

# The Trefoil

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 **Trefoil Guild**



## Game for a laugh



Members share their many highlights of a break in Keswick



We reveal where our Annual Meeting will be held next year



Discover what your fellow Trefoil members have been up to



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# Hello everyone

I write this in anticipation and excitement. The Belfast Annual Meeting is fast approaching and the office and Trefoil Guild Ulster have been working hard, to make sure that all the plans, the speaker and entertainment are in place. I am looking forward to meeting so many of you there, at what will be my first Annual Meeting as national chair. Do come and say hello.

In March, I met with the national, country and region advisers at their residential in Birmingham, covering a packed agenda focused on providing all of you with information and programme opportunities at home and abroad. Their enthusiasm was amazing and I am constantly

reminded of how much time and commitment is put in by our volunteers in all roles across Trefoil. A big thank you to all of you, in whatever role or involvement you have.

Our TOPAZ teams are heading to Lesotho in August this year and Thailand in January 2026, and are busy with their fundraising efforts – please support them if you can.

For those looking for a challenge, do look at the Voyage award feature in this edition. I hope it inspires you to start your own Voyage, or try the Motivate challenge. I know some of you have done STARS but have you completed it all and gained the beautiful metal STARS badge? Read about the Midlands STARS day – why not try it in your guild or county? To help you, we're making STARS simpler to complete – just do the challenges and get your badge! All details on the website, or ask your county chair.

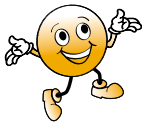
Remember to tell your friends in Girlguiding and your wider community about us – they won't know what they are missing unless we tell them.

My best wishes

**Jean**  
National chair







# Introducing Liz Daniels

Meet **Liz Daniels**, our new designate chair of  
Trefoil Guild South West England

My 7-year-old Brownie self wouldn't have heard of Trefoil Guild, nor would my 11-year-old Guide self, as she was 'flown to Guides' through the doors of a West Sussex village hall. After all, Trefoil had only existed for a relatively short time.

I briefly helped a friend with our local Brownie unit, having a break before going along as a parent helper at my own daughter's unit. Now, we all know how the story goes, don't we? The Guider was leaving and someone was needed to run the group. So, I was back in Guiding again, as a Brownie leader.

Fast-forward a few years and I became a Guide leader, district commissioner and county international adviser for Girlguiding Hampshire East, before joining Trefoil and becoming the county chair in 2018, a role I really enjoyed. I also have the honour of being a Girlguiding county vice president.

Now I am looking forward to meeting other county and region chairs and getting to know more of our South West England members, encouraging



them to take full advantage of everything Trefoil has to offer – support, fun, friendship and the opportunity to get active.

What a privilege.



# Overseas adventures

**Heather Simpson**, of Flitwick, Ampthill and Barton Trefoil Guild, guides us through planning an exciting trip abroad

Have you ever thought about planning an international trip but have no idea where to start? I have been asked to share my experience.

My first tip is to see if anyone wants to travel with you. I travelled to Sangam World Centre, India in 2007 and Nuestra Cabaña, Mexico in 2010, and I've stayed at Olave House and Pax Lodge in London, so I decided I would like to organise a trip to Our Chalet, Switzerland for my Trefoil – FAB (Flitwick, Ampthill, Barton) – Bedfordshire in 2015. I asked if anyone was interested and received a good response!

My second tip would be to make sure you plan ahead with plenty of



time, ideally 18-24 months. Check availability, especially if you plan to visit WAGGGS World Centres.

We had a great time at Our Chalet, so I was asked to organise a trip to Sangam for September 2018.

I started to look into a trip to Nuestra Cabaña but it closed suddenly when COVID happened. Thankfully Our Cabana reopened and in early 2024, I contacted them to enquire regarding availability for 'the Day of the Dead' event in October 2025. Thus, a group of 22 Trefoil Guild members are now booked to go!

I'll be sharing more tips in the next article, where I will expand on the basic things to consider initially when organising a trip.





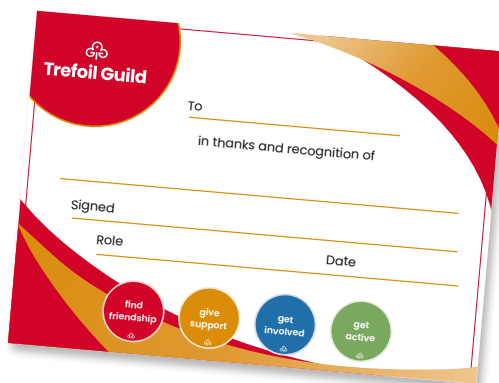
# Noticeboard

Bulletins and information for all our members

### Trefoil Guild Thanks and Recognition badge

We have two ways of thanking members and recognising their achievements. Our Thanks and Recognition badge is a tangible way of saying thank you to a member or non-member of Trefoil Guild. It is an ideal way to recognise, for example, long service, holding a post within a Trefoil Guild, a job 'well done', or taking on extra responsibility. The choice is yours to make.

Thanking our volunteers and members is so important. We listened to the problems you were experiencing in sourcing these badges through the Girlguiding county badge secretaries, so we have changed the process. All badges and certificates can now be purchased directly with a Girlguiding depot or shop, or via



Trading on the Girlguiding website. They can be used separately or together. The certificate will no longer be signed by the national chair and the country or region chair.

Remember if you give or receive a Thanks and Recognition badge to record it on the member record on KEY – talk to your county for details.

### Special funds and grants

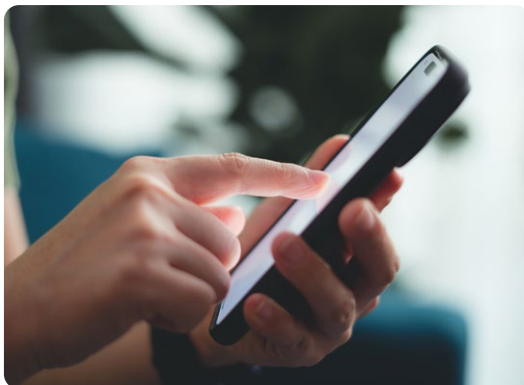
Along with counties, countries, and regions, Trefoil Guild nationally can support a variety of activities that members may wish to undertake. See chapter 8 of our handbook for more information on the specific funds available and how to apply.

Grants will be considered for existing Trefoil members, Girlguiding volunteers, past volunteers, or carers of a Trefoil member needing support. Trefoil does not normally give grants to Girlguiding youth members but may consider them in exceptional circumstances.



## Social media

The board of trustees has decided to cease the use of X (formally Twitter) for any Trefoil use. Any country, region or guild still using this platform should close their account. The social media policy has been updated to reflect this change, however, in the interim should anyone have any queries please contact the Trefoil office.



## Finance and fundraising

All Trefoil Guilds in England and Wales have full charitable status but are exempt from registration in accordance with the Charities Act 2011. If your Trefoil Guild requires a charitable status letter, please email the Trefoil office at [trefoilguild@girlguiding.org.uk](mailto:trefoilguild@girlguiding.org.uk) with your Trefoil bank account name and the names of the signatories on the account and their role in your guild. A charitable status letter can then be prepared and returned to you.

For Trefoil Guilds in Scotland and Ulster, please seek advice from the relevant country chair.

Fundraising is carried out for many reasons and the laws and regulations around fundraising are very complex. If you are planning any fundraising activities, please read our fundraising policy first which gives you guidance to follow.

Trefoil Guild is registered with easyfundraising – an organisation that helps you raise free donations whenever you shop online. You can register with easyfundraising to support Trefoil as a national organisation, or you can set up your own Trefoil to receive donations. It is completely free and you can find out more on the Trefoil Guild website.

## Submissions to The Trefoil and website

We welcome all submitted items using the appropriate pro forma, which can be downloaded from the website. Please state whether you're happy for items to be considered for the website if there is too little space in **The Trefoil**. Submissions date for the September 2025 issue is 20 June







# Your snapshots

We take a look at what Trefoil members have been up to

### Monopoly Run Live

On a cold, sunny day, two teams from Burwell Trefoil Guild had a very early start to travel to London for the Monopoly Run Live. The teams – the Trophy Girls and the Ladybug Army – set off from Regents Park and travelled by tube, bus and foot (over 33,000 steps by the end of the day!). At the end of the challenge, one team came 2nd in their league, the other 3rd in theirs.

A team of four members from Buckinghamshire county, led by Hilary, criss-crossed London visiting the Monopoly landmarks and finished in top place ahead of scouts and guides in their group.





### Thinking of history

Gerrards Cross and Denham Trefoil Guild celebrated World Thinking Day at the Guide HQ in Gerrards Cross. Members learned about the banners of their three local districts. These are very special – Buckinghamshire has more district and division banners than any other county, as well as several others that have been laid up. The oldest were made almost 100 years ago.



### Congratulations Pat!

Burgess Hill Trefoil Guild recently held a special birthday party for Pat Gilliver, who was 100 in November 2024. Pat has a long association with Guiding and her war effort was being celebrated too, especially as we are commemorating 80 years since VE and VJ Day.



### Birthday celebrations

Kingswood Trefoil Guild in Buckinghamshire celebrated their 25th birthday in February. The first meeting was attended by 24 members, most of whom had split from another guild that was getting too big to meet in the venue. Four of the original members still attend the meetings to this day. A committee was formed and a full programme was arranged, including a sausage sizzle, bell ringing, keep fit evening and pub games. The guild continues successfully to this day with 25 members. Here's to the next 25 years.

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### Teamwork Voyage award

The teamwork clause of the Voyage award started with a chance conversation on a walk in June 2024. Kangaroo day took place at Faurefold in Surrey, a knitalong with a difference. Trefoil LaSER were invited to knit 24 squares to make kangaroo blankets, which would go to the premature baby unit at St George's Hospital London. We completed 27 blankets, which are on their way to the neonatal unit.





### Family ties

Helen Keable from Buxton Spa Trefoil Guild was presented with her silver Voyage award and her daughter Laura Cooper from Derbyshire Nomads Trefoil Guild was presented with her bronze Voyage award on 10 February by Alison Plunkett, Derbyshire county chair. It was a surprise for both of them.

### RNLI funds

During 2024, members of the Eastern District and Northern District Guilds on the Isle of Man held a charity evening that raised £400 for the RNLI in recognition of its 200th anniversary. This was particularly important to us, as Sir William Hillary, who founded the RNLI, lived in the Isle of Man. Attending the evening were 10 Trefoil members, 2 representatives from Douglas RNLI and 1 from Ramsey RNLI.



### Ice cream delight

Having read about the 100th anniversary of World Thinking Day in 2026, Staplehurst Trefoil Guild thought they would mark the 99th anniversary of World Thinking Day with the famous 99 flake ice cream cone. The members enjoyed their World Thinking Day ice cream – despite it being February!



### Facing challenges

Members of Carlisle and Border county chose to focus on one country from each of the WAGGGS areas where members have to contend with problems on a daily basis. Each guild in the county prepared a board outlining the challenges faced by girls and women in those countries. At the beginning of the afternoon, we all gathered to hear a brief outline of the issues, before taking part in a service where three candles were lit to represent absent members in our own county. At the end, each guild donated money to go to the WAGGGS fund.

### Very Motivated

Victoria Stickler of Dorsetwide Trefoil Guild learnt about the Motivate challenge at the Annual Meeting in Portsmouth and decided to embrace the opportunity to try new things. The challenge took eight months and she now has many happy memories.



### Bowling fun

Around 20 members of Priory Trefoil Guild enjoyed a bowling evening at Indoor Bowling Club, York (our meeting place) in March.



As part of the water element of the Motivate challenge, 17 members of Sarnia and Guernsey Trefoil Guilds took a tour of the Spirit of Guernsey lifeboat. We were taken around the boat and the self-righting and safety equipment was explained to us.



Jean Pullinger, of Bridgemary and Rowner Trefoil Guild, has visited local Brownies (at their invitation) to talk about when she was a Brown Owl, for a badge they were doing. They really loved it and loved Jean's visit – so much that she is now going back to teach them campfire songs from her day.





### Up and away!

Kathleen McConnell of Londonderry City Trefoil Guild celebrated ahead of her 90th birthday by taking to the skies over her native Londonderry in a gyrocopter trip with Brian McCafferty.



### Food care

Members of Marlow Bottom Trefoil Guild gave up their evening to work in the warehouse of the One Can Foodbank Trust in High Wycombe. The trust provides weekly parcels to those in need in the local area.



### Flower power

Throughout the spring and summer months, members of Cardigan and District Trefoil Guild visited Strata Florida abbey and meadows, Ty Efail Gardens near Llanio and Rheidol steam railway among other outings. Craft sessions took place, which included rope bowl making, for which the guild was lucky enough to have a grant – measuring out what rope we needed in order to make the bowls.

### Traditional games

Chelmsford South Trefoil Guild held a traditional games and share-a-plate night. We had a very competitive elf beetle drive followed by a chaotic speed version of Mousetrap! Never a dull moment at our Trefoil!



### Kite flying

Members of Kidderminster Trefoil Guild enjoyed flying kites in a breezy spot for their Motivate badge.



If you'd like to see images of your own guild's activities on the pages of **The Trefoil**, please email your photographs to [trefoilguild@girlguiding.org.uk](mailto:trefoilguild@girlguiding.org.uk) for consideration.





# Trefoil traditions

Singing in groups can create a sense of unity and shared experience. There's no better way to start a meal!

Traditions are important to many of us, and this includes singing a grace or a short thank you before we sit down to eat. But we are all different and not all of us have a faith or follow the same belief, so this custom is disappearing.

Let's bring back the tradition with some of these inclusive 'thank yous' or just amend some of the ones you know and love already. Like many Girlguiding and Trefoil songs, the original source of these 'thank-yous' is unknown.

### For health and strength

For health and strength  
And daily food  
We like to say thank you!

### For the food we eat

**Tune:** *Kum By Yah*  
For the food we eat,  
we thank you  
For the friends we meet,  
kind and true  
For the fun we share,  
all day through  
Oh, we are thanking you

### Time to eat

**Tune:** *Ain't She Sweet*  
Time to eat, thankful  
Trefoil in each seat

We thank you for your generosity  
Time to eat!

**Thank you** – can be done in a round

**Tune:** *Row, Row, Row Your Boat*  
Thanks, thanks, thanks for food  
We're thankful that it's here  
And help us now to spread our love  
To people far and near

### Campfire grace

**Tune:** *Campfire's Burning*  
We are thankful  
We are thankful  
For friendship

For friendship  
And the good food  
And the good food  
And the hands that prepared it

### Thank you for the food we eat

**Tune:** *Twinkle, Twinkle Little Star*  
Thank you for the food we eat  
Thank you for new friends we meet  
Thank you for our Trefoil days  
As we learn in fun-filled ways  
May we always try to do  
As we promised, always true





# Seasonal recipes

**Elaine Diack**, chair of Trefoil Guild Midlands,  
shares her refreshing mocktail recipes

When the sun is out, you need a drink that's crisp, refreshing and just the right balance of sweetness. Perfect for a hot day when you need something to cool you down and great to share with friends

## Sangria

### Ingredients

Fruit – 1 each of  
apple, orange  
and lemon  
500ml orange juice  
200ml pomegranate  
juice  
200ml sparkling  
water



### Method

- Slice all fruits into a large jug.
- Add 500ml orange juice, 200ml pomegranate and 200ml sparkling water to the jug.
- Taste and add more juice or sparkling water for personal preference.
- Stir well and chill.

**To serve:** Add ice to a glass and pour. Garnish with fruit if you wish.

## Citrus fizz

### Ingredients

Fruit – 1 each of  
orange, lemon  
and lime  
500ml cranberry  
juice  
250ml lemonade



### Method

- Slice fruits into a large jug.
- Add 500ml of cranberry juice.
- Stir well and then pour in lemonade.
- Stir again and taste.
- Add more lemonade for your preference.
- Stir well and chill.

**To serve:** Add ice to a glass and pour. Garnish with fruit if you wish. Optional mint can be added.

100ml is  
equal to  
3.5 fluid  
ounces

Did you try making these treats? Don't forget to send us pictures of your creations! What recipes would you like to see in future editions?

# Book club

**Alex Adkins**, from Chepping Wycombe Trefoil Guild,  
writes about her passion for reading



My love of books grew rapidly in my teens, not only the stories but the feel and smell of them. My favourites were my father's complete set of Dickens, beautifully leather-bound hardbacks containing gossamer thin pages that felt as old as the stories they told, each with a cosy smell and housed together in a bookcase he crafted just for them.

For light reading in the '70s, I turned to the historical novels of Catherine Cookson, Victoria Holt and Jean Plaidy. Storytime became a special part of my teaching day too, with Clive King's 'Stig of the Dump' and Ian Serraillier's 'The Silver Sword'.

In the late '90s my need was for non-fiction, to help me through the loss of my husband, coping with parenting and managing alone.





I found the internet a godsend, and my bookshelves collected dust.

The pandemic jolted us out of our lifestyles and, as the then chair of our Trefoil, I felt we needed to stay connected and support each other. Although some members were computer-wary, the internet gave us an immediate way of staying in touch. Finding activities to share was a challenge but one member suggested a book club, starting with the book she was reading – ‘The Restoration of Otto Laird’ by Nigel Packer. We set about sourcing or sharing copies, keen to find one dropping through our letter boxes, and advising each other on how to load and run WhatsApp. Another member volunteered to draw up a list of titles from which to vote on our next ‘read’, which was I think, Nicola May’s ‘The Corner Shop in Cockleberry Bay’, and our book club was born.

Our lives have since returned to their familiar pattern and we now meet bi-monthly and choose two books from our ‘new books to us’ list. Titles we have enjoyed include those focusing on women and some set in places as disparate as the poles. ‘Away With The Penguins’ by Hazel Prior, ‘Frigid Women’ by Sue Riches and ‘The Marlow Murder Club’ by Robert Thorogood have all been favourites. We have read books about the past, such as ‘The Foundling’ by Stacey Halls, and explored some reads by well-known personalities such as Dawn French, Alan Bennett,



Rob Rinder, Richard Coles, Sheila Hancock, Fern Britton, and the odd biography or two, like the story of Agnes Baden-Powell.

My reading is now through an e-reader and, while they lack the tactile features that I so loved, it doesn’t need dusting! My latest read is ‘Letty and the Mystery of the Golden Thread,’ a book written for children by Penny Boxall, a winsome adventure set in the mid-1770s reflecting her interest in antiquities. My next will be from our book club list, Andre Aciman’s ‘The Gentleman From Peru’ and Siobhan Daniel’s ‘Retirement Rebel’. The latter is of particular interest to me as, before ill-health curtailed the idea, I’d hoped to be a similar rebel in cahoots with my dog! Happy reading, and if you’re in the High Wycombe area, come along to our book club. New members are warmly welcomed



Oh, we do like to be beside the seaside, and we're excited to announce our next Annual Meeting in Scarborough!

The Annual Meeting in Belfast 2025 is almost upon us and we are already looking forward to planning the 2026 event. We are delighted to announce that the Annual Meeting 2026 will be hosted by North East England at the Scarborough Spa, Scarborough, Yorkshire on Saturday 13 June 2026.

Lesley, chair of North East England, says: "The North East team look forward very much to welcoming you all to North Yorkshire, 'God's own county', in June 2026. Scarborough is set on the edge of the stunning North Yorkshire Moors National Park and is the largest seaside resort on this beautiful sunny coast. A great place for a holiday."

**Scarborough is well known for its lovely sandy beaches, but did you know that...?**

The town is home to largest open-air theatre in Europe, able to seat some 8,000 people, and is a venue that has welcomed some amazing stars including Elton John, Gary Barlow and Will Smith later in 2025.

There are still many incredible fossils to be found scattered across the Scarborough coastline, giving it the title of Dinosaur Coast. There is even a geology museum, The Rotunda Museum, located in South Bay, Scarborough, where you can learn more about them.

Scarborough Spa itself has a listed





Grade II bandstand and the last remaining seaside orchestra in the entire UK.

The oldest house in Britain, dated 8,500BC, was discovered outside Scarborough at Star Carr, near Seamer. The Mesolithic archaeological site has been compared to Stonehenge in terms of its importance.

Behind Sandside on the harbour, discover The Bolts, a relic of medieval life in Scarborough. You can walk the narrow street from the Harbour Bar all the way to Luna Park and discover some old treasures along the way. Although much of the old town has been lost, there are still many historic buildings, streets and landmarks waiting to be explored.

In 1626, Elizabeth Farrow discovered a stream of acidic water running down the cliff and into the sea in the South Bay. The water miraculously healed illnesses and diseases because of its chemical make-up,

much like stomach salts that chemists use today. A book by a Dr Wittie about the spa waters published in 1660 was a huge incentive for visitors to 'Scarborough

Spa' and the town reportedly became Britain's first seaside resort. The famous old bathing machines didn't make an appearance until 1735.

When the Grand Hotel was completed back in 1867, it was the largest hotel in Europe and one of the largest in the world. The four towers represent the seasons, 12 floors represent the months, 52 chimneys represent the weeks and originally 365 bedrooms represented the days of the year.

A blue plaque outside the hotel marks where the novelist Anne Brontë died in 1849 and famous past guests include Winston Churchill and The Beatles.

Full details of how to book tickets and the evening entertainment will be in the December issue of **The Trefoil**.



**Linda Allen** introduces Surrey West's newest Trefoil Guild, where members come together for fun, fellowship and adventure

Yellow Rose Trefoil Guild was established in March 2024 following an informal meeting at the end of February to gauge interest across three Guiding districts: Godalming, Hambledon and Haslemere.

It is Surrey West's newest Trefoil Guild, made up of leaders and friends throughout Haslemere Division. We meet in the evenings because many of us work and we wanted to attract the younger leaders from across the division who are unable to make the Godalming Trefoil Guild meeting, which is in the afternoon.

We were unsure what to call ourselves because we come from a large area geographically. Our

members were asked to submit ideas and Yellow Rose was chosen as it is a symbol of friendship which reflects our ethos. We are a group of likeminded people who enjoy fun and fellowship together, and we get that in bucket loads.





We meet once a month on a variety of days and in different venues to cater to those still running units. We have Rainbow leaders, Brownies leaders and Guide leaders among our numbers as well as district support leaders.

Throughout this last year, we have enjoyed trips to a local village cinema, board game evenings and a treasure hunt around our local town finishing with a shared pizza. We joined in a local pub quiz, held a painting evening led by a member and shared Christmas crafts that the unit leaders among us could take back to their units and complete with the girls. We have also enjoyed a trip to our local amateur dramatic group's pantomime of Cinderella.

Most of us, accompanied by our families, made our promise at the beautiful Herons Wey, our county campsite, which was preceded by a session of archery and followed by backwoods cooking,

a new experience for some. We have broadened our horizons by taking part in county and international events, and a member who went to Thailand in 2023 gave a presentation about her visit, on stage, at the Annual Meeting in Portsmouth.

A number of our members are going to the county event at Foxlease in October, staying in the lodge. Another member is joining the Trefoil Walk 2025 holiday to the Peak District in September, and others are very excited about the county cruise to Belgium next year.

This years' programme is varied, with a visit to a fuchsia nursery, a murder mystery evening, and a theatre trip to name but a few events.

The Yellow Rose Trefoil Guild has attracted new members over this last year, and we now number 18. It has given us all lots of new opportunities and we look forward to many more to come as we continue to chat and laugh together.







# Keswick leisure break

**Sue Williams**, of Ramsey District Trefoil Guild, shares the highlights of a memorable Trefoil Guild getaway in Cumbria

The itinerary for our trip to Keswick had been carefully planned and included a distillery tour, which was fantastic and involved sampling whisky, vodka, and gin. A real challenge!

Thursday and Saturday in Keswick are market days – wow! They certainly know how to run a market – it was fantastic. Throughout our time in Keswick, the weather was amazing. We were a bit nervous of what October in Cumbria would be like in terms of the rain, but we saw none of it. This was especially lucky when we enjoyed our outdoor activities. A cruise on Derwentwater in the autumn sunshine was beautiful and we even managed an ice cream.

Another outdoor adventure was a walk up Latrigg, one of many hills accessible from Keswick. I met many guild members on this walk, all with

different abilities and walking experiences. Some knew each other from national Trefoil Guild walking breaks and others had come along because it sounded like a great idea.

All the activities had been arranged by guild members from both Cumbria

South and Cumbria North – they are so lucky to have Keswick on their

doorstep. These fantastic people were able to advise us on other things to do locally so that when we weren't taking part in an 'arranged' activity we could explore further afield.

Evenings were sorted by the team too. Thursday was a visit to the theatre by the lake to see 'Steel' – a play with just two actors playing the parts of all characters. It showed fantastic skill and was a gritty story. Those few who didn't fancy the theatre stayed at the hotel and enjoyed a game.





Friday evening saw more guild members arrive for the weekend, including some I knew from Cambridgeshire West and more from the North West England region, including region chair Jean Lawrowitsch.

Friday was also quiz night. We weren't doing at all well with the answers to these questions, as it was all based on Cumbria! On Saturday evening we were joined by local guild members. Sunday, unfortunately, was our last breakfast together but it was fun. It was reminiscent in some ways of the last days of a big guide camp, exchanging contact details so we can keep in touch, filling in our evaluation forms and trying to think of as many

different adjectives to describe what a fabulous time we had had together. We also set about arranging when we could next meet up - even if it was just for coffee!

I would love to thank the whole team behind the organisation of the Keswick leisure break - it was amazing. Everyone was catered to, whether they were local or from further afield. Every member was made to feel welcome and everyone had the same buzz about the break. If you ever see an email containing the opportunity to attend one of these, don't pass it up. Challenge yourself to do it - there are friends to be made and adventures to be had. You really won't regret it!



# A walk on the artistic side

**Angela Thomas**, PR advisor to Trefoil Guild Scotland, reveals how members discovered Glasgow's vibrant street art, uncovering creativity, history and new perspectives along the way

When you think about spending a day walking in Scotland, you might picture stunning mountains, grand castles, rugged coastlines, and charming wooded glens. While enjoying the countryside can be a delightful experience, or sometimes even a challenge, there's something refreshing about trying a new kind of adventure, a different kind of walk, that some still may consider a walk on the wild side. This is exactly what an adventurous group of 32 Trefoil Guild members from

various parts of Scotland decided to do for a day out on a clear, crisp spring day.

Bundled up warmly and led by Liz Howie, this large group of ramblers took a leisurely stroll, or 'saunter', as we affectionately call it in Scotland, through the streets of Glasgow,

Scotland's second city. The city is renowned for its rich tapestry of architectural styles, reflecting its evolution from a medieval settlement to a modern metropolis. It is said that in Glasgow, you





should raise your gaze above the pavements and simply 'look up' to appreciate its beauty and grandeur.

However, the city architecture is not the only thing that captures attention; perched on gable ends, along back streets and tucked away in corners, you'll find other works of art. Many buildings are adorned with colourful murals that range from depictions of historical figures to abstract designs, and cultural references. This impressive collection of street art features contributions from both local and international artists, enriching the urban landscape of Glasgow with vibrancy and personality. The murals explore various themes, including social commentary, cultural history and nature. Many of these pieces have become iconic representations of Glasgow's character and creativity.

The Mural Trail has been designed for easy navigation on foot, allowing walkers to explore the artistic side of Glasgow at a relaxed pace, giving the Trefoil Guild members plenty of time and opportunity to talk, enjoy each other's company and



build friendships. The dry weather also allowed walkers to enjoy some alfresco dining on the banks of the River Clyde.

The murals often contain messages related to empowerment, diversity and social issues; topics that align with some of the values Trefoil Guild promotes. Many of the murals sparked discussions, contemplation and personal reflection among the group. The mural 'St Mungo' (opposite page, bottom image) is one of the most recognisable pieces of street art in the city and was popular with our members, who took this opportunity to develop their photography skills.

As they made their way through the city streets, the group became a visible advertisement, a moving mural splashed with Trefoil red, and an enjoyable day was had by all who took part. A day out in Glasgow for our Trefoil members was not only educational but also a chance to be active, form friendships and promote Trefoil Guild to everyone they met.





# TOPAZ in Thailand

**Karen Batten**, of Swan Trefoil Guild, recounts the unforgettable journey to Thailand where members put their practical and creative skills to good use while fostering global connections

In December 2023, 5 of us were selected to go to Thailand and, following several Zoom meetings with the Girl Guides Association of Thailand (GGAT), the objectives for our trip were set as follows:

- Raise funds to support rebuilding the 'slider' at the Surin campsite.
- Design an interactive exhibition incorporating some of the 17 UN sustainability goals.
- Co-host a camp with GGAT for 50 girls.
- Promote and advance Trefoil Guild in Thailand.
- Be ambassadors for Trefoil within schools, sharing activities and learning.

We set about fundraising for our trip with activities such as sewing, crafts, jam making and axe throwing!

We met at Heathrow and boarded the flight to Bangkok with our suitcases overflowing with prepared crafts and activities.

We were based in Surin and treated like VIPs throughout our trip. We were shown off to all the local dignitaries around the provinces of Thailand. We were taken to the elephant festival, where we were interviewed by the local TV and newspapers.

On our first day in camp, we completed the assembly of the newly built slider, which we had supported via our fundraising. This slider was built of steel instead of bamboo. However, no one had thought about how hot steel gets so, after a quick dynamic risk assessment, gloves





were produced for the children to use to climb on the apparatus without burning their hands, although they did still climb barefoot!

Our second challenge was the design of the exhibition. We designed 17 banners with co-ordinating activities. GGAT was so impressed with them that they decided to replicate them and place them in all the Girl Guides headquarters throughout the provinces.

Planning and participating in camp proved to be quite an experience. Tents were pitched within 30 minutes using logs as mallets. Campfires were built directly on to the grass without a bucket of water in sight and the girls prepared meals for their patrol using a small machete and a piece of wood to chop the vegetables.

We visited 5 schools and encountered 17 different Girl Guides units. We taught the girls knotting and rope games, and they taught us various crafts and games.

We arrived home in early December with many new skills, a better understanding of Thai culture, a

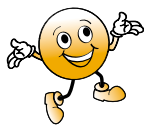


host of new friends, and a yearning to return and relive some of our happiest memories.

We are all proud to be the first honorary members of Trefoil Guild Thailand, a group that is quickly growing and planning to increase its numbers around the country. Scouts were also asking how to set up Trefoil themselves.

Anyone thinking of applying for a TOPAZ trip should not think twice. We recommend taking up the chance of a lifetime! Contact the international adviser or see the website for details.





# Voyage award victories

Celebrating the achievements of members who are working on their Voyage awards, recognising their dedication, growth and adventurous spirit



## **Jean Mullane, Voyage award coordinator for Anglia, says:**

I first met Enid Newman, of Stevenage North Trefoil Guild, in Spring 2023 at the Hertfordshire Trefoil Guild annual meeting. I was there to present three Voyage awards, one of which was a bronze award for Enid. She swiftly completed her silver award.

Due to her failing eyesight, Enid was keen to get on with her Voyage journey, and Sheila Leete kindly gave her support for Enid to move on to gold.

I was thrilled when, in the middle of December last year, Enid's book landed on my doormat. For 'myself', Enid wrote her memoir entitled 'Voices in My Head'.

She remembered places she had enjoyed visiting over her 96 years and researched them online. In Enid's words, 'I enjoyed doing it so much! I also learned a great deal on the way - little details I shall always remember'.



### Caroline (Caz) Kerry Newbury Trefoil Guild

For my bronze Trefoil Voyage award, I completed the skills section by taking a first aid course. For the 'myself' section, I go to the gym and swim. I have run several Cancer Research 3km and 5km 'Race for Life' events each year for 20 years. The first race this year was in Windsor in May.

For the 'service' section, I volunteer at Englefield garden centre each Monday, where I often fill plant pots. I also volunteer at Thatcham Discovery centre and work on the till in the shop.

For the 'teamwork', I help at Rainbows and Brownies, originally at Thatcham and now at Newbury. I'll be getting my 15-year award this year.

### Lindsay Shearer St Helens Trefoil Guild

I started on my silver Voyage award when the pandemic first arrived. For my 'service' I made rainbow poppies from plastic pop bottles to raise funds for my church. I also baked and decorated cupcakes and delivered them to people's doorsteps to cheer them up. The donations came to £250.

For 'myself', I decided to improve my fitness. I found a personal trainer and I am now much fitter and stronger. 'Teamwork' during lockdown needed some thought. I helped to make afternoon tea takeaways for people at church and neighbours who were on their own.

For 'explore my world,' I joined a group to help clean up my local area. I went out regularly with my litter-picking trolley in all weathers, working with a lovely team of people.







**Sandy Kinnersley**, programme advisor for Trefoil Guild Midlands, looks at the STARS challenge, a fun way to test your skills across five exciting themes

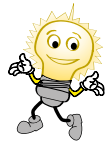
Have you tackled the STARS challenge yet? It's everything a challenge should be – fun, flexible, easy to understand, capable of being fitted around your existing interests, yet an opportunity to try something new. Plus there are badges – lots of badges!

The challenge has five themes – Skills, Together, Action, Roam and Self – so there is plenty of scope to challenge yourself. You need to complete five challenges for each theme, and there are suggestions to

help you get started. I have found some challenges useful, such as decluttering some shelving; some interesting, such as identifying an old coin; some to share with my Trefoil friends, such as a trip to learn about the Gloucester to Hereford canal; and some simple fun, such as drawing cartoon chickens. I'm almost finished now – I started back in lockdown, but there is no time limit.

Trefoil Guild Midlands have a camp in the summer and have decided to





include a STARS day. Participants and day visitors can choose from a range of activities which they will be encouraged to count towards STARS.

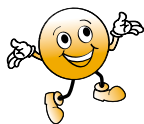
It won't be possible to do all 25 clauses in one day but it's a way to get started on a challenge, get more clauses done, or maybe even finish it. The activities will be grouped but of course many could fall into more than one theme, so participants can allocate them as they wish.

The activities on offer need to be able to be done on a campsite and will mainly be sets of instructions which people can pick up and do in pairs, groups, or even on their own. There will be a campfire area for fire-lighting challenges, cooking quesadillas, reminiscing and sharing songs. There will be an area to make

a foot scrub, give someone a pedicure and cook a pizza in a mug; things to do in the woods such as listening to birds, identifying trees, laying or following a trail or orienteering; games such as Frisbee golf, Finnish skittles, completing a jigsaw, haiku poetry or sketching; ways to help others such as Aquabox, or visiting the camp tearoom to support TOPAZ trips. Some activities will be done as part of the camp, such as pitching a tent, tackling an escape room and swapping badges.

There is a cloth badge for each of the five themes, which can be put together to create a star.

Those who finish all five challenges can purchase a metal badge. I'm looking forward to wearing it on my badge tab for special occasions!



# GOLD in St Lucia

**Elissa Webb** reflects on her unforgettable GOLD project in St Lucia where she and her team worked hard while immersing themselves in local culture

We are so grateful to Trefoil Guild for their support of the Guiding Overseas Linked with Development (GOLD) St Lucia project.

GOLD has a huge impact on participants and we developed our skills in teamwork, training, leadership and adaptability. Now we'll start a post-project pathway to use those skills in Girlguiding.

Last July, I packed my bags and flew to St Lucia with five other Girlguiding volunteers for a GOLD project. After three briefing weekends and many video calls, we were ready for a great partnership with the Girl Guides Association of St Lucia.

In our first week in St Lucia, we visited the Laborie Guides and Castries Brownies for fun, interactive sessions about the WAGGGS leadership mindsets.

We started our second week at leaders' camp, where we ran training

sessions, learned about local guiding and tried lots of great new foods!

For our final week, we visited units in Micoud, Piaye and Soufriere, and worked with volunteers on training videos about the promise, law and the WAGGGS educational model.

In all, we delivered more than 30 hours of training to 75 young members and 15 volunteers.

But it wasn't all work; we also bathed in sulphur springs, swam at Sugar Beach, hiked up Tet Paul and kayaked in Praslin!

Lydia, the chief commissioner, and Lill, the international commissioner, were fantastic hosts.

Not only did they facilitate our whole itinerary, they also took us to the St Lucia Carnival.

Follow us online by looking for GOLD St Lucia.

Thank you to the team for making the project a success.





# Travel with TRIO

**Sally Hollingham**, international advisor Trefoil Guild, introduces the world of international opportunities with Trefoil Guild at a TRIO weekend

Have you heard people talking about their international travels with Trefoil Guild and wished you could do something like that? Why not come and join us for a TRIO weekend?

It's the ideal place to find out what international opportunities may be available nationally, such as TOPAZ (Trefoil Overseas Partnership Adventure with Zest) and international gatherings.

The weekend programme will include information sessions, practical challenges, teamwork and informal discussions. You will get a chance to ask anything, big or small, to gain the confidence to take on either a TOPAZ trip or to organise your own trip.

You will get to meet like-minded people, share your fears and experiences, have some fun and be considered for future TOPAZ trips.



## FIND OUT MORE

### When

7 November to 9 November 2025  
Starting at 6pm on Friday and finishing at 2pm on Sunday

### Where

Thirtover Place House  
Ashmore Green Road  
Coldash, Berkshire, RG18 9JD

### Cost

£75 – includes accommodation, food and activities.

So what are you waiting for? Please book via the website or contact the Trefoil office for assistance at [trefoilguild@girlguiding.org.uk](mailto:trefoilguild@girlguiding.org.uk)  
Bookings open on Monday 2 June.





# Spring flower quiz

How many questions can you get right?

- |   |  |  |
|---|--|--|
| <b>1</b> Industrial queen<br>(4,6)                    | <b>9</b> What Richard has<br>to put up with! (8)                   | <b>17</b> Necessary for a<br>kiss (6)                      |
| <b>2</b> Will anyone ask her<br>to dance? (10)        | <b>10</b> Foreign kitchen<br>gloves (6,9)                          | <b>18</b> Lucky Scottish<br>lady (7)                       |
| <b>3</b> Musical instrument<br>(5)                    | <b>11</b> Lass of the Vale<br>(4,2,3,6)                            | <b>19</b> The best policy (7)                              |
| <b>4</b> These would keep<br>Basil's paws warm<br>(9) | <b>12</b> Used in thickening<br>sauces (10)                        | <b>20</b> A cold fall (8)                                  |
| <b>5</b> Yankee Doodle<br>animal (9)                  | <b>13</b> Popeye's boy (5,3)                                       | <b>21</b> Hurry up, pussy's in<br>it (9)                   |
| <b>6</b> Bovine takes a<br>tumble (7)                 | <b>14</b> She gets hitched<br>on a tandem (5)                      | <b>22</b> She's close to her<br>pupil (4)                  |
| <b>7</b> What's the Story .....<br>(7,5)              | <b>15</b> Sounds as if<br>there's lots of<br>sheep about (5)       | <b>23</b> Sizzling card<br>game (3,3,5)                    |
| <b>8</b> A virtue (7)                                 | <b>16</b> "And all at once<br>I saw a crowd, a<br>host ..... " (8) | <b>24</b> Picture this<br>legendary Welsh<br>creature (10) |



1. Busy Lizzie 2. Wallflower 3. Viola 4. Foxgloves 5. Dandelion 6. Cowslip  
7. Morning Glory 8. Patience 9. Hyacinth 10. French marigolds  
11. Lily of the valley 12. Cornflower 13. Sweet pea 14. Daisy 15. Phlox  
16. Daffodil 17. Tulips 18. Heather 19. Honesty 20. Snowdrop 21. Speedwell  
22. Iris 23. Red hot poker 24. Snappedragon



T R E F O I L   A N N U A L   M E E T I N G

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Trefoil Guild



# Come and join us for a TRIO weekend!

**This is your opportunity to find out about international opportunities  
such as TOPAZ and international gatherings**

Come along if you would like to have some fun, get help and tips on organising your own Trefoil Guild, county, region or country trip.

The weekend programme will include information sessions, practical challenges, teamwork and informal discussions, as well as an opportunity to be considered for future trips.

When:

7 – 9 November 2025

Where:

Thirtover Place House  
Ashmore Green Road  
Berkshire  
RG18 9JD

Cost £75

Please book via the website or contact the Trefoil office for assistance [trefoilguild@girlguiding.org.uk](mailto:trefoilguild@girlguiding.org.uk).