market town and Upshire village sits right on the edge of the Forest.

Epping and Theydon Bois covers quite a large area with Epping being the forest town and Theydon Bois dating back to medieval times. It is the largest of our Districts.

Epping Forest North has a strong Girlguiding history with Waltham Abbey being one of the first Guide units to open way back in 1911 on the old Warlies estate. As with most areas, we are always on the lookout for new leaders to join the very dedicated existing ones as our girl numbers are on a steady increase. There's always something going on from camps to sleepovers or Brownie holidays, fundays and the Donkey Derby, links with the local care home, charity events and representation amongst our communities. Across the Division we've been proud to support a number of good causes over the last couple of years such as St Clare's Hospice and the Essex and Herts Air Ambulance through bake sales, cheering squads, stalls and charity badges and have supported some local food banks with large donations. We also currently have some Rangers collecting bras to send to Africa.

In September this year we will be heading for our first Division weekend at Hautbois which we are really looking forward to.

We all work so hard to allow girls to be who they want to be through the opportunities we give them.



## Roles and Vacancies Available

- County Advisor Responsible for Training (CART)
- Additional helpers for the County Archivist
- International Adviser (Job Share)
- Growth and Retention Team
- Peer Educators
- Division Commissioner Epping Forest South
- District Commissioners - 5 County wide
- Commissioner Mentors

Please contact Rosemary to discuss these roles: [ewcc2021@gmail.com](mailto:ewcc2021@gmail.com)

# Programme & Adventure

## Volunteers wanted

for **Crowning Glory** our event to celebrate the coronation of King Charles III. on 13 May at the Chigwell Row Campsite Places for the young people are fully booked, but adults and young helpers wanted to help on the day.

Please contact [Jenny Wolff](#) if you can help



## Coronation Challenge Badge

The new Girlguiding Essex West ([link](#)) [Challenge Badge](#) is available for all Sections, covering animals, coins and stamps, countries, flags, flowers, food, King Charles III, Princes and Princesses, and Royal Residences.



## Axe Throwing

Brownies, Guides and Rangers can now take part in axe throwing and earlier this year a group of leaders learned how to run sessions. They look as if they had a lot of fun .



## Summer Term Activities

- [Summer of Adventure](#) from Girlguiding—new activity badges for snow, water, sport, height and land for each section , sportswomen supporting.
- Anglia [Feel Good in Nature](#) Challenge badge in partnership with the RSPB.
- Anglia has [Brownies Go Explore](#) events across the region. The deadline for Shuttleworth, was Friday 28 April. The deadlines for Colchester Zoo (fully booked), the sleepover at Hautbois House and the London are later.
- Anglia also has a [Brownies Go Explore](#) challenge pack.







# Trefoil Guild

## Essex West County

On Saturday 18<sup>th</sup> March we held our Trefoil Guild Annual Review at Manuden Village Community Centre.

We were lucky enough to welcome guests from our neighbouring counties Anne Hollington Essex South East, Ann Pole and Jean Mullone from Essex North East. We also had the pleasure of our Guiding County Team. Rosemary who is our County Commissioner, Jenny Wolff and Sue Wiseman, Assistant County Commissioners.



We also had with us our County President Jenny Aspinall who is a member of Upminster Guild. She also did the catering, with the help of her sister-in-law Stella, for a super buffet lunch. Everyone commented how good it was. We invited Bishops Stortford Guild and they hope to renew the friendship link with Saffron Walden. Margaret and David Henderson came and David took some photos as memories of our event.

The business part of the meeting took place and we launched into a lighter mode.

One of our members Lesley Ingham was our speaker for the afternoon. Her passion is quilting and she brought along some quilts that she had made and spoke about patterns and origins. It was very informative and we all learnt something.



Our meeting drew to an end with tea and cakes .... well why not.

It was lovely to meet up with ladies we have not seen for a while and there were lots of smiles and laughter the whole afternoon.

We also took time to remember our members who have died before singing Taps. I have to say it sounded beautiful.

Thank you to Saffron Walden Guild and especially Lesley and Glynis for their help and for inviting us to their part of Essex. Thank you to Barbara Jordan for her help being our secretary and to Olive for being our President.



.. it's just a grown-up version of being a guide

Please think about joining us. There is lots of fun, laughter, adventure, and making the most out of life. It's just a grown-up version of being a guide.

Linda Harris, County Trefoil Guild Chairman

## Trefoil Guild 80th Anniversary

### Chigwell Row Party

To celebrate 80 years of the Trefoil Guild, Girl Guiding London over the Border invite you to join them for a cream tea on Saturday 17 June 2023 at Chigwell Row Campsite, The event will run between 2 - 4.30pm.

[Booking Form link](#)

Link to [Trefoil Challenge](#)

Trefoil Guild 80<sup>th</sup> Anniversary 2023

### From small acorns to giant oaks

To earn your badge, choose 4 from 80s challenges and 4 from community/activities challenges

Challenge is running from 1 January 2023 to 31 December 2023



Fill a time capsule with 8 items representing 80 years.  
 Around the world in 80 minutes, visiting at least one World Centre monthly.  
 As a group, pick up 80 pieces of litter or 8 bags full.  
 Have a relaxation evening. Try 6 different yoga poses or 8 minutes of mindfulness exercises.  
 Name a country for each of the letters of EIGHTY.  
 Hold a disco-dance to 80's music and take home for your unit or a local charity.  
 Try some acorn-themed crafts.  
 Try 80 minutes without electricity!  
 Hold an 80's themed evening and dress in 80's fashion.  
 Make something with wood.  
 Make 8 flowers, herbs, vegetables, or trees, either individually or as a unit of group.  
 How many different types of oak trees are there in the UK? How many can you find at your local area?  
 Show your family tree.  
 Hold an 80's themed evening and dress in 80's fashion.  
 Explore your local area and find out something you didn't know about it.  
 Host a party where everyone has to dress up as a celebrity.  
 Make a mud cake or chocolate mud cake. Find a recipe online and use a microwave if you don't have kitchen scales.  
 Try an outdoor activity such as archery or geocaching that you haven't done before.  
 Take part in an outdoor game, either virtually or in reality.  
 Hold a community picnic.  
 Host a movie night. Choose a classic film or one that you all want to see. Popcorn and film are optional.  
 Visit a nature garden or local park.  
 Learn the Presente in British Sign Language (BSL).  
 Design outdoors and send them to a local morning team.  
 Try your hand at building a campfire and camp badge. Write a scenario from a local guide and meet either face to face or online.  
 Hold a Crime Scene Investigative City themed evening.  
 Make your own template by recycling cards and challenge a friend. If you like your pattern, why not use the shapes to make a patchwork design using material scraps. Find template instructions online.  
 Visit a nature garden or local park.  
 Hold a Ready Steady Cook evening or just cook dinner.  
 Purchase your badge via [girlguidingshop.co.uk](http://girlguidingshop.co.uk) or your local trading outlet.



## Marketing and Communications

Girlguiding launched new branding on International Women's Day. 8th March, new logos and a cohesive look for all divisions. There is a new version of the Trefoil, seen below. From the [Girlguiding site](#):

Each part of the trefoil has a meaning. The three leaves represent a part of the promise:

- Self: being true to myself and developing my beliefs
- Others: serving the King and my community and helping other people
- Keeping the Guide law

The guiding star represents the Guide law. It's a star with five points, 10 if you count the inner points as well, standing for the original 10 laws.



## Training Information

### Leadership Training

If you are a leader in training or Assistant Leader using the old book, books should be in for checking by June 2023 to complete that training. (The final date is September 2023, but County needs a margin to allow time to deal with any issues.) Anglia is offering a [Kickstart your Module 4](#) course on Zoom on 24 June to help assistant leaders complete their training—keep an eye on the Anglia site or monthly newsletter, Signpost. To sign up for Signpost—click [here](#)

### County Training Days

Three Mini Training Opportunity Days

April	Dunmow
17 June 2023	— <a href="#">Harold Wood</a>
October	Thurrock

Most training is now available on the [Learning Platform](#) — including Programme advice in the Beyond Scavenger Hunt Webinars.

## Finance News

Thank you to all the units who have paid their subscriptions, particularly those who paid early. Now is the moment to think about subscriptions charges next year. There will be rises in both the cost of the subscription and increases in hall rental costs reflecting higher fuel prices. A rough rule of thumb was that a term of subs from the girls paid for the hall, a term for the national subscription and a term to pay for badges and activities. This may no longer be relevant. Do you need to raise the cost to the girls to cover your costs? And if so, how do you do that over the next year? All these increased costs are a challenge for us all. Please speak to your Commissioner sooner rather than later if you know you are going to need extra support, they may know of ways to help. Useful sources of advice are the [fundraising page on the GirlGuiding site](#) and a [finance course for leaders on the Learning platform](#)

- GiftAid— More information from the [Girlguiding Gift Aid pack \(pdf\)](#)
- [EasyFundraising](#) (link)—a scheme that donates to named charities, Girlguiding included.
- Jack Petchey offers grants for [educational trips](#), of to £20 per person for Guides or Rangers. And [Jack Petchey also offer grants for individual volunteering](#) for the Guides and Rangers.

# The Next Opportunities—16+

## The Go for GOLD application is now open!

Until 4 June, you can apply for Go for GOLD. Have you got what it takes? Alice Ellwood, Leader in Training at 2<sup>nd</sup> Buckhurst Hill Guides shares her experience with GOLD so far:



GOLD stands for Guiding Overseas Linked with Development. I applied not really knowing what that meant and was accepted to attend the Go for GOLD weekend in September 2022. It was one of the best Guiding weekends I've been on, and I thoroughly enjoyed every moment despite being nervous to start..

I'd recommend applying to anyone that has a keen interest in Guiding overseas or developing their volunteering to reach more people, as going on the weekend doesn't mean you have to put your name down for a project. It's all about learning the purpose of the projects and having fun.

Go for GOLD is an exceptional opportunity to share skills you already have and build knowledge on things you may never have done before. I've also made some amazing friends through Go for GOLD, so for that alone I'm grateful I applied!

I'm incredibly lucky to have accepted a place on a first-year project in Barbados, after learning what GOLD is about, how it impacts Member Organisations and the aims and objectives for the projects.

As Brand Lead in my project, I'm currently finalising a badge design for GOLD Barbados 2023. We'll be offering this to Guiders all over the country soon – so look out if you're a keen badge collector or want to try our Barbados theme challenge!

To apply for Go for GOLD, visit the [GOLD page](#) on the website before June 4 2023.

Not sure whether GOLD is the right opportunity for you? Come along to our GOLD webinar on Wednesday 24 May at 7:30pm to find out more about what GOLD is and what you could expect at a Go for GOLD selection weekend. You can sign up for the webinar [here](#).

You can follow Alice's GOLD journey through her blog on the [Essex West Guiding website](#), and, if you can, you could help with her [fundraising to cover the costs of GOLD](#).



## Peer Educators

Older girls can train as Peer Educators, 14-25 year olds who help Brownies, Guides and Rangers explore important topics. As young people they bring subjects to life. There is a [training weekend on 6-8 October](#) and more information on the [Anglia Blog](#)



[Roverway](#) is recruiting young people aged 16-22 for a two part jamboree in Norway in 2024. If over 22, there are roles available for International Staff members

The updated [Queen's Guide Award](#) is now available for girls aged 16-30



## 🏆 Congratulations to: 🎖️



### Coronation Champion

The leaders of Kelvedon Hatch Rainbows, Brownies and Guides nominated Sally Smith and she was accepted.

The nomination was for her 40+ years in Girlguiding, but also her other commitments in the community including as school governor and volunteer support at the school.

Tracy Foster, formerly Chief Commissioner for Anglia Region, took over as Chief Guide on 22nd February, Thinking Day, this year.



Chris Skinner, our previous County Commissioner, who has been appointed as an Assistant Region Commissioner - many congratulations to Chris.



## The Big Help Out

To mark the Coronation, starting 8 May, groups, including Girlguiding, are recruiting more volunteers. Anglia has an event in Norwich on the day and training on Zoom.



## Staying in Contact

### Website

New Compliments Section—awaiting your compliments. Currently being rebranded, in common with all Girlguiding, so subject to change. Please be patient when you sign up as we authorise individually to ensure only Girlguiding Essex West leaders are given access

It includes a Members' Area. This section of the site has:

- a contact directory for the County Team and Advisors,
- a page for vacant County Roles and application details,
- all the newsletters will be available to download.

[www.girlguidingsexsexwest.org.uk/account-registration/](http://www.girlguidingsexsexwest.org.uk/account-registration/)

We have created a community Facebook group for leaders as a space for sharing ideas, asking for help and for the County team to share what's happening. Follow [the link](#)



Girlguiding Essex West also has a Twitter account— [@GGEssexWest](#), which is kept updated with current news and information



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Next Essex West Fest due out July 2023