

# The Trefoil

[www.trefoilguild.co.uk](http://www.trefoilguild.co.uk) | September 2019 | Issue No 254



Flower  
power!



**GUIDING FOR ADULTS**  
**Trefoil Guild**

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Reports and  
pictures from our  
Annual Meeting

Jim Wight on his  
father, work and  
eating limpets...

Royal approval  
for the funds we  
raised for RDA

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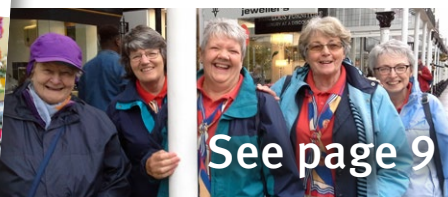
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Members enjoyed a visit to Keukenhof gardens in Holland. See page 22



### The official journal of the Trefoil Guild

Published each March, June, September and December

**National President** Liz Burnley

**National Chairman** Eileen Martin

**Editorial Board** Jo Taylor (Chair), Frances Parrett, Charlotte Anslow, Eileen Martin, Judy Ellis, Ann Hall, Linda Hill-Tout, Margaret Froome, Jane Webster

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Registered charity number  
1075232.



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### Design and Production

**Newhall**  
newhallpublishing.com

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

**Tel:** 0844 545 8102

**Email:** hello@newhallpublishing.com

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**Print** Swallowtail Print Ltd



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## Welcome

Hello everyone

As I write my first letter to you, I feel immensely honoured to have been appointed as your new national Chair. I would like to thank you all for your warm welcome and good wishes. I will, as Baden-Powell asked, 'Do My Best' with your help and support.

I hope you all had a good summer with family, friends, Trefoil Guild and guiding. Summer seems to be just as busy as any other time of year with outings, holidays and forward planning for next season.

What a wonderful time we all had in Southport. Thanks must go to North West England members for making us all so welcome, and to all our members for helping to raise the incredible amount of £113,875.86 for the RDA in addition to the support given locally.

We said goodbye to Pat Downer and thanked her for five years as our amazing national Chair. Pat, we hope you enjoy this edition now that you have time to relax, and that you are looking forward to whatever you are planning to do next.

Our speaker, Jim Wight, regaled us with humorous tales of his father, the vet and writer known as James Herriot,

while the Houghton Weavers and Wigan Ukulele Band entertained us and raised the roof, as we all joined in the singing.

At Southport I shared my vision for Trefoil Guild over the next five years. I would now like to share it with all of you so that we can all work on it together. In addition to continuing to work closely with Chief Guide Amanda Medler and Girlguiding, I would love to see our membership grow from 20,000 to 25,000 members.

This seems like a big ask but think of it this way; we have 1,100 guilds, so the increase of 5,000 equates to each guild increasing their overall membership by one new member a year for five years.

We at national level will be looking at our recruitment plans so that we can share the amazing fun, friendship, programme and opportunities we experience with a wider audience, but we cannot achieve this without your help. Let's work together and be the go-to organisation for women (and men) of all ages.

Yours in Trefoil,

**Eileen Martin**





## Well done Trefoil!

We raised an amazing sum for the RDA and here Ann Hall, national Programme and Development Adviser, explains how the money is being used

In celebration of our 75th birthday, you, our members, raised the amazing figure of £113,875.86 for the RDA (Riding for the Disabled Association), and if you were fortunate enough to be at our Annual Meeting in Southport in June you would have seen our big cheque for this amount handed over to Ed Bracher, the charity's CEO (pictured above).

A big thank you and well done to all Trefoil Guild members, Harkness Roses, Girlguiding Trading and members of Girlguiding for all your hard work in helping us reach this fantastic sum.

Not only are we able to sponsor the Countryside Challenge for three years, we have been able to fund the fitting out of a kitchen to serve riders, coaches and volunteers, and pay for the construction



and surfacing of the outdoor arena at Lowlands, their new National Training Centre at Shrewley in Warwickshire. This is to be known as the Trefoil Outdoor Arena and a large board declares it has been funded by Trefoil Guild.

Lowlands, RDA's first National Training Centre, was officially opened on 12 June by Her Royal Highness The Princess Royal,



President of the RDA. Pat Downer, former national Chair, Ann and Linda, Programme and PR advisers, and Eirlais, Midlands Chair, together with Marie, our office manager, were honoured not only to be invited to this event, but presented to the Princess Royal, who spent several minutes chatting to them.

Lowlands will welcome coaches and volunteers from across the organisation to learn new skills and share best practice. As RDA celebrates its 50th anniversary, the demand for their activities across the UK outstrips supply and the centre will enable more coaches and volunteers to be trained, to grow and strengthen the network of groups so that more people can benefit.

The welcome at the official opening ended with, “We are very grateful to all the generous donors and supporters who have helped us make this dream a reality. Thank you for being part of this exciting future for the RDA.”



Anne, Princess Royal, opens Lowlands

*“The centre will enable more coaches and volunteers to be trained, to grow and strengthen the network of groups”*



The outdoor arena proudly declares that it was funded by Trefoil Guild

# Noticeboard

Bulletins and information for all our members compiled by Frances Parrett



The RDA centre's outdoor arena

## RDA opening

Read about the fantastic sum raised by you, our members, for the Riding for the Disabled Association and the wonderful day that was had at the opening of their new National Training Centre on pages 4 & 5.

## Online Design Centre

Formerly OPC, this facility that allows you to create your own local Trefoil logo has been redesigned, so you will need to create a new account at [girlguiding.rightmarket.com](http://girlguiding.rightmarket.com).

## New partnership

We are pleased to announce that Trefoil Guild has partnered with [easyfundraising.org.uk](http://easyfundraising.org.uk), a brilliant way to raise funds for your guild whilst shopping online. Go to [trefoilguild.co.uk/easyfundraising](http://trefoilguild.co.uk/easyfundraising) for all the details about how to get started.

## December issue

Tell us about your local Christmas festival and how your guild participates. Send your photos (5MB or more). We still need your Christmas recipes and stories about talented Trefoil chefs for our December issue!

## Membership helpline

If you need to make membership enquiries – ask for lost numbers, etc – the number to ring is 0151 668 0493.

## Away Day suggestions

Are you enjoying the Away Day articles in *The Trefoil*? We have already had a request for Liverpool and Newcastle to be featured – would you be prepared to write those? Do you have ideas for other places you would like to know more about? We are looking for those ‘off the tourist track’ places that only locals can recommend! Send your ideas to the address on page 2.

## Future Girl acts on plastic

You will have read about Girlguiding's five-year plan – Future Girl – in the June edition of *The Trefoil*. From 30 September to 6 October they are taking action to recycle more and use less plastic. Why not encourage your guild to participate too? You can download a resource with information and ideas from [girlguiding.org.uk/girls-making-change/future-girl/future-girl-acts/](http://girlguiding.org.uk/girls-making-change/future-girl/future-girl-acts/).





Here are just some of the things you can find yourself involved with when you join Trefoil Guild

## Want to know more?

If you or a friend want to know more about Trefoil in a specific area, visit the country and region pages at [trefoilguild.co.uk/My-Trefoil](http://trefoilguild.co.uk/My-Trefoil). If you would like to contact a guild, you can email the Chair for a country or region using the email addresses on the website page.

Meanwhile, there are lots of things going on around the countries and regions all year long. Check them out on the calendar at [trefoilguild.co.uk/calendar](http://trefoilguild.co.uk/calendar).

## Email safety reminder

Always take care when opening attachments in emails when you do not know the sender, or if you do know the sender but are not expecting anything from them. Lots of viruses are spread via email, so stay vigilant.

Here's another top tip: when emailing groups, always remember to place email addresses in the BCC field so that addresses are not visible to everyone the message is sent to.

## Submissions to the magazine and website



We welcome all submitted items using the appropriate pro forma, which can be downloaded from the website and sent to the corresponding email address. If items are for the magazine,

please state whether you're happy for them to be considered for the website if there is too little space in the magazine. Submission date for the December 2019 issue is 30 September.



# *Your snapshots*

Members enjoyed the weekend at the Annual Meeting at Southport in both sunshine and rain!









Photo: Dave Talbot, Adventure Events

### *Alison's adventure*

To commemorate her 80th birthday, Alison Long took part in a fundraising abseil from the top of Bath Abbey to raise money for The Bath Abbey project and The Genesis Trust for the homeless.

**Frances Parrett,  
South West England PRA**

### *It's a jungle out there!*

Whilst walking we discovered that our chosen route took us through a field of oilseed rape, which was taller than most of us and a challenge to navigate! Although the farmer had left the required metre unsown, the rape had fallen from both directions, taking over the footpath.

**Jean Mullane, Witham Trefoil Guild**



### *On top of the world*

Sylvia Parry takes a look down the Sychnant Pass during a visit to Pensychnant Conservation Centre and Nature Reserve.

**Wendy Moore, Llandudno Trefoil Guild**





### *Badge of honour*

When two Trefoil Guild members were asked by their county commissioner to design a new county badge, it coincided with the opening of the new V&A on Dundee's waterfront. Linda Duff, a member of Monifieth Trefoil Guild, and Ramanee Bengough, member of TG13

in Dundee, designed a badge to include the V&A and the RRS Discovery, which is berthed alongside. The V&A were so pleased that they used the badges as an example of community engagement, presenting the Museum of the Year judges with a badge each.

**Linda Duff, Monifieth Trefoil Guild**



### *Curling champions*

Each year, Cheshire Border holds a county indoor curling tournament between the guilds for a trophy, and this year Jodrell Trefoil Guild were the winners.

**Louise Smith, Cheshire Border Trefoil Guild**

### *Happy meeting*

Following Surrey West's Annual Meeting we had a stroll and met Sarah Little, our region Chair.

**Bridget Elliott,**  
**Goldsworth Park Trefoil Guild**



### *Monopoly Run*

During our London Monopoly Run we visited 22 streets, four stations, took a chance on the Grand National and won, and found a wallet in the street!

**Christine Halliwell,**  
**Ashton Amblers Trefoil Guild**



### *Play time!*

St Helens Trefoil held an outdoor games evening, and during a break between throwing bean bags at a target and using

juggling balls, Lindsay took advantage of the play equipment on site.

**Catrina Williams,**  
**North West England PRA**



### *Murder most foul!*

We held a murder mystery evening, and our kit list for 'Which Guide Lied' told us which character we were and how they dressed and behaved. When we got to 'camp', Iona Woggle gave us our scripts. As we ate our traditional camp food on plastic plates, the murder of poor Peg Puller unfolded. I can't tell you who dunnit!

**Cathy Carter,  
Dyrham Trefoil Guild**



### *Drum roll*

When members of Fermanagh Trefoil Guild accepted Girlguiding Fermanagh's invitation to the Annual Review, they did not realise that they would be part of the entertainment! The county commissioner had organised for Joe, a drum circle

facilitator, to come to the meeting and do some music making with the group. Using hand drums and percussion, the Trefoil members and leaders created 'music in the moment' – a lot of fun and a great way to start the Annual Review.

**Lizzie Hogg, Ulster PRA**





## *An interview with... Jim Wight*

Jim entertained us all at the Southport Annual Meeting with stories of his father, vet James Herriot. Here he tells us how he followed in his father's footsteps

I wanted to be a veterinary surgeon from a very early age. I accompanied my father on his veterinary rounds from the age of around three years and remained determined to become a vet throughout my schooldays. By the age of five, I reckoned I was pretty well qualified!

My father was the person who most influenced my life; we shared a lot of interests and he was a great support to me, full of good advice and someone I could always turn to with a problem. He was a man with an acute sense of humour and I still miss him, some 24 years after his death.

My biggest challenges have been setting out in the real world, dealing with cases and learning to forge a rapport with the general public – my clients. Like all other vets, I experienced lots of successes interspersed with plenty of failures, but I did pride myself on one simple thing – I always did my best. If you have done your best you can do no more.

Another great challenge was dealing with prostate cancer, which afflicted me in my early sixties; the threat of a premature demise has taught me that good health is far and away the most important gift one can have. All other problems pale into insignificance alongside the possession of a healthy mind and body. I just want to continue waking up each morning and doing the things I enjoy. I have been lucky



Jim at the Southport Annual Meeting

in my life – a happy childhood, a good marriage, a job I enjoyed, three children, with whom I get on well, three fine grandchildren... and so on.

My spare time is spent gardening (a long battle with a large garden, and one that I shall never win), walking miles with my dog and taking on public speaking to raise funds for various charities.



Jim with Pat Downer, the former national Chair of Trefoil Guild

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***“Good health is the most important gift one can have. All other problems pale into insignificance alongside the possession of a healthy mind and body”***

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The one gadget I would really miss is my mobile phone. I am not a phone addict (what are Facebook and Twitter?) but I would feel lost if I could not keep in contact with people at all times. I use my phone to speak and to text, and it's a very useful telephone directory. I use it for very little else but I would feel lost without it.

Travelling is a bit of a problem for me as I hate flying, but one area I would love to visit is the Rocky Mountains of Canada

and the USA. I realised that I have to fly to see the world, so I may get there some day; I have been to many parts of the world, but real mountainous grandeur is something of which I have seen very little.

The strangest thing I have eaten on my travels was a dish of pig's trotters in a restaurant in France. A dish of bones and intestines – I don't care if I never taste it again! Also, while in the wilds of Scotland – and running out of food – I thought, “Why do people not eat limpets?” There were millions of them on the rocks on the shores of the sea loch where we were camping, so my friend and I boiled some and tried to eat them – a mixture of salt, gravel and rubber. This was followed by an attack of severe gastroenteritis. I do not think that limpet dish will become standard fare in the finest restaurants of the world!

*Next year is the 50th anniversary of the publication of James Herriot's first book and look out for a remake of the TV series All Creatures Great and Small on Channel Five.*

# Running Britain barefoot

Girlguiding UK ambassador Anna McNuff is running 100 marathons in her bare feet to show girls they can do anything



In June, Anna McNuff set off on an epic adventure, aiming to run 2,620 miles across the UK – equivalent to 100 marathons – barefoot. Starting in the Shetland Islands and finishing in London in November, she'll weave along rugged coastlines, through small villages, across moors, along beaches, over farmland and even pitter-patter down the odd picturesque A-road.

Anna, a seasoned adventurer who's previously run the length of New Zealand and cycled 5,500 miles through the

Andes, said, "Who knows whether this is possible? Who knows if this is the most ridiculous idea I've ever had? Who knows what will happen to my body and where I will stumble upon my limit?"

But why barefoot? Anna is fascinated by minimalist running, drawing inspiration from her time in New Zealand – where children play outside barefoot – and Christopher McDougall's book *Born to Run*.

"I love nothing more than a barefoot wander in the local park and take great



joy in returning home with grubby feet,” she told Girlguiding. “I also think that – just like every other part of our bodies – feet are amazing. They are quite the complex machine with more than 7,000 nerve endings in each sole and 26 bones in each foot. I’m looking see if I can coax my feet into doing what they were truly built to do after a lifetime of being squidged up in shoes.”

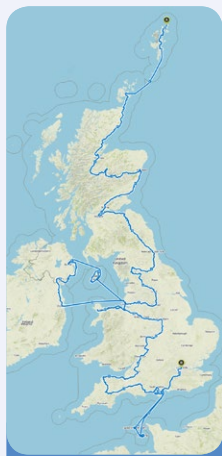
Over the last year, Anna’s transitioned from running in minimalist trainers, to socks, to no shoes at all. Her training even included running this year’s London Marathon totally barefoot!

Through this immense physical and mental challenge, Anna is aiming to show the young women of Great Britain that, “There’s more magic in them than they will ever know! As a proud ambassador for UK Girlguiding, I’m working to visit as many guiding units en route as possible – speaking to girls of all ages about the joys of adventure and the great outdoors.”

Guiding is all about showing girls and young women they can achieve anything that they set their mind to, so we couldn’t

be prouder to have Anna representing us on her awesome adventure on foot.

She said, “Am I terrified? Yes. Am I excited? Yes, that too. Am I wondering if I’ve gone one step too far this time? Absolutely. Which is why I know this is the right challenge to take on.”



The route to London



Anna’s run takes in some stunning locations

## Get involved

There are loads of ways to support Anna:

- Offer to host her for the night! She’s relying on the kindness of strangers to put a roof over her head
- Come and run alongside her (you can see dates and locations on her website)
- Invite her to talk to your local running club
- Offer advice on her intended route and the terrain
- Tell the world about this adventure, and follow her on social media @AnnaMcNuff

You can get in touch by emailing [barefoot@annamcnuff.com](mailto:barefoot@annamcnuff.com) and find out more at [annamcnuff.com/barefootbritain](http://annamcnuff.com/barefootbritain).

# *An away day in... Brussels*

Glen Aston, Coordinator of TGIFC, reveals the best things to see and do in Belgium's capital



The Atomium was constructed for Expo 58



Grand Place is Europe's most beautiful square

Arriving on the Eurostar from the UK, head for the metro and take the number six train to the **Atomium** (stop: Heyssel). It is a landmark building in Brussels, constructed for Expo 58, and you should try to visit early in the morning before the hordes arrive. Nearby, **Mini-Europe** awaits. Visiting both attractions will fill your morning but is definitely worth it. If you have children with you, expect them to want to stay in Mini-Europe!

Take the metro back to town, heading for Gare Centrale, then make your way to the imposing Gothic cathedral of **St Michael and St Gudula**, which is well signposted. The cathedral has two towers and there are splendid stained glass windows to see, along with other medieval treasures.

Down the hill from the cathedral is **Grand Place**, known as the most beautiful square in Europe. Check out the fabulous architecture, the gold leaf covering the statues and the signs for the ancient Belgian Guilds (although not the Trefoil

Guild!). Visit the **Beer Museum** at number 10, while just around the corner is the **Museum of Cocoa and Chocolate**, which is also interesting.

Walk to the famous statue **Manneken Pis**, said to be based on the story of the son of the mayor of Brussels who allegedly stopped the town from burning down by peeing on the flames. The statue wears outfits offered by many organisations, including the Scouts and Guides.

North of the Grand Place you will find two galleries – **de la Reine** and **du Roi**, the very first shopping malls in Europe, with amazing architecture and wonderful shops. At their centre, go down Rue des Bouchers to restaurant **Chez Léon**, a delightful typical Belgian restaurant where I suggest you eat before heading back to the Gare du Midi by tram, via De Brouckère Square. Chez Léon is not five stars but it has atmosphere, is reasonably priced and gives you a taste of Belgian food – many Trefoil visitors have eaten here with no complaints.

# Annual Report from Southport

Pat Downer celebrated her final Annual Meeting as national Chair with a look back on an action-packed 75th birthday year



Throughout 2018 the Board of Trustees worked on our forward plan. We need to retain our members, encourage new people to join and enjoy all we have to offer.

The magazine continues to be popular; the handbook was updated and the use of social media has increased.

Six Trefoil Guild Silver brooches were presented to members for exceptional service. Birthday cards were sent to members on their 90th and 100th birthdays.

Our programme opportunities are important in ensuring members have the chance to achieve our four key messages. An additional programme called STARS will enable members to work together as a guild or individually. There will be five sections: Skills, Together, Action, Roam and Self. The first two were launched in the March 2019 magazine, with Action and Roam in this issue and Self in the March 2020 issue. The Voyage award continues to be popular with 32 completing gold, 118 silver and 121 bronze.

TOPAZ: 2018 saw the last visit in our partnership with Russia, with positive feedback, and in 2019 a group will visit India to train women in craftwork they can sell to increase their income. A five-year partnership with Lesotho, from 2020, is

being prepared to help them develop their Trefoil Guilds.

Support for Girlguiding: All Girlguiding members participating in a GOLD project get 20% of their trip sponsored by us. We presented 120 starter packs to new units; profits from our goods purchased from Girlguiding shops enhance the income of Girlguiding, and most importantly, we are available to help with large-scale and local events.

75th birthday celebrations: Riding for the Disabled Association was our chosen charity and we raised the magnificent sum of £113,875.86, with additional donations being made to local groups. This sponsors the RDA Countryside Challenge for three years, equips a tearoom and enlarges and resurfaces the outdoor arena at the new Training Centre.

A fantastic 41,995 Birthday Challenge badges were sold! So, as well as Trefoil members participating, many Girlguiding units took up the challenge. Harkness produced a Trefoil rose, and generously donated 20% of the profits, totalling over £2,500, to RDA; around 320 members joined a celebration cruise on the Danube, and a 75km celebration walk was held in the Peak District, with more than 100 members participating. A great year for Trefoil!



# The Trefoil STARS Challenge

Here are the next two themes. To achieve the theme's badge you need to complete FIVE out of the EIGHT clauses. AT LEAST one of the five should be undertaken with other Trefoil members

There are five points to the Trefoil STARS Challenge and each will concentrate on a different theme based around the letters of the word STARS.

SKILLS and TOGETHER were in our March magazine and many of you are already enjoying these in your Trefoil meetings

and activities – do send your pictures to the magazine. Here are the next two themes – A for ACTION and R for ROAM. The final theme – S for SELF – will be in the March 2020 issue. Details of how to achieve and obtain your STARS badges are also on [trefoilguild.co.uk/STARS](http://trefoilguild.co.uk/STARS).

## A for Action

**1** *Make contact with a guild that is new to you* and arrange to get together for an event, meeting or online, eg Skype.

**2** *Research three local issues* and debate at your guild meeting, eg planning, potholes, public transport.

**3** *Take action to grow the membership of your guild* by 10%, or set up and support a new guild.

**4** *Brighten up a local public place* by planting flowers, bulbs or trees, eg a care home, grass verge, a traffic island or railway station.



**5** *Take action to support and help run a guiding event,* other than helping with refreshments!



**6** *Take action to get an article, report, story or picture of your guild* into the local newspapers, *The Trefoil*, or on local radio.

**7** *Find out about the history or origins of a local tradition or custom* and then take part in it, eg cheese rolling, well dressing, black pudding throwing, gurning, 'clypping' the church, walking the bounds, morris dancing.

**8** *How green can you be?* Go greener for a week with no waste, no plastic, or using public transport more often.

# R for Roam

**1** *Invite members* who have completed any level of the Voyage award to talk at your Trefoil meeting about their challenges, particularly those relating to Explore My World.

**2** *Take part in a Trefoil or Girlguiding international trip*, or plan one of your own to visit another Trefoil country or region.

**3** *Invite a speaker to talk* about the different plants that enhance our senses and design a sensory garden, visit one, or create one.

**4** *With other Trefoil members, explore a local footpath*, coastal path, canal or riverside walk in your area by using maps, guides, computers etc.



Explore a canal or other footpath in your area

**5** *Choose a place of special interest and discover different ways of travelling to it.* If able, make the journey and travel with Trefoil members using your chosen method – and take photos of your trip.



**6** *Invite a farmers' market stallholder* to your Trefoil meeting to talk about their produce, or visit a local farmers' market and explore the products on sale.



Discover your local farmers' markets

**7** *Find out about the Trefoil TOPAZ project.* Ask your international adviser for more information. Try some of the activities in the TOPAZ Challenge – Travel the World section, or invite a member who has taken part in a TOPAZ project to talk to your guild.

**8** *Invite someone to your Trefoil meeting* to talk about the trees, wildflowers or birds in your local area, or make a trip to identify them, or explore a local nature reserve with a knowledgeable guide.

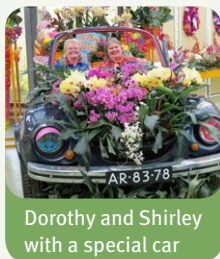
## Dutch delights

Jackie Dickinson, regional Chair of North East England Trefoil Guild, looks back on an enjoyably eventful excursion to the Netherlands

Earlier this year, 105 intrepid members of North East England Trefoil Guild met at King George Dock in Hull ready to set sail for the Netherlands. We boarded the *Pride of Rotterdam* and the adventure began. The weather was windy and the sea a little choppy but that did not stop us enjoying a great meal and much socialising. After a reasonable night's sleep, we docked at Rotterdam and boarded the two coaches which were our means of transport around the Netherlands.

Our first stop was Kinderdijk to view the windmills. These mills had been built to manage the water levels and we marvelled at the compact space in which the miller and his family lived. By now, the wind was very strong – perfect for windmills but more difficult for walking in. Back on the coaches a rousing chorus of *Tulips from Amsterdam* and *A Windmill in Old Amsterdam* helped us on our way to the hotel in Lelystad. Some of us ate in the restaurants in the hotel, while others ventured into the town. The 'free drink' donated by the hotel was very popular.

The next day, in better weather, we set off for Amsterdam. There was such a lot to do: visit Anne Frank's house; sail on the canals; use



Dorothy and Shirley with a special car



Hazel Barker, Chair of Ripon Trefoil Guild, welcomes the newest member, Karen Barr

the hop-on, hop-off bus to look round various museums and art galleries; take part in a guided walking tour; and enjoy a little retail therapy at C&A.

After another pleasant night in the hotel, we set off in beautiful sunshine to the gardens at Keukenhof, where we welcomed the newest member of Ripon Trefoil Guild, Karen Barr, and everyone renewed their Promise as she made hers. The gardens were a delightful experience – we enjoyed wandering around stunning beds of daffodils, tulips, hyacinths and crocuses, and some of us made room for a waffle or two. Then it was back on the boat for our journey home.

The key messages of Trefoil – Finding Friendship, Getting Active, Getting Involved and Giving Support – were much in evidence during this trip and I'm sure the memory of the fun and laughter will last for many a year.



## Dream machine

Teresa Baddeley, Programme Adviser with South West England Trefoil Guild, tells us how her beloved classic car helped gain her a Voyage award



Teresa and her Morris Minor Convertible

We had a Trafalgar Blue Morris Minor Convertible when we were first married, and for a long time it had been my dream to own another one. At last it has happened, thanks to the Voyage award and a legacy from my parents.

I spotted an advertisement in the Morris Minor Owners Club magazine for an original Trafalgar Blue 1968 convertible, owned by one family, with under 60,000 miles on the clock. I fell in love with this beautiful shiny car at first sight. It was in very good condition, apart from some problems with the cooling system.

Yes, I did buy it and achieved my dream. However, I had to learn to maintain it as well as drive it! Also, a mentor who is keen on classic cars had to be found.

My husband helped me to renew the cooling system and taught me the basics of car maintenance. I spent time

researching the Morris Minor and learned about the different parts of my 'Moggie'. I changed the oil and filter, lubricated the bearings, checked the tyre pressures and topped up the carburettor damper. Driving a classic car is very different and requires concentration.

When 'Moggie' visited Nuffield Place, the home of William Morris (Lord Nuffield), the founder of Morris Motors Ltd, I was asked to park the car right in front of the house, where it was much admired.

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***"I passed all the questions my mentor asked and I have a lovely evidence file to remind me of my dream that came true"***

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My car has explored parts of Gloucestershire, Wiltshire, Oxfordshire and Wales, with the hood up and down. I have broken down only once, when the new condenser we fitted to cure an occasional misfire failed completely.

I passed all the questions my mentor asked and I have a lovely evidence file to remind me of my dream that came true.

My next challenge is to drive 'Moggie' further afield – perhaps to Scotland, or maybe even to France!

# *“I helped to build that!”*

As the Women’s Engineering Society celebrates its centenary, we chat with Guide leader Tamara Ham about what it’s like to be a quantity surveyor



This year, the Women’s Engineering Society (WES) is celebrating its centenary. It was founded on 23 June 1919 by a small committee drawn from the National Council of Women, which was created during the 1914-18 war to get women into work to release men for the armed forces.

This group of influential women had government backing to support women engineers who, although welcomed into the profession during the First World War, were under pressure at the end of the war to go back to being housewives and release jobs for men returning from the forces. These women founded the WES, not only to resist this pressure, but also to promote engineering as a rewarding job for women as well as men.

One particularly interesting area is quantity surveying, a profession that

blends engineering, construction, and economics. Here, we speak to Guide leader Tamara Ham from Australia, who has made quantity surveying her job and the UK her home. She is in the process of joining an internet-based Trefoil Guild, and volunteers meet her each year at the Foxlease Wellies and Wristbands event, where she takes amazing photos.

Tamara explains, “I am a quantity surveyor, working for a specialist mechanical and electrical contractor on some of the biggest infrastructure upgrade works in and around London. When I left school, I started an engineering degree, but then transferred to finish it as a teaching degree, with half a mind to go into the police force. After a series of unfortunate events I ended up in search of any job, but eventually I went back to

university to do a degree in quantity surveying – and since then haven’t looked back.

“This is a challenging and diverse job, and no two days are the same. I spend some of my time on site in bright orange hi-vis, a lot of my time in



Tamara helps the Guide unit in Surrey West



Rangers having fun



Tamara takes amazing photos at the Foxlease Wellies and Wristbands event each year

the site offices working with supervisors, engineers, and project managers, and some of the time in the regional office.

“My bold step to move to England was necessary in order to become a RICS chartered surveyor. I moved with no job offer, but having friends in England, thanks to Girlguiding, gave me the confidence to give it a go. I quickly settled and have worked on projects such as Tottenham Court Road Station upgrade, Crossrail Paddington and Vauxhall Underground Station upgrade.

“Being a Guide leader has opened doors to help me get where I am, and whenever I have moved for work I have been assured of joining a community immediately in a new area to provide continuity in my life. At the moment I am helping in a Guide unit in Surrey West, am a Senior Section adviser and contribute to

events and projects because I can fit these around my busy and stressful work.

“I don’t feel that engineering is a man’s world, but we do have a diversity problem. I don’t feel that being a woman is an issue – I have had the privilege of working in all-female project teams. We really do not do enough to support and acknowledge difference – if issues cannot be fixed, then the person is of less value to our project teams. While all of my managers and bosses are white, middle-aged men, I do not feel that our poor diversity culture will be addressed. I can’t say that we have moved on from women being the issue, but just hidden it in a bigger issue.

“I would recommend a career in construction and being a quantity surveyor to any person – it is so very rewarding to walk past a building and say, ‘I helped to build that!’”




## Your letters

Find out what other Trefoil members have on their minds



Pat tries out her new travel scope

### Many thanks from Pat

 Thank you all so very much for your support over the last five years and the wonderful, unexpected gifts that you gave me at the Annual Meeting. One of my hobbies is birdwatching and the travel scope and eyepiece will certainly enhance this experience, as I will be able to see so much more detail of the birds than when using my binoculars. I will certainly be taking it to Botswana in July.

The photo album of my five years is very special and will bring back so many happy memories of the people I have met and the places I have visited.

As for the delicious chocolates... Well, they were lucky to reach home!


I have had a wonderful time and have so many memories, met so many people and visited places that I hadn't heard of before thanks to you all.

I am sure Trefoil will thrive with Eileen as your Chair and I look forward to hearing all that is happening while at my guild meeting.

With love and thanks,

**Pat Downer, previous national Chair of Trefoil Guild UK**

### An award-pinning idea


 Fellow Trefoil members tell me they do not like to wear their awards, for fear of losing them in case the pin comes undone, even with the safety catch fastened. This was solved for me several years ago when a friend noticed my pin had come undone. Her advice to counteract the possible loss was to attach an earring 'butterfly' to the pin. Push the pin through the garment, then before bringing it to the front, slide on a butterfly (the cylindrical type is easier), making sure it is not loose. Push the pin through to the front and fasten it as normal. It works wonderfully; if the pin comes undone, the badge hangs on the butterfly and someone usually notices, so I can refasten the pin.

**Janet Wood, Bury Jubilee Trefoil Guild**



The parachute was a big hit with the children

### Young at heart

 Worcester Evening Trefoil Guild has hosted children from Belarus for 13 years. These children continue to be affected by the fallout from Chernobyl. The sun shone this year when ten children were treated to a full day of activities at Blackmore campsite all organised by members. The archery proved a great favourite, with all children hitting the target and bursting balloons. Woodland

trails saw them running frantically around the site looking for picture pieces and they were thrilled when all the pieces were found. Frisbees, hula hoops, bats and balls helped the youngsters to make full use of the space on the campsite and the parachute was a hit with everyone.

Crafts showed off the children's talents and before they left Blackmore, we presented each of them with a goody bag.

The day is a great example of Trefoil members helping others and it is testament to them that it has been a fixture for so long now.

**Muriel Rayner, Worcester Evening Trefoil Guild**



Fun and games were the order of the day

*Please send your letters to: Trefoil Office, Girlguiding, 17-19 Buckingham Palace Road, London SW1W 0PT, or email: [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk)*

## Achievements

### Here's to Hazel

At a special meeting of the city council, and witnessed by friends and family, Hazel Barker, Chair of Ripon Trefoil Guild, was awarded the distinction of Honorary Freeman of the City of Ripon.

We are very proud of Hazel, who does so much for the city of Ripon and the wider community. Not only is this award a recognition of what Hazel does with Trefoil and Girlguiding at local, county

and regional levels, but also with the Ripon Classic Car Gathering, which has raised around £40,000 in recent years for local charities and good causes, the Ripon Charity Pantomime Group and a spectacular celebration of Armistice Day with the Ripon Community Poppy Project.

As was said by Councillor Williams at the celebration, "If you want a job doing, and doing WELL, ask Hazel!"



### Silver lady

Congratulations to Judith Stanger of

Prestonville Trefoil Guild, Sussex East, who was recently awarded the Trefoil Guild Silver brooch.

# Country & region reports

A look at how all the countries and regions celebrated our 75th birthday year

## Anglia region

I could have summed up 2018 with a simple “Let them eat cake”, as it was in such an abundance in our birthday year. Anglia, however, celebrated 2018 in style with many counties holding services in some special places, such as Lincoln Cathedral, Dorchester Abbey and Waltham Abbey. The 75th birthday banners, skilfully and lovingly made, were displayed with pride at our AGM at Ware when members were also captivated by Clare Mulley’s tales of affairs and intrigue in the book *The Spy Who Loved*.

Our members joined the national celebrations at Birmingham as well as sailing on the Danube cruise and taking part in the 75k Celebration Walk; however, the Anglia house party, held this year at Waddow, was a special event for all those attending. Members also travelled to Mexico for the Day of the Dead programme in October with three nights in Mexico City and a week at Our Cabaña.

Norfolk kept their celebrations until October and had an unbelievable holiday in Potters Resort.

**Jean Kelly**



Norfolk members enjoy Potters Resort



LaSER members celebrate together

## London and South East region

LaSER Trefoil celebrated our 75th birthday with various events and activities and several counties joining up to ‘Celebrate Together’. Our celebrations began at the 75th birthday Celebration Holiday at Hayling Island. The London Walkers and Talkers Guild walked 75 miles, completing the London Capital Ring, with a picnic finale at the maze in Crystal Palace where they were joined by members from around LaSER. In July our highlight was our 75th birthday Thanksgiving Service at Southwark Cathedral, where more than 1,000 members joined together in a service of celebration. This included performances by The London Guiders’ Singing Group, Greater London Kent Handbell Ringers, Croydon Circle Dance Group and members of St James units and 1st Claygate Scout & Guide Band, which delighted us all. As a region, we raised a significant amount for RDA at all these events, which was in addition to the amounts raised by guilds for local branches. These all combined to make our 75th birthday very memorable!

**Sarah Little**



## Midlands region

What a year! We were proud to host the national Annual Meeting at the Symphony Hall in June 2018 and followed it with a Region Day at Beaudesert in July. Many Midlanders enjoyed the Danube cruise and Shropshire won a Silver Gilt for their Trefoil Garden at Shrewsbury Show. International Day was at Worcester in October.

A group spent April in the Antipodes. Highlights included climbing Sydney Harbour Bridge and touring the Opera House; petting koalas and feeding wallabies at a wildlife park; visiting the Blue Mountains and the Great Barrier Reef; seeing many new birds. Whilst touring New Zealand they visited Scott's Antarctic Centre and Edmund Hillary's base at Mount Cook, experienced Rotorua's geysers and an earthquake at Kaikura; spent Easter Day in Christchurch's 'cardboard' cathedral, saw kiwis, penguins, mud pools, a Maori village and went on helicopter rides... the list is endless!

A good turnout of Midlanders at Southport Annual Meeting has completed the year.

**Eirlais Tomkins**



A celebration service was held in York

## North East England region

One of the highlights of our 75th birthday in North East England was our celebration service at St Michael le Belfrey in York. We decided to make it a service of thanksgiving and to put together 75 shoe boxes filled with useful articles for less fortunate people in the region who are part of St Michael's outreach project. The Bishop of Hull, the Right Reverend Alison White, gave the address assisted by the Venerable Christopher Hawthorn. The church was full to capacity with more than 600 members attending the service, which was enjoyed by everyone.

**Jackie Dickinson**



A group of Midlands members spent April visiting Australia and New Zealand



Lancashire members enjoy Iceland's waters

## North West England region

North West England celebrated the 75th birthday year in style, with numerous services, meals and afternoon teas. The venues chosen were diverse and most members in the region were able to attend at least one event.

Greater Manchester West raised more than £1,000 for the RDA with a Fun Dog Show. We were blessed with beautiful weather at the region garden party at Leighton Hall, a gorgeous setting for a celebration with a splendid afternoon tea in the marquee. The newly appointed Deputy Chief Guide, Julie Bell, formerly our region chief commissioner, visited.

Members from the region enjoyed the Danube cruise, and many counties had their own day cruises on the local canals. Some members went further afield and celebrations were held in India, Italy and Iceland.

Thank you to everyone whose efforts and commitment, working together in teams, provided all the wonderful events and opportunities for the members.

**Aileen Higgs**

## Scotland

2018 was a very special year for Trefoil Guild, and Scotland spent the whole year celebrating! We had two Scottish Challenges: a walking challenge and a more general one; raised funds for the RDA, both locally and at UK level; held many events and services of celebration throughout the country, including two summer breaks at Netherurd with the theme of 'All Things 75'. To make these annual weekends a bit more special this year, we added an extra day and used this to visit the beautiful Traquair House in addition to a special dinner with birthday cake.

Trefoil Guild Scotland members were also well travelled, visiting many places including Our Cabaña, going to the Danish Dash and participating in the Trefoil Guild 75th birthday river cruise. We enjoyed our very own 75th Celebration Dance choreographed by one of our members and danced throughout Scotland. Our celebrations ended with a very special afternoon tea in Aviemore following our AGM.

**Patrice Graham**



The Trefoil Guild 75th Celebration Dance



Members on their Trefoil Train Trek



Pat Downer and Val Sewell on a steam train

## South West England region

South West England celebrated our Trefoil birthday with a steam train venture throughout the region, over several days. We started in Jersey and Guernsey and finished at Windsor station in front of a replica of the first steam train travelled on by Queen Victoria. Many members and their families joined us on our journeys and some met us when we arrived at stations, dressed in a theme decided by that county or island. Trefoil decorated the stations with bunting and flags and entertained us on the platform or in the local train cafe – with permission gained in advance from each station. We carried a steam train banner with us (made by members), which was passed from county to county on our arrival. The fun, chatter, friendship and surprises awaiting us at each venue certainly gave us a wonderful 75th birthday celebration to remember.

**Val Sewell**

## Ulster

One of the highlights and also the finale of the Ulster Trefoil Guild's special year was the Thanksgiving Service held in the beautiful setting of the Guildhall in Londonderry. More than 120 Trefoil members from all over Northern Ireland were joined by Pat Downer, the national Chair, and other invited guests. The Ulster Singing Circle led the music, accompanied by the magnificent Guildhall organ. Members of the Ulster Executive Committee read the reflections and prayers. The address on the theme of friendship was given by the Bishop of Derry and Raphoe, the Rt Rev Ken Good.

After the service, the ladies had the opportunity to explore Londonderry's famous walls and walk across the Peace Bridge.

The afternoon programme commenced with a delicious afternoon tea followed by an interesting interactive talk on wartime memories. The event concluded with a very energetic tea dance, which was enjoyed by all.

**Lizzie Hogg**



An energetic tea dance for Ulster members



## Wales

2018 has given members more special memories as they have ‘Celebrated Together’ our 75th birthday. They have come together at painting weeks and singing circles; eisteddfods; tree planting; barge holidays; exploring Mexico; on the Danube river cruise; and at Friends of Broneirion gatherings, as well as at all the various events held to celebrate and raise funds during the year.

Money was raised for the national RDA, as well as supporting many of the local RDA groups with whom contact has been made. Members from across Wales came together for our Annual Meeting in sun-drenched Saundersfoot in April and again to our Celebration Service at Brecon Cathedral in November as well as the national Annual Meeting in Birmingham.

Our Welsh challenge to ‘Walk the Coastline of Wales’ from Chester in the north right around to Chepstow in the south was eagerly taken up; members put their best foot forward, completing the 870 miles.

**Janet Vine**



Members walked the coastline of Wales



Beach cleaning was just one TGIFC challenge

## Trefoil Guilds in Foreign Countries and Branch Associations

75th birthday challenges that were interesting and fun included a visit to Spain, geocaching, making felt and playing good old-fashioned Guide games. The most memorable challenge was the 75th tea party, eating cakes and sandwiches based on 1940s recipes, and contacting members via Skype. Our last 75th challenge was beach cleaning followed by a picnic lunch and all our members received their 75th birthday challenge badge on that day.

Three members attended the 2018 Annual Meeting, which was a wonderful opportunity to meet up with other Trefoil members and such a fantastic event. We took Cyprus sweets to sample, and produced a Cyprus recipe booklet made up of favourite recipes provided by our team to hand out.

Pat Bullient from Salisbury joined us for our September meeting, and it was a case of ‘it’s a small world’, as Pat used to run the same Brownie unit in Salisbury as one of our members, Amanda Berry, who is currently running the Rainbow unit in Paphos. We also met up with Jane Miles from the Isle of Man, who joined us for coffee during her stay in October.

**Glen Aston**

# Trefoil Guild

## Financial report for the year ended 31 December 2018

### Overview

It is the policy of the Charity to maintain a level of free reserves, ie unrestricted funds not invested in fixed assets or otherwise committed, to cover the annual costs of the Charity. During 2018, there was an overall deficit, which has reduced those reserves to £415,031. This reserve adequately covers the overheads. The total reserves to be carried forward, including designated and restricted funds, is £617,422.

### Income

Subscriptions are the primary income of the Trefoil Guild. A slight decrease in the membership gave an income from subscriptions of £227,314, compared with £232,065 in 2017. The Trefoil Guild received a legacy and donations during the year amounting to £22,355. The income from members' activities, including the 75K walk, was £74,041.

### Investments

As reported to the membership previously, we have moved all investments into the low-risk category. The income from investments remains steady. Last year, five quarters income was received in the year as opposed to four quarters this year. The income is greater than the fees for managing the investments. There was an unrealised loss in the value of the investments at 31 December 2018, reflecting the market trends at that date. However, the value has increased in the first quarter of 2019.

### Expenditure

The items of expenditure in 2018 include employment costs, the magazine and the Annual Meeting. Grants to GOLD participants have increased this year and grants have also been given to members taking part in TOPAZ projects. Grants were given to the countries and regions for recruitment of new members.

### Designated and Restricted Funds

The income is derived from donations, investments and bank interest, together with the profit from the sale of neckerchiefs. Grants are paid to members out of these funds. Talking Trefoil costs cover expenses and the purchase of audio equipment.

### Conclusion

Although there was a net deficit this year of £35,620, which has been adjusted out of the reserves brought forward, this still leaves adequate resources to continue in operational existence for the foreseeable future.

### Heather Hern

Treasurer  
20/04/2019

# Trefoil Guild

Unaudited financial statements for the year ended 31 December 2018

## STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	2018 total funds £	2017 total funds £
<b>INCOME AND ENDOWMENTS FROM:</b>				
Donations and legacies	22,355	-	22,355	1,736
Charitable activities				
Membership subscriptions	227,314	-	227,314	232,065
Members' activities and services provided	73,847	194	74,041	77,069
Members' Gathering	-	-	-	-
Investments	8,612	4,286	12,898	16,629
<b>Total</b>	<b>332,128</b>	<b>4,480</b>	<b>336,608</b>	<b>327,499</b>
<b>EXPENDITURE ON:</b>				
Raising funds	3,182	1,375	4,557	4,596
Charitable activities				
Grants payable	28,962	450	29,412	25,502
Members' activities and services	312,533	415	312,948	337,598
Subscriptions	400	-	400	400
<b>Total resources expended</b>	<b>345,077</b>	<b>2,240</b>	<b>347,317</b>	<b>368,096</b>
Gains / (losses) on investments				
Unrealised	(17,423)	(7,755)	(25,178)	23,436
Realised	229	38	267	3,832
<b>Net Incoming Resources</b>	<b>(30,143)</b>	<b>(5,477)</b>	<b>(35,620)</b>	<b>(13,329)</b>
<b>Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>	<b>(30,143)</b>	<b>(5,477)</b>	<b>(35,620)</b>	<b>(13,329)</b>
<b>RECONCILIATION OF FUNDS</b>				
<b>Total funds brought forward</b>	<b>475,696</b>	<b>177,346</b>	<b>653,042</b>	<b>666,371</b>
<b>Total funds carried forward</b>	<b>445,553</b>	<b>171,869</b>	<b>617,422</b>	<b>653,042</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 2018

## BALANCE SHEET AS AT 31 DECEMBER 2018

	2018		2017	
	£	£	£	£
<b>FIXED ASSETS</b>				
Tangible assets	-		-	
Investments	450,916		480,384	
<b>Total fixed assets</b>		450,916		480,384
<b>CURRENT ASSETS</b>				
Stock	9,113		12,455	
Debtors	11,014		22,025	
Cash at hand and in bank	263,471		171,614	
<b>Total current assets</b>		283,598		206,094
<b>CURRENT LIABILITIES</b>				
Creditors: amounts falling due within one year	117,092		33,436	
<b>Net current assets/(liabilities)</b>		166,506		172,658
<b>Net assets/(liabilities)</b>		617,422		653,042
<b>THE FUNDS OF THE CHARITY</b>				
Expendable endowment funds		171,869		177,346
Unrestricted funds		445,553		475,696
<b>Total charity funds</b>		617,422		653,042

### Trustees' statement

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 from the Trefoil Guild office.



**Pat Downer,**  
for and on behalf  
of the Trustees

## Census 2018

Country or Region	Number of guilds	Number of guilds	TOTAL MEMBERS	TOTAL MEMBERS
	2017	2018	2017	2018
Anglia	167	<b>168</b>	2896	<b>2873</b>
London and South East	194	<b>196</b>	3209	<b>3113</b>
Midlands	150	<b>153</b>	2564	<b>2545</b>
North East	127	<b>129</b>	2068	<b>2070</b>
North West	116	<b>117</b>	2034	<b>2000</b>
South West	195	<b>194</b>	3509	<b>3462</b>
Scotland	93	<b>93</b>	1786	<b>1715</b>
Ulster	27	<b>26</b>	485	<b>418</b>
Wales	41	<b>41</b>	655	<b>676</b>
Communities Guild	1	<b>1</b>	21	<b>15</b>
TGIFC and Branch Associations – includes guilds in Benelux and France, Bermuda, Cyprus, Germany, Gibraltar, Malta, Spain and St Helena	9	<b>9</b>	169	<b>118</b>
Guilds paying direct to Trefoil Guild Office – includes Internet Guild	5	<b>5</b>	94	<b>117</b>
Members paying direct to Trefoil Guild Office	0	<b>0</b>	11	<b>10</b>
	1125	<b>1132</b>	19501	<b>19132</b>

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Activity Centres



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