

# The Trefoil

trefoilguild.co.uk | September 2025 | Issue No 278

 Trefoil Guild



## Making waves



We launch the new  
Trefoil initiative:  
International at home



Meet Tigi Higgins, who  
refused to let mobility  
issues stop her exploring



Discover what events  
and experiences your  
fellow members enjoy



# In this issue

## Regular features

- 03 Welcome
- 04 Noticeboard
- 18 Away day – Isle of Man
- 37 Classified

## 2024 round up

- 24 Annual Report for 2024
- 28 Country and region reports
- 33 Financial report
- 38 Census

## Your pages

- 08 Your snapshots
- 16 Meet a Trefoil – Priory Trefoil Guild

## Features

- 06 Introducing Caroline Steer
- 07 Celebrations in Guernsey
- 20 International at home launch
- 22 From a love of dancing to costuming
- 23 Knitting to support Ethiopian women
- 26 Voyage award – Explore My World
- 27 Book Club
- 36 Seaside quiz (answers on p38)

### The official journal of the Trefoil Guild

Published each March, June, September and December

**National president** Della Salway

**National chair** Jean Kelly

### The Trefoil magazine team

Marie Burgess, Mel Sills, Courtney Valentine, Jean Kelly, Sally Hollingham, Elaine Diack, Jean Lawrowitsch

The Trefoil is issued subject to the following conditions, namely that it shall not be lent, resold, hired out or otherwise disposed of in mutilated cover or in any unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever.

The Trefoil Guild takes no responsibility for statements made in any advertisements or from any matter arising whatsoever. Readers should be aware that The Trefoil is not in a position to investigate goods or services advertised in

inserts included in the magazine, and the inclusion of the inserts is not to be taken as an indication that the goods or services concerned have been investigated or approved. Responsibility for the failure of any advertiser to fulfil his or her obligations to customers gained from an advertisement or insert in The Trefoil cannot, and will not, be accepted by the Trefoil Guild or The Trefoil.

### The Trefoil Guild

17-19 Buckingham Palace Road  
London SW1W 0PT  
Tel: 020 7834 6242 EXT 3010

Email: [trefoilguild@girlguiding.org.uk](mailto:trefoilguild@girlguiding.org.uk)

Website: [trefoilguild.co.uk](http://trefoilguild.co.uk)

© The Trefoil Guild 2025. Registered charity number 1075232.

If you would like to advertise in The Trefoil, please write to Trefoil Guild, Advertisements, at the postal or email addresses above.

### Design and Production

**Newhall**  
[newhallpublishing.com](http://newhallpublishing.com)

Newhall Publishing Ltd, New Hall Lane, Hoylake, Wirral CH47 4BQ

Tel: 0151 668 0493

Email: [hello@newhallpublishing.com](mailto:hello@newhallpublishing.com)

**Managing Director** Richard Wooliams

**Editorial Director** Fergus McShane

**Managing Editor** Gill Hook

**Art Editor** Owen Moran

**Designer** Jess Lord

**Picture Editor** Tracey Pocock

**Print** Buxton Press Ltd



Become a fan  
[facebook.com/TrefoilGuildUK](https://facebook.com/TrefoilGuildUK)



Follow @TrefoilGuild  
on Instagram

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.

**December 2025 edition copy date: 19 September 2025**



# Hello everyone

I am writing this with fond memories of our Annual Meeting in Belfast. It was wonderful to see so many of you in Ulster! I know that many of you took the opportunity for an extended break north and south of the border, and I hope you all had as good a time as I did. Thanks to our lovely Ulster members for all their hard work in making the event such a success.

This issue of **The Trefoil** includes a summary of the event for those who were not able to attend, as well as a copy of our 2024 annual accounts, so you can check our financial health.

North East England are already working towards our 2026 event in

Scarborough on 13 June 2026, and I'm sure some of you have started to plan your adventures, too.

We are delighted to launch our new initiative – International at home – and you can find more information on pages 20 and 21. This gives lots of ideas for international experiences without leaving the UK, or even your own home! And you never know, some may just 'Motivate' you into taking the plunge and making that trip you've always dreamed about, virtually or actually. Why not take a look and see what you can build into your programme plans?

Our countries and regions have had some great events and initiatives, which might spark an idea or two for your guild programmes. There's also the usual photo round-up from guilds across the country and world. Remember, stealing good ideas is encouraged in Trefoil!

I hope you enjoyed your summer residential and activities!



**Della**  
National president



# Noticeboard

Bulletins and information for all our members

### WhatsApp and Facebook

Many guilds and Trefoil groups are now using WhatsApp and closed Facebook accounts to communicate programme plans and stay connected. If you use these tools, be respectful to new and existing members.

- Check that all new members are registered with Trefoil before adding them to your group – and ask their permission before adding them to your group, or better still send them an invite to join.
- If members leave, remove them from your group but let them know you are doing it and why.
- Check before you add anything to your group that it is the right group.
- Think before sharing anything and think about whether you would want others to see what you've sent – everyone on your group can forward or share your messages or images.



### Subscriptions

You will soon have the details of your subscription levy for 2026. Over the last few years, we have tried very hard to keep national costs as low as possible but with rising costs the national subscription portion will rise by £3 to £21 per year. We hope that you will understand our need to do

that. The final amount you pay will include your country and region and your county levy.

Remember that if you need financial support to pay your subscription, help may be available from your county, country, region or through national Trefoil – please ask in confidence.



## Girlguiding news

Trefoil welcomes Felicity Oswald, OBE, as she becomes Girlguiding's new Chief Executive from 22 September. Felicity joins Girlguiding from the National Cyber Security Centre (NCSC), where she has served as Interim CEO and COO since 2023. Felicity is a passionate advocate for girls and women and will continue to champion girls' voices, building on her involvement in initiatives like the CyberFirst Girls Competition at the NCSC, aimed at inspiring girls' interests in technology.



## Extra, extra! Read all about it!

We love seeing your photos and hearing the amazing stories behind them – they truly bring **The Trefoil** to life! While we have limited space in the printed magazine, there's always room for more online. Be sure to visit our Extra! page on the Trefoil Guild website, where we showcase even more of your inspiring moments, fun events, and Trefoil adventures. You won't want to miss it!

In October many girls from Cornwall met at St Austin's Church in Padstow for their Annual Service, followed by a wonderful lunch at St Austin's Restaurant. During the service candles were lit for King Charles 3rd, Lord and Lady Baden-Powell, and all Trefoil members. The girls then recited the Trefoil Promise and then sang songs all together, including with their adults. At the end of the service, members renewed their Promise and then had on-marching lunch at St Austin's restaurant. Many thanks to St Austin's for their wonderful meal and helping everyone to remember such a lovely day.

St Austin Trefoil Guild

## 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 December 2025 issue is 19 Sept.





# Helping Trefoil grow and thrive

Meet **Caroline Steer**, the new chair for London and South East England Region

I have lived in West Sussex all my life and have 3 adult daughters and a 14-year-old grandson. Before my retirement, I was a social worker within a hospital team and then with families in the community.

I joined Brownies at the age of 7, going on to Guides and then on to be a young leader and a Queen's Guide. I have led Rainbow, Brownie and Guide units, and spent time as a district commissioner and division camp advisor before joining Trefoil. I am currently a member of 2 local guilds, having previously served a term as county guild chair of Sussex Central.

I was selected to join the TOPAZ team travelling to Lesotho in 2024 – an inspiring experience. I would recommend getting involved in international experiences with Trefoil.

I have just completed my bronze Voyage award and am looking forward to taking on new challenges through the silver award. I belong to Foxlease Singing Circle and join with other singing circles across the UK for singing weekends, which I really enjoy.

As chair of LaSER Trefoil, with the



support of the existing great executive team, I hope to assist the county chairs, ensure good communication with national Trefoil and play a part in helping Trefoil in LaSER to grow and thrive.



# Celebrations in Guernsey

**Jenny Falla**, chair of Trefoil Guild Guernsey, shares her experience of Guernsey's Liberation celebrations

This year sees the 80th anniversary of Guernsey's Liberation, which commemorates the Islands' freedom from German Occupation during the Second World War.

The two Guernsey Trefoil Guilds were keen to join in the celebrations and set about sewing metres of bunting to adorn the seafront and railings of St Peter Port. The sustainability theme of 'make do and mend' was synonymous with our thinking.

A group of four members were at the Liberation Monument at 7.15am to watch the shadow of the obelisk – the time of the signing of the surrender papers – and then attended the church service where Princess Anne read the lesson.



My mother-in-law, a former Trefoil member, was one of a handful of guide leaders who attended clandestine gatherings during the Occupation, even after the authorities had banned the meeting of uniformed groups. These pioneering ladies wore their enrolment badges under their collars! It seemed most important that Trefoil should be seen in the cavalcade on Liberation Day, 9 May 2025.

A few challenges, like wobbly knees and ageing hips, were sorted and 17 members carried the Trefoil and Friends of Girlguiding Guernsey Banners jubilantly through the streets of St Peter Port. The media estimate 20,000 people saw the Trefoil Guilds that day – a third of the population of Guernsey. Keeping Trefoil alive in 2025!



# Your snapshots

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



### Bus adventure

Members of guilds in Sheffield and South Yorkshire went on a 'bus adventure', as suggested for the Motivate challenge, using their bus passes to travel on public transport to meet up at Elsecar Heritage Centre near Barnsley. It took quite a bit of planning and endless checking of timetables, as most of us needed at least 3 buses in each direction. Once we were all together, we had a look round Elsecar and enjoyed lunch in one of the centre's cafes before setting off home.



### Blooming lovely

Members of Ayre and District Trefoil Guild spent a lovely morning at Bargany gardens, near Dailly. The gardens are only open to the public during the month of May, and well worth a visit. While there, we simply enjoyed the beauty of nature and listening to chiffchaffs and chaffinches. With the new focus on STARS, this trip could satisfy one challenge from Roam, Together and possibly Self.



### War games

Members from Heathrow Trefoil Guild visit the Battle of Britain Bunker at RAF Uxbridge from where fighter aircraft operations were controlled during the Second World War.



### Renewing friendships

At the North East England Annual Meeting, the guest speaker was Rebecca Haworth and her talk was entitled 'Marshmallows to MasterChef'. She spoke of the influence of her mum Lesley Haworth (region chair) in letting her and her sister loose in Lesley's kitchen. This led her to a love of cooking and taking part in the TV show MasterChef. She did not win but had a wonderful experience. It was a lovely, friendly day and we always love to meet with friends we have made during our Guiding and Trefoil days. A truly great family.



### It's showtime!

More than 20 guild members from 6 counties had fun volunteering at the Cheshire Show. We made an impact in our red tops and Trefoil neckers. We chatted to hundreds of people all around the showground about what we do in Trefoil Guild and how to join. The show organisers said, "If you need some help, ask Trefoil Guild."



### A-maze-ing time!

The Dukeries Trefoil Guild spent an enjoyable weekend in a picturesque village called Walesby in Lincolnshire, staying in impressive accommodation called Walesby House, which had great views of the beautiful countryside. Sunny days enabled us to do our daily exercises in the garden, as pictured here. We also walked the surrounding area of this outstanding village, had a coffee morning with locals and enjoyed an evening of sea shanties sung by The Caistorways folk singers. We ended this fabulous break with fish and chips in Cleethorpes.



### VE Day celebrations

After a 2-minute silence to remember the sacrifices made by so many, members of Romsey Trefoil Guild marked the 80th anniversary of VE day with an afternoon tea comprising 'delicacies' of the day such as spam sandwiches, simple cakes, jelly and blancmange. Some of our members were children then, so it brought back mixed memories. We looked at our unit log book entries for the day and marvelled at their resilience. We wore hats of the time, as you can see in our photo.



### Fjord adventures

Lowestoft Trefoil Guild had organised a trip to the Norwegian fjords and 3 members of Burwell Trefoil Guild joined other members from Anglia region on the adventure – sailing up fjords to different locations, visiting snowcapped mountains, museums and a glacier, where we even experienced a small avalanche. The excursions and time spent together have created many memories.



### Give me space!

Members of Ripon Trefoil Guild and Ripon Guiding spent an enjoyable evening at Lime Tree Observatory, Grewelthorpe, on a clear evening in March. We saw the space station whizz by and Mercury through a telescope. Very knowledgeable volunteers showed us how to identify constellations and planets through presentations in the planetarium. Some folks used this visit as part of the Motivate challenge.

### Steel pans workshop

Amber District Trefoil Guild invited talented musician, Richard Arter, to our meeting to give us a steel pans workshop. Richard brought the instruments and took us through how to play. We began randomly banging the drums and improved so that we were able to play tunes along with him, including 'Oh When the Saints' and 'Yellow Bird' amongst others. We were all able to join in, even if we had no musical experience or if we had mobility problems. It was an evening for everyone to succeed and get joy from.



### All aboard

Members from Bristol North West and Herefordshire Trefoil were very motivated and covered all elements (Air, Land, Water) of the Motivate challenge. We caught a bus into Bristol, a few of us went on the Bristol Eye, where the views over the harbour and city were amazing. Then we jumped aboard the Flower of Bristol boat and enjoyed a cream tea and a cruise along Bristol harbour and the River Avon. What a lovely day we had!



### Island fun

In mid-May, 10 intrepid Trefoil travellers met at Manchester Airport to fly to Guernsey for a 3-day stay. On our first day, we met up with guild members from the Guernsey and Sarnia guilds and took the ferry to Herm Island. The amazing hospitality and friendship of the Guernsey and Sarnia Trefoil guild members made our stay truly memorable and one we will talk about for a very long time.

### London Marathon success

Earlier this year, Lorraine Ball, of Ramsey Trefoil Guild, ran the London Marathon. "We are urged to 'get active', so I did," she said. "It took 7 hours and 48 minutes, and was probably the hardest thing I have ever done." She has raised over £700 for Alzheimer's Society in memory of her parents and to give hope to those currently going through the struggle that dementia brings.



### Good timecurls

Trefoil Guild Kent Weald held its first New Age Curling tournament. Six teams took part in the tournament, and for some members it was their first taste of indoor curling. There was lots of talking and laughing in the hall as the stones rolled across the floor, sometimes heading in the wrong direction, sometimes almost reaching the target, and occasionally hitting the target and scoring points for the team. Everyone had fun and the winning team, the Pink Panthers, was made up of members from Invicta Trefoil Guild and Staplehurst Trefoil Guild.



### RNLI 'shout'

Dibbinsbrook Trefoil Guild supported RNLI (Hoylake) in 2004 for their 200th anniversary and raised a considerable amount for them. We visited their HQ and Brian, our guide, advised us that if a 'shout' came in, we were to stand by some railings and not move. No sooner had he said this than the pagers went off – a 'shout'. We were then allowed to continue our tour. Only next day did we learn it was a dog who had got into a deep channel and was rescued by the coastguards.



### Top day out

Walkers from Kidderminster Trefoil Guild visited Burlish Top Nature Reserve, Worcestershire, which is where Lt. General George. S. Patton addressed the troops during the Second World War. The walk took us to where several footings were still visible of the army camp buildings that used to stand there. The kitchen, hospital and the barracks were used by other families when the troops left.

### A cold dip

A brave group of members from Ayr & District Trefoil Guild took part in a sea dip in the morning before the Trefoil Guild Scotland Annual Event in Troon. There were also some observers who came along to enjoy the moment.





### The Belfast experience

Members of Beauvale Trefoil Guild and 6th Nottingham Trefoil Guild are pictured during a visit to Titanic Belfast during the Annual Meeting weekend. On Thursday we visited the Botanic Gardens, the Tropical Ravine and the Ulster museum. On Friday we went to the Titanic museum and had a walking tour. On Saturday we took an open-top bus to explore the city further, especially looking respectfully forward to the areas near the Peace Walls, and then attended the Annual Meeting at a fantastic venue.



### What a view!

In April, for our first walk of the year, 4 members of Gordon Trefoil walked from Dunecht to the summit of Barmekin Hill. We visited the Iron Age hillfort with its 5 dry stone walls and saw the Ordnance Survey trig point with lovely views across Aberdeenshire.

### Reconnecting with friends

The 2 members of Wadebridge Lones Trefoil Guild, Margaret Matthews and Elizabeth Saunders, attended the Cornwall Annual Review Meeting, where they met up with friends from all over the county. They said that they are now not alone, as they are members of Bude Trefoil Guild, who look after them.





### Nice to meet Prue

Members of the new Sycamores group – part of Epping Forest Trefoil Guild – attended An Audience with Dame Prue Leith at Chelmsford Theatre earlier this year. Dame Prue recounted many interesting and amusing memories from her childhood and her distinguished career as a restaurateur, TV food critic, entrepreneur, charity founder and author. At the end of the evening, she signed her two latest books (autobiography and recipe book), which we were able to purchase.

### Donkey delight

The Lorica Trust provides donkey walking to help raise money for their work. They provide supported accommodation for disabled people and lessons for children who struggle in a conventional educational setting. Members of Steyning, Beeding and Bramber Trefoil Guild were given a talk about their work and then got to meet and groom the donkeys. One was lively and tried to escape but the rest of the donkeys were very calm and enjoyed the attention.



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.





# Meet a Trefoil

**Chris Bulmer** shares the last 10 years of Priory Trefoil Guild  
- from archery to afternoon tea, adventures, outings  
and unforgettable memories every month!

Priory Trefoil Guild was first registered on 9 April 2015 and was started in response to a challenge from Pat Downer, former national Trefoil Guild chair, in 2014 that each county should try to open a new guild, as membership numbers were dropping.

In 2025, in honour of our fabulous guild, we had a party and invited everyone we could think of, including past members, who had helped to make Priory Trefoil Guild

the friendly, vibrant group it is today. We were delighted that guests included: our region chair, Lesley Haworth; Girlguiding North East England deputy chief commissioner, Alison Cunningham; county commissioner for Girlguiding North Yorkshire South, Hannah Cook; our own special current and past members, and members of Selby and York City guilds. The region chair took the opportunity to use the





gathering to say 'thank you' to the out-going chair, Myra Puckrin, and 'welcome' our new chair, Lesley Strathie.

As we wanted to showcase everything we had done in those 10 years, a booklet was produced to record our journey. We were all surprised that we had done so much, especially during lockdown.

From the start of the guild we wanted to have more activities and fewer talks each month, plus ad hoc outings as and when anyone thought of somewhere they might like to visit. These have included: archery; evening camp fire at the Scout activity centre involving eggy bread, toasted marshmallows (compulsory); garden parties; taking part in the Empire Day Parade at Beamish Living Museum; Eden Camp Modern History Museum; Ampleforth College; county 75th anniversary cruise; indoor bowling (10-pin and

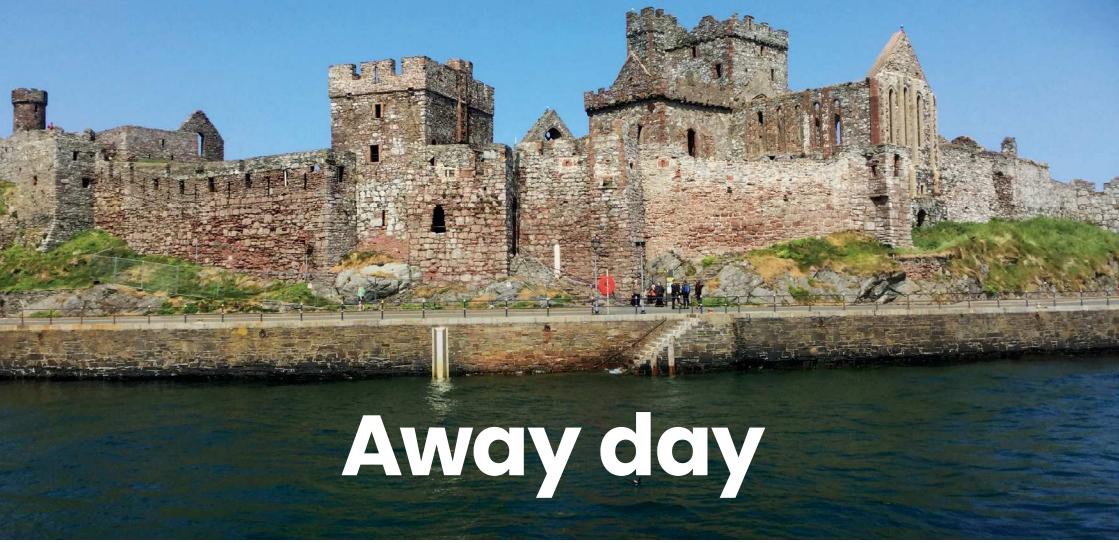
green); Edinburgh; Tutankhamun Exhibition in London; The Royal Yacht Britannia; Scarborough Fair; the Herriot Museum; afternoon tea, plus anything else we can think of! Seven of us visited Kensington Palace and in August we had a street party (in my back garden) for VJ Day with a wartime theme.

We have raised funds for: the British Red Cross; Yorkshire Air Ambulance; the Children's Air Ambulance; UNICEF (for the children of Ukraine); York's Carecent breakfast centre for homeless people 3 years running and are currently busy knitting woolly hats for them, as well as supporting our local Girlguiding and Scouting units.

We continually recruit and currently have 22 fabulous members ranging in age from 25 to 80.

We are also now unofficially 'twinned' with Nepean Valley Trefoil Guild based in Penrith, New South Wales, Australia.





# Away day

**Heather Bellinger**, county chair of Trefoil Guild Isle of Man, shares why the island should be your next place to visit

The Isle of Man sits in the Irish Sea between England and Ireland. It is just 32 miles long and 14 miles wide but offers a wide range of terrain and activities. You can reach the Island by air or by sea, although sometimes it is hidden by 'Manannan's cloak'.

You could hire a car or travel by taxi to explore our Island but there are buses and 4 heritage railways. Travel card deals are available. There is plenty of self-catering accommodation and hotels if you can stay.

The island boasts rugged cliffs, rolling plains and beaches. It is a UNESCO Biosphere. If you enjoy walking why not consider

the Raad ny Foillan (Way of the Gull) coastal path, or the Millennium Way through the centre of the island. Alternatively, there are short walks in the glens and plantations. There are multiple opportunities for water sports, diving, golf, cycling and pony trekking.

If you are interested in history, Tynwald is the world's oldest continuous parliament. There are Viking sites, Celtic ruins, castles and a living history museum at Cregneash. Should the weather be inclement, you could visit the Manx

Museum or Gaiety Theatre in Douglas or the House of Manannan in Peel.

The Calf of Man, a small island off the southern coast, is a





nature reserve and bird sanctuary, which is accessible by boat from Port St Mary. Grey seals are frequently seen on the rocks in this area. Basking sharks, dolphins and sea birds can be seen around our coast.

Both Port Erin and Peel have sandy beaches ideal for families. In the north of the island, you could visit the Manx Motor Museum, or the Manx Wildlife Trust Ayres Nature Discovery Centre. This is also a Dark Sky Discovery Site. In Ramsey, you could indulge in a gin discovery tour or visit the Queen's Pier, which is being renovated by volunteers. Laxey is famous for the 'Lady Isabella' – claimed to be world's



largest working water wheel. Also from Laxey you could take a tram to the top of Snaefell, the island's highest point.

You may well see Manx language on signs and road names or hear Manx Gaelic being spoken. The island has its own currency and stamps. Coins and notes have the same values as the UK and UK currency is accepted. However, Manx currency is not accepted in the UK.

The island is an international venue for motorcycle and classic car events, for example the TT races in June. In July there is the Yn Chruinnaght Celtic Gathering – a festival of music and dance from Celtic countries.

As you travel the length of the island, you will probably cross the Fairy Bridge, where it is obligatory to say hello to the 'Little People' so that they are not offended.

We hope we have tempted you to consider visiting our island, and members of our Trefoil Guilds are always pleased to meet visiting Trefoil members.



# International at home

**Elaine Diack**, chair of Trefoil Guild Midlands, and **Sally Hollingham**, national international adviser, bring the world to your doorstep – no passport required!



Hopping on a plane, travelling on a TOPAZ project or to the world centres doesn't suit everyone. Not everyone has the time, health or wealth to travel, and some places are just off limits due to security, but this shouldn't exclude anyone from having an international experience.

So why not bring that country to you? With the internet and library, it is so easy to explore and build a trip, but it doesn't mean that you have to go!



**Step 1** If you could travel anywhere in the world, where would it be? Are you heading for Asia, Africa, the Americas or Europe? Which country would you like to go to?



**Step 2** Start planning the trip to that country either individually, in a small group or the whole guild. Plan as if you are really going. Perhaps you can find a tour company, or would you prefer to sort all the bookings yourself?



**Step 3** Set yourself a budget and find out how you would travel to get there. Research the culture, the laws, the climate. What would you want to see and do while you are there? Where would you stay? In one location or would you travel around the country? What about accommodation and food? Are you looking for hotels, hostels



or camping? Think about passports, visas, insurance and inoculations. Remember these all attract costs that need to be added to your budget.



**Step 4** Now that you have some more information you may need to readjust your budget or your itinerary to meet your budget.



**Step 5** Make a list of what you need to pack. Check the foreign office advice for your country and making sure you know of any forbidden items or special issues relating to your country. Would you need to purchase any special clothing or items?



**Step 6** Visit somewhere in your area that has a tie to the country you want to visit. Is there a church, mosque, temple or perhaps a museum with relics to look at from your chosen country. Find a shop selling foods from your chosen country or a restaurant to try out the local cuisine. Is there a group or person from that country that you can chat to or invite along to the guild to give a talk?



**Step 7** Make a travel brochure or scrapbook, chat through your plans with your guild, family and friends. Why not

organise a night to promote your chosen destination, run a themed quiz or bring along some nibbles from that country for others to try? If several members are doing International at home, then you could organise events over a couple of meetings, and vote for the favourite destination.

To show that you have taken part in an International at home trip you can purchase a badge available from the Trefoil Guild online shop.

**What next?** After all that research and planning could you do the trip? Think about what is stopping you. If its money, could you fundraise, or apply for a grant? If you are on your own or have a disability, is there someone you could go with such as other Trefoil members, or book with a company that would meet your needs. Or why not organise a guild or country trip. Talk to your guild and county chair, or check out **The Trefoil** for ideas.

But most of all, keep on travelling and planning; there are 195 recognised countries in the world and there must be somewhere else you would like to travel to.

Happy travels.





# From a love of dancing to costuming

**Eva Bines** of Cheadle North Trefoil Guild reveals how she found joy and self-discovery through belly dancing



© MAND HARRIS

During a very stressful time in my life, I was introduced to a belly dance class. Although I love dancing, this was out of my comfort zone. No way was I getting my belly out. Well, I can assure you, I never did. I wore leggings and a t-shirt. We danced barefoot and I must admit I was hooked from day one. The classes were so much fun, learning isolation moves, working

on my core muscles and putting them into combinations. I learned the art of using props including Isis wings, saidi sticks, fan and silk veils, which are used for different styles of dance.

I was a trainer for Girlguiding and as part of a training team attending a county weekend at Waddow, I was asked to demonstrate my belly dancing skills. This resulted in the whole county shimmying and having fun. Following on from that, I then ran belly dance sessions all over north west England.

Wearing sparkly costumes is a must for belly dancers but they can be expensive to buy. So, as a self-taught seamstress, I began making costumes. Firstly, they were just for me but I then developed my skills into alterations and repairs for professional dancers, and making bespoke commissioned costumes.

As part of my Voyage award journey, I decided to use both my belly dancing and costume making and successfully completed my gold in March. My current role in Trefoil is secretary for North West region and I just organised a very successful annual gathering. Aged 71 and still dancing!



# Knitting to support Ethiopian women

**Helen Whetnall**, chair of Stone Trefoil Guild, shares how their members provided handmade shawls to bring hope and dignity to women in the Hamlin Fistula Hospital



Stone Trefoil Guild has once again been very busy knitting squares and then stitching them together to make shawls as a gift for childbirth injury patients at the Hamlin Fistula Hospital.

We delivered 31 shawls to the Hamlin Fistula UK office in Birmingham, which were gratefully received.

They will deliver them to Ethiopia along with many more donations.

In April we had a fundraising evening with a presentation and videos for the charity. We also invited ladies from the knitting club who have contributed to knitting squares, helping to sew them together and crochet around the edges.

We raised £220 and Helen and

Glenda handed the cheque to a lovely young lady named Misirach, who was visiting from Ethiopia. She told us that her auntie was treated at the hospital, but is unable to have a baby. There are some very sad cases among the ladies and very young girls who receive treatment at the hospital.

This is a very worthy charity, and I would encourage other Trefoil members to knit 6in/15cm squares. A total of 48 are needed to make the requested size shawl or blanket and it's a good a way to use up those odd balls of wool. Bright or dark colours are preferred, as opposed to white and pastel shades, as they could well be washed in the river.



# Annual Report for 2024

Reflecting on the challenges and opportunities for The Trefoil Guild in the past year, with more to come

The Annual Meeting 2025 saw over 900 members meeting in Belfast to celebrate what a year 2024 had been.

Della Salway opened the meeting, and Jean Kelly reminded us that the year began with Eileen Martin as national chair, and that it was Eileen who had led Trefoil through the years of the pandemic and brought Trefoil out on the other side to celebrate the 80th Anniversary of the Trefoil Guild.

Jean updated members on changes to the board of trustees and advisers, reminding members that Trefoil is a volunteer-led organisation that is supported by a very small staff team.

Having new staff and new volunteers on the board of trustees has brought challenges but also opportunities to review how we work, strengthening the magazine team and opening the operations committee to grassroots members. Highlight reports are produced after each board of trustees meeting, which are cascaded to members and are also on the website.

Jean spoke of the importance of the 2-way conversation, and how she and Della enjoy going out and meeting

members. At the country and region adviser residential, Jean was 'blown away' by the advisers. She confirmed that **The Trefoil** magazine, which is published 4 times a year, will continue to be a printed copy, with back copies being available on the website. Jean told members that if their stories are not in the magazine, it is because they have not been received and called on members to email them in.

Jean explained that the Thanks badge can now be purchased through the Girlguiding Trading shop. Silver brooches have been presented





to 7 members in the past year and she thanked those who have done so much for Trefoil. Jean said that more ways were needed to say thank you to members and there was a group looking at what else could be done.

Jean added that last year there were 2 TRIO international weekends and 3 TOPAZ international trips – to Lesotho, Thailand and Sri Lanka – plus 2 members who represented Trefoil Guild UK at the 26th Australian Gathering.

Motivate was launched in 2024 for members to set their own personal goals across land, sea and air, and the Voyage award had been refreshed to be easier to read, with more space for achievements. In the last year, 71 members have achieved their bronze award, 59 their silver and 44 their gold. The STARS challenge continues, and following the advisers' residential

feedback, only 3 clauses from each section need to be completed and there is no sign off.

Jean finished her report by sharing what else 2025 had in store for Trefoil members, with TOPAZ teams heading to Lesotho in August and Thailand in 2026, Motivate and STARS and, thanks to Trefoil Guild South West England, a Wellbeing Our Way challenge. There are 100 members taking part in the Trefoil Walk in the Peak District in September and a national conference in October with approximately 140 members looking at future plans. The TRIO weekend is being held in November and International at home will be launched in September.

As a final challenge, Jean asked members to see what they could do to make Trefoil as attractive and inclusive as possible, telling friends about all we do and bringing them to their next meeting.





# Voyage award – Explore My World

**Tigi Higgins**, of Yeo Vale Trefoil Guild, demonstrates that there are no limits to discovering new horizons and accessing the inaccessible



I was excited when the Voyage award scheme was introduced. The timing fitted in well, as I was no longer working and so had more spare time. For the last 25 years I have suffered with a lower back problem along with other issues that affect my mobility.

Around the same time that Voyage started, I had discovered a great organisation called Countryside Mobility, which hires out a tough off-road scooter called a Tramper that will go through mud, gravel, grass, rough terrain and even quite steep inclines. I joined the scheme and wondered if I could use the Tramper to visit places I would normally be unable to access, and so use them for the Explore My World section of the Voyage awards.

I decided to keep it local and opted

for Brean Down, Somerset. I was soon going up a steep incline to the top of the down – the wind in my face and the sea air was exhilarating.

On reaching the top, the views of Weston-super-Mare's bay were breathtaking. I continued to follow the path out to the end of Brean Down and the remains of a Napoleonic fort. Although now in ruins, some of the site is still accessible and at the very tip of the down you can still see the tracks where bouncing bombs were tried out during the second world war.

As I am sure you can imagine, I returned so exhilarated by the ability to reach somewhere that in normal circumstance I couldn't access, and it wasn't long before I was off again.



# Book club

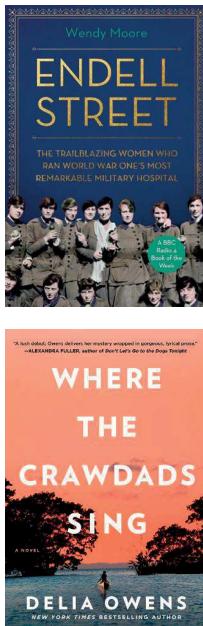
**Janet Woods** of The Crystals Trefoil Guild shares what their members are reading



The Crystals Book Club was started just after the guild was formed in December 2021. We have read a variety of books, some of which have been difficult to get through while others were definitely a 'couldn't put down'.

One of the first books we read was *Where the Crawdads Sing* by Delia Owens which, shortly after the film came out, meant a trip to the cinema.

We have found that most of us like murder mysteries but we do cover a range of genres. A recent book was *Endell Street* by Wendy Moore – an historic account of the trailblazing women who ran the first world war's most



remarkable military hospital. A local guild is in contact with the author, who will be holding a talk on this book, so another Trefoil outing.

The way books are chosen is by members either seeing or hearing about a book on social media or on a 'best books' list. After about 6 weeks we would meet at the local Costa, but recently members who could not get to the meeting requested that this be done over Zoom. Questions about the book are looked up on the internet and form the basis of our discussions.

Book clubs to me are a great way to form friendships and broaden my knowledge.



# Country and region reports

We take a look at the wide variety of events and experiences enjoyed by Trefoil members in 2024



### Anglia

This year has been a time of change around Anglia, with several county and guild chairs enjoying new roles, including Sally Hollingham, who is now national international advisor.

Voyage continues to be popular with 11 bronze, 11 silver and 10 gold awarded in 2024. Motivate has been well received by members with some very inventive challenges undertaken.

The annual Anglia holiday at Hautbois in September had a Christmas theme, with crafts and a roast turkey dinner followed by lots of fun and laughter.

We said farewell to Jean Mullane and Chris Tanner as organisers of the holiday; they were presented with the Anglia Thanks award, which everyone agreed was very well deserved.

**Karen Batten**

### London and South East England

Our chair, Chris Martin, stood down after serving her term, plus several months more until a new chair was appointed. I have now been appointed and hope to meet members region-wide, while working with the executive to plan a region holiday in the autumn of 2026.

Our Annual Review at Canterbury University was well attended. County chairs and their teams continue to be proactive, with many holidays, trips and events organised, giving exciting opportunities and providing fun for all. We have had some members join TOPAZ trips making the most of brilliant international opportunities.

Voyage awards at all levels are keeping members busy and Motivate continues to encourage.

**Caroline Steer**





## Midlands

Midlands had a busy 2024, with all counties having a varied and interesting programme.

Northamptonshire had a fun and friendship weekend. Everyone brought something, either an activity, craft, game or offers of help another way, such as cooking, tea lady, cakes etc.

The long-awaited cruise to Hamburg and Amsterdam took place in April. We had 55 members join this trip. We caused quite a stir when we all attended first night dinner in our red tops. We were asked if we were a hen party!

We decided to add something to our annual meeting so had a dollar market. This was a lot of fun with lots of laughter and silliness. Activities such as playing



a tune on comb and paper were tried and teams paid on completion.

Derbyshire hosted international day. The speaker was good and very interesting, the activities many and varied from around the world.

As always, I thank my team for all they do to support Trefoil in the Midlands, working hard to deliver a programme with something for all.

**Elaine Diack**

## North East England

In the first half of 2024 Dianne Bollom and her team, along with a group of members, planned to enjoy a fun activity break to Hautbois in April. The trip was a great success enjoying lots of activities, despite the rain.

This was followed in May by her final region Annual Meeting at the Cutlers Hall in Sheffield, where it was announced that I would take over as the new North East



England region chair from the 1st July.

Since July, along with my team, I have been hard at work planning for the successful future of North East England Trefoil. We have produced a draft 5-year action plan with our aim being to include something for all of our members. Plans might change along the way, but we are on a mission to fulfil them all. Watch this space!

**Lesley Haworth**



### North West England

In 2024 Trefoil members from across North West England enjoyed spending time together. Whether it was a fish and chip supper, trying paddle boarding for the first time, or travelling to Keswick for the Region Leisure Break, that is what Trefoil is all about.

### Scotland

Trefoil is a wonderful organisation. It gives us opportunities to meet with friends, develop interests and tackle new activities.

We had a successful Scottish Annual Meeting in Aberdeen in 2024 and many of us attended the UK Annual Meeting in Portsmouth in June 2024.

Our members have taken part in an astonishing variety of challenges including Motivate, and activities from emergency first aid, rambling, indoor curling, beetle drives, crafts, quizzes and international



A visit to Port Sunlight for the region gathering was another opportunity to meet up and the Wirral Singing Circle entertained us.

Motivate played a large part in the year's activities. Members visited museums, climbed observation towers and travelled on cliff railways to complete the challenge and raised money for charity along the way.

We offered support to Girlguiding across the region, as many counties held 50th birthday camps this year, and we were busy running activities for them. We also helped at the Lancashire and Cheshire shows.

It was an exciting year, thank you to everyone who made it happen!

Jean Lawrowitsch

adventures. Scottish Trefoil had a very successful trip to the Cotswolds, and the Scottish rambles continue across the country.

We had a great craft weekend at Carronvale, where the participants enjoyed a range of crafts, good food, friendship and excellent weather.

We all know how wonderful Trefoil is and it's time to share that with others, so that they can enjoy the fun and friendship, too. Why not take a friend along to your next meeting?

Alison Plummer



## South West England

Activities across the region are diverse with common threads. We have walking groups, knit and natter, singing circles and craft groups. Guilds have listened to amazing speakers and been on outings and holidays. WOW was completed and Motivate begun.

Our region meeting in Jersey had a speaker giving us insight into the lives of famous women from the island. The fun began with a special reception on Friday evening. The sun shone every day and for many it was a minibreak weekend and a chance to see what the beautiful island has to offer.



In June we hosted the National Annual Meeting in Portsmouth. A memorable day ending with a fantastic concert by the Royal Marine Association Concert Band, flag waving and singing.

**Hilary Crane**



## Trefoil Guild in Foreign Countries

Another active year for TGIFC, our members enjoyed getting together both in person and virtually on Zoom. Based around the world, with guilds in Benelux and France, Pinoso (Spain), Malta, Gibraltar, St Helena, Asia, Cyprus and Bermuda as well as the International Lones Guild (ILG), our

members took part in a wide range of activities, challenges, outings and charity events.

Our members in the ILG enjoyed working on their ROAM Stars award and Pinoso and Gibraltar guilds have been raising money for local charities. Several guilds welcomed interesting speakers to their meetings and members in many guilds completed the Motivate challenge.

It was wonderful to have members meet from all over TGIFC at the Annual Meeting in Portsmouth and always great to see so many people at our regular virtual get-togethers, including Thinking Day.

**Jo Greaney**



### Ulster

Ulster Trefoil has been busy during 2024. The region held an overnight party in February in the Europa

Hotel Belfast with a full house. This proved a great PR event with lots of fun and friendship.

Local guilds and counties have been celebrating in lots of different ways with parties, outings and service projects and continuing to take part in Motivate challenges.

Over the last years we have strengthened our links with Ulster Girlguiding and hope to continue to do this as we move forward, supporting local units and also Lorne, our Guide training centre.

As one of the smallest countries, we can come together easier and Ulster Trefoil executive aim to continue to provide events to encourage the fun and friendship that Trefoil can give.

2024 saw our Annual Review take the form of a traditional carnival on a glorious Saturday in September; a great success and loads of fun.

The year was also important for us as we looked forward to hosting the 2025 Annual Meeting and all members in Ulster got on board to help work on the event and support the Ulster team as we began our preparations.

Ulster members also attended the Annual Meeting in Portsmouth in June 2024.

**Karen Cochrane**



### Wales

Trefoil Guilds in Wales have had an eventful year pushing boundaries with the Motivate challenge. Members have engaged in adventurous, skilled, and creative activities, such as riding a zip wire in Dubai; experiencing an inflight simulator, piloting a Typhoon and Spitfire, and enjoying a 4D experience with the Red Arrows, all within the Air section!

Guilds have continued with their programme of activities, trips, talks, meals, and fundraising for charities, with one guild sponsoring a pony!

Our Welsh Thanks Badge "Diolch" was launched and we have been actively engaged with TOPAZ, when three members travelled to Lesotho, Thailand, and Sri Lanka.

Trefoil Cymru continues to be a place where we can come together with like-minded people, where we can laugh, be ourselves, strengthen our friendships and support each other, the communities in which we live, Scouting and Girlguiding.

**Lesley Mathews**



# Trefoil Guild

Financial report for the year ended 31 December 2024

## Overview:

The Trefoil Guild is a registered charity, and although a branch of The Guide Association, it maintains a separate identity. The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy the financial position of the charity, together with safeguarding the assets of the charity. They prepare the Trustees' Annual Report and financial statements in accordance with the applicable law and UK Accounting Standards. These are independently examined each year.

## Reserves:

The charity's reserves include free unrestricted funds (2024: £539,900) and funds designated for specific purposes (2024: £36,587). The free reserves are used to support countries and regions and enhance members' services. They include investments and cash at the bank and in hand.

## Investments:

As reported to the membership previously, we have moved all investments into the low-risk category. Income from investments is greater than the fees for managing them. The value of the investments showed an increase at 31 December 2024, reflecting the market trends at that date. That value has since

decreased due to the unsettled markets, but is still greater than the original investment. They continue to be monitored regularly.

## Income:

Membership subscriptions are the primary income of Trefoil Guild. This income amounted to £270,174 for 2024 (£259,431 in 2023). Dividends and interest from bank accounts and investments increased this year.

## Expenditure:

Grants were given to GOLD and TOPAZ participants this year, as well as starter packs to new units in Girlguiding. Other expenses of the charity are, among other things, employment costs – there are four members of staff – the production and distribution of the quarterly magazine, maintaining the database and website as well as membership support relating to the charity's activities. None of trustees received any remuneration but are reimbursed travel and subsistence expenses.

## Conclusion:

The trustees have considered the risks to which the charity is exposed and continue to regularly review and assess them.

**Heather Hern, treasurer**

# Trefoil Guild

Unaudited financial statements for the  
year ended 31 December 2024

## Statement of financial activities

	Unrestricted funds £	Restricted funds £	2024 total funds £	2023 total funds £
<b>Income and endowments from:</b>				
Donations and legacies	1,360	-	1,360	793
Charitable activities				
Membership subscriptions	270,174	-	270,174	259,431
Members' activities and services provided	43,500	-	43,500	32,890
Members' Gathering	-	-	-	57,792
Walk	-	-	-	29,020
Investments	16,110	6,492	22,602	20,253
<b>Total</b>	<b>331,144</b>	<b>6,492</b>	<b>337,636</b>	<b>400,179</b>
<b>Expenditure on:</b>				
Raising funds	3,326	1,367	4,693	4,401
Charitable activities				
Grants payable	20,059	-	20,059	22,758
Members' activities and services	341,134	-	341,134	373,803
Contributions	2,000	-	2,000	-
<b>Total resources expended</b>	<b>366,519</b>	<b>1,367</b>	<b>367,886</b>	<b>400,962</b>
Gains / (losses) on investments				
Unrealised	3,080	2,804	5,884	22,378
Realised	8,017	510	8,527	373,803
<b>Net Incoming Resources</b>	<b>(24,278)</b>	<b>8,439</b>	<b>(15,839)</b>	<b>23,836</b>
<b>Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>	<b>(24,278)</b>	<b>8,439</b>	<b>(15,839)</b>	<b>23,836</b>
<b>Reconciliation of funds:</b>				
<b>Total funds brought forward</b>	<b>600,765</b>	<b>198,264</b>	<b>799,029</b>	<b>775,193</b>
<b>Total funds carried forward</b>	<b>576,487</b>	<b>206,703</b>	<b>783,190</b>	<b>799,029</b>

The charity has no recognised gains or losses other than those dealt with in the statement of financial activities.



# Trefoil Guild

Unaudited financial statements for the  
year ended 31 December 2024

## Balance sheet as at 31 December 2024

	2024	2023
	£	£
<b>Fixed assets</b>		
Tangible assets	-	-
Investments	489,512	479,794
<b>Total fixed assets</b>	<u>489,512</u>	<u>479,794</u>
<b>Current assets</b>		
Stock	9,256	11,276
Debtors	38,247	19,783
Cash at hand and in bank	315,757	356,957
<b>Total current assets</b>	<u>363,260</u>	<u>388,016</u>
<b>Current liabilities</b>		
Creditors: amounts falling due within one year	69,582	68,781
<b>Net current assets/(liabilities)</b>	<u>293,678</u>	<u>319,235</u>
<b>Net assets</b>	<u>783,190</u>	<u>799,029</u>
<b>The funds of the charity</b>		
Expendable endowment funds	206,703	198,264
Designated funds		
SDR funds	32,603	31,327
Platinum funds	3,984	3,789
	<u>36,587</u>	<u>35,116</u>
General fund	539,900	565,649
Total unrestricted fund	576,487	600,765
<b>Total charity funds</b>	<u>783,190</u>	<u>799,029</u>

The enclosed figures are a summary of information from the Annual Report of Trefoil Guild. These summarised accounts may not contain sufficient information to allow for a full understanding of our financial affairs. For further information, the full annual accounts (which have been subject to an independent examination) and the Annual Report of the Trustees of Trefoil Guild should be consulted. Copies can be obtained via contacting the Trefoil office.



**Jean Kelly,**  
for and on behalf  
of the trustees.



# Seaside Quiz

We hope you have enjoyed the summer

- 1** Which famous seaside resort is actually at the mouth of the Humber?
- 2** The Mumbles is a headland south of which city?
- 3** Which resort is known for its surf, beaches and seafront Tate gallery?
- 4** Who officially opened the first Butlins holiday camp in Skegness in 1936?
- 5** Celebrity chef Rick Stein is well known for owning four eateries in which Cornish port?
- 6** Which resort is widely regarded as the surf capital of the UK?
- 7** True or false - Nowhere in the UK is more than 125 miles from the sea?
- 8** The opening scenes of which film were taken at West Sands, St Andrew's?

- 9** Which town is known as the Queen of the Welsh resorts?
- 10** Which town, between 1956 and 1989 was the home of the Miss Great Britain beauty contest?
- 11** In which seaside town is Mary Shelley, author of 'Frankenstein', buried?
- 12** How many piers are there in Blackpool?
- 13** How did Brighton make a little bit of seaside history on April Fool's day in 1980?
- 14** For which famous holiday camp did TV personalities Brian Conley, Shane Richie and Bradley Walsh work?
- 15** Which town is the largest holiday resort on the Yorkshire coast?
- 16** During the 1950s some of Donald McGill's work was
- 17** Which British seaside attraction is 158 metres tall?
- 18** Which British pop band had a hit in the 70s with 'In the Summertime'?
- 19** What is the longest day of the year called?
- 20** In which town would you find the longest pleasure pier in the UK?





TREFOIL ANNUAL MEETING

# SCARBOROUGH

**13th JUNE 2026**

**CONFERENCE VENUE: SCARBOROUGH SPA**

3 night stays available arriving 12th June 2026  
Staying at Grand Scarborough or Royal Scarborough  
Price from £285 per person



**Sales Manager Claire will be available to discuss all your group travel plans and ideas**

Contact Claire to book your place, or register your interest

**T: 0161 928 3242 | M: 07825 556078**

**E: sales@greatdays.co.uk**





## Census

Country or region	Number of guilds 2023	Number of guilds 2024	Total members 2023	Total members 2024
Anglia	157	155	2486	2450
London and South East England	170	164	2495	2402
Midlands	137	139	2211	2188
North East England	107	105	1670	1607
North West England	111	113	1743	1738
Scotland	85	79	1418	1395
South West England	168	163	2915	2838
Ulster	26	22	375	337
Wales	39	39	601	588
TGIFC	9	9	113	131
Central Trefoil Guilds	7	7	151	151
Total	1016	995	16178	15825

## Seaside quiz

Here are the answers to the Seaside quiz

1. Cleethorpes
2. Swansea
3. St Ives
4. Amy Johnson
5. Padstow
6. Newquay
7. False – it's 75 miles
8. Chariots of Fire
9. Llandudno
10. Morecambe
11. Bournemouth
12. Three
13. Opened the UK's first naturist beach
14. Pontins
15. Scarborough
16. The Saucy Seaside postcard (he was a graphic artist)
17. Blackpool Tower
18. Mungo Jerry
19. The Summer Solstice
20. Southend at 1.34 miles.

## Cine-Slides-Video 2 DVD



Have all your treasured memories transferred to disc

- VHS & camcorder tapes copied to DVD
- 35mm slides, negatives & prints scanned and saved on DVD
- 8mm & 16mm cine films converted to DVD or USB

Contact **Michael** on: **01708 735810**  
Email: **michael@slides2disk.co.uk**  
web: **www.slides2disk.co.uk**

# Malta

New for  
2026**5<sup>TH</sup> – 12<sup>TH</sup> OCTOBER 2026**

Spend 8 days joining fellow Trefoil Guild members in exploring the wonderful island of Malta. Experience the best of what the country has to offer!

- ✓ Joined by English-speaking guides
- ✓ Full day tours of Valletta, Gozo, Mdina & South Malta
- ✓ Excursions include: Limoncello Making Class, Ftira cooking class (traditional bread making), Farmer's Lunch at Limestone Heritage Park and Gardens, Blue Grotto boat trip

**And so much more...**

**From:****£1,499<sup>PP</sup>**

- 8 days/7 nights flight tour
- Breakfast and evening meals included



**Searching for another destination?** We offer tailor-made trips to many destinations, whether it be close-to-home locations like **Iceland** and **Switzerland** or long-haul havens like **India** and **Mexico**.

**01332 342 050 | ventureabroad.co.uk**





# Trefoil Guild

## Visit the Trefoil Guild shop



Trefoil Guild

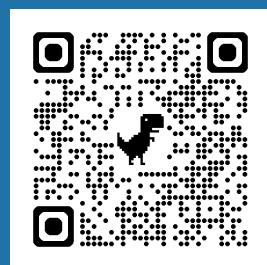


Your one-stop shop for everything Trefoil Guild. From neckers and scarves to promise and Annual Meeting badges. The Trefoil Guild shop has everything you need to show you are a member of Trefoil.



### Shop online now

Scan the QR code to browse and order directly from the website.



### Prefer to order by email?

Contact the The Trefoil Guild office at: [trefoilguild@girlguiding.org.uk](mailto:trefoilguild@girlguiding.org.uk)

[www.trefoilguild.co.uk/shop](http://www.trefoilguild.co.uk/shop)