# The Trefoil

www.trefoilguild.co.uk | March 2018 | Issue No 248



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The official journal of the Trefoil Guild

September and December

National Chairman Pat Downer

Editorial Board Io Taylor (Chairman). Frances Parrett, Charlotte Anslow, Pat Downer, Judy Ellis, Ann Hall, Linda Hill-Tout, Margaret Froome, Jane Webster

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Website: www.trefoilguild.co.uk © The Trefoil Guild 2018. Registered charity number 1075232.



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**Design and Production** Newhall Publishing Ltd New Hall Lane Hovlake Wirral CH47 4BQ



Tel: 0844 545 8102

Email: hello@newhallpublishing.com Web: www.newhallpublishing.com

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Print Swallowtail Print Ltd



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### The Chairman writes... A very happy 75th birthday to you all

During our lives we will all, hopefully, celebrate 75 twice - once for our own birthday and once for Trefoil Guild - and maybe more depending on what other organisations we belong to. What a great milestone to achieve!

I have been looking at the very first minutes of the national board set up to form Trefoil Guild. They state that, "The purpose of the Guild is to link together in a worldwide fellowship all those women who, having taken the Guide Promise, are prepared to carry the Guide ideals into their daily life and the community in which they live and work." What foresight these ladies had, as this statement still forms the basis of our mission statement today, with the exception that we also invite men to join and they can make the Scout promise. We have a lot to thank these ladies for.

Another interesting point made was that Guide headquarters was not originally in favour of Trefoil Guild because:

- a) The danger of it becoming the fourth branch, and
- b) It might detract from active Guiding

- a point that could be appreciated in view of the shortage of Leaders.

Well, I think we can say we have not detracted from Leaders and, in fact, almost all our members give service to Leaders, and some are also Leaders, so we are truly complementary to Girlguiding. The shortage of Leaders, however, unfortunately continues.

Let us all live by the original purpose the Trefoil Guild set out 75 years ago and carry our guiding ideals into the community. Let us shout what a great organisation we are and encourage more to join us.

I look forward to seeing many of you at our Annual Meeting and celebration evening with music in Birmingham (get your tickets, as it is going to be a great event) and at your Country and Region celebrations.

Have a wonderful year of celebrations and do let all your communities know about Trefoil Guild.

**Best wishes** 



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## A journey back in time with The Trefoil

Scouring through the archives for an Annual Meeting reveals how much has changed – and how much hasn't!

Tucked away with lots of Girlguiding artefacts at St Ann's Manor in Salisbury is a precious – and nearly complete – collection of *The Trefoil* magazine. I made use of them to help create a South West England Trefoil Guild collage for the Birmingham Annual Meeting in 2018. However, once my research was complete I found myself fascinated by them; their historical viewpoints, the amusing similarities to today's magazines and the stories of some amazing characters. These publications certainly tell the story of the development of our organisation.

The SW England collection sadly is missing the first four issues of *Notes and News*, which ran from 1952 to 1955, but number five has a magical report from members who were standing in the Mall on the day of the Coronation...

Miss Adams, from Kent, writes, "The 8 o'clock news: 'This is Coronation Day' was greeted with cheers by the crowd on the pavement. Time passed quickly... there was always something to watch or cheer. All through the service the crowds were quiet; everyone was following the words. We could hear the Queen's responses

"There was an article called Woman's Place in the World Today. Interestingly, many of the points raised still apply 60 years later" plainly and the Duke of Edinburgh as he paid homage. With one accord we rose to sing *All people that on earth do dwell...* 

"The Queen of Tonga won all our hearts with her smile and Winston Churchill's large plumed hat was hung out of the window to make us laugh. The Queen looked so sweet and young, turning her head this way and that so that her people could see her with that charmingly gracious smile that made us feel she loved us all, as indeed we all love her."

The Trefoil proper began in 1955 and although much of the magazine was taken up with reports from Annual Meetings and speeches by the Chief Guide, Lady Baden-Powell, there were always stories from guilds around the countries. Members enjoyed rallies and World Conferences, camping was obviously very important to them and International reports came from Australia, Canada, British Guiana, Jamaica, Nigeria, Northern Rhodesia, New Zealand and the Gold Coast to name a few.

#### There were recipes and handy hints...

"I will let you know how I get on with the banana cake from Australia!"

"Have you thought of putting a layer of rose leaves over the apples in a pie before adding the crust?"

**In spring 1959** there was an article called *Woman's Place in the World Today*. It

reveals the working woman's dilemma and how it was regarded at that time... but, interestingly, many of the points raised still apply 60 years later:

"How many female Directors of Education do you know? How many female leaders of industry? The number of women MPs is small, and there are few famous female painters, even fewer female sculptors... On the whole it is exceptional for a woman to reach the top-ranking job."

As a Region PRA, these comments in *The Trefoil* made me smile...

#### **Spring 1959**

I wait in vain for good photographs to come from guilds. Where are they?

#### July 1973

We are desperately in need of real action photos. If you have shots of your guild doing service either in the community, or with the uniformed branch will you please send them to the office as soon as possible!

#### **April 1974**

There has been very little response to our appeal for action photos. Please

make an effort to let us have some as soon as possible.

There are reports about special treasured members. Mrs E. White offered dance classes to the under-privileged children in Glasgow's Gorbals. She was half-blind but was always cheerful and a constant source of fun — and at the first meeting 100 children turned up!

#### I'm giving the final word to Mary Porter

the editor of the original *Notes andNews*. In June 1961 she wrote:

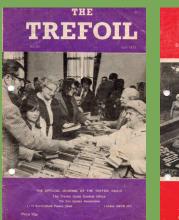
"I wish our most excellent little magazine many happy returns on its tenth birthday. May *The Trefoil* go from strength to strength in the next ten years and help the Guild as much in the future as it does in the present."

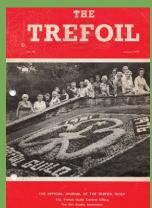
And so say all of us!

#### **Frances Parrett**

PRA South West England, and Deputy Volunteer Editor, *The Trefoil* 







The Trefoil replaced the original Notes and News in 1955 and has gone from strength to strength

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### Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

## Birmingham Annual Meeting 2018

Have you ordered your tickets for the Trefoil Guild Annual Meeting in Birmingham on 16 June? You can use the form on the address sheet of this magazine, or you can download it from the Trefoil Guild website – click on News, then Annual Meeting 2018.

The speaker at the meeting will be Dr Suzie Imber, space physicist and winner of the BBC2 series Astronauts: Do You Have What It Takes? There's also interesting information about Suzie on the Trefoil Guild website. Don't forget the evening concert is for you and your friends and family.





### Riding for the Disabled Association

The Board of Trustees would like to ask you to please send any money you raise for the Riding for the Disabled Association (RDA) to Trefoil Guild HQ. You will then receive a certificate. It's important that you don't give to your local RDA group, as this will not be put toward the event we have agreed to sponsor.

#### New Chief Guide

Congratulations to Amanda Medlar from LaSER who has been elected as the new Chief Guide. Girlguiding says, "Our new Chief Guide will focus on giving girls and young women the very best experiences through guiding."

#### **TOPAZ**

Have you spoken to any of the 2017 Topaz party yet? What a memorable time



they had, working really hard on behalf of us and Girlguiding – see pages 26 and 27 to find out what they got up to. This year sees a team of four going to Russia for the last year of our partnership. Do contact your International Adviser or Country/ Region Chairman if you would be interested in international travel with an element of service in the future.

#### Welcome to the guys!

There will no longer need to be a majority vote for men to be admitted into any guild – they are all welcome! This is just one of the changes that will be made to the Trefoil Guild handbook as it is updated and rewritten this year.



#### Trefoil Guild scarf

For those having problems getting hold of the new Trefoil Guild scarf, a new supplier has been found and now the new batch will, hopefully, be available in March. Trading apologises for the delay.

Meanwhile, see page 28 for ideas of the different ways to tie your scarf, and if you need help, see the YouTube video at www.youtube.com/watch?v=nz\_VUXut4uU, or just look up Cleverley 12 different ways to tie your scarf, which will take you to the same video.

#### Votes 100

2018 marks 100 years since some women won the right to vote. Girlguiding will be marking key points in the journey and celebrating pioneering women who campaigned for women's rights.

Between 27 June and 6 October 2018 Westminster Hall in London will host an exhibition covering the women's votes campaign and representation of women in the Houses of Commons and Lords.

#### Swanwick follow up

A new programme will result from the Swanwick workshop weekend – read about the weekend on pages 32 and 33. There will be a Trefoil Guild Gathering at Swanwick in October 2019.

#### **Baker Ross**

Trefoil Guild members can now claim a 15% discount on products from arts and craft supplier Baker Ross (www.bakerross. co.uk). At the checkout, click on the Girlguiding members' box and use the code MXD to get your discount. Other discount agreements can be found on the Trefoil Guild website.

## Submissions to the magazine and website

We welcome all items submitted using the appropriate pro forma. These can be downloaded from the website and sent to the corresponding email address. If submitting items for the magazine please state whether you are happy for them to be considered for the website if there is too little space in the magazine. Submissions date for June 2018 issue is 3 April 2018.

### Your snapshots

We take a look at what guilds around the country have been up to recently



#### **Good sports**

Oxfordshire's County Trefoil Day had something for everyone, including croquet, and culminated with a wonderful cream tea.

Conny Ziekemeijjer, Oxfordshire County Trefoil Guild



#### Campsite cuisine

Members of The Dukeries Trefoil Guild had fun at our camp near Newark in Nottinghamshire. We had a day walking, building a campfire and eating jacket potatoes and boil-inthe-bag treacle sponge puddings — all cooked on the fire. We are so lucky to live near Sherwood Forest.

Mildred Gorman, The Dukeries Trefoil Guild



Members of Burwell Trefoil Guild celebrated Christmas in early December with a weekend at the Tower Windmill in Burnham Overy Staithe, Norfolk. The weekend included a walk along the beach, Christmas shopping, playing games, Christmas crafting and Christmas lunch. We also met with members of South Creake Trefoil Guild.







#### Friendship link

A group from Girlguiding Hampshire East visited California in 2012 and met up with friends formed years ago at Our Cabaña. During the visit, a link was established with Aluminae (USA) and Hilldown Trefoil Guild (UK). In 2017, Aluminae members joined a group of Girl Scouts North and South California visiting the UK/USA Friendship Camp at Sandy Acres campsite, Waltham Chase, Hampshire East. A full programme saw members visiting Portsmouth and

Foxlease, and 'stepping back in time' with a visit to Butser Ancient Farm open-air museum near Petersfield. Here they visited the preserved dwellings dating back to Roman and Saxon times, tried the ancient skills of spinning and stone painting and viewed/experienced Roman life. At the in-camp days, participants had fun trying out new skills, activities and challenges as well as time to sit and chat over welcome cuppas.

Sylvia Foster, Hilldown Trefoil Guild



#### Drums the word

London and South East England held their Annual Meeting and International Day on 4 November 2017 at the Harlequin Theatre, Redhill. Members from Surrey East enjoyed the drumming session. Veronica Ballard, LaSER

#### High note

Sixty members from across the Region enjoyed a day of Fun & Friendship at the Arts Spectacular last November. Activities included crafts, singing, barn dancing and ukulele, followed by short sketches that had been rehearsed in groups using the props members had been asked to bring with them – a hat and scarf. Much hilarity was had by all with some interesting situations and outfits. The afternoon concluded with campfire songs and daylight taps.

Catrina Williams, North West England



#### Welcome walk

Our new guild had its first meeting in September 2017 to plan our programme, and in October we had a four-mile walk around Tudeley followed by a pub lunch.

Ann Wicks, Knole Trefoil Guild



#### Merry dance

Members from Lancashire South East had a wonderful time taking part in the barn dance/ceilidh at their County event.

Jane Jackson, Lancashire South East





#### Sweet treats

Here are members of Capelrig Trefoil Guild helping out at the Guide coffee morning. They raised the grand total of £550. Well done to everyone.

Alison Munday, Capelrig Trefoil Guild



#### Sea challenge

My Brownie unit is taking part in the Trefoil Guild Challenge. We participated in the **Nautilus Project** - we went to the beach and learnt about the sea environment and the effects on sea life and we also helped to clean the beach. Moira Dalmedo, Cyprus, TGIFC

#### New faces

All members enjoyed an evening meal in the Great Hall at Samlesbury Hall near Preston, to celebrate the past year and to launch the local 75th Birthday celebrations. At the end of the meal, four new members were welcomed into the Blakewater Trefoil Guild. Pictured are new members Carole Peel, Emma Tranter, Samantha Thornber and Jennifer Lopaz being presented with their Promise Badge by Blakewater Trefoil Guild Chairman Veronica Threlfall.

Hilary Wensley, Blakewater Trefoil Guild





#### Head for heights

Members from across Buckinghamshire who are affectionately known as the Active Guild enjoyed an exhilarating 90-minute climb over the roof of The O2 Arena. Helped by a climb guide, and wearing safety equipment, the group – joined by some of their husbands – were treated to spectacular 360° views over London – on a clear day you can see up to 15 miles away. **Jean Kelly,** 

**Buckinghamshire Trefoil Guilds** 



Dorset Trefoil Walking Group collected for Children in Need in October 2017. Some members sported bright yellow hats on their monthly walk, held this time on Upton Heath near Poole.

Jan Vince, Dorset County Trefoil Walking Group





#### Civic tour

We met the Chairman of Flintshire County Council, Councillor Brian Lloyd, and his wife, Jean, and were given a tour of the council chamber followed by tea and cake. **Marilyn Knowles, Mold Trefoil Guild** 

#### New guild

We are a new guild and we made our Promise while in Edinburgh on our first trip. We can't wait to start our Voyage Award. Jenna Nicolls, The Saffies Trefoil Guild



Picture this...
If you'd like to see photos of your own guild's activities here, check the Photo Tips on the Trefoil Guild website for how to take good-quality images and send them to The Trefoil at the address on page 2.

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### An interview with... Nicola Grinstead

Nicola Grinstead from Lancashire has recently completed a three-year appointment as chair of the World Association of Girl Guides and Girl Scouts. We asked her to tell us about her quiding life

Lioined Brownies as a seven year old and have never looked back. I vividly remember Tawny Owl coming to the house to tell me I had a place in Brownies. I was ridiculously excited and made sandwiches for everyone for lunch to prove I was capable of doing a good turn!

I have been very lucky to experience some incredible opportunities with Girlguiding – Pack Holiday and Guide camp; international trips and GOLD; becoming a Queen's Guide; writing resources such as 'Right Here, Right Now!'; serving on committees; being a trustee and making some of the best friends you could ever wish to have. The common thread that makes these experiences so valuable is the confidence you gain when other people believe in you and provide a space for you to thrive.

Through my GOLD project in Kenya and four months working for the South African Girl Guides Association I realised not only that there was a world I wanted to change but that it was actually possible for young women like me to be part of that change. Energised by the realisation that influencing a decision maker can have a huge impact, I have been a passionate advocate in ensuring WAGGGS creates more opportunities for young women.

It's a real privilege to lead an organisation like WAGGGS. I committed



myself to do everything possible to further the interests of girls and young women everywhere and to make the most of every moment to fulfil this incredible role to the best of my ability. We are a microcosm of the world – what plays out on the world stage is mirrored in WAGGGS. It's important to me, and an organisation like WAGGGS, that we support our members to participate regardless of the circumstances in which they find themselves.

During my term of office I was privileged to receive regular and personal updates from the Girl Guides in Syria on their work on our global programmes. The work that is being carried out – in the most challenging of circumstances - to build confidence, self-esteem and global connections in a generation of girls is





"The world needs quiding to provide more opportunities for young women to use their voice and take action to create the world we want to see"

simply inspiring. They personify what we stand for as a global movement.

The World Board consists of 18 women from 17 different countries, each with different social, political and cultural reference points but each committed to the mission of WAGGGS. There is nothing more fulfilling than debating a wide range of perspectives and then planning a way forward together – always with young women central to what we decide.

I believe the world we have is not the world we want for girls. Young women continue to be disproportionately impacted by poverty, war, lack of access to education, gender-based violence and access to employment. The world needs guiding to provide more opportunities



Back to the start with young Brownies

for more young women to learn by doing, build confidence and empathy, use their voice and take action to create the world we want to see.

I think that Trefoil Guild members are enormously helpful to WAGGGS - there are many examples of guilds supporting young women internationally, encouraging them to speak about their experiences, and sharing wisdom and advice. We occupy a unique space, bringing women together across generations, and I think we underestimate how special and important this really is.

One of the most fun things I did during the three years was to swim across Sangam's new pool, dive to the bottom to retrieve some scissors, cut the ribbon to officially open the pool and then slice the celebration cake, which was floating on a raft, before eating it while still in the pool. The thing that has tested my taste buds the most was putrefied shark in Iceland! It was great to try it but I am not sure I will be in a rush for a second helping.



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### A Safe Space training

Safety is at the heart of everything Girlguiding does, because when girls feel safe, they feel brave enough to do things they never thought they could



In September 2017, Girlguiding launched its updated A Safe Space training. Safeguarding has always been important to the organisation and volunteers could train face-to-face or via e-learning. The updated A Safe Space training builds on this and best practice in the area.

#### A Safe Space helps all volunteers to:

- Understand their role in safeguarding and what to do
- Recognise potential safeguarding issues
- Chat to others about what to do

 Understand Girlguiding's safety and safeguarding policies

There are now four levels of training, combining a mixture of e-learning and face-to-face training. The level or levels a volunteer does depends on their role or roles, and each level builds on the others.

#### A Safe Space, Level 1 - An introduction

Level 1 is for all volunteers and can be completed either by attending a face-toface training session or completing the online e-learning. It helps volunteers to find out how to keep girls safe, so they can



Having fun in a safe environment is important

have fun and grow in a great environment. It outlines the volunteer's role and responsibilities and where to go for help if they have concerns about a member.

#### A Safe Space, Level 2 - Creating a safe space

This level is for Leaders. Assistant Leaders, Unit Helpers, Leaders in Training, Young Leaders, Peer Educators and those needing to complete levels 3 and 4 of the Safe Space training. This level helps volunteers to create a safe space and know what to do if it isn't safe.

#### A Safe Space, Level 3 - Recognising, telling and taking action

Anyone leading a team of adults, Leaders in charge of units, licence holders on residential trips, Mentors, Advisers & Coordinators and Trainers should complete this level. The focus is about recognising signs of abuse and how they can respond to allegations, disclosures, or concerns. It helps them to support and help someone to tell their story safely.

#### A Safe Space, Level 4 - Managing concerns, allegations and disclosures - guidance for Commissioners

This launches this spring and is for all

Commissioners, designates, deputies and so on. The aim of this level is to provide Commissioners with the confidence to explain Girlguiding's safety and procedures to others and to help those involved with safeguarding issues.

To get everyone up to speed by the end of 2020, Girlguiding has started working with Countries and Regions to roll out the training, and resources have been developed to support volunteers. Since being launched last September, already more than 20,000 volunteers have completed Level 1 with more than 4,000 doing e-learning, which is fantastic news. Lots of training is planned for 2018 as well as developing the resources for Level 4.

We're pleased to hear that some members of Trefoil Guild have already done the Level 1 e-learning – thank you to those who have. If you'd like to complete it, go to www.girlguiding. org.uk/asafespace.

Remember that if you help out a unit, even on an occasional basis, you should complete the Level 1 training, either via e-learning, or by attending a session that is being held locally.



Training will benefit girls of all ages

### Read all about it!

It is important to publicise Trefoil Guild effectively through the media. National PR Adviser Linda Hill-Tout asked a former reporter the best way to go about it...

Here are tips to help you write interesting and engaging news articles. They are the exact points that newspaper journalists consider when they write their stories.

#### What's the story?

Before you write anything, think of the 'main thing of the main thing' you are trying to say. What's the most important or interesting part of the story? When you've got that clear in your mind, that's the first sentence of your article.

For example, in an article about raising money with a stall, the most important thing is likely to be the money raised, or what it will be raised for rather than the event. So, the most interesting thing (and therefore first line of the article) should be '£150 was raised at the Pontyclun Easter Fair with almost all the produce sold', or '20 Easter meals have been donated to the Pontyclun foodbank following a very successful stall at the Easter Fair'. It should not be 'Once again the Pontyclun Trefoil Guild had a stall at the Faster Fair'. Read any newspaper article and you see that the first line is the most important.



#### **Ouote**, unquote

A quote always makes it more personal - vou can quote vourself, or get someone else to say something interesting. For the example below left, it could be, "When I'm tucking into my Easter lunch I'll have a smile on my face knowing that 20 other families are doing the same because of the money we raised."

#### The Five Ws

You should cover the Who, What, Why, Where, When of the story. Who is the article about? What happened? Why did it happen? Where did/is it happen(ing) and When did/is it happen(ing)? That should cover all you need to say in your article – but remember that you should not necessarily say them in that order.

#### Snap happy

Got a good photo? The best are of people doing something – an action photo.

#### Headlines

Finally, a good headline can make a big difference, so with our previous example it could be 'Making 20 meals out of Easter' or 'Money in the foodbank'. Short, witty, funny – whatever you think will get people reading the article.

So, to recap, think carefully about the first line. Have you covered the Five Ws? Add an interesting quote and include an 'action' photo.

### Riding for the Disabled Association, and why it matters

Two members of Riding for the Disabled Association got in touch with us when they heard that we were raising money for the RDA Countryside Challenge

Dr Claire Tregaskis from Cornwall, whose mother is a member of Trefoil Guild, has been involved with RDA since she was eight years old. Here's what she told us...

"As someone who's been involved with RDA for much of my life, I was so pleased to hear that Trefoil Guild has chosen it as its national charity this year. I have cerebral palsy, which affects my control and co-ordination in all my limbs, and it also means my speech can be difficult to understand until you get to know me.

"When I was young, RDA was quite a new charity, based around the idea that the movements of the horse beneath the rider could help to build balance and core strength, and as such it could act as an alternative to conventional physiotherapy. For me, in that respect, it was entirely successful, giving me greater suppleness throughout my childhood and helping to avoid the need for surgery.

"Far more important, and more radical." however, has been the impact of the RDA on the self-confidence of disabled people like me. Many of us grew up in rural areas where we were the only visibly disabled person in our communities. It was very hard to be the one who always stood out for being different; it made it difficult to make friends, and bullying was an ever-present problem, especially during those ghastly teenage years. In that

situation, being unavoidably different was a recipe for disaster, and in truth I struggled to find a reason to carry on, as my self-image took a constant battering.

"It was during these worst of times that RDA really came into its own for me. Having lost confidence in my riding ability, along with everything else, I was taken off the more willing ponies I had progressed to, and was instead assigned to the care of a slow and steady cob called Henry. Horses, like dogs, can be telepathic with their humans, and thus it was with Henry and me. Sensing my terror of both riding and of life, when I was on his back he never allowed himself to be pushed to go faster than was safe for me. With him I could begin to relax and enjoy myself again. I also found that my speech,





often unintelligible or even non-existent at that time, became clear and almost fluent because it was Henry I was talking to, not a judgemental human being. I felt I was my true self when I was riding him, and he gave me much-needed self-assurance at that time. Not to put too fine a point on it, he became my lifeline through those years and gave me a reason to carry on. That's a huge achievement for the RDA.

"As an adult, I continued to ride on and off until my late 30s when I was nearly

"This is a magic that only a horse can provide, and it means the world to me to have that half an hour of blessed relief from the worst my body can do"

thrown from a strange horse the day before my Master's degree finals. I stopped riding there and then, and that would have been it had I not decided in 2016, at the age of 54, to give it one last go. My back was giving me constant gyp and, more in hope than expectation, I wondered if riding might help free things up again, as it had when I was a child.

"In fact, not only has it helped me manage my pain, but in Willow – a grey cob – I have found another Henry. From the first time I rode her I have felt my CP spasms being channelled out of my body, down through hers and dispersing harmlessly out into the ground.

"This is a magic that only a horse can provide, and it means the world to me to have that half an hour of blessed relief from the worst my body can do. Willow and I seem to have hit it off, and while

I can only ride at a walk nowadays, the RDA has fortunately added a walk-only dressage test to its range of events. Given my horribly competitive nature, it was only natural that we'd give it a go, and in May we somehow managed to qualify for the RDA National Dressage Championships, which took place in Gloucestershire in July. I scored 64.33%, and was told that it was pretty good for a first attempt after only eight months back in the saddle. It was a pure joy to be there and show Willow off as best I could. She deserves it!

"I've also now been formally medically classified for Para Dressage, so in 2018 I will get to compete against other people with about the same level of impairment as me. Apparently, I can also now call myself a Para Athlete, which makes me feel very proud, and just goes to show that perhaps you can teach an old dog new tricks after all. Roll on next season!

"So, to all of you at Trefoil Guild, I hope I've shown a little of what the RDA means to me. Please know that your help this year is going to make a very real difference to the lives of disabled riders, including the more decrepit ones like me!"

Meanwhile, Heather Clark from East Yorkshire, who used to be a Guide, has



also written to us about how RDA has helped her.

"I was born virtually minus arms and legs due to the effects of the Thalidomide drug prescribed to my mother to combat morning sickness during pregnancy. Doctors advised my parents to put me in a home, forget about me and start trying for a family again. They told them that without limbs I wouldn't have the balance to sit up, so would permanently be lying down, thus contracting chest infections and would die young. 56 years later...!

"I was fitted with artificial legs at the age of two and totally took to them. By the age of three I wanted to be a ballet dancer. My mother was always concerned about me not going out playing with other





children in the street and interacting with my peers, so one day she stuck me on top of a pony and I never looked back. I was able to hold the reins and effectively be in charge of the situation, something I'd never done before. I was also able to look down on people and look them in the eye because I was higher up. I could see over hedges and across the fields, which brought an immense sense of freedom. I kept slipping on an ordinary saddle but I managed very well on a western saddle, the sort that cowboys use.

"That was pretty much the start of Riding for the Disabled Association in the Leeds area, and the riding school that I went to then started to take other

"I was able to hold the reins and be in charge of the situation. I could see across the fields, which brought an immense sense of freedom" children with special needs who would benefit from riding. The RDA is such a fantastic organisation.

"As I grew and my artificial legs were made longer, balance in the saddle became harder and I spent more time hanging underneath than sitting on top, which did nothing for my already balding father! I was also losing my nerve, but I never lost my love of horses and many years later I met somebody at work who was involved in the carriage driving section of RDA. I got started and thoroughly enjoyed it; it is totally different from riding.

"After a few years, I wanted to drive more often than I could with the RDA, so with a few carriage adaptations, an amazing pony called Barney (now 23) and some support, I went on to compete in horse driving trials on a level playing field against more physically able competitors. Barney and I have also represented Great Britain at the Paralympic World Championships three times."



### Pride award

Jean Newsholme (right) of St Helens Trefoil Guild, Merseyside, was awarded the Pride of St Helens Award for Charity Champion 2017. Jean was presented with the award on behalf of the Steve Prescott Foundation by Joanne Griffiths MBE (left), a former St Helens Division Commissioner. Jean has raised more than £200,000 for Girlguiding, Save the Children Fund, Woodbank Activity Centre and Willowbrook Hospice. Soon to celebrate a big birthday, Jean now runs her fundraising from her armchair!

## Sister acts

Two sets of sisters from Christchurch Trefoil Guild,

Dorset, were presented with their Gold Voyage Awards. Pictured are Pat and Gill Aslett (seated) and Jean and Margaret Langford, with their award certificates.

### **Congratulations**

The following members were named in the 2018 New Year's Honours List: **MBE:** Susan Mary Coates, Chippenham Trefoil Guild. Ivy Agnes Lee, Belfast County Trefoil Guild. Janet Armstrong, Keighley Division Trefoil Guild.

**BEM:** Melanie Jane Petrina Parker, Toddington Trefoil Guild.

**OBE:** Marion Wynn, Shropshire and District Trefoil Guild.

Iris Sharman of Isham Trefoil Guild was awarded the MBE in the 2017 New Year Honour's list.



### Recognition

Joan Barratt (right) of Wyvenford Trefoil Guild, Essex North East, was recognised for her 80 years in Girlguiding by County Chairman Janet Edwards (left). Joan started as a Brownie aged six in the 8th Ashton Brownies in 1936. She moved to Guides and Rangers and then held various Leader roles until she retired. She is an active member of her guild and says, "I've enjoyed every minute!"

Have you received an award, or know someone who has? Why not shout about it? Send the details and a photo to The Trefoil. Contact details on page 2.

### Meet a guild

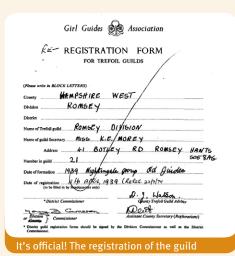
Since our request to let us know if you think your guild is one of the earliest to commence, we have received many stories and extracts. We hope to tell you about some of them this year... but the outcome seems to be that there are lots of guilds in existence who started out as 'Old Guides' and then continued as Trefoil Guilds

### TOO OLD TO BE RANGERS

A few extracts from the story of Romsey Division Trefoil Guild (Hampshire West) during the war years, as recorded in their log books, was sent by Helen Howes.

As the year 1938 ended, the majority of the members of the 1st Romsey Ranger Company realised they would soon be too old to be Rangers! On 31 December the Ranger Company was suspended, and its members discussed the formation of an Old Guide group.

In February, a meeting was held to discuss the future and a meeting place





was sought. An application to register as 'The Romsey District Old Guide Group – Nightingales' was posted and registration was granted on 11 April 1939.

It was decided meetings would be held once a month – and the subscription was fixed at one shilling a year. A strong bond quickly grew between the guild and a nearby old people's home, called 'The Gardens', which members supported for over 30 years. By 1941, rationing was beginning to cause problems, but between members they were able to supply jellies, blancmange, chocolate cakes, homemade cakes and jam to make Christmas a proper celebration for the residents.

In September 1943 the log book reads, "I read in *Guider* that we are no longer 'Old Guides' but members of the 'Trefoil Guild' and sent notices to our members to acquaint them of this."

In December 1945 a letter was received from the District Commissioner: "I would



like it put on record, what a truly wonderful help and strength the Old Guides, and now the Trefoil Guild have been; their work has played a big part in keeping Guiding alive in the District."

## KNITTING SOCKS FOR THE FORCES

From the South West we go to the North East where Tynemouth Trefoil Guild still has their minute book – covered in brown paper, in which each meeting has been recorded in beautiful handwriting since 29 October 1943. Val Laverty has sent us a fascinating insight to the programme of the guild during the war years.

"The first meeting was held in October 1943 at a member's home. Sixteen ex-Guiders and Rangers attended. The



Baking was popular among guild members

annual subscription was agreed at two shillings and sixpence."

From 1956 to 1960 meetings were held in the British Legion HQ, where rent was free in exchange for mending blankets and towels. Some of the activities enjoyed by members speak volumes for how life was back then:

- Knitting socks for the Forces
- Gramophone evening listening to members' favourite records
- Making toys that were sent as Christmas presents to children in Holland and Greece
- Reading aloud of excerpts from the Guider magazine – particularly about the GIS (Guide International Service) and why funds were needed to help with the big job that lay ahead for the Guide Movement when the war was over and all the enslaved countries were freed!

Minutes of the meeting held on 7 May 1945 read... "We got through quite a lot of hand work even though we were all very excited with the news – and it being the eve of VE Day!" Val adds that once she started reading the minute book she could not put it down. She is planning to find the next book of minutes, which begins in 1960, to find out more about her guild.





### International outlook

from Judy Ellis, National International Adviser

#### TOPAZ 2017

The 2017 group of eight Trefoil Guild members certainly participated in a great adventure with zest! We were warmly welcomed wherever we went both by members of Rossiskaya Assotsiatsia Devochek-Skautov (RADS), Scouts, Leaders, pupils, teachers and parents, as we travelled to Ufa in Bashkortostan then on to Bugulma and Kazan in Tatarstan. In each area, we were looked after by Scout Leaders who also acted as translators. As part of our presentations, the Russian Leaders explained the development of RADS, with each school being presented with a RADS handbook.

In Ufa, Irina and Yelena represented RADS. We ran sessions for Scouts and their Leaders, explaining how RADS fits into WAGGGS by using our TOPAZ matryoshka doll. We used the WAGGGS method to encourage young





people to take the lead and make choices about what they do. We organised teambuilding activities including building the highest tower with mini marshmallows and cocktail sticks, as well as activities to develop skills such as knotting. Parachute games were particularly popular with younger Scouts and many adults also joined in activities with great enthusiasm.

We then travelled to the village of Biksyan for an overnight homestay. This was a highlight for all of us — enjoying the hospitality of Russian families. In the local school, we ran a taster session for teachers, introducing them to Scouting. We heard later that three of the teachers had been in touch with RADS leaders expressing an interest in starting a local Scout group. From Biksyan, we travelled to Salavat where we ran a taster session for 95 students. Designing an outfit from bin bags, ribbon and paper napkins was a highlight here for both girls and boys.

Back in Ufa, we shared experiences with older Scouts in a number of schools and





ents would fly attended year awa

children's centres, and spoke to students at the local medical college. Several of the team were interviewed by different local newspapers about the TOPAZ project and Scouting in Russia, and one journalist spent time watching the activities we organised for students.

In Bugulma, we were met by Scout leader Ramilya and ran sessions for students and teachers in several schools, as well as visiting Scout meetings. Again, we were made very welcome, given tours of each of the schools and entertained by the pupils with traditional dancing and singing. We took part in Q&A sessions about Scouting and life in the UK, and Helen was interviewed for the local TV station.

In Kazan, as well as school visits, we were particularly interested to visit the Space Scouts where we built space rockets, with a competition to see whose





would fly furthest. Jenny and Helen attended the launch of the Leader of the Year awards for Tatarstan, a competition for Leaders under the age of 30 working in local organisations. A local Scout Leader gave a presentation on a project setting up geocaching in Kazan. Jenny gave a speech congratulating those taking part and inspiring them for the future.

This was a wonderful experience throughout, travelling to parts of Russia we would never have expected. As well as the links we have made within Scouting in Russia, we had the chance to interact with Russian people outside of Scouting, creating links where none existed before. We faced the challenges of travelling on Russian trains, local buses and trams, as well as managing to make ourselves understood with our limited knowledge of the language! We have returned home having made so many new friends.

### You wear it well

Members demonstrating their creative scarf flair







The long scarves are available

from the Girlguiding

shop for £6.50

(code 7406)















### 75th Birthday Challenge update

How to have fun, gain your badge and raise funds for charity at the same time



Lots of you are enjoying taking part in the Trefoil Guild 75th Birthday Challenge. We hope you are all promoting the challenge to the Guide, Brownie, Rainbow and The Senior Section units in your areas – it is for everyone.

All the details were in your June 2017 edition of The Trefoil and are also on the Trefoil Guild website (www.trefoilguild. co.uk/75th-Birthday-Challenge). Challenge badges can be ordered now from Girlguiding Trading Services shops or depots, item code 8405. 10p from each badge sold goes to support Riding for the Disabled Association, our chosen charity for our 75th year. You can read about their work on pages 19-22 of this issue.

Everyone can take part in the Birthday Challenge; either on your own, with a

friend, with your guild, or with a guiding unit. The challenges can be part of your meetings or extra activities and the aim is to have fun and 'Celebrate Together'.

You decide when you feel you have completed each challenge. The badges can be ordered at any time and it is up to you to decide when to award them! The challenge in a nutshell: Complete one challenge from each of the seven sections listed below – one for each letter in the word TREFOIL.

T for Teamwork R for Remember E for Explore F for Friendship O for Outdoors I for International L for Learn

The June 2017 magazine gave lots of suggestions for each section but if you still need inspiration, check back to the 'As easy as ABC' magazine series (September and December 2016, March and September 2017), which had more than 200 activity ideas and included something for everyone. Past copies of The Trefoil magazine are on the website at www.trefoilguild.co.uk/The-Trefoil-Magazine, or click on the 'About Us' tab.

We look forward to seeing your 75th Birthday Challenge pictures and publishing them in future magazines.



### Your letters

Find out what other Trefoil Guild members have on their minds

#### War stories

Durham at War commemorates the First World War in County Durham, telling the stories of the county's people at home and abroad. The display of Guiding at that time (pictured below) was made by project volunteers, Pat Oxberry, who has been a Leader for 26 years, is currently an Assistant Leader at 18th York Brownies and a member of the York City Trefoil Guild.

Pat contacted Jean Foulds and Veda Gent, archivists for Durham North and South, and met them at Durham County Record Office. They allowed us to make copies of photographs and newspaper cuttings so that Pat could work from home.

With the help of another volunteer, they produced two stories – one on Guiding and another on Nora Dillon, who was Captain of 1st Seaham Girl Guides, one of the first units in County Durham. For more, see www.durhamatwar.org.uk and search for these stories.

#### Victoria Oxberry, County Durham



#### Happy memories

I would like to say how lovely it was to read the article *Three of a kind* about triplets Mary, Margaret and Georgina in the December 2017 issue. It brought back many happy memories of my time in Guiding in Hall Green. I am a little younger than the triplets but lived near them and remember Miss Baker and the Christmas present giving.

I was in 205th Birmingham Units from being a Brownie. I eventually became a Leader and camped with Miss Hodgson, their Cadet Leader. I shall be attending the Annual Meeting in Birmingham and so shall look out for the triplets.

Margaret Roberts (nee Hunter), Beverley Trefoil Guild

#### Welsh Assembly visit

Several of our members took a trip to Cardiff where we visited the Senedd, which houses the National Assembly for Wales. We were fortunate to be included in the opening of the Poppy Day display where there were many dignitaries present and a short talk took place. We then enjoyed a wander around the building, taking in the sights of the architecture including the glass walls, which let in the natural light, and the windows that open automatically for ventilation.

Sculptor Danny Lane created the front corner of the building, which consists of five rows of 32 glass panels of varying heights; it was developed as a piece that slows high winds and protects pedestrians walking up the front steps.

The Meeting Place on the Plinth, a distinctive curved structure that emerges from the south side of the building, was

created by fellow sculptor Richard Harris. He wanted to work to form a relationship between the building and the people of the Cardiff Bay area, so he selected the slate stones used from the last slabs that were quarried at Cwt-y-Bugail in North Wales using traditional methods.

Pam Pike, Merthyr Tydfil Trefoil Guild



#### World Centres thanks

As I am no longer associated with the Friends of the Four World Centres, I would like to thank all Trefoil Guild members for their loyal support over the 24 years that I ran this charity. Together we raised an estimated £130,000 for the World Centres. We originally donated about £200 to each World Centre but finished up with £11,000 each. This magnificent amount was thanks to the generous fundraising by many people in addition to their subscriptions.

We also made a point every year of organising a visit to one of the World Centres. I met so many lovely people and hope some of you are now organising your own visits to the centres as they will always need your support.

June Webb, Suffolk Lones Trefoil Guild



Please send your letters to: Trefoil Guild Office, Girlguiding, 17-19 Buckingham Palace Road, London SW1W OPT, or email: thetrefoilmagazine@girlguiding.org.uk

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### Climb every mountain

The popularity of the Trefoil Guild Voyage Award shows members have an appetite for challenges and activities and are now asking 'What next?', as Ann Hall, national Programme and Development Adviser, reports



Our 75th Birthday celebrations will provide opportunities for everyone: Birthday Challenge, Danube Cruise, 75k walk, big musical celebration at Birmingham Symphony Hall, plus outings, parties and a host of events at local, County, Country & Region and national level to suit every taste.

To keep the enthusiasm going after our 2018 birthday celebrations, we plan to introduce something new.

More than 170 members from every Country and Region of the UK, gathered in October 2017 at The Hayes Conference Centre at Swanwick in Derbyshire to work on ideas for a new programme.

After a welcome from the national Chairman, Pat Downer, Nigel Vardy (aka Mr Frostbite) – a record-breaking, frostbitten mountaineer, author and inspirational speaker – enthralled us all with his story of overcoming difficulties and facing challenges. He told us how, in 1999, he suffered severe frostbite while climbing on Mount McKinley in Alaska. All his fingers and toes had to be amputated, and he suffered major facial scarring.

He returned to climbing within two years



and went on to complete a British first – to scale the highest peaks on the world's seven largest islands by climbing the Penny Ice Cap (Baffin Island) in 2003, Gunnbjørns Fjeld (Greenland) in 2004, Mt. Kinabalu (Borneo) in 2005, Gunung Kerinci (Sumatra) and Carstensz Pyramid (Iran Jaya) in 2006, and finished with Maromokotro (Madagascar) in 2007.

Inspired by his energy and experiences, members went on to put forward, build and develop ideas for a new programme for the future. The weekend was coordinated by members Jane Webster (Warwickshire) and Dee Miles (Nottinghamshire), and under their leadership the working groups came up with a wealth of material that is being sorted and collated. The project will move forward with a small task and finish group who will use the material and ideas to put together a new programme to be launched in 2019.

It is too early to give much detail, but we can tell you that the Voyage Award will remain and be available to all members while the new resource will:

be developed by Trefoil Guild members for Trefoil Guild members

- be completely optional
- include different sections covering a broad range of activities
- contain challenges/material that can be part of guild meetings
- include badges and/or certificates to recognise achievements
- not require assessment or mentors
- not be another level of the Voyage Award.

It was a busy weekend with a great deal of thinking and discussion, but everyone also found time to enjoy the food and hospitality of Swanwick. The Trefoil Guild shop did a roaring trade and there were optional sessions for treasurers and secretaries and a more relaxing evening choice of singing or a beetle drive.

As always at Trefoil Guild events there was a buzz of chat and laughter with friends old and new, and the weekend ended with quiet reflections before Sunday lunch and departures back home, by car, or taxi to train, coach or plane.

Our thanks go to everyone – staff, team and delegates – for their hard work and input, which will contribute to what we hope will be a popular and useful new resource for members everywhere.



Working groups came up with many ideas



### Countryside Challenge

Trefoil Guild is proud to support RDA in the work they do. Sponsoring the Countryside Challenge will help riders all over the UK and be great publicity for Trefoil Guild

This is our 2018 national appeal, so all money raised should be sent directly to the Trefoil Guild office, so we can raise as much as possible for this worthy cause and celebrate your achievements.

#### RDA COUNTRYSIDE CHALLENGE

With its focus on achievement and enjoyment, the Countryside Challenge is a development of skills acquired in grass route RDA sessions. The course is based on elementary school movements – dressage, showjumping, endurance and, of course, fun – designed to stimulate and challenge the rider. The course provides a variety of elements where skill, balance and accuracy are all put to the test.

The Countryside Challenge is the first 'building block', the base for combining therapy and competition to help riders progress at all levels and achieve goals



The Countryside Challenge in action

not only in riding, but also in everyday life by promoting confidence, concentration, decision making, spacial awareness, independence, enjoyment and teamwork. Natasha Baker MBE, the Paralympic gold medallist, started her competition journey winning the Countryside Challenge.

The course consists of 12 different challenges, each one representing a different skill arranged to represent a walk through the countryside (something to which many of our inner city riders do not always have access). For example posting a letter, which involves making the 'decision' to choose which of two postboxes to ride to; picking up eggs from a nest to put in a basket (positioning/ spacial awareness); riding along a winding 'road' and halting at the correct place (balance, concentration, accuracy); picking an apple from a tree to put in a bucket (balance, concentration, accuracy); making a 'decision' to either walk, trot, or negotiate a small jump (confidence, independence).

We change the course slightly every three years or so to keep it fresh while still keeping its ethos and making the 'challenges' accessible at RDA Group, County and Regional levels.

Sue Mack RDA Countryside Challenge Organiser

### A memorial for Agnes Baden-Powell – founder of Girlguiding

In 1909, Agnes Baden-Powell accepted her brother's challenge to mould the girl Scouts into a new movement. She came up with Girl Guides and in 1910 over 6,000 girls registered for the new organisation



Agnes Baden-Powell was the first President and wrote the first handbook, establishing the character of the movement. She performed the miracle of making our activities look respectable enough for parents' approval while retaining the adventure that the girls craved.

Agnes died in 1945 and was buried in Kensal Green Cemetery in north London in the family plot. Sadly, for reasons unknown, her name was never added to the monument. There is no memorial anywhere to Agnes, who began this great movement of ours.

A group of guiding friends, with the

encouragement of Friends of Kensal Green Cemetery, decided to do something about this lack, and to work towards adding Agnes's name to her grave. However, as is so



Thank you.

Wendy Ingle

Wendy Ingle, Chairman, Agnes Baden-Powell Guild

often the case, it was not to be that simple. The grave is marked by a tall cross on three steps, and the whole monument is leaning at several degrees, so, with the approval of members of the family, we accepted the challenge of also restoring the monument, which commemorates the Reverend Baden Powell, Henrietta, his wife and several other family members.

By recruiting members to the Agnes Baden-Powell Guild, by selling blanket badges and our Agnes B-P challenge cards, badges and trolley coins, and by gratefully accepting donations, we have raised half of the £10,000 that it is estimated this project will cost.

2018 marks the 160th anniversary of Agnes's birth, so it would be fitting if we could complete the project this year. If you would like to help, please contact us on AgnesGuild@yahoo.com for membership or donation details, our sales list, or for our PayPal address.

### September survey results

Just over 300 of you responded to our September survey - many thanks if you were one of them. We were given lots of ideas about how to go forward with your magazine, and will be looking at things in more detail over the coming months. Meanwhile, here is a summary of your answers:

The response was overwhelmingly positive to our question about when The Trefoil is published, with only 17 respondents saying the timing is not convenient. There was an equal split between two alternative options, and two members indicated that the December issue often gets lost with the other festive post and would be better coming out iust after Christmas (in January).

We asked you to tell us about your three favourite parts of the magazine. The most commonly chosen sections were Programme Ideas (52.12%), Noticeboard (51.14%) and Your Snapshots (44.95%). These three options had significantly higher responses than any others, the next most selected section being Girlguiding News. Worth noting is that while Snapshots was favoured by many,



it was also one of the highest chosen as a section to change, and many of the remarks regarded altering the size of the images - "fewer and larger" being the general gist of these comments. Some wanted more information to go into the captions or accompany the photograph.

We also asked you what aspects of the magazine you thought we should change. Bedside Table. An Interview With and Your Snapshots were the top three chosen. Some respondents gave us suggestions as to how to change or improve the An Interview With section, but the majority mentioned interviewing Trefoil Guild members more than external people.

We were pleased to receive a large number of positive comments about the magazine, many of which say that there





is no need to change anything. Overall, the respondents seemed to mostly be very happy with the variety of content and layout of the magazine, and there were numerous suggestions for new or different ideas to include in future issues.

Many of the responses were concerned with the Programme Ideas that have been in previous issues, with members asking both for more details and also making their own suggestions. It is also worth noting that a number of responses mentioned focussing on younger members of Trefoil Guild and also looking forward into the future



of Trefoil Guild instead of concerning ourselves so much with the past.

There was a demand for more letters, or the inclusion of photographs to go alongside the letters, and several comments suggested that you want an increase in information relating to the Voyage Award – suggestions, support and interviews with those that have completed it. Other notable categories include having more information about TGIFC or International ventures. the content from Girlguiding changing to include more photos and more information about what Units are actually doing, not just the programme, or what is happening at Girlguiding HQ.

So, you have given us a lot of food for thought and many ideas for the future of your magazine. As always, we rely on you, our members, to send in your reports, articles, viewpoints and thoughts - and of course your (good quality) photographs!

Look out for some of your suggestions for change happening in future issues of The Trefoil magazine.

#### Classified



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