

Sharon Sutton 'keeping in touch' with the Guides, Brownies & Rainbows

Guiding goes digital

We discover, We grow

These words do not just relate to our girls, whether they are Rainbows, Brownies or Guides. They relate to our Volunteers, the Leaders, the Leaders in Training and Young Helpers and Spring 2020 has put this to the test.

Lockdown has meant that we all have to look at new ways (and sometimes old "forgotten" ways) of doing things. However, with all the digital technology at our finger tips, we hope to keep guiding from the confines of our homes.

Guiding's 6 Principles are Know Myself, Express Myself, Be Well, Have Adventures, Take Action and Skills for My Future. We believe in this time of quarantine, we can use our time to explore each of these.

Know Myself: reflect on who you are, who your friends are, how do you connect with them.

Express Myself: Think of how your expressions affect others especially when we cannot leave home.

Be Well: can you bake, take up a hobby, do things that you enjoy.

Have Adventures: why not set up camp in the garden or see if there is a geocache on your daily exercise route.

Take Action: Think about how life has changed and what you can do to change for the future.

Skills for My Future: Now that you can't just replace things, can you fix it, mend it?

Each leader will be in touch with their unit and where age appropriate we are setting up virtual meetings to stay in touch and encourage and complete our programme.

Stay Safe and Remember your promise.

I promise that I will do my best, to be true to myself and develop my beliefs, to serve the Queen and my community, to help other people and to keep the (Brownie) Guide Law.

Rainbows: from Rebecca, Jo, Laura

Brownies: from Sam, Kim, Cassie, Louise

Guides: from Leanne, Sharon, Lisa