

The Trefoil

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 Trefoil Guild



Meet our Annual Meeting speaker, Siobhan Daniels



The joy of taking part in the National Walk



Members share their adventures in India

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The official journal of the Trefoil Guild

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Hello everyone

It's the time of year when some of us
like to focus on spring cleaning and
decluttering. I know my house
desperately needs me to do so! You
can find some encouragement from
Morna, our national programme
adviser, on pages 34-35.

It's always good in the winter to
have some summer memories to look
back on. In September, I was delighted
to attend our Trefoil Walk at Ilam Hall
in the beautiful Staffordshire Peak
District. Rather than the heatwave of
our 2023 event on Dartmoor, we
'enjoyed' liquid sunshine, but the fun
and friendship made it all worthwhile.
Some of us communed with nature

a little more closely than we had
intended (see photo), but Trefoil
support was there to provide the wet
wipes and ensure I could haul myself
upright again. Thankfully, once again
almost everyone left me well alone in
my event capacity as first aider! You
can see some of the highlights on
pages 26-27.

October saw representatives from
each part of Trefoil pool their wisdom
at our national conference, our first
step in making our next strategic plan.
We looked at what we have already
achieved from the last plan, what we
still have left to do, and what our next
priorities should be. Jean, our national
chair, gives you more of a flavour on
pages 24-25.

We are only weeks away from our
Annual Meeting in Scarborough, and
can now let you have more
information on our entertainment, to
whet your appetites, on pages 30-31.
A chance to meet friends from across
Trefoil, and explore God's Own County.
I hope to see you there!



Della
National president

Please send all items for inclusion in **The Trefoil** direct to Trefoil Guild magazine team at
the address above. We regret we cannot guarantee publication of all items sent in.

June 2026 edition copy date: 6 March 2026



Behind the scenes

Trefoil's office is powered by a dedicated team of 4 staff members – here's what a typical week looks like for them

Marie

Hi, I'm the office manager as well as the executive assistant to the chair of Trefoil. What does my week look like? Well, I use my diary to plan my week with tasks and reminders, to keep on track with the board of trustee actions and papers and the finance and general purposes committee.

This week I have been working with the new Trefoil Guild treasurer on the accounts ready for the end of year and Annual Report, meeting with the insurance team to ensure cover is in

place for our members as well as any cancellation insurance for events. Grant applications have been processed, expenses and invoices paid. The adviser residential is coming up with plans, registers, invites and invoices all to be finalised, ready for the smooth running of the event planned by the national advisers. Of course, subscriptions are ongoing throughout the year, payments in from members, out to counties, countries and regions, as well as following up on late payments.

Sharon

Hi, I'm a Trefoil Guild administrator – which basically means I'm the person who keeps everything ticking behind the scenes. My day usually starts with answering calls and emails from our lovely members.

One of my main jobs is looking after our membership database, KEY. I keep it up to date with new members and prospects, making sure everything is accurate (because nobody likes a mix-up!). I also process renewals and payments so that everything runs smoothly.

Another part of my role is sending out goodies from our online shop – badges, neckers, and all those little items that make Trefoil special. I like to think of myself as part administrator, part personal shopper!

Every day is different, and that's what I love about this role. It's all about being organised, paying attention to detail, and most importantly, being friendly and approachable. My aim is to make life easier for our members and keep the Trefoil Guild running like clockwork – with a smile!

Courtney

Hi, I'm the coordinator for the Trefoil Guild. My role is a mix of creativity, organisation and making sure everything we share looks and feels just right.

Day to day, I manage our social media accounts, sharing updates and stories from across Trefoil Guild and I keep our website up to date

so information is always clear and easy to find.

I also create and look after our Trefoil Guild branding. This includes designing badges, event materials, tickets, digital content and resources used by members and volunteers across the Trefoil Guild. I make sure everything we produce is consistent, clear and recognisably Trefoil.

Another important part of my role is supporting our PR Advisers. I deliver website training, provide ongoing guidance, and work closely with them to answer questions and offer support.

Mel

Hello, I'm an administrator who works on a variety of jobs but most of my day is working on **The Trefoil**.

I love receiving your photos and stories every day. I make sure your photos are the right size and quality, and that your stories fit the space we have in the magazine. (And yes, I'll chase you for a proforma if you haven't sent one yet!)

Once everything looks good, your stories are added to the magazine's content and given a quick check for spelling, grammar, and brand guidelines.

Then, I pop everything into a flatplan – a simple overview of what each page will look like. After that, it all goes to our publishers, who work their magic with the finishing touches and print the magazine.

And then, once a quarter, **The Trefoil** magazine arrives at your door for you to enjoy!



Noticeboard

Bulletins and information for all our members

Our telephone system has recently been updated. Please note that our phone number remains unchanged: **020 7834 6242**. When calling, listen carefully to all the options and select the Trefoil Guild option.



Trefoil Guild and Facebook

Nationally, the Trefoil Guild has two closed members-only Facebook groups – one for Trefoil challenges and one for general Trefoil activities. Search for Trefoil Guild or Trefoil Guild challenges to find them, then simply answer the joining questions, which includes your membership number. This is your space and it's a great way to connect to other members, have informal discussions and share what you and your Trefoil has been up.

Trefoil Guild also has a Facebook page that is our official public platform and can be seen and followed by our members as well as people who are not members of Trefoil – for example Girlguiding, Scouting or future Trefoil members. You can find the link at the bottom of our website homepage to follow the page.

When you see a post on Facebook your feedback is extremely valuable. By taking the time to like, comment, or share our content from our public site you are letting us know what you like and don't like, helping us grow and attract new members to the Trefoil Guild.

Bank transfers – BACS – safety first

Planning to make a bank transfer to your own Trefoil Guild for an event or activity? Check that you are sending it to the right Trefoil Guild! Make sure when you set up the payment on your bank account that you save the details with the name of your local Trefoil or national Trefoil for future payments.

Nationally, we receive payments from members with references for harvest suppers, singing, and pizza – all of which we refund, which takes time. We wouldn't want you to miss out on a fish and chip supper as your payment hadn't arrived with your local Trefoil Guild!



Apology

In the December issue of **The Trefoil**, we mistakenly published the wrong photo alongside one of our stories. We sincerely apologise for this oversight and any confusion it may have caused. Please find the correct photo submission below:

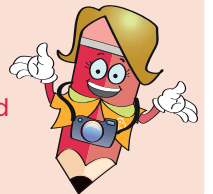
VE fun day

About 60 Derbyshire county Trefoil members gathered for an 'outdoors' day. The theme was 'VE Day 80th Anniversary'. The venue was Pax Hoh, which is a campsite and activity area near Carsington Water in Derbyshire. Delicacies included vegetable stew, griddle scones and dampers. Other Trefoils shared picnic food, including corned beef sandwiches, Marmite swirls and jam tarts. Everyone was encouraged to use only ingredients that would have been available during the second world war. The day finished with a campfire singsong of wartime songs.



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**. Submission date for the June 2026 issue is 6 March 2026.





Your snapshots

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



Hello dolly

At their September meeting, Burwell Trefoil celebrated the end of harvest by making corn dollies. These were traditionally made from the last sheaf of corn harvested and displayed in a barn until it was ploughed into the soil along with the seed for a good next harvest. Following instructions from Trefoil member Linda Larner, they created a Lovers Knot and a Horseshoe. At times the members were unusually quiet, concentrating on their weaving. However, by the end of the evening there were some lovely corn dollies to display.

Angel throwing!

Amber Trefoil had an active time and made the most of the good weather we had in the summer. We got to the point with archery at the county activity day, had a smashing time with the croquet mallets at our group meeting and ended the summer throwing angels - an adaptation of axe throwing - as guests of another local Trefoil's BBQ.



Share a little, change a lot

Members of Staplehurst Trefoil collected a wide selection of Christmas food, which was donated to Marden Food Bank, showing their support to the local community.



We are the champions!

80 members from across the Midlands region gathered at Beaudesert for an action-packed fun-filled camp. The camp started with a mini-Olympics with, welly wanging, hoopla, Jenga, beer pong and a few others. Ladies worked in patrols to score points. Bhangra dancing certainly got us all moving on the first night. Saturday and Monday we opted for activities such as kayaking, axe throwing, fencing, circus skills and several more sedate ones. It was lovely to welcome national president, Della, and some members of our internet Trefoil, SMILE.



Sing your heart out

20 members of Trefoil Guild Lancashire Border enjoyed a recording of 'Songs of Praise' at The Victoria Hall, Bolton on 10 October 2025. The ladies thoroughly enjoyed a fantastic evening singing Christmas carols with Aled Jones for a recording of the Christmas edition of 'Songs of Praise'.



Brush up your skills

Eastern and Northern District Isle of Man Trefoil members enjoy some pottery painting.



Wall you need is love

South Antrim (Lisburn) Trefoil recently travelled to Derry City by train, completing one of Michael Portillo's top 10 train journeys. A delicious lunch was enjoyed on arrival and we then met up with David from Derry Danders. David expertly led us on a magnificent tour around the city walls, highlighting the history and many wall murals of this divided city. An eventful, protracted journey home was dealt with in typical Trefoil style with lots of laughs and fellowship and certainly didn't detract from a most enjoyable day.

Mad March hair

Members from Allington Trefoil went to see the local pantomime, 'Dick Whittington', and enjoyed the slapstick, singalongs and 3D special effects. Afterwards, 2 members went to tell Sherie Trifle just how much they'd enjoyed the show... 'Oh yes they did!'



Making a splash

When I was invited to make my promise, I remembered doing this as a Brownie and Guide, standing in my uniform, in a hall. 'At Trefoil you can do whatever you want' I was told. So, knowing our Trefoil, Allsorts e-Guild, was planning a holiday in Somerset, I jokingly said, 'How about in the hot tub?' and the reply was 'Why not?' It was great fun, enjoyed by all. Maureen and I (Elaine) made our promises, this time to the King, and had our badges pinned to our swimming costumes. It couldn't have been more different.

Friendship and connection

Members from all over Lincolnshire South met together for our annual Friendship Day. This year's event was hosted by 1st Lincoln and Lincoln South West Trefoils and they had chosen an Indian theme. After lunch, we were joined by Sunita, who gave us an informative talk on Hinduism, customs and traditions. We then divided into 3 groups so that Sunita could give us all the opportunity to dress up and have a crash course in learning an Indian dance.



You're officially awesome!

Congratulations to Caroline Kerry for gaining her bronze Voyage award.



Elephantastic

Elton Trefoil enjoyed a trail around Leicester to see as many elephants as we could for a fundraising event for LOROS Hospice. We saw a total of 92 out of 122. The event was called Stomp.



Peak performance

On Sunday 21 September 2025, surrounded by a magnificent backdrop of mountains and blue sky, 30 members of Trefoil Guild Anglia, who represented 1,303 years of Guiding, celebrated a badge ceremony. The members who stood around the flagstaff represented hours of care and dedication running units in all sections of Guiding – many are still actively involved. Their service to their communities and Guiding certainly felt recognised and the ceremony was so poignant for that reason.



Give support!

Swanage Trefoil has been collecting bras for Sustainable Wareham, who pass them on to Poole Hospital's Ladybird Clinic for breast cancer screening. They are then sent to a recycling facility for the charity Against Breast Cancer. For every ton of bras collected, the charity receives £700 for research. The good ones are sent to Africa and Eastern Europe, others are deconstructed and their components recycled.



Poppy power

On Saturday 11 October, 38 Trefoil members and friends boarded our local Cooks Coaches in Rayleigh, Essex and travelled to London, intent on invading the Tower of London on our annual county daytrip. We wanted to see the poppy display within the grounds of the Tower, which had been erected in memory of everyone who had died during the Second World War, something some of our older members would have remembered and experienced for themselves.



Sterling effort!

Debbie Roberts, chair of 8th Llandudno Trefoil, was presented with the Silver Trefoil award for her incredible work with young people with additional needs. Lesley Mathews, chair of Trefoil Guild Wales, presented the award and members from 8th Llandudno Trefoil looked on.



Water you waiting for?

Gribbin District Trefoil enjoyed a pleasant early evening boat trip up the River Fowey to Lostwithiel, with a lovely fish and chip supper alfresco in the town. The boat ride was an hour, with lots of herons and egrets spotted on the way. We had an hour in the town before returning to Fowey Town Quay around 7pm. These trips are only possible when the spring tides are exceptionally high, so we were lucky to get this trip at the end of our summer term.



Shining STARS

Very proud members, Cathy, Mandy, Gill and Diane from Kidderminster Trefoil gained their STARS award after completing some of the varied activities at the Midlands region Luminate Camp held at Beaudesert.



Strum-thing special

Members of Cornwall Trefoil Guilds took part in a Musical Funday. We were blessed with beautiful weather and had the opportunity to make a variety of musical instruments. We were entertained by the St Austell U3A Ukelele Group and the afternoon ended with a Cornish cream tea and the singing of 'Go Well and Safely'.



Alpaca my bags!

What a truly unique trip in September when Pinoso and District Trefoil met and ate with a small herd of friendly male alpacas. Situated high up in the pine-covered mountains of Costa Blanca and run by a Dutch family at Sierra Granja de Alpacas, 12 ladies arrived not quite knowing what to expect of these creatures. We had arranged to eat with them at a high tea on the premises – weird or what?



Step to it

NorLan Trefoil had another fun time at our line dance evening. Gary led us and our guests through a variety of dances – some more challenging than others. We finished off with the old favourites of the Slosh and Alley Cat. As well as enjoying ourselves we raised just over £200 to go to the Encephalitis Society on behalf of our teacher for the night, Gary.

Pad-venture awaits

At our Autumn Activity Day, members of Trefoil Guild Lancashire East county took part in a 'PAD Party' run by Amor Europe, a charity that works to end period poverty amongst girls and women in Rwanda and Gambia. Access to decent sanitary products is very limited, which means many lost days of education and work during their monthly cycle. The pads, holders and bags are made from recycled towels, bedding and cotton shirts. Only the waterproof lining material is bought as new. There was a 'job' for everyone – as long as you could draw round a stencil or use a pair of scissors!



Tie the friendship knot

When member Kim Critchley got married in May, she asked fellow members to be a guard of honour. Kim was married at St Stephen's, Whelley, which is also the meeting place for her Trefoil. Her lifelong guiding friend within Brownies and Trefoil, Annah, was maid of honour. Her fellow Trefoil members were very enthusiastic with the confetti throwing, joining in with Brownies and leaders from Kim and Annah's unit.



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 for consideration.





Meet a Trefoil

From bronze to gold, from Scotland to Sangam, **Angela Thomas** and **Carolyn Carmichael** share the adventures of Auchterarder Trefoil

Auchterarder Trefoil was re-formed in 2019 by a group of enthusiastic ladies who were friends through Girlguiding and Scouting. We wanted to create an opportunity to do something for ourselves in the same spirit as our past experiences. Since then, our Trefoil has grown, drawing new members from as far away as Aberdeen, who have found and formed new friendships in Trefoil.

The name Auchterarder comes from Gaelic, roughly meaning 'the summit of the rising ground', which references its position overlooking the rolling hills of Perthshire. While some people call Auchterarder a 'village' due to its close-knit community, it is also known by its nickname, 'The Lang Toun', after its High Street, which is the longest in Scotland at over a mile long! Our Trefoil is literally at the centre of our

community, meeting in the Girlguiding hall halfway along the High Street.

We usually meet once a month, but the day of our meeting often varies as we try to work around Girlguiding and Scouting events. This allows many of our members to give support and continue active roles in local Girlguiding and Scouting units. As a Trefoil, we also seek opportunities to find out about and support others in our community by learning new skills such as British Sign Language and visiting RNLI Broughty Ferry Lifeboat Station.

We really love badges at Auchterarder Trefoil, and we are fortunate to have members with lots of skills, willing to share and support us in achieving them. In the past year, we have had 4 Voyage award achievers: 1 bronze, 2 silver, and 1 gold. In addition, many of us have achieved

or are working toward STARS and Motivate challenge awards.

We have an active program that involves a lot of chocolate, gin-tasting and crafting. We take any opportunity to get out and about, bagging highland 'coos', wild swimming, paddleboarding, archery, and visits to escape rooms and the V&A in Dundee.

We also like going further afield, visiting and participating in other Trefoil's activities and attending the Scottish and national Annual Meetings. In previous years, our members joined a group from other Scottish Trefoil Guilds travelling to Switzerland for an action-packed few days, including a visit to the WAGGS centre, Our Chalet. In 2025, four more



of us joined once again with other Scottish Trefoil Guild members for a two-week trip of a lifetime to India, including a stay at the WAGGS centre Sangam.

We have organised an exciting program for 2026, filled with various outings and opportunities to teach and learn new skills. Of course, we have another new badge to earn: the 'International at home' badge, which allows us to explore and learn about different parts of the world without the limitations of distance from our Trefoil in Auchterarder.



Away day

Step back in time and soak up the view. **Aline Staples**, county chair of Jersey, takes us on a journey across the island

Jersey is the largest of the Channel Islands, roughly 9 miles by 5 miles. Not large but packed full of sites to explore and views to admire. St. Helier is the capital of Jersey so let us start there.

Royal Square has been home since 1751 to a statue of George II, the first public statue erected in Jersey. It is also the site of a 1781 battle between the invading French force and British and Jersey Militia Troops. You may be lucky to find a local craft or French food market when you visit.

The Royal Court Building is on one side of the square with cafes and restaurants on the other. From here you could visit the Jersey Museum and Art Gallery. This also has a restaurant



should you want to stop for a coffee or something more substantial.

Passing through Liberation Square, stop and admire the statue celebrating (as the name suggests) the liberation of the island from the German occupation. Cross the road to the harbour and beside the impressive yachts you will find the Maritime Museum, where you can explore Jersey's seafaring history. Also on site is the Occupation Tapestry Gallery housing panels woven by islanders – each Parish worked on a different panel, depicting life during the German occupation in World War II.

Checking the tide times, you can walk out to Elizabeth Castle, named after Elizabeth I



and dating back to when Sir Walter Raleigh was Governor of Jersey. If you don't want to walk, or the tide is up, you can take the amphibious ferry.

If you would like a leisurely trip west along the bay, you can take a journey on Le Petit Train to the historic harbour of St. Aubin, where the village has several restaurants and cafes. The journey takes approximately 35 minutes and you can return the same way or take a bus, a quicker journey.

Should you wish to extend your day or venture further afield, there are of course fabulous beaches, Jersey Zoo, the stunning view at La Corbière Lighthouse, Jersey War Tunnels, and many more places to explore.

In the east of the Island, Mont Orgueil Castle is well worth a visit. Construction

began in 1204 but it has been added to over the centuries and is an impressive sight, towering over Gorey village.

In the centre of the Island is Hamptonne Country Life Museum, a country farm estate from the 15th century where you can chat to the characters in costume. Another special place is La Hougue Bie, a Neolithic passage grave, one of the ten oldest buildings in the world – 4,000–3,500 BC. Also on site is a replica Neolithic longhouse built by volunteers.

If after all the exploring you need a rest and refreshment you could visit a vineyard and sample the local wine.

So much to see and do you can spend many away days and still come back for more.

Enjoy your day and come back again.





Colours, culture, and connection

Allison Headon shares her Trefoil Cymru's Indian adventure

After months of planning, navigating visa applications online, and frequent frantic WhatsApp messaging, 20 Trefoil Cymru members embarked on an adventure of a lifetime - a trip to India on 2 November, with a week at the World Centre, Sangam and a week touring the famous Golden Triangle.

Sangam offered a wonderful mix of sari shopping, sightseeing, fun and of course the welcome ceremony, which is memorable and emotive.

Visiting and learning about Sangam

and WAGGGS-supported partners in Mumbai was informative and eye-opening, and we were proud to see Sangam's impact. Trefoil members contributed by knitting fruit, vegetables, and scarves for two charities and supported Sangam by buying gardening equipment. We ordered supplies from Amazon upon arrival and presented them within a few days.

The exhilarating, hair-raising rickshaw rides were an unmissable experience. The noise, constant horn toots, the



smells and congestion, manic traffic that does not stop or slow down for man or beast - with the exception of cows found everywhere on the roads in Mumbai, even sleeping in the outside lane of a dual carriageway!

Whilst at Sangam, we swam, ate, cooked, laughed, visited the locality and local homes, were taught (I use this word lightly) Indian Bollywood dancing, and learned the ancient Warli tribal art-style of drawing, made so easy because of the lovely lady who explained it and showed us how. We also began to feel like celebrities, as so many people wanted to have photos taken with us.

Visiting temples, we had to remove our shoes. However, one time we returned to find that one of our members' shoes had vanished! It was found about 15 minutes later, half-chewed by a puppy!

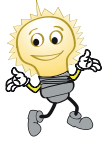
A highlight of the Sangam adventure was one of our group finding her family member's World War II grave in Mumbai. No relative had visited before. Trefoil members honoured his memory by singing taps at the graveside during Remembrance weekend,

making it a proud and meaningful moment for Gillian and family.

A sad farewell to Sangam, then on to the wonderful sights and sounds of Delhi, where we visited the famous spice markets and magnificent colonial buildings. A visit to the largest mosque in India also gave us our first sight of monkeys. A visit to Sheroes Café, run by courageous victims of acid attacks, was inspiring and humbling. On the way to Agra, we visited an elephant sanctuary. Of course, a visit to the Taj Mahal at sunrise (getting up at 4.30am!) was on many members' bucket lists. Lastly, on to Jaipur where we visited the Amber Palace, City Palace, and Pink City amongst other sites.

The weather throughout our stay was perfect - dry, not too hot but warm enough to spend time in the pool, and comfortable for sightseeing.

It was a magical journey of colours, smells, sights and sounds, a definite culture shock and an unforgettable experience, leaving a lasting impression on us, along with precious memories, treasured photographs and new friendships made.



Explore, achieve, discover

Sheila Kerr, programme and development adviser Scotland, highlights the Trefoil Voyage award journey

What do Our Chalet, the John Muir Way, Glasgow Royal Concert Hall, Abbey Road Studios and Eccles cake have in common? All have featured recently in Trefoil Voyage award submissions!

The Voyage award is a personal, inclusive challenge aimed at supporting members to identify skills, learn new ones and increase

knowledge by choosing new activities in each of the 5 areas - service, myself, teamwork, skills and explore my world - within the 3 levels of bronze, silver and gold.

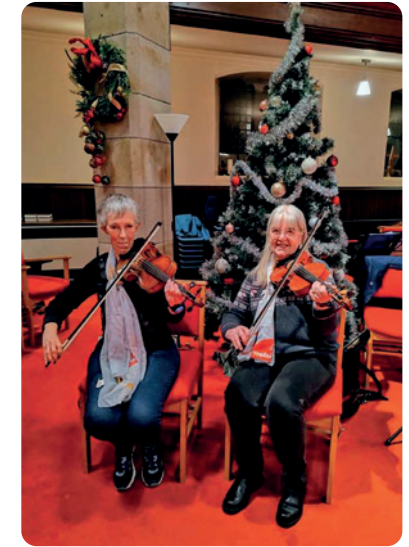
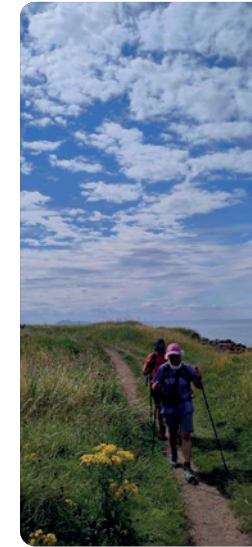
Many say it is similar to the Duke of Edinburgh Award, and Voyage really is an award, unlike the fun badges requiring limited or no support from others. As such, there are various aspects which must be adhered to.



The first step is to sign up, either online or by completing the form which can be found on the website, or sending it off, with the £7 registration fee to Trefoil Guild office. You will then be sent your record book, which contains all relevant information and is used for recording activities. On completion of a level, you must

register and pay the registration fee for the next level.

Before applying you may have an idea of your intended activities. Before beginning each area, it is vital that there is a mentor for that area. Your mentor does not need to be a Trefoil member, but should be someone with knowledge, interest and expertise in your chosen field. They should not be a close friend or family member.



Your mentor will agree your plan, take an interest in your activity and offer you advice if necessary. On the completion of the appropriate hours, they will sign your book, adding relevant notes. The mentor's role is an important one and information can be found on the website and in the record book. It is important to remember that your mentor should be someone to accompany you on your journey and not simply someone who congratulates you at the end of it.

When your level is completed, your country or region programme and development adviser or Voyage coordinator will check and return your book to you, sending your badge and certificate to your county chair, who will arrange to present your award to you.

The Voyage award should be fun! Many accomplishments have been

recorded over the past 10 years since introduction. These have included walking the John Muir Way (a 134-mile footpath), volunteering at park runs, playing in a fiddle orchestra at the Glasgow Royal Concert Hall, researching the history of specific foods (thus the Eccles cake mentioned), producing much-needed items for hospitals and care homes and much, much more.

Participants have found the award to be both challenging and rewarding, sometimes increasing knowledge and other times gaining new skills. On many occasions, the new activities attempted have transformed into lasting new hobbies.

So, come along, sign up and join in the fun, friendship and achievement that is found within the Trefoil Guild Voyage award.





Our Trefoil, our future, together we can

National chair, **Jean Kelly**, looks back at the national conference highlights

Last September, 140 representatives from our countries and regions, TGIFC and national Trefoil Guilds got together to reflect on our existing strategic priorities and think about the how to develop Trefoil in the future, not only for existing members but to be attractive to new members.

Our existing strategic priorities, or things that we want to focus our energy and activities on, were set back in 2022 as we were coming out of lockdown and are targeted at recruitment, communication, member opportunities and processes.

As we all reflected on the last few years, we noted that we attract about 1,200 new members a year, mainly through word of mouth, but recognised that we need to do more. Particularly extending the hand of friendship and being more inclusive to the communities that we live and work in.

Our communications through social media and our website underwent redevelopment in 2024, making it clearer and more



accessible, to showcase member activities and giving an easy way to access policies, procedures and forms. We acknowledged that not all members use the website and 2-way communications via countries, regions and counties and the printed **The Trefoil** magazine remain important.

Member opportunities have grown, with our Annual Meeting providing a richer experience for members, as well as having national gatherings and walks. We also have the STARS challenge, refreshed the Voyage award and launched Motivate.

National committees have brought in grassroots members so that your views could be better represented, and over the last year groups have been hard at work looking at how

we can expand the ways that we can thank our members.

We all agreed that there is still lots of work needed on our existing priorities, but the conference looked at other areas that need our attention, such as how we raise the profile of all the charitable works that members do for Girlguiding and the wider community, and none of us can miss our changing world, influencing all of us in our daily living. We need to consider how within Trefoil we can support and protect our environment and have a greener world.

Throughout the weekend members worked hard to explore all these issues, generating a lot of noise, a great deal of laughter and a huge pile of Post-it Notes to read, analyse and explore. Our aim is to publish our updated priorities at the end of the year.

My thanks to our facilitators, Nyda, Hannah, Ruth and Fiona, who helped make our weekend so productive and successful, and to all who attended and took back actions and ideas that can be done now. Members also took back some great team-building activities. Do talk to them to find out more.

Remember that it is our Trefoil and we need to work together to shape it into the future that we want it to be.

Together we can give support
Together we can find friendship
Together we can get active
Together we can get involved
Together we can do anything and achieve everything



Walk this way

Exploring Ilam in the Peak District – my National Walk story by **Fiona Roberts** of Lapley Trefoil, Staffordshire

I would describe myself as a fair-weather walker, comfortable with up to 5 miles, reasonably fit, but issues with my feet limiting distance. So, when I saw the walking week advertised within my county in an area I have walked with my family, I was interested. Despite only knowing one person who was going, I decided to go for it and signed up but I wasn't sure what to expect.

The information beforehand was very useful, with an excellent packing list and a description of the walks on offer each day.

Day 1 – I opted for one of the shorter walks. Despite only being a short route, it was still challenging with great views from the top of a hill, looking back over Thorpe Cloud. The route up the hill had been chosen to reduce the gradient by taking a slightly longer route. Going through a farmyard, we found the remnants of a fire, so stopped for a quick campfire song! The Opal Fruits came out along with the sunshine. Rain soon started again, and our walk leader found areas where we could



YHA is in an old stately home, and I was fortunate to be in a small ensuite room. Food was good – we had chosen lunchtime sandwich and evening meal options in advance, with a healthy option provided. Tea, coffee and cake always available in the

shelter when it was heavy. Even our lunch stop had been well planned with picnic benches!

Day 2 and 3 – I opted for longer routes than Day 1, each day challenging myself a little more than the previous one. If I had been at home, I would have opted not to go out, as it was raining so heavily, but a coach had been booked and to enjoy the walking available, we couldn't avoid the rain. Both were lovely, well-planned routes with stops for snacks and lunch, even for calls of nature, which prompted a bizarre discussion on the merits of Shewees. Friendships were made whilst chatting and walking, and group support over the stiles and through the squeeze gates was essential. Both walks ended where we started, in small villages with very nice cafés.

Day 4 – I opted for the Roaches, which I have been to many times – a short walk but with some challenging sections. A small group with the added bonus of re-learning some map skills during the walk.

Accommodation was excellent – the

downstairs self-catering area, and a licensed bar in the evenings. Entertainment was provided each evening with a speaker, quiz, games night and culminating in a murder mystery with the walk leaders all playing a part.

As a relative newcomer to Trefoil, I thoroughly enjoyed the week and made lots of new friends. Since the walk, I have invested in new waterproofs and am challenging myself to walk longer distances, and to go out all weathers!



Were the principles of Trefoil met?

- Yes, I got involved,
- Yes, I found friendship,
- Yes, I gave & received support,
- And yes, I definitely got active!



Discovering Lesotho

Jan Butler, Dawn Rogers, Jane Brown, Maxine Gambrill and Rhian Alley join the growing Trefoil Guild in Lesotho, and the Lesotho Girl Guides at the launch of their centenary celebrations

If you are unsure of where Lesotho is in the world, you are not the only one! It is a small landlocked independent country found within the south-east corner of South Africa, often named the 'Kingdom in the Sky', due to an abundance of high mountains. In fact, because of its high altitude, the country boasts the world's highest low point.

Our introduction to Lesotho was on 15 August when we landed at Moshoeshe Airport in Maseru on a

wet winter's day and received a rapturous welcome from the Lesotho Girl Guide leaders.

A varied programme of cultural visits and physical activities had been planned for us, but it was fortunate that we had been warned to 'expect the unexpected', as the timetable often changed at a moment's notice!

The first event, however, did go to plan, and we were honoured to visit a chief's house in a village near Maseru.



Here we were officially welcomed to the country and were introduced to the British High Commissioner. A traditional Lesotho-style lunch was served, followed by dancing staged by the villagers. Participation was encouraged and to do so, we were each provided with a traditional Basotho blanket to wear.

Every day the chief commissioner of Lesotho Girl Guides accompanied us to each event and laughter was always the order of the day. Friendship bracelets had been created by girls and Trefoil Guilds in the UK as part of our 'Lesotho Challenge', so we had plenty to hand out to the Lesotho people we met. This included the oldest adult leader of Lesotho Girl Guides who made her promise with their Trefoil Guild before we left.

Some of the more active endeavours included hiking up a mountain near Maseru to view the ruined city of Thaba Bosiu, once the ancient capital city of Lesotho, and visiting the Kome caves, a National Heritage Site.

However, the highlight for us all must be the centenary launch camp in Leribe. We arrived in darkness, after a

long drive, and could not believe the stunning sight of the Milky Way in the night sky. This was followed by a spectacular sunrise the next morning before we were invited to lead the games and programme activities we had prepared specifically for this event.

Our sleeping accommodation was in one of the traditional thatched round huts which are still seen in villages throughout Lesotho. What an amazing experience, but all over far too quickly! Nevertheless, the memory of 150 Guides and Brownies marching through the fields to be greeted by the chief of that village and singing their special song, 'We are the Guides of Lesotho', is still very vivid in our minds.

In conclusion, TOPAZ Lesotho 2025 has left us with memories to be cherished forever. As a group we discovered that we had fulfilled all the Trefoil Guild key messages while there - we had got involved, made new friends, been active and given a lot of support. We returned home to the UK ready to share this amazing international opportunity with as many Trefoil Guilds as possible.



Annual Meeting 2026



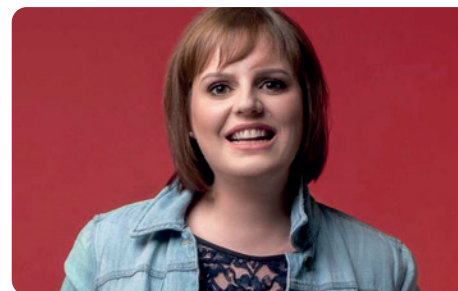
Our speaker, **Siobhan Daniels**, is the adventurist proving that ageing is a privilege – and the perfect time to say YES to adventure

This year's Annual Meeting speaker is Siobhan Daniels. After a 30-year career with the BBC as a reporter, presenter, and producer in local news, Siobhan retired three years ago. Throughout her broadcasting career, she navigated numerous challenges, including raising her child as a full-time single mother. Approaching 50, she stepped away from work to take a solo backpacking trip around the world – a life-changing adventure that sparked the idea for her future mission to travel across the UK.

For the last six-and-a-half years she has been on a roller-coaster ride, challenging ageist stereotypes of what society seems to think we do when we get older. She's found her inner warrior, her voice and, more importantly, her happy place.

Siobhan published her best-selling book 'Retirement Rebel' at 63 and then created an award-winning podcast 'Retirement Rebel: Life after 60', the following year. Her next big adventure is driving solo from Vancouver to Alaska in a motorhome.

'I hope my experiences inspire people, young and old, to embrace ageing and not to fear retirement. I want to inspire older women who may want to be adventurous but are too scared to say YES to that challenge. I also want to inspire younger women that ageing and retirement is not something to fear but to embrace. Ageing is a privilege, so I'm grateful for the chance to age disgracefully at a time when we are ageing differently. I am proud to be part of the retirement rebellion!'



A musical feast

Trefoil is delighted to welcome **Nicola Mills** and the **Saltburn Smugglers** for the evening entertainment at the Annual Meeting

Originally from Oldham, Nicola Mills attended The Royal Scottish Academy of Music and Drama, then went on to sing for opera houses for 10 years, including Glyndebourne Festival Opera, Dutch National Opera, The Flemish Opera and Opera Monte Carlo.

Whilst living in Belgium she began singing on the streets, which became Opera for the People. She's sung at events in France, Belgium, Germany, Crete, New York, Holland, Luxembourg, Bulgaria and the UK, and will be back in Germany later this year. She loves singing for 'the people'.

Last year she was asked by the BBC to step in for Lesley Garrett with the Bantam of the Opera choir at Bradford Live alongside Aled Jones.

Nicola brings her Northern charm, strong opera vocals and witty storytelling to you in a down-to-earth way that you won't have seen before.

Meanwhile, in the heart of Yorkshire's Saltburn-by-the-Sea, where rugged cliffs rise above the whispers of the North Sea, the Saltburn Smugglers are breathing new life into an old legacy.

This contemporary shanty group, deeply woven into the local community, reimagines stories from the town's smuggling heyday as bold, modern sea shanties.

From the mid-1700s through the late 18th century, Saltburn thrived as a haven for smugglers. Today, those tales of daring and defiance pulse through the Saltburn Smugglers' music, fusing history with fresh, dynamic energy. Their performances are more than melodies – they're time-travelling experiences, linking the escapades of the past with the vibrant rhythms of the present.

Join the Saltburn Smugglers as they revive history one shanty at a time.

Book club

Discover where books have taken
Horndean Trefoil book club



Our book club was formed 11 years ago, which means we have read over 100 very different books. During that time, it's become something of a tradition to have a summer outing, which we link to the theme of one of the books we've read.

We went to Beaulieu Palace in 2015 after reading 'The Forest' by Edward Rutherfurd. In 2016 it was a tour to visit various small village churches around West Sussex – 'Dissolution' by C J Sansom; and then in 2017, we had a lovely day out in Winchester where we visited a Jane Austen exhibition in the Discovery Centre – 'The Jane Austen Book Club' by Karen Joy Fowler.

2018 saw us heading off on a beautifully sunny June day to the Hillier Arboretum and Gardens at Romsey – 'The Forgotten Garden' by Kate Morton; and the following year, although we were supposed to visit the Bishop's Garden in Chichester, heavy rain meant that we simply had



a tour of the cathedral – 'The Savage Garden' by M Mills.

After the pandemic, Gilbert White's House was our destination for 2022 – 'The Garden of Evening Mists' by Tan Twan Eng.

'The Trouble with Sheep and Goats' by J Cannon was our chosen book for in 2024. Walking with alpacas was suggested but proved difficult, so we tied it very loosely to a local deer park, where we had a tour and talk by one of the rangers.

Our most recent trip in September 2025 took us to Foxlease Park for coffee before heading into the New Forest, where we were amazed by the sight of giant redwood trees having been inspired by Tracy Chevalier's 'At the Edge of the Orchard'.

Why not form your own book group – you never know where it might take you. Your local library will help and may be able to provide sets of 10 books for a small annual fee.

Let's get out there!

Sally Hollingham invites members to explore international opportunities at a TRIO weekend



TRIO stands for Trefoil international opportunities, and the weekend is the ideal place to explore what may be available nationally, such as TOPAZ (Trefoil Overseas Partnership Adventure with Zest), but also to help you discover other ways of getting involved with international travel. The programme will include information sessions as well as activities that will put your teambuilding, communication, flexibility and other skills to the test. You will get a chance to ask anything, big or small, to gain the confidence to take on either a TOPAZ project or to organise your own trip. So, if you want to get involved, have fun and meet some like-minded people, come along to our next TRIO weekend at Abney Park.

TRIO dates and booking details

When

25 September to 27 September 2026.
Starting at 6pm on Friday and finishing at 2pm on Sunday

Where

Abney Scout and Guide Training & Residential Centre, Abney Park, Newlands Road, Cheadle, Cheshire, SK9 2PD

The centre is situated within Abney Park and is within walking distance of Cheadle Village and transport links. Gatley & East Didsbury Train Stations and East Didsbury Tram Station are 1,500 metres away from Abney Park with Cheadle village providing many bus services into Stockport, Manchester, Altrincham and further afield. Manchester Airport is within easy reach.

Cost

£75 – includes accommodation, food and activities

Bookings open on Monday 1 June. Please book via the website or contact the Trefoil office for assistance at trefoilguild@girlguiding.org.uk.

The power of less

Morna Macdonald, national programme and development adviser, shows how to create calm and order



Spring, the season when the days lengthen, the temperature rises and new growth is evident all around us. Perhaps it's a time to think about opening the windows wide and starting to spring clean or declutter your home?

We hear a lot about decluttering nowadays but isn't that just another word for throwing things out? It has gained great popularity with books, websites, professional services, podcasts and series on television,

YouTube and Netflix! You may have watched Stacey Solomon host the TV programme 'Sort Your Life Out'.

The number of different approaches is astonishing. Try Googling and you will see what I mean! Cobwebbing, the Four Box Method, Swedish death cleaning, the Minimalism Game, 10-10, and KonMari are just a few.

Marie Kondo wrote 'Spark Joy' in which she describes the KonMari method where items are sorted according to these criteria and in that

particular order: clothes, books, paper, komodo (miscellaneous items) and sentimental items. If an item is held and brings a spark of joy it can be kept, if not then it is thanked and discarded.

The Minimalists are three American authors, podcasters and filmmakers who promote a minimalist lifestyle including owning just 100 items or less; there's more than that in my craft drawer I think! They have published books, essays, made feature-length documentaries, TV programmes and much more. The Minimalism Game is simple in principle: with Trefoil friends, agree to remove items corresponding to the date. So one item on the first of the month, two on the second and so on. By the end of a 31-day month you will have removed 465 items from your home! Needless to say it gets much more difficult as the month goes on.

Tracy Lynn's Gradual Decluttering method made the most sense to me, just a wee bit at a time! It's an ongoing

Decluttering
- to remove unnecessary items from an untidy or overcrowded place.

process rather than making and tackling one overwhelming mess. Be patient, take note of what you really use, what makes you happy and what you can get rid of or rehome, note your changing mindset and lifestyle. The basics are similar for all the approaches; gather up

rubbish and recycle and deal with it, sort out any laundry, and put things away where they belong. Remember the old saying, 'Everything has a place and everything in its place'. After that it's decision time – keep it, donate it or dispose of it – this includes recycling, charity shops and ragbag.

Maybe now you are motivated to start a gradual declutter, perhaps a cupboard, organise your photos or sort your craft stuff. Did you know this will count for one of the three clauses in the SELF theme of STARS?

This is all great advice but I'm sure lots of the clutter belongs to my husband and there's no way I am allowed to tackle that!



The Name Game

Think you know the stars? Here's our quiz: real celebrity names with a clue – but can you guess who they are?

- | | |
|--|---|
| <p>1 Lesley Hornby
60s icon</p> <p>2 Archibald Alexander Leach
Sunglasses maybe?</p> <p>3 Barry Alan Pincus
Who could ask for more?</p> <p>4 William Henry Pratt
Sounds scary, or is he?</p> <p>5 Farrokh Bulsara
The winged messenger</p> <p>6 David Robert Jones
Danced in the street</p> <p>7 Francis Gumm
Wore ruby slippers</p> <p>8 Stuart Leslie Goddard
Was his career flush?</p> <p>9 Marvin Lee Aday
A heavy dish</p> <p>10 Robert Zimmerman
The names they are a-changin'</p> | <p>11 Anna Mae Bullock
Lived near Bushnut, or was it?</p> <p>12 Eric Patrick Clapp
Too easy</p> <p>13 Cheryl Sarkisian
Far too long Sonny</p> <p>14 Marie McDonald McLaughlin Lawrie
A Scotswoman perhaps?</p> <p>15 Marion Michael Morrison
Was he an aristocrat?</p> <p>16 Maurice Joseph Micklewhite
Not many people know this...</p> <p>17 Virginia Katherine McMath
'Left Right' said Fred</p> <p>18 Shirley Crabtree
Destined to be a parent</p> <p>19 Terence Nelhams Wright
Did he find religion?</p> <p>20 Mary O'Brien
She was always close at hand</p> |
|--|---|

Turn to page 38 for the answers to this quiz



WHERE NEXT?

Venture Abroad has organised Trefoil Guild Set Departure trips to **Vienna** in 2019, **Iceland** in 2022, the **Azores** in 2025, **Adelboden** in 2025, and sold-out **Malta** in 2026! Stay tuned to find out where the next **Trefoil Guild Set Departure** will be!

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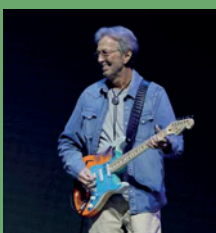
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The Name Game

Quiz answers:

1. Twiggy
2. Cary Grant
3. Barry Manilow
4. Boris Karloff
5. Freddie Mercury
6. David Bowie
7. Judy Garland
8. Adam Ant
9. Meat Loaf
10. Bob Dylan



11. Tina Turner
12. Eric Clapton
13. Cher
14. Lulu
15. John Wayne
16. Sir Michael Caine
17. Ginger Rogers
18. Big Daddy
19. Adam Faith
20. Dusty Springfield



Isle of Man Steam Train

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