

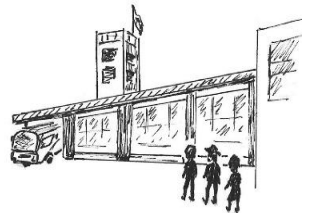
Programme ideas

In this pack we hope you will find something to inspire you, some new ideas to try with your Trefoil or maybe some activities you had forgotten about. Whatever your Trefoil chooses to do, have fun and make memories together. National, country and region programme and development advisers

Community

Find out about or get involved with local groups in your community.

- Invite someone from a local charity to talk to your Trefoil. Remember that providing support for a charity can be more than donating money. Practical help can often be appreciated, for example, does your local hospital need basic toiletries for emergency admissions?
- Adopt a charity for a year. Inspire your Trefoil by inviting a charity representative to visit your meeting or visit them.
- Take action in your community.



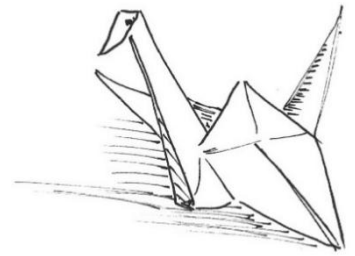
Local community

Invite someone to talk to your Trefoil about local public services or government activities, such as:

- Recycling in your area
- Court procedure
- Crime prevention
- Fire prevention – including a visit to your local fire station.
- Local Citizens Advice or Volunteer Bureau

Get out and about in your local community

- Meet up with another local Trefoil and visit a historic building, local attraction, or place of interest.
- Places of worship
- Find out about or take part in your local customs.



Crafts and pastimes

You could invite someone to demonstrate and talk about their skill or have a try-it session.

Nature crafts

Decorating stones

Fir cone crafts

Wood whittling, carving, turning

Flower arranging or 'bashing'

Papercrafts

Paper folding – teabag, iris, origami, and fan

Decoupage

Greeting cards

Napkin folding

Quilling

Painting – watercolours

Drawing

Printing

Cyanotypes

Fabric, wool, and thread

Crochet or knitting.

Dyeing

Lace making

Quilting or patchwork

Puppets and dolls

Tataki Zome – flower bashing

Buttons – Dorset, Yorkshire, Macclesfield

Fabric painting – silk, block, tissue paper

Felting – wet, needle, 2 or 3 dimensional

Bags

Macrame

Weaving

Other crafts

Pyrography

Jewellery making

Glass painting

Balloon modelling

Friendship knots

Culture: Arts and music

Culture

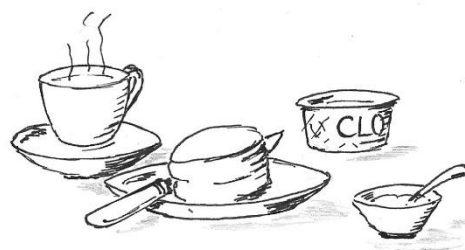
- Explore examples of British culture, such as, Morris dancing, Scottish Country or ceilidh dancing, cheese rolling, gurning, or well dressing.
- Host a traditional English cream tea and invite others to come along, perhaps as a thank you.
- Invite someone from a different culture or faith to share some interesting information about their way of life.
- Find out about Girlguiding or Trefoil, in other countries and share this information with your Trefoil.
- Explore the cultures of others – greetings, traditions and celebrations.

Here are some ideas.

- Japan – reiki symbols, write a haiku, dress a doll in a kimono,
- India– Mehndi patterns, Bollywood dance moves, interesting facts about the Taj Mahal
- Russia– write your name in Cyrillic script, read Tolstoy's story 'The Old Russian Shoemaker,' create a set of Matryoshka.

Art and music

- 'Jam' session – make a jam jar xylophone. With practice you will be able to play a scale or a simple tune.
- Have a go at playing hand bells.
- Play short extracts of music and individually write or draw whatever the music suggests.
- Choose a well-known tune and make up a song about your Trefoil or maybe a dance too!
- Hold a 'pavement artist' evening using chunky chalks.
- Create modern art with recycled materials.
- Visit an art gallery, theatre, or cinema, this could be a virtual tour.
- Explore new aspects of music or arts.

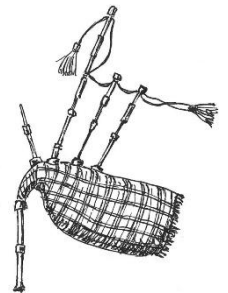


Festivals and celebrations – Any time!

Birthdays, anniversaries, music

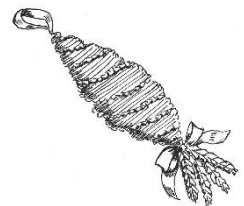
Spring

- 1 March – St Davids Day
- Chinese New Year – the calendar story, Chinese writing, food, lanterns, dragons, which ‘animal’ are you?
- Madri Gras
- Shrove Tuesday – pancakes
- 17 March – St Patrick’s Day
- Easter- egg decorating, chocolate, history of Easter eggs
- 23 April – St George’s Day
- 1 May – May Day traditions, such as dancing round the Maypole
- 29 May – Oak Apple Day



Summer

- 1 July – Canada Day
- 4 July – USA Independence Day
- 1 August – Swiss National Day
- Local customs, such as, well dressing, Common Ridings and Riding of the Marches, cheese rolling
- Festivals of the Sea



Autumn

- Harvest – apple festivals, corn dollies.
- 31 October – Halloween – apple bobbing or dooking, dressing up, trick or treat, toffee apples, treacle scones.
- 31 October – 2 November, Day of the Dead in Mexico
- Thanksgiving – in USA it is usually the 4th Thursday in November and Canada is the 2nd Monday in October

Winter

- 5 November – Bonfire night
- 30 November – St Andrews Day
- Festivals of Light – for example, Christmas, Diwali, Loy Krathong, Hanukkah
 - Diwali activities – art, henna, rangoli patterns, lanterns

- Christmas activities – wreath making, candles, markets, traditions.
- 25 January – Burns Night, Burns’ poetry, song, and music, dancing, and a Burns Supper

Food

Some Trefoil Guilds do not have suitable facilities for cooking at their meeting place. You could consider a different venue, a meeting on Zoom with a guest cook or online demonstration or perhaps one of your members has a large kitchen.

- Invite a local chef to your meeting to demonstrate.
- Many well-known television chefs have YouTube masterclass demonstrations of recipes, techniques and skills
- Invite one of your members to share their signature dish or baking recipe

Tasting ideas

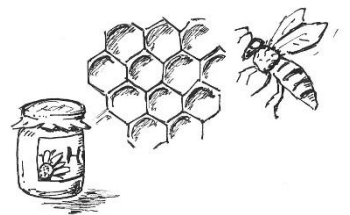
- Can you taste the difference? Jellies, crisps, colas, diet and regular soft drinks
- Various 'take away' dishes
- Members bring along a dish
- Have a pudding night

Cookery demonstrations – hands on

- Cake or Easter egg decorating
- Chocolate making

Themed evening – there's so much to choose from and here are some ideas:

- Apple evening – dishes, drinks, how many varieties can you think of?
- Honey and bee-keeping – invite a beekeeper
- Research Yellowman Ould Lammas Fair – it's all about honeycomb
- Mix your own mocktails
- Around the world in 12 dishes



Fundraising – check Trefoil Guild fundraising policy

- Coffee morning or evening
- Produce a recipe booklet
- Host a candlelight supper with a neighbouring Trefoil
- Vintage afternoon tea party

Remember to check allergies and intolerances.

Games and activities

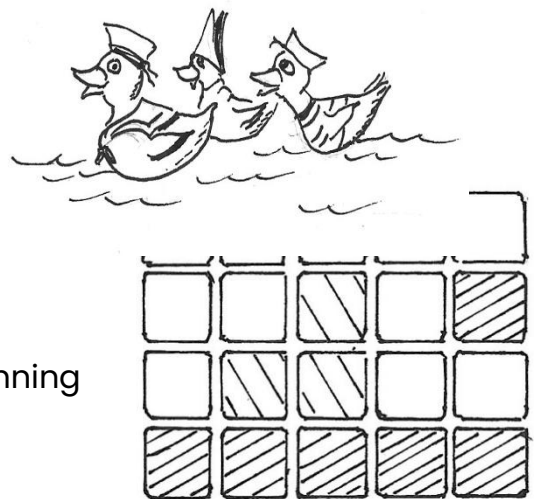
These are mainly active. Some require specific items or equipment; others need preparation. Some are group activities and others are individual. Have fun!

Indoors and Outdoors

- Table-top and card games, both old and new
- Bingo, beetle.
- Indoor competitive games such as curling, croquet, bowling, boccia or giant Jenga.
- Why not organise a duck race?

Creative Challenge activities

- Fancy dress evening.
- LEGO challenges
- Egg challenges
- Pudding evening and recipe swap
- Circus skills such as juggling, plate spinning or diabolo.



Mental Challenges

- Quizzes, brain teasers, and riddles
- Crosswords, Sudoku, Wordle, Worldle, and other word games
- Jigsaws
- Activities based on television or radio programmes.

Technology

Invite a speaker to talk about;

- Safety on the internet
- Technology in the home – robots, smart homes, smart meters, and other new technologies
- 3D printing
- The technology of flight
- Technology in textiles – from mills to dyeing techniques or programming.

Try it!

- Use Zoom to link Trefoil members elsewhere. Be creative, what skills, activities and challenges can you share online?
- Lego- Technic to build a robot.
- Share tips for using your mobile phone.
 - Messaging and email
 - Digital photographs, sharing, and editing.
 - Social media
 - Internet and apps – banking, shopping, and keeping safe online.

