



QUARTERLY UPDATES FROM AROUND THE COUNTY

DECEMBER 2023

Rosemary Writes ...

It's been a busy few months and somehow Christmas has crept up on us- so bonus time- 2 newsletters very close together!

It was lovely to see some of our volunteers at the mini training day at the beginning of November- my Guides have already used some of the activities that we explored and I know some other units have also been busy decorating cakes and carving creatures.....

On a more serious note we also discovered ways to aid recruitment and retain members while other leaders completed the practical session of First Response. Lovely to see the start of a singing circle in County and they will always welcome new members.



Rosemary awarding Anne Ryan Hill with a Good EGG award at the July Social

Dates for your Diary

13 December 2023	Safe Space Level 3—online	
6 January 2023	Girlguiding Level 1 Climbing Scheme Training	
13-14 January 2023	16hr First Aid Course—Chigwell Row	
15 January 2024	Mentor Training—LDP support -online	
12 February 2024	Mentor Training Going Away—online	
17-21 February 2024	Badge Skill sessions Rainbows, Brownies and Guides	
21 February 2024	It's A Date 2024! - Southend Gang Show	
22 February 2024	Thinking Day—County Event details to follow	
8-16 June 2024	Great Big Green Week	see page 5
28-30 June 2024	Come to Camp—Chigwell Row	
27 July 2024	Essex international Jamboree	
16-19 August 2024	Hautbois Fest 2024	
13 -15 September 2024	County Leaders Day at Hautbois	
21 September 2024	Rainbow and Brownie Day 2024, Chigwell Row	
19 October 2024	Members' Day	

Delve into a Division: Harlow

The fourth division in this series of articles finding out more about the Divisions of Essex West County, continuing alphabetically with Harlow:

I have recently taken over the role of Division Commissioner in Harlow after a short time as a District Commissioner of Kingsmoor and Woodlands.

In the last 2-3 years we had a re-structure and the area was divided into 3 Districts but over that time in my District we were down to 3 units and there wasn't really a fair mix and it was very disjointed.

After a number of conversations with the Districts and Leaders and support of Rosemary Jeffery we have decided to try something new.

We are now going to try one large District/Division, with some key roles including an Administrator, Jack Petchey Coordinators, District Treasurer, DBS Verifiers and hopefully someone to support Leaders and qualifications.

We are also putting in place Task and Finishing groups to organise Events including Thinking Day Celebrations and a Handy Craft Competition

Leaders in the area have been very support of the plans and some have already volunteered to support the up and coming events

Anna Johns



Girls from the 1st Church Langley Guides and Rangers started their term completing challenges for their 'That's Disgusting badge' This has included identifying items in rice noodle, cooked spaghetti set jelly and set Angel

Delight (all out of date food before anyone complains). The girls were then sent home with a list of challenges including sorting washing and folding laundry and cleaning a toilet. Some of the girls embraced these challenges more than others but all got stuck in and some have started the challenge at home. (All permissions for photos granted)



Roles and Vacancies Available

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

Please contact Rosemary to discuss these roles: ewcc2021@gmail.com

Programme & Adventure

Programme and Adventure have planned events for the next year and beyond—for the next few months the following are planned, with more information to follow in the New Year:

22 February 2024	Thinking Day event planned
2 March 2024	All Girls Event Helena Romano School
20 April 2024	Anglia Earth Day event at Rainham Marshes
27 April 2024	Mud Run –Brownies am, Guides pm
July 2024	INSPIRE Monopoly Run—details from Rebecca Clarke

Training

There is now a plan for the next year for training—future training sessions planned are below, but keep an eye out for more information as dates may vary slightly::

15 January 2024	Mentor Training—LDP support -online
12 February 2024	Mentor Training Going Away—online
16 March 2024	1st Response Module 1—venue t.b.c.
21 March 2024	1st Response Module 2—online
25 March 2024	1st Response Module 3—online Adjustment Plan training—t.b.c
May 2024	Commissioners Call
19 May 2024	Full First Response training—Gidea Park
28-30 June 2024	Come to Camp
1st July 2024	Risk Assessment and RENS training—online

Marketing and Communications

The Essex West website has been updated to reflect the new Girlguiding branding and has been live since 1st November.

You will see that there are many more opportunities in the page headers to show photographs of our girls and leaders having fun and adventures, therefore we need more photos from you to use on the site. They must be in high resolution and preferably of members in uniform. Please make sure you have parental permission to use them on the website.

Please email your photos to comms.ggew@gmail.com

In the first few weeks of the launch, Girlguiding recorded 6,500 new girls registered, 6,000,000 social media impressions, 12,000,000 people reached through press coverage and a 66% increase in volunteer enquiries.



Chigwell Row News

Chigwell Row is back in action, with lots of events booked over the next few months, including a number of Interest Badge Sessions in February and March, offering Interest Badges to Rainbows, Brownies and Guides—see [here](#).



Work on Chigwell Row

There have been a series of working days this autumn on the Essex West hut at Chigwell Row—here repainting the outside and repairing the floor.



Mary Poppins Pack Holiday 1st South Weald Brownies Chigwell - Oct 23



Mary & Bert Pictures

Learning how to use a sewing machine

Feed the Birds, making pinecone bird feeders

Penguins on parade, we jumped into our chalk drawings and had an adventure, as penguins!

Lets go fly a kite



Activity Centres and Camps

Following the news that Girlguiding is closing the Girlguiding centres at Foxlease, Blackland Farm, Glenbrook and Waddow Hall at the end of this year, what are the options for camps and activities locally? To start you off, some venues are listed below.

Camping:

Girlguiding— The Pines—the Essex West owned site
[Chigwell Row](#)—where Essex West has a hut



[Hautbois House](#)—Anglia activity centre —including the [Hautbois Fest](#)

[Creek View Lodge](#), South Woodham Ferrars

[I CAN DO](#)—London

[Pax Lodge](#)—the WAGGS centre in London

Scouts [Thriftwood](#)—also Fright Night (Oct) and Pedal Car Olympics (Jan)



[Skreens Park](#) —also an elf hunt—3 Nov to 10 Dec

[Gilwell Park](#)—Scout Headquarters



Fairmead Park (Waltham Abbey)

Other— [ESSA](#)— for water activities—Nazeing area



[Essex Outdoor, Harlow](#)—climbing– water sports

[Lambourne End](#)—activities and animals—near Chigwell Row

There is also the [Lee Valley Youth Hostel](#) as the only one in this area, plus others in different parts of the country.

Current Challenges



Anglia is running a [Promote and Grow Challenge](#) for adults with a badge in completing 5 tasks such as taking part in fundraising or wearing uniform in public.

The [Anglia Winterquest Challenge](#) has been revised for this winter



**THE GREAT
BIG GREEN
WEEK** 

The [Great Big Green Week](#) 8th to 16th June 2024 is a national week to promote green issues in all their forms. Essex West Units could take part by planning UMAs or Skills Builders in that week and promoting our involvement on Social Media. Activities could include Guide litter picking, Upcycling or Fixing Interest badges, , Brownies Un-fantastic plastic, or Insect Invaders, Rainbow recycling or bug hunt UMAs or planting bee friendly flowers (Helper Interest Badge),

Inclusion & Special Needs

At a recent meeting Jenny mentioned a little piece about my inclusion role might be useful for the newsletter so here it is:

Are you aware of the [adjustment plans](#) in place from Girlguiding to help Leaders support girls and adults with additional needs within their units? Do you need support to complete these or ideas of how you might support a young member with SEND? These are some of the things I can support you with in my role as County Inclusion Advisor.



I can also point you in the right direction of any grants you may be able to apply for to support your inclusion of girls or Leaders or to make adjustments to premises or for specialist equipment needed by individuals. I can help you locate and order specialist resources from Girlguiding if needed for individuals.

I have held this role for several years and have provided support to Leaders asking for advice about the needs of specific girls within their unit, advice and support for the Essex International Jamboree organising team to ensure anyone with additional needs was able to attend and liaising with families to find the right unit for their daughters with specific and high level needs.

Should you have any queries or questions regarding inclusion please do feel free to get in touch.

Gaynor Bray—County Inclusion Advisor—divisioncomm.thurrockeast@gmail.com

Being a Brownie with Type 1 Diabetes

Hiya! My name is Monika and I am a helper at 1st Coopersale Brownies. Our little girl, Julia, was diagnosed with Type 1 Diabetes two years ago, and ever since, we have learnt that there is nothing to stop her doing anything – there may just be more preparation involved!

Type 1 Diabetes is TOTALLY different to Type 2 which you may have heard of. Type 1 is an auto-immune condition, similar to coeliac disease or hypothyroidism (Hashimoto's disease) and is not caused by lifestyle or diet. Usually it is diagnosed in children, occasionally in adults, but, as there is no cure at present, it is a lifelong condition. Type 1 comes from the body attacking the cells located in the pancreas that produce insulin. Insulin is vital to sustain life as it converts the sugar we eat into glucose, which all our cells use for energy. If there is no insulin, life cannot be sustained, so Type 1 is a life-threatening condition.

A common misconception is that people with Type 1 cannot have sugar. This is so incorrect! In fact, Julia must have sugar for an episode of low blood glucose as it is life-saving in such situations. So, although you might think you are helpful with seeking sugar-free alternatives, this may

Being a Brownie with Type 1, cont'd

may not be the case—you need to check what is needed—(Girlguiding [adjustment plans](#) are designed to get this information). However, children (and adults) with Type 1 Diabetes need to control and manage their glucose levels, to ensure they can take part in any activities, same as their friends do. Daily management means the continuous control of glucose levels, administering insulin for food and giving sugary items for when glucose levels drop too low.

As a Helper in Julia's Brownie group, I can control her glucose levels whilst I am there, but if you have a girl with Type 1 in your group, you need to discuss the care with the child's parents or carers. Frequently children with Type 1 will know what to do in case of low blood glucose numbers or have alerts to tell them that their glucose levels are too high.

As a parent, I truly appreciate the heads-up for any sessions with food. Amounts of administered insulin are based on the quantity of carbohydrates in food. The more involved, the more insulin. Sending the nutritional information on packages of any food you are using to the parents/carers in advance will allow planning ahead.

Probably the most planning is involved in overnight stays with packs (the event [adjustment plan](#) is there to help). Type 1 care extends throughout the night, so you will need to put a plan in place with the parents/carers to ensure sufficient care is given. You may need to be trained (sometimes your local hospital Type 1 team offers training sessions), or organising that care.

Our personal experience has shown us how vital normalising Type 1 care is with peers. Comments from other children are not always helpful and sometimes are very upsetting to Julia, therefore having an open chat with everyone is by far the best solution to this.

Julia has lived with Type 1 for a couple of years now and to date, Type 1 has not stopped her from anything. With appropriate planning and communication with the parents/carers, children with Type 1 can dream big and achieve anything they want!



For more advice and information on inclusion, the Girlguiding website has several pages starting with the [Equity, Diversity and Inclusion page](#) and the adjustment plan pages, above.

On the Learning Platform there are several courses advising on how to include young people, the first two are part of the LDP (Learning Development Programme),

[Including All](#) e-learning and

Celebrating Every Member, a webinar available nationally,

[Disability and Inclusion e-learning](#) is a course about supporting members with disabilities and there is a [mental health version](#)



Girlguiding South West Region have a badge—[All for One](#), which has a section on diabetes.

🏆 Thank you to: 🏆

Loughton 8th Brownies, photo taken after their last Monday meeting in July –the end of 78 years of service, with L-R
 Maria Oakhill, Brown Owl—
 34 years service
 Phillipa Soyka—Wise Owl—
 22 years service
 Lisa Hansen, Snowy Owl—
 22 years service



“Do you know a Good EGG?”



Why not nominate them for the 'Essex Good Guiding' Award?

More information and the nomination form are on the website, see [here](#), along with information about all the available awards .



Thaxted Guides, Brownies and Rainbows on Parade at their Remembrance Parade

Church Langley Guides and Rangers at Remembrances



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 to the members' area as we authorise individually to ensure only Girlguiding Essex West leaders are given access. 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 are available to download.

www.girlguidingsexwest.org.uk/account-registration/

We have two Facebook accounts, a community 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](#) And an official one that is more outward facing.



 office@girlguidingsexwest.org.uk

Next Essex West Fest due out
 Spring Term 2024