

The Trefoil

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When
knitting
gets out
of hand!



GUIDING FOR ADULTS
Trefoil Guild

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Imaginative ways
members have
stayed in touch

How to let the
Olympics inspire
your meetings

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scenes at our
headquarters

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Bath Truffles got a little caught up in their knitting! Find out why on page 24



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The official journal of the Trefoil Guild

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National President Liz Burnley

National Chairman Eileen Martin

Editorial Board Jo Taylor (Chair), Frances Parrett, Charlotte Anslow, Eileen Martin, Sheran Oke, Sheila Leete, Linda Hill-Tout, Margaret Froome, Jane Webster

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The Trefoil Guild

Girlguiding

17-19 Buckingham Palace Road
London SW1W 0PT

Tel: 020 7834 6242 EXT 3010

Email: trefoilguild@girlguiding.org.uk

Website: www.trefoilguild.co.uk

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Group Editor Anita Comerford

Managing Editor Gill Hook

Senior Designer Lindsay Price

Picture Editor Robyn Barr

Account Director Richard Woolliams

Print Swallowtail Print Ltd



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Welcome

Hello everyone

As we look forward to summer after the flooding and snow earlier in the year, many of you will be turning your thoughts to gardening, whether in your own garden or visiting gardens at home and abroad.

Like these gardens, Trefoil needs nurturing to grow, and our Recruitment Task and Finish Group have been working hard to come up with ideas to encourage us all to share what our wonderful organisation has to offer with others.

Sometimes from little acorns great oaks grow, and I was privileged to watch this in action on World Thinking Day this year. Many members were celebrating with their own Trefoil, neighbouring guilds or at Girlguiding events across the country.

One member, who was unable to join others on the day, posted an appeal on Facebook for someone to join her in spirit at 6pm to renew her Promise. As the afternoon went on, there were more and more responses

saying "I will join you". To make sure the message reached as many as possible who may have been alone, Glen shared it on the TGIFC Facebook page, and 6pm saw a real coming together of members from across the UK and TGIFC to renew their Promise and then share where and how they had chosen to celebrate. I was delighted to take part – what an amazing way to celebrate my first World Thinking Day as national Chair.

So many people thought it such a wonderful idea that there was a suggestion we all repeat this amazing experience. So next year at 6pm on 22 February, you are all invited to join with us. Why not pop it in your diary now. Thank you, Kirsty, for planting this particular little acorn, now it's time to nurture it and watch it grow.

Best wishes

Eileen

Eileen Martin

Meeting the challenge

We may find ourselves caught up in a fast-moving, difficult situation with coronavirus, but Trefoil members are finding imaginative ways to cope, says National Chair Eileen Martin

This year has been really challenging for us all so far. First the bad weather and then Covid-19, which has made us all look differently at ourselves and our ways of doing things, whether at work or at home.

I was nervously looking forward to my first national Annual Meeting at Southend, but kept reminding myself I would be amongst friends. Before that, eight country and region Annual Meetings were to have been held but, sadly, they too have had to be cancelled – only LaSER escaped cancellation, as its Annual Meeting is booked for October.

At the outset of the year, the Finance and General Purposes Committee (F&GP) and Board of Trustees agreed to pay for event cancellation insurance. We were pleased we had done this when part of the roof blew off the Cliffs Pavilion in Southend during severe weather. An alternative entrance was set up and we all breathed a sigh of relief. However, when Covid-19 struck, Cliffs Pavilion had no option but to close and like many others

we found that cancellation insurance does not cover any communicable disease. We are refunding the cost of tickets for both the Annual Meeting and the evening entertainment. We are having to look at our budgets going forward, as these are costs we cannot recoup. Included in this is the Annual Meeting badge, which I feel sure will now be a talking point on blankets in the future.

I would like to thank the Trustees for their support during this challenging time, and the staff who have had to work under very difficult circumstances.

Self-isolation and social distancing have become the norm. It has been challenging for all of us. Members are keeping in touch online with Facebook, Twitter, Zoom meetings and our website. But we must remember those members who are unable to use these methods of communication. Why not write a letter – it is a real pleasure to receive these. Or make a phone call – a friendly voice can mean so much.



Share your baking and cooking ideas online



Learn a new skill or brush up on an old one

f Getting social

Facebook has been the new meeting room for many of you and we have enjoyed seeing what you are all doing. We are sure many of you will be using the time to take part in (or complete) your Voyage award and STARS Challenge. Below, Frances Parrett reveals the ideas that some of you have used to keep in contact during these difficult times...

Spa Trefoil in Cheltenham have altered the rest of our upcoming meeting plans to work in an online format! It'll take more than a global pandemic to stop us!

Caz Coker

Pembrokeshire Trefoil members remotely joined Girlguiding Pembrokeshire in lighting candles. I've lit mine, thinking of Girlguiding worldwide and remembering Trefoil Guild members. Take care and stay safe during this difficult time.

Margaret Peake, Chairman, Lower Landsker Trefoil

We are an older guild and many of us are vulnerable. I am self-isolating and studying my STARS Challenge. Tomorrow, I shall sort out which ones I can do.

Rita Hall

In South West England, we are using our Trefoil Facebook group to stay in touch – every day there's a different song for people to join in with (after all, a guide sings and smiles under all difficulties!). Today it was *As We Trek Along Together*.

Frances Parrett



Social media is a great way to stay in touch

A group of us who usually work for our county campsite are posting about our crafting and generally keeping in touch, as some have health issues and others are so-called 'elderly' – maybe in body but not in spirit! So, even if we can't get out, we are helping with mental health.

Jenny Hope

We have started a book club on WhatsApp and are working on other projects to keep us in touch and working together; a virtual camp and various craft activities have been mooted so far. Keep your little Guiding Light shining ladies, it is greatly needed by both members and non-members alike!

Alex M Adkins

Ashbourne Trefoil Guild are organising monthly challenges to help with our STARS efforts. This month, writing potted biographies, which we will be sending to another guild to make contact. Hoping to receive some back from them.

Janet Tibbit

Members of Sheffield City Trefoil Guild attended a virtual coffee morning hosted by Debbie Timms via Zoom.

Noticeboard

Bulletins and information for all our members compiled by Frances Parrett

CANCELLED

CANCELLED

Coronavirus: meetings update

By now everyone will have realised that, following Government advice, the national and most of the country and region annual meetings have, regretfully, been cancelled, and all guild meetings have been cancelled until further notice. You will have also realised that Girlguiding HQ and all activity centres are closed.

Jo and I, editor and deputy editor of *The Trefoil*, have agreed to extend our roles for up to one year due to the current situation, and Glen Aston has also agreed to extend her role as TGIFC coordinator for up to one year.



Venue Cymru in Llandudno, North Wales

Dates for your diary

It is intended that the country & region advisers conference will be held in Birmingham on 2-3 October. We will all look forward to the 2021 Annual Meeting, which will be held on 19 June in Venue Cymru, Llandudno, North Wales.

Raising a smile

Have you been spring-cleaning during your forced stay at home? Marjorie in Bath had a good turnout of some of her guiding resources and came across a *Guider* magazine from 1978 with a very humorous letter sent into the CHQ shop by a customer:

Dear Madame,

I recently purchased at your emporium a tape – Come On And Sing – intended for my daughter's Christmas stocking. The other day I really fancied a quick Ging Gang Gooli, so I played the tape.

It really was most enjoyable. Morning had broken, we had hiked round Australia and even gathered round the fire tonight... but when we set off for the Land of the Silver Birch, disaster struck! Our heart was busy being sick for you in the lowlands when we were cut off in our prime!

The whole of La Villanella and Hava Nagila were missing, as were two songs on the other side, so I was not able to swing along or show how happy I was!

I enclose the offending tape and hope you will be able to rectify matters.

Yours sincerely, (name supplied)

PS Speed of action would be appreciated. It is cold in The Land of the Silver Birch at this time of year!

Oh, if only all complaints could be made with so much fun and equanimity. A lesson to us all perhaps?

Talking Trefoil

Are you finding it more difficult to read your magazine these days? Did you know that there is a *Talking Trefoil* service that could allow you to access the articles and stories audibly? If you would like to avail yourself of this service, contact the Trefoil Guild office.



Check guild accounts once a year

Accounts reminder

Guilds are reminded that their accounts should be checked internally once per year. The person checking the accounts should be independent from the guild, and not related to members of the guild.

Any members with membership queries are kindly asked to use the dedicated membership helpline 0151 668 0493 (open weekdays 10am-2pm during the current Covid-19 crisis. Normal hours: weekdays 8am-5.30pm).

Watch your waste

You will, no doubt, have noticed that the wrap for *The Trefoil* magazine has been changed to paper, which can be fully recycled with the rest of your paper waste collection.

Hopefully this will be easier than trying to work out where to put the compostable wrapping we had previously used for the magazine.

Going global

Thank you to those Trefoil members who responded to our request in December's issue of *The Trefoil* for World Thinking Day technology ideas. We need more, please. How do you chat to your pen pals around the world on 22 February? Head your email 'Going global'.

It's a mad, mad world...

What a strange year this is turning out to be! You must have seen and experienced things that are not normal – if not totally crazy! Please make a note of them and send them to the Trefoil Guild office (head your email 'Mad, mad world') – we feel an article coming on!

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 September 2020 issue is 1 July 2020.



Your snapshots

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

Lunar mission

Medway Trefoil Guild visited the Museum of the Moon at Rochester Cathedral. The replica of the moon measures seven metres in diameter and features detailed NASA imagery of the lunar surface. We were very fortunate to be able to enjoy this once-in-a-lifetime experience. It was in the cathedral for three weeks before going on to New Zealand, Australia, Vienna, Canada and the USA.

Valerie Cole, Medway Trefoil Guild



Camping capers

You are never too old to hula-hoop at 80+ years! Hula hooping, wellie throwing, toasting marshmallows on an open fire were some of the activities at Worsbrough campsite last summer.

**Mary Keightley,
Barnsley Central Trefoil Guild**



Splendid fun!

My mother-in-law, Rosemary Howell, has asked me to send you a photo of herself with her book *Splendid Fun*, about Girlguiding in Devon. If you need any more information about the book, please contact Rosemary at rosemary.lukesland@btinternet.com.

Lorna Howell, Devon Trefoil Guild



Cake celebration

Hannah Miles, *MasterChef* runner-up, entertained us with a replica of the English Celebration High Tea she created for the Coronation Celebration of Naruhito, the Emperor of Japan, at the Barakura English Garden, Mount Tateshina, in 2019.

The menu included coronation chicken, cheese and ale soup, scones with clotted cream and jam, old English boodles, coronation biscuits, Merton College Crest cheesecakes, rose macarons and English tea.

This menu was from her second trip to the Barakura English Garden in Japan and she hopes to go again this

year. The English Garden buys a new recipe book every year for the collection and when it purchased Hannah's cake cookbook, it invited her to Japan to create an English high tea, which its chefs in Japan cooked under her supervision.

The presentation she gave us regarding the garden was very interesting as the Japanese love English gardens so much. The celebration tea was absolutely delicious and so dainty – we can understand why she is so welcome at the Barakura Garden. Well done, Hannah and thank you so much.

**Joyce Scott,
North Bedfordshire Trefoil Guild**



Musical nuns!

Earley Trefoil Guild was joined by friends from three neighbouring Trefoils for a Sing-a-long *Sound of Music*. We watched the film, with subtitles, and joined in the songs, as well as responding to 'prompts' throughout the film to blow

whistles, wave flowers, cheer and boo, to name just a few.

It was a most enjoyable evening with many ingenious costumes and an unusually high number of nuns in the vicinity of our meeting place!

Ann Wilson, Earley Trefoil Guild



Chance reunion

A 1950s-style campsite was set up at Beamish open-air museum as part of the opening of the 1950s welfare hall. A display of photographs and other memorabilia was located in one of the marquees. A lot of memories were shared, and the reuniting of two of the former Guiders (pictured) was by chance, and a lovely outcome! Sadly, the third Guider in the small photograph had passed away five years earlier.

**Francesca Boyle,
County Durham Trefoil Guild**



Charity chicks

Every year, from Christmas to Easter, it's a chick industry – to provide the South West Hospice charity with these popular chicks to sell before Easter.

**Frances Parrett,
South West England PRA**

Happy hiking

An early morning hike was followed by breakfast at a farm shop and wishing guiding friends a Happy World Thinking Day around the world using technology.

**Frances Parrett,
Keynsham Ammonites Trefoil Guild**



Magical day

Members of Perry Barr Trefoil Guild fulfilled various duties at the county Wizarding Day for Brownies – a superb action-packed day of magic. Hogwarts School of Witchcraft and Wizardry once again opened its doors to 98 eager new pupils, who had negotiated Platform 9¾ to arrive safely.

A visit to Diagon Alley to purchase their robes from Madam Malkin's Robes and wands from Ollivander; then into the sorting hat to find out which house they would belong to; would it be Gryffindor, Ravenclaw, Hufflepuff or Slytherin?

First lesson was Mystical Magic and a little Science, then on to Potions, House Elf duties, negotiating the moving staircase to the Tower Room, a visit to Hagrid's Hut for Care of Magical Creatures including owls, spiders, snakes and toads and, finally, an introduction to the game of Quidditch.

After an exciting and exhausting first day at the Hogwarts School of Witchcraft and Wizardry, all the new 'witches' were homeward bound.

**Cynthia Lawson,
Perry Barr Trefoil Guild**





Exhibition success

There was an exhibition at our local museum for World Thinking Day. The lady setting it up was a Queen's Guide, so she got in touch with Girlguiding Scotland HQ, which contacted me. Marjorie and I went to see the exhibition and gave a chat. The day was a success and we have at least one possible new member.

**Patrice Graham,
Banchory Trefoil Guild**

Thinking Day service

Members of Hampshire East Trefoil held a Thinking Day and Friendship service on World Thinking Day. The photo below shows the Hampshire East Singing Circle standing behind the lit candles. The large candles were lit in memory of guiding and the night lights were lit in memory of Hampshire East Trefoil members who have passed away during the past year. The paper chain contains the names of all WAGGGS countries.

**Eunice Conybeare,
Bere Forest Trefoil Guild**



History tour

Ivybridge Trefoil Guild recently completed two elements of the STARS Challenge. Lynn, one of our members, had given us a talk about Bishop Leofric (1st Bishop of Exeter, 1016-1072) and organised a trip to Exeter. We went on a mystery tour to find evidence of Bishop Leofric before a fascinating visit to Exeter Cathedral Library and Archives. We heard more about Leofric's life and were shown *The Exeter Book*, written in 970 and given to the library by him. A bonus was being shown the *Exon Domesday Book*. We then visited the lovely Cathedral and ended our day by having our photograph taken by the impressive sculpture of three of Bishop Leofric's Riddles, translated and written in mirror image.

Mary Sargeant, Ivybridge Trefoil Guild



Cleaning up

The male members of the Waddow Hall working party worked really hard levelling tonnes of sand and then laying a superb plastic floor, which was later mopped by members of Waddow Trefoil Guild.

**Joyce Wiggins,
Waddow Trefoil Guild**

Landmark walk

Guilds in Stockport had been asked to supply a photo of their members at a local landmark. We walked around the grounds of Bramall Hall followed by refreshments in the café.

**Barbara Knight,
Bramhall Trefoil Guild**



Picture this...

If you'd like to see images of your own guild's activities here, check that your photos are the right size – see the Photo Tips on the Trefoil Guild website – and send them to *The Trefoil* at the address on page 2.

Gorgeous gardens

Pottering about in a green oasis is good for mind, body and soul. Frances Parrett chats to green-fingered Trefoil members

Those of us with a garden who are currently 'self-isolating' are fortunate to have wildlife to entertain us. While planning this article, to my surprise I first heard and then saw a gorgeous young pheasant strutting across the lawn and thought of all the wildlife that I enjoy in the garden – the beautiful goldfinches, fierce blackbird parents, spring robins dodging in and out of the hedge and pigeons, who are always trying to carry twigs that are too wide during the nesting season. Then there's the debonair young foxes streaking through at dawn and the bats zooming from tree to tree as a summer day's light starts to fade. Being close to wildlife is just one of the joys of having a garden.

Thank you to you ladies who wrote to tell us about the joy given to you by your gardens – of all sizes and types! I really



Wild visitors bring joy to any garden



A fantastic view over a garden and beyond

enjoyed the phone conversation I had with a lady from Scotland; Jean Martin lives in Ayrshire, where she and her garden raise funds for a variety of charities on one day in June. It's a day when both Trefoil and church friends come to see the garden, buy plants she has potted up and enjoy a delicious afternoon tea.

Jean told me how the birds enjoy a small stream that spills downhill, and how the herbaceous border flowers year-round. It is a garden she and her husband have been working on for 59 years – planting bird and bee-friendly plants, and gradually



A green space bursting with flower power



Trefoil gardeners at Yeo Valley's organic garden

"Digging, hoeing and mowing the lawn give me exercise, and nature calms the mind"

introducing raised beds in the vegetable area (any excess of cabbages, rhubarb or apples also makes money for charities). Jean can happily tell you from where or from whom each plant in her garden came.

Elizabeth Keyworth is a lone Trefoil member, and her garden gives tranquillity, hope and joy to her family, which is much needed because her daughter needs care. She says, "On good days, my daughter is able to come into the garden and potter; she can find joy in the flowers and the wildlife, and enjoys taking photographs of our growing collection of passion flowers." Elizabeth finds that, "Digging, hoeing and mowing the lawn give me exercise, and nature calms the mind."

Sheila Leete, our new National Programme Adviser, finds there just

aren't enough hours in a day for her to be able to do all the things she loves, like gardening. She says, "We live in a small end-of-terrace house with a 6ft-high brick wall running down the centre. This means that we have plenty of privacy – plus a secret garden, and it's south-facing! Just outside the conservatory is a 7ft acer, purchased from Woolworths as a mere twig.

"There is also a twisted willow tree, originally part of my parents' golden wedding anniversary arrangement," she continues. "When the flowers died, I pushed the willow into the ground, and it is now 30ft tall! It has produced several other willow trees for friends and family. So many of our trees and shrubs have come from cuttings... Our plants seem to flourish with very little input, other than us talking to them every day."

Jo Taylor, editor of *The Trefoil*, took on an allotment when she and her husband moved to an apartment. "We missed having somewhere of our own to sit and enjoy, and we now have the added bonus of lots of our own produce. It's sociable too; we spend time talking to, and learning from, other plot-holders. There are even two cats that visit us on a regular basis."

In the next issue, we will find out about some hard-working Trefoil gardeners who keep a community garden going – and others who provide guidance to visitors at a National Trust garden.

Girlguiding's Strategy

In early March, we launched our new strategy to help sharpen our focus and make sure that Girlguiding stays relevant and empowering

There's a lot going on for girls today – between school, social media, friendships and relationships; not to mention the future, the planet, their education and what jobs might be around in a few years' time. That's why Girlguiding is more important than ever.

Developed with Girlguiding, for Girlguiding, this strategy is our plan for today, tomorrow, together.

In 2018 and 2019, we asked 50,000 members of our community – girls, volunteers, staff, parents and partners – to tell us what they wanted for our future. The findings helped in shaping Girlguiding's Strategy, which has been created from a real picture of the challenges we are facing, as well as our potential.

During our research process 26,000 girls took part in the strategy unit meeting activities, which focused on how they felt about Girlguiding and the changes they hoped for, and 19,000 people took part in online research – this included girls over the age of 14, parents, volunteers and staff colleagues.

We used the research company YouGov to ask over 1,000 people from outside



of Girlguiding to give their feedback. This helped us check if new members would find our ideas exciting.

We also travelled all over the UK, visiting camps and events. A thousand members took part in workshops answering a survey that explored the culture of Girlguiding – how we all work together as part of our community, our unwritten rules and beliefs. We thought about who we are today and who we want to be in the future. The research found three key themes. As you can see on the page opposite, we've built our goals around the following...



Exceptional experiences for girls

Let's create exceptional experiences.

We want to offer experiences so fun, accessible and empowering that they inspire more girls, young women and volunteers to join than ever before. To do this, we will continue putting girls at the centre of everything we do. Every decision we make, big or small, should be led by our girls and young women.



Rewarding volunteer experience

Let's develop a rewarding volunteer experience.

We want more flexible ways of giving your time and better support for our volunteers. This will give more people the opportunity to share their talents and deliver great guiding to reach more girls and young women.



Inclusive and impactful

Let's be more inclusive and make a bigger impact.

We want Girlguiding to have an even bigger impact and influence on local communities and across the UK. We're going to make more people better aware of Girlguiding by proudly telling the world about our amazing achievements and work with local communities to create new opportunities for every girl and to develop how we think, talk and work so our membership reflects the world we live in.

The best way to do brilliant things is by getting the basics right; for this, we need to build solid foundations by looking at new ways of working, empowering girls to lead the way and developing strong structures and processes.



To find out more about Girlguiding's Strategy please visit girlguiding.org.uk/strategy.

An away day in... Liverpool

Wendy Graham reveals there's plenty to see and do in the city that's best known as the home of The Beatles



The Liverpool skyline from Salthouse Docks



Fans of The Beatles should see their statue

Step off a cruise liner in Liverpool and you'll find yourself in a World Heritage Site with enough to see and do to keep you busy all day. Liverpool is also served by great public transport links and friendly local taxi drivers.

Liverpool's waterfront is instantly recognisable by the **Three Graces**, so if the weather's fine and you have a head for heights, take the **Royal Liver Building 360** tour. This includes a close-up view of the famous clock faces and liver birds, as well as across the city and even the Wirral.

Next door, in the Cunard Building, you will find **The British Music Experience** exhibition, proving Liverpool didn't only spawn The Beatles! You will find the Fab Four's statues and exhibition further along the waterfront, and if you're a real fan, you'll probably want to take the **Magical Mystery Tour** to see where The Beatles grew up and places they wrote about.

For those on a budget, there is plenty to see for free. The **Museum of Liverpool** is the largest museum dedicated to a UK city and showcases popular culture as

well as social, historical and contemporary issues of Liverpool's region. **Merseyside Maritime Museum** and **Tate Liverpool** are housed in original buildings of the **Royal Albert Dock**, along with bars, restaurants and a few quirky shops.

For more mainstream retail therapy, head away from the waterfront and across the main road to **Liverpool ONE**, where you'll find high-street stores and restaurants aplenty. The **Georgian Quarter** is a short ride (or longer walk) from the waterfront, but well worth a visit for the treasures it holds. Its cobbled streets and immaculately maintained buildings mean that the area appears in many films and TV productions.

Hope Street has a cathedral at each end; the Anglican **Liverpool Cathedral** and the Roman Catholic **Liverpool Metropolitan Cathedral**. Between them, you'll find **The Philharmonic Dining Rooms**, a pub that was recently awarded Grade 1 listed status; take a look inside, and while you're there, see if you can spot Lord Baden-Powell.

Pictures: Wendy Graham

Lord Mayor's Medal

Brenda Smith, a member from Bristol and South Gloucestershire, was recently awarded the Bristol Lord Mayor's Medal for services to the Girlguiding community and church groups. She is pictured here with The Right Honourable Lord Mayor of Bristol, Councillor Jos Clark.



Great honour

Pictured above is Sir Warren Smith KCVO KStJ JP, Lord-Lieutenant of Greater Manchester, Councillor Charlie McIntyre, Ceremonial Mayor of Salford, and Janet Wood, recipient of the British Empire Medal for services to Girlguiding and Young Women in Lancashire. Janet is a member of Bury Jubilee Trefoil Guild, North West England.



Laurel award

To her great surprise, Oxfordshire Trefoil County Chair, Evelyn Walker, was presented by Andrea Oughton, Deputy Chief Commissioner for Anglia Region, with the Laurel award for exceptional and outstanding service to Girlguiding.



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

Fun and Games

Let the spirit of the Olympics inspire you as part of your Trefoil programme, says Sheila Leete, National Programme and Development Adviser

You are no doubt aware that the 2020 Olympic and Paralympic Games that were due to be held in Japan have been delayed until 2021 due to coronavirus. But did you know that there are Youth Olympic Games? They were founded in 2010 for talented youth athletes aged between 14 and 18. The winter 2020 Youth Olympic Games, held in January in Lausanne, Switzerland, saw young people from more than 200 countries competing against each other.

Are you also aware that, under the auspices of the Olympic Refugee Foundation – set up by the International Olympic Committee (IOC) in 2017 following the creation of the first Refugee Olympic Team at the Rio Games the previous year – that a Refugee Olympic Team took part in the Youth Games? Another Refugee Olympic Team is set to compete in the Games in Japan.

So why not plan to hold your own Olympic event as part of your Trefoil

programme? Many of you who have been involved in running a Girlguiding unit may have already incorporated the Olympic Games into your programme, and some of you may already have included it in your Trefoil programme, maybe as a guild or county or even a region event. With such a wide range of sports included as Olympic events (33 in the summer Olympics, ranging from aquatics to wrestling, and 15 in the Winter Olympics, ranging from Alpine skiing to speed skating), there are plenty to choose from.

We are not expecting you to take part in any water sports in a swimming pool. Instead, think swimming cap and goggles, rubber ring or snorkel and a washing-up bowl! No need to bring in horses for an equestrian event – look up online how to make horses from a swimming noodle! Do you need a full-size table tennis table? A mini table-top set would provide ample competitive fun for all!



The Refugee Olympic Team at the Rio Games



Participants in the Winter Youth Olympics



Let the spirit of the Olympics inspire you for your guild's programme

Centenary celebrations

Are you aware that Girl Scouting in Japan is due to celebrate its centenary in 2020? In relation to these celebrations, there is an excellent resource on the World Association of Girl Guides and Girl Scouts (WAGGGS) website which is full of excellent ideas and information. For the Olympia Badge 2020 Activity Pack, go to wagggs.org/en/resources/olympia-badge-2020-activity-pack. The resource is divided into three activity sections:

- **Stadium (Body)** represents the holistic development of the human body. It links the mental effort to acquire skills and fitness with an appreciation of both



the environment and ourselves. The activities relate to practising sports and developing the body.

- **Temple (Mind)** represents the spiritual dimension of our existence, the development of the mind, and the acceptance of other people's minds and ideas. The activities relate to the spirit of the Games and their history, values, and symbols.

- **Theatre (Cultural)** represents the balanced development of our soul, our cultural and emotional self-respect and our tolerance. The activities relate to Japanese traditional culture.

Many of these activities are similar to challenges we would set in our units and guilds. Centipede Canoe and Sitting Volleyball are prime examples of activities that would come under the diversity awareness heading. Theatre (or cultural)

Pull out
and keep
these pages



Fancy trying your hand at making sushi? There's a recipe for that...

ideas include greetings, sustainability, diversity and healthy eating. Why not do furoshiki (Japanese fabric wrapping)? Or play fukuwarai, which is traditionally played on New Year's Day – but don't just wait until 1 January to try this out.

For the more artistic of you, why not try ikebana, the Japanese art of flower arranging? If you prefer words, why not try haiku poetry? There is even a recipe for sushi rolls!

Every guild is different and not all are as physically active as others. Any of these activities may be adapted to each

of our abilities – there is plenty of interest for all levels.

I'm sure that we are all aware of the Olympic torch relay that takes place in the lead-up to the start of the Games. However, what we may not know is that, at the commencement of the relay, the flame is ignited, with the aid of a parabolic mirror, by the sun at the historic site of the Games, in Olympia, Greece. The Olympic relay then follows a route through Greece before travelling on to the host country to continue through all areas of the land. I am sure that many of you may have participated as support volunteers as the Olympic flame passed through your local area back in 2012. Once the relay is complete, the cauldron in the main arena remains lit until it is extinguished in the closing ceremony. This flame represents purity, a strive for perfection and life.

As one of the items under the Temple heading, there are instructions for lighting our own torch, using sunlight. I think we may need a great deal of patience and a very hot sunny day to



Give ikebana a go, or write haiku poetry



Discover the Japanese art of fabric wrapping

achieve this! If you do choose to include Olympic challenges in your programme, don't forget to make laurel wreaths for the winners – but then, everyone who takes part in this challenge will be a winner, so laurel wreaths for all. Of course, instructions on how to make a laurel wreath are also included.

With such a wide range to choose from, this would be an ideal resource for any of you participating in the STARS Challenge who are wondering what to choose to enjoy with other Trefoil members.

As well as a number of interesting facts about the Olympic Games, there are also inspirational comments from sports men and women. Even if you decide against using this resource, it is worth logging on to the web address for this information.

Girl Scouting Japan's Vision 2020 is that 'All girls and young women speak out about issues which affect girls and young women, and take action for a better world'.

For those of you who choose to use the Olympia Badge 2020 resource, bronze, silver and gold Olympia 2020 badges are available to buy through the WAGGGS online shop.

Sayonara! (Why not look this up if you don't know what it means!)



Olympic quick quiz

- 1 Which European city hosted the first Olympic Games in which women were allowed to participate?
- 2 What is the final event of a men's decathlon?
- 3 Who was the founder of the modern Olympic Games?
- 4 Who was the first gymnast to score a perfect 10 seven times in a row, at the 1976 Montreal Games?
- 5 In which European city was the first opening ceremony of the Olympic Games held?
- 6 Boss, Flex, Vane and Nock are terms used in which sport?
- 7 What were the names of the two 2012 London Olympic Games mascots?
- 8 The distance of the Olympic marathon is 26 miles and how many yards?
- 9 Which British sportsman was the first 2012 Olympic Torchbearer in the UK?
- 10 Women competed in the 3,000m steeplechase for the first time in the Summer Olympics of which year?

Answers will be in the September edition of *The Trefoil*

Meet a guild

Frances Parrett meets a young guild aiming to grow – like their knitting!

Bath Truffles have fun

A Ranger group who suddenly found they were too old to be Rangers decided to be Trefoil members instead and formed the Bath Truffles. At the moment there are seven of them who live in or near Bath; they have careers, some have husbands and families (and/or bumps!) and they are all leaders for Brownies or Rainbows, or maybe both. Some work at the same unit, but everyone finds the get-togethers useful from a point of view of networking, and they all pitch in when a serious subject is being discussed, like



When knitting gets out of hand...

should Grace have blue flooring in her new house... and then, what shade of blue?

It's not surprising that many of these lively young ladies work with children – some are teaching assistants, others include a trainee nanny, a swimming teacher and an Ofsted administrator. One is a doctor working with universities,



There are plenty of places to visit in and around the historic city of Bath



Exploring the Roman Baths

while another is a naval architect. Truffles are interesting people.

As a Trefoil Guild it's early days for them, and they are having fun deciding what to do, and when. They enjoyed the 75th Birthday Challenge – experimenting with cooking spam fritters and gluten-free Welsh cakes, and having a go at finger



The Truffles celebrate becoming a guild

knitting. You will notice the latter got a bit out of hand – the knitting grew and grew and everyone seemed to get tied up in it! We can see who one creative member is – can you spot the octopus?

Their programme for this year has been thrashed out between them... An intriguing country walk to a burial mound, a picnic in the park and a barbecue, nicely balanced with a visit to an 'escape room' and a movie night, topped off with crafty food ideas and an interesting evening looking at 1940s rationing.

With fashionable tourist-popular Bath at walking distance, they will surely never run out of places to visit – and get out and be noticed! The Roman Baths has already been a good location to explore. Photos of you all with Jane Austen – the Fashion Museum – or the Royal Crescent soon, please, Truffles?

It's only their second year as a Trefoil, but as guiding friends enjoying each other's company, they are here to stay. The next challenge is to increase their membership. They have a lot to offer new members, so I hope, like the finger knitting, Bath Truffles will grow and grow!



One of the 75th Birthday Challenge activities

STARS Challenge mystery tour

Carole Jones from Sheffield City Trefoil Guild asks if you can identify these national and international landmarks...



1



2



3



4



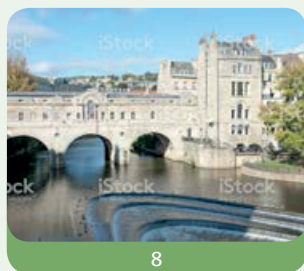
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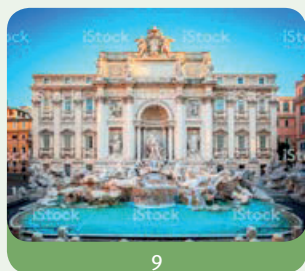
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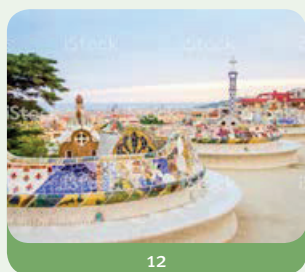
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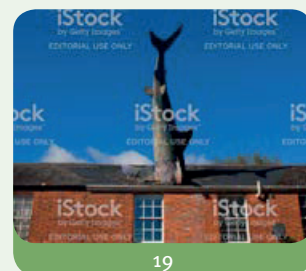
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Answers will be on the Trefoil website from the beginning of July.



Just what the doctor ordered

As they listened at The Gathering, Trefoil members little thought they would soon be in a similar situation...

The picturesque Derbyshire Peak District village of Eyam is never shy making capital from its famous past. Visitors flock there to see for themselves where a tragic story of quarantine and sacrifice was played out 355 years ago, as villagers fought bravely to prevent the spread of the Plague.

The epidemic, which had already decimated London, reached Eyam in

1665, when a tailor from the village ordered a box of materials relating to his trade from London, which he intended to use to make into clothes for the villagers. He unwittingly triggered a chain of events that led to almost 75% of the population of the village dying – more than double the mortality rate suffered by the citizens of London in the Great Plague.

Between the first death and the last, the villagers set an extraordinary and enduring example of self-sacrifice by sealing themselves off from the surrounding areas to prevent the disease spreading.

The rector of the village, along with the Puritan minister, introduced precautions to slow the spread of the illness from May 1666. Measures included families burying their own dead and the relocation of church services to a natural amphitheatre,

allowing villagers to separate themselves, so reducing the risk of infection. Other arrangements included supplies to be left at the edge of the village so that no contact was made with the outside world.

The Plague ran its course over 14 months and the church in Eyam has a record of 273 individuals who were victims of the epidemic.

Survival among those affected appeared random, as many who remained alive had had close contact with those who died but never caught the disease. For example, Elizabeth Hancock was uninfected despite burying six children and her husband in eight days. The village gravedigger, Marshall Howe, also survived, despite handling many infected bodies.

David Bell lives in the village of Eyam today; he is neither an historian nor a trained medic. Nevertheless, this affable Geordie is a hugely popular guest speaker and he delivered a superb talk at the Trefoil Gathering held in Derbyshire last October.

A tale of 17th-century life – a story of people struggling to stay fit and well, trying to avoid common ailments but always fearing the dreaded pestilence should, on the face of it, hardly be considered light entertainment.

Members at the Gathering, however, quickly realised that there wouldn't be too much doom and gloom in David Bell's tongue-in-cheek take on early health care and disease prevention as he got stuck into cures for the likes of constipation, haemorrhoids, bladder stones and, of course, the Plague.

"It's hard to imagine," said David, "that at my time of life I would be sharing centre



One of the many Plague gravestones in Eyam

"Looking back at early healthcare, it is obvious that hygiene was never more than an afterthought"

stage with a life-sized inflatable dummy let alone using it to demonstrate outrageous old cures for haemorrhoids!

"Looking back at early health care, it is obvious that hygiene was never more than an afterthought," added David. "And when a bad water infection didn't see you off then the Plague certainly would."

After the talk, Ann Hall, the then Trefoil National Programme and Development Adviser, said, "It may be a well-worn cliché, but laughter really is the best medicine. David Bell came to talk to our members at the Gathering and immediately won us over. His 70-minute session was certainly different. He was entertaining, thought-provoking yet very funny – and I have to say that as The Plague Doctor from Eyam, his bedside manners were impeccable!"

Visit theplaguedoctor.co.uk to find out more about David Bell.




David Bell demonstrates an unusual cure

Your letters

Find out what other Trefoil members have on their minds

Long-standing penfriend

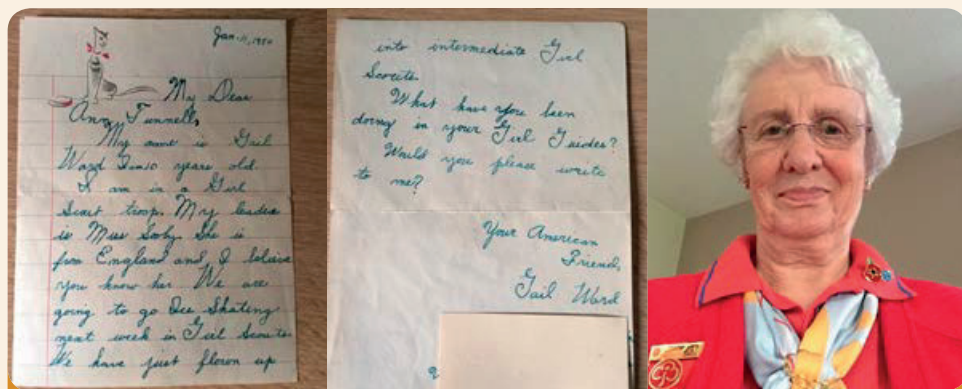
 The date 11 January 2020 was a very special Girlguiding/Girl Scouting day for me because on that day, 70 years ago, ten-year-old Gail, a Girl Scout in Kansas, USA, wrote a letter asking me to be her penfriend. I was then a member of 7th Guildford Guides in Girlguiding Surrey West. I was delighted to say yes, and we have been corresponding ever since. We have

become lifelong friends, writing many letters to each other. We have been able to meet up twice, once in Suffolk, where I now live, and once in the USA, and these days we email each other most weeks.

Over the years, we both had careers, got married, had children, moved to different counties/states and homes, but have never failed to keep in touch. I qualified as a lawyer, while Gail became a teacher. We are both retired now, but love reading, so regularly exchange news of recommended books from our respective book clubs.


I am so thankful to Gail for writing that very first letter (see photos), which I have treasured all these years. What a fabulous movement Girlguiding/Girl Scouting is!

Anne Dunford, Bramford Trefoil Guild



Anne Dunford with the letter that began a lifelong friendship with Gail

Guiding career

 I was a founder member of Helensburgh Trefoil Guild and, with other members, did some fieldwork and recording for the North Clyde Defence of Britain Group in the 1990s towards my Gold Dark Horse Venture Award. Subsequently, we moved to Devon and I joined the Drake

(Plymouth) Trefoil Guild and then the Tavistock Trefoil Guild. Now I am in a care home in Rugby and attend the Hillmorton Trefoil Guild when fit. This is the final phase of a guiding career that began when I was eight in 1941 and continued, a bit stop-start, until now. What memories! Thanks for the smart magazine.

Jill Locock, Hillmorton Trefoil Guild

The Ballad of Foxlease



I'm an early riser, at my desk at five, Grab a coffee and start coming alive.

Check all my emails, there's plenty to see If I don't get a move on, I'll still be at it at three.

The duty phone rings, "Now who's that," I ask?

Someone's called in sick, but who'll do their task?

I check on the rota, Cinolla says no!

So, I put on my general assistant (GA) hat and off I go.

Breakfast for 20, "No problem," I say, Then pot-wash and clear up, it's all in a day.

The room turns are waiting for guests to arrive.

No GA in yet – somehow, I'll survive.

I pick up a bucket and start my first room, I look at my watch, can't believe it's now noon.

Setting for lunch is the next thing to do, Then I rush to my desk to put the shop order through.

I order the bar stock, we're down to the last,

And the cleaning products, we're running out fast.

The old guests are leaving, I stop to say bye.

The new guests arriving, I smile and say "Hi,"

"Welcome to Foxlease!" You haven't a clue I've already done 20,000 steps getting it ready for you.

At the end of the day, I fall into bed, Turn out the light and sleep like the dead, And dream of tomorrow, and oh come what may,

It's all in an operation coordinator's day.

Kal Elias, Foxlease 2020

(sent in by Vanessa Cunningham)

Standard restoration



In preparation for the 2022 celebrations for the Centenary of Foxlease, we have commenced researching into what needs to be undertaken to repair/restore the Princess Mary Standard. This is displayed on the wall outside London & Kent rooms and damage to it occurred during a recent redecoration of the corridors at Foxlease when it was removed from the wall for a short period of time. You can help by purchasing the Princess Mary Standard Badge, £4 each plus P&P, or notelets, 70p



The Princess Mary Standard badge

each or £3 for 5 cards plus P&P. For further details, please contact wingle@btinternet.com, or secretaryfriendsfoxlease@gmail.com, or by post, Secretary, Friends of Foxlease, 3b Nursery Road, Ringwood, Hampshire BH24 1NF.

Vanessa, Secretary, Friends of Foxlease

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

Meet your head office staff

Eileen Martin introduces you to the hard-working team that helps Trefoil Guild to run smoothly



The multitasking head office team are (from left) Marie, Tasha and Charlotte

Trefoil Guild has a Board of Trustees, made up of volunteers, that is supported by three members of staff who work in the Girlguiding headquarters (HQ) in Buckingham Palace Road, and who share an open-plan office on the third floor with lots of Girlguiding departments. Marie, Charlotte and Tasha work hard as a team to ensure the smooth running of Trefoil by undertaking a wide variety of tasks and duties and help to implement the Trustees' ideas.

Before visiting them for the first time, I had imagined a lovely spacious office with lots of desk and storage space. However, the reality is somewhat different with the staff using their organisational

skills and 'hot-desking' to share the two desks, and storing much of the stock and other items under the desks and in the limited cupboard space. Rooms for larger meetings such as the Board of Trustees, Finance and General Purposes Committee, or the Editorial Board are shared with Girlguiding staff. Each room has to be booked well in advance and the meetings have their own challenges, involving organising tea and coffee, and lunch, or provisions, especially for those who are travelling a distance.

The Trefoil office staff work together as a team on larger projects such as the Annual Meeting and the annual subscriptions, both of which are ongoing throughout the

year. Some of the tasks Marie focuses on include GDPR, The Charity Commission and finance, working closely with the Honorary Treasurer and Finance and General Purposes Committee. She also leads on organising Trustee meetings, is PA to the national Chair, manages the office and the other two members of staff, and liaises with key Girlguiding departments such as HR.

Charlotte shares her time between working at home and in the office and assists Marie with many of her duties while also taking a leading role on organising each issue of *The Trefoil* magazine in tandem with the volunteer Editorial Board. She not only ensures the magazine is on schedule but works with both Newhall and the volunteers on content as well as a host of other tasks. Her duties also include working with the national programme adviser. She works with Tasha to update the website and social media plus the mammoth task of keeping the Trefoil database up to date.

Tasha works part-time too and is in the office three days a week. She works closely with Marie and Charlotte on all elements of the Annual Meeting planning, and providing key assistance in ensuring that the annual subscriptions are renewed smoothly. She also concentrates on design work and coordinates with the national PR adviser on materials. Working with Charlotte, she also looks after the Trefoil photo library and, in addition, can be spotted at the Annual Meeting as a photographer!

The team also handle all incoming Trefoil queries via phone, email, and social channels. Please bear in mind that they share the office space with other members of Girlguiding staff and won't



The team 'hot-desk' in limited office space

"Marie, Charlotte and Tasha share a wealth of knowledge and respond to everything we ask of them"

always answer the phone on the first ring. We have an alternative phone number for membership enquiries, which is helpful in reducing the number of queries during the subscription window. The dedicated membership helpline is 0151 668 0493 (open weekdays 10am-2pm during the Covid-19 crisis. Normal hours: weekdays 8am-5.30pm). Please encourage other members to use this service and also help by first directing them to the relevant members in your guild, county, country or region, who may have the answer for you. This will ease the pressure on the office, as will remembering that politeness costs nothing and makes for a much more pleasant conversation every time.

Marie, Charlotte and Tasha share a wealth of knowledge and respond to everything we ask of them and we'd like to thank them for all they do for Trefoil.

Right on the money



Get extra funding for your guild – just by shopping online!

Raising money for your guild isn't always easy, is it? To make fundraising easier for our members, we've partnered with the website easyfundraising. Currently, 30 of our guilds are making the most of it – read on to find out what it's all about...

How does it work?

It's really straightforward – many of your members and their families shop online, and with easyfundraising you can turn that shopping into funds for your guild. When anyone connected to your guild uses the easyfundraising website to shop with well-known retailers such as Amazon, eBay, M&S, Trainline, Lakeland, John Lewis, Booking.com, Argos, Waitrose, Tesco and 4,000 more, the retailer they shop with sends your guild a free donation at no extra cost to the shopper.

Here's an example

Ann wants to buy a kettle from John Lewis. First she goes to **easyfundraising.org.uk/trefoil-guild** and clicks on the John Lewis link. Then easyfundraising directs her to the John Lewis website, where she buys her kettle. Because she started at **easyfundraising.org.uk/trefoil-guild**, John Lewis will send her guild a free donation at no extra cost to Ann. It's that simple.

Does it work?

Yes! Around 30 guilds are already using it successfully and putting the money they receive towards their running costs, trips for members, or even donating it to the

good cause the guild supports – Cheam Division guild has already raised £400! easyfundraising has helped good causes and charities all around the country to raise more than £30 million – so it really does work.

Getting started in three easy steps:

- 1 Register your guild at **easyfundraising.org.uk/trefoil-guild**. easyfundraising will give you plenty of support, including a chat with one of its friendly team at a time to suit you.
- 2 Ask your members to choose your guild as their cause to support and to go to **easyfundraising.org.uk/trefoil-guild** first whenever they shop online.
- 3 Each time your supporters make a purchase, your guild gets a donation. Every three months, easyfundraising will total up all the donations and pay it into your guild bank account.

How to register

Registering your guild is free. You just need your guild's name and bank details and the following description: *Trefoil Guild is a branch of Girlguiding (a leading charity for girls and young women in the UK) and our members agree to support the guiding ethos – including the pledge to help other people. In Trefoil Guild, women and men aged 18+ make new friends, travel, explore, serve their communities and help Guiding (and Scouting) thrive.*

Getting together

In the latest in our series about groups that might interest you, we find out about the colourful subject of heraldry

Hopeful heraldists

I am sure many members remember the County Badge Exchange. That was where, as a Ranger and young Guider, I made a collection of county badges, which started me on the road to heraldry. Our colourful flags and standards are another way that members may become interested.

But how does one 'do' heraldry? One answer is to pursue the interest with others. Hautbois Heraldry week began with the Anglia Heraldry Group, but is open to all; as is Essex South East's Heraldry weekend, Heraldry for the Perplexed. We teach each other through visiting sites with heraldry; drawing, photographing, describing and finding out about the coats of arms that catch our eye. This year's Hautbois Heraldry is due to be held 24-28 August.

Through a link with The Heraldry Society (theheraldrysociety.com), Anglia Region archivists wrote a staged challenge on the subject, 'Beasts, Banners & Badges'. You'll see churches, castles and country piles with different eyes once you learn a little about the coats of arms that adorn them. Personally, I love learning the



A Heraldry Group get-together

arcane language used to describe the shields; it's a great exercise to keep the little grey cells active.

For the past few years, Foxlease has run a Heritage Week (a midweek break) where you can learn about our history and lose yourself in Foxlease's own archives. There is a lot to be learned in some of the groups that have sprung up on Facebook, too – I Love Girlguiding History, and Girl Guide Heritage and Traditions, for example. There's also the Agnes Baden-Powell Appreciation Society, where Robin Clay, no less, often pops up and posts snippets of Baden-Powell history.

There is a huge interest in guiding history, but not so much opportunity to share it. Every Girlguiding county should have an archivist, and I'm sure many are Trefoil Guild members. They might be glad of help in recording, storing and sharing the items they are responsible for. It would be a useful Voyage Award project!

Contact Wendy Ingle at wingle@btinternet.com for more information.





Introducing...

Hilary Crane, Chair, South West England

At seven years old I became a Brownie, loved it and never looked back. I became a leader at 17, continuing throughout my teacher training and career. I loved being Brown Owl, especially taking the girls on Pack Holiday, giving them opportunities to have adventures and fun; what a fantastic way of getting to know them.

The movement inspired me to use my skills and encouraged caring attitudes in my relationships with children and adults; it gave me the confidence and leadership skills, provided me with

opportunities I never anticipated and helped shape my life. Girlguiding – and Trefoil Guild – also led me to appreciate singing, which lifts the spirits and brings joy and peace, as well as good friends, near and far, sharing a common bond.

Now another fantastic opportunity is given to me, I look forward to extending my Trefoil family as I work with and get to know better the members of South West England. It is my aim to encourage others to join the fun and friendship on our wonderful Trefoil adventure.

Classified

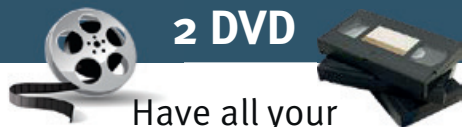
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If you would like to advertise in *The Trefoil*, contact: Trefoil Guild, Editor – Advertisements, 17-19 Buckingham Palace Road, London SW1W 0PT; or email: trefoilguild@girlguiding.org.uk

Classified

Drama for ladies

Large quantity of assorted brief drama items written by myself for ladies' groups and suitable for acting or play reading. Items include sketches, mini pantomimes, duos, trios and much more. Extremely reasonable prices.

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The Guide Association Scotland, known as Girlguiding Scotland is a registered Scottish charity No SC005548 Netherurd, Blyth Bridge, West Linton, Peeblesshire, EH46 7AQ

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Trefoil Guild 13

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