

# The Trefoil

[www.trefoilguild.co.uk](http://www.trefoilguild.co.uk) | March 2015 | Issue No 237



Fun in  
friendship



GUIDING FOR ADULTS  
**Trefoil Guild**

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**The official journal of the Trefoil Guild**  
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We regret that we cannot guarantee publication of all items sent in.



## The Chairman writes...

Hello everyone,

This time of year is about new beginnings; the garden suddenly bursts into life, the evenings get lighter and I feel more energised to get out and about. This edition of your magazine is about new beginnings as it is the first edition from our two new volunteer editors. They have rearranged some of the pages with Your snapshots and Around the Regions amalgamated on page 8. By popular demand, there is a new series on programme ideas on page 28 for you to consider with your guild.

It is often difficult to come up with fresh ideas so if you have tried something new that has worked really well, please let us know. I was recently told about a group that has a pudding club; they meet once a month and visit a different pub just to eat puddings. Sounds like a wonderful idea to me – I will be suggesting it at my next guild meeting!

Your Executive Committee and Council met at the end of February for three days to discuss the way forward for Trefoil Guild for

the next five years; you can read about our decisions on page 4. I hope the ideas that many of you put forward to your local Chairman and Council member have been included. I know we can't please everyone all of the time, but we try!

Before the next edition of our magazine we will be holding our Annual Meeting in Derry/Londonderry, and I am looking forward to meeting as many of you as possible. It is always so good to be at a large-scale event and really feel the fun and friendship that Trefoil Guild has to offer. If you haven't booked yet, there is still time to consider coming to meet other members and share experiences. If you are unable to get to this meeting, perhaps I will meet you at our Gathering at Swanwick in the autumn.

Best wishes,

*Pat.*

## Looking ahead

Your National Executive Committee and Council met at Swanwick in February to evaluate our last strategic plan and to plan for the next five years.

The role of the Executive and Council is to ensure that the business of Trefoil Guild is delivered in accordance with The Charity Commission and to allow our members to have a positive experience at their guild meetings. We firmly believe that our Promise is central to all we do.

### *The 2012-2015 plan*

The three aims for the 2012–2015 strategy were to change the perception others have of Trefoil Guild, to grow our membership and to develop our programme.

### *The 2016-2020 plan*

In our new plan, we want to develop in three main areas.

- Review our organisational structure and support networks to include a digital strategy. This acknowledges that good communication is essential to our organisation.
- Grow our membership by encouraging new members and retaining existing members by being welcoming and offering an exciting programme.
- Develop our four key messages in the following ways.

*Members are encouraged to be involved in their wider community*

## Find friendship

New friendships will be made and friendship renewed at guild level. There will also be opportunities to meet others at County, Country/Region and national events.

We aim to:

- start at guild level
- offer friendship and be welcoming to all
- address negativity
- publicise what we do and be proactive in encouraging people to join
- celebrate our 75th birthday in 2018.

*The Trefoil Guild programme is flexible and tailored to meet the needs of its members.*

## Get active

The Trefoil Guild programme is flexible and tailored to meet the needs of its members. The programme can be enhanced by County, Country/Region and national initiatives.

We aim to:

- enrich programmes at guild level
- engage members in large-scale events
- encourage members to take part in challenges
- raise awareness that specialist interest guilds and groups can be formed to meet specific needs.

## Give support

Members are encouraged to be involved in their wider community by giving support in identified areas of need.

We aim to:

- encourage guilds to find out about the local community, identify needs and respond as appropriate
- respond to national and international calls for support or assistance by offering practical support, fundraising and working in partnership with other organisations.

## Get involved

Getting involved gives our members the opportunity to share experiences while volunteering within Trefoil Guild, Guiding and Scouting.

We aim to:

- encourage our members to challenge themselves
- encourage volunteering for roles within Trefoil Guild, Guiding and Scouting
- encompass information technology
- support Trefoil Guild roles at all levels to encourage participation.

As you can see, there is much to do! We hope that members up and down the UK will embrace these aims over the next five years. Together, we can make Trefoil Guild a truly inclusive organisation in which fun, friendship and volunteering are encouraged.

**Pat Downer**  
National Chairman

Welcome to the new-style noticeboard. We hope these pages will help you connect with the magazine, so you can make *The Trefoil* your own.

## Submissions

We warmly welcome your submissions to the magazine. Please send letters, Your snapshots, stories and items to be included in the magazine to the Trefoil Guild office by emailing [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk) or by posting to *The Trefoil*, Trefoil Guild, 17-19 Buckingham Palace Road, London SW1W 0PT. We cannot guarantee publication of all items sent in and reserve the right to edit items published. See page 7 for the next issue's copy date. Apart from letters, every submission you make must be accompanied by a form from the website: [www.trefoilguild.co.uk/resources/forms/aspix](http://www.trefoilguild.co.uk/resources/forms/aspix).

## Meet a Guild – our new series

Who are the different characters who make up your group? How does Trefoil Guild fit into their lives? How are events or meetings organised? What exciting and fun things have you been doing? We would like to meet your guild! We need lots of information about your members, and lots of good quality photos. If everyone is happy to contribute, please contact the office (details above) and we will be in touch.

## Snapshots

Please send us photos of busy, happy Trefoil Guild members that tell the tales of what Trefoil Guild means to all of us. Try to keep the background of your photo simple, and focus on between three and six members; the more lively and active the better! We prefer high resolution, digital photos to be emailed but will accept good quality printed photos or scans.

## Coming soon!

### *When I wore my Trefoil Guild pin (or necker or top)*

Try wearing your mini Trefoil badge whenever you go out... then let us know what happens! Who did you meet? Where were you? Was there a follow up? This is a quickie, so no more than 50 words with a photo please!

## NEEDED... Volunteers for The Trefoil readers' panel

Would you like the chance to review proposed magazine content or comment on aspects after publication? Please get in touch at [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk).



## Dates

- 13 April 2015** Deadline for the July edition
- 6 June 2015** National Annual Meeting in Derry/Londonderry
- 2–5 October 2015** Swanwick Gathering 2015
- 18 June 2016** National Annual Meeting in Harrogate

## Notices



### Lady Juliet Townsend

It is with great sadness that we pass on the news of the death, in November, of Trefoil Guild's Patron, Lady Juliet Townsend. Lady Juliet was also a long-standing Vice President of Girlguiding, and President of Girlguiding London North East County. In Chief Guide Gill Slocombe's words, 'Lady Juliet was hugely supportive of everything we did and was an extraordinarily lovely person to work with ... she lived life to the full and we were fortunate to have been a part of that.'

Trefoil Guild was represented at Lady Townsend's memorial service in January.

### Photography group meeting

Trefoil Guild Photo Group 2015 Meeting  
Broneirion, 6–10 July  
£270 for a twin or shared room  
Contact Jane Wardropper  
Tel: 01743 790489  
Email: [janewardropper@btinternet.com](mailto:janewardropper@btinternet.com)

### Our Chalet Song Book

Copies of the seventh reprint (1997) of the yellow song book – first published in 1974 – are still available. The book contains 127 songs with music, including the *High up, high on the mountain (Our Chalet Song)*.

Please send £2 each (postage and packing is included) to: Friends of the Chalet c/o Janet Steele, 3 Yewhurst Road, Solihull, West Midlands B91 1PW or email: [janetfooc@stelton.co.uk](mailto:janetfooc@stelton.co.uk).

All proceeds benefit Our Chalet.



### Submissions to the magazine and website

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

Submission date for the July 2015 issue is 13 April.



### *Pirates' day thanks to the Platinum Fund*

In the summer, 36th Nottingham (Special Needs) Trefoil Guild held a Pirates' day out. We are very grateful to the Platinum Fund, which gave us a grant to fund the specially adapted transport for this event.

The ladies had a fabulous day and lots of fun. They dressed up in pirate hats and wore eye patches. Activities included a treasure hunt, pirate games and a reading from the book *Pirates Love Underpants*.

**Carolyn Henson, 36th Nottingham Trefoil Guild**



### *International Friendship Day*

East Yorkshire Trefoil Guilds attended an International Friendship Day at Paxwold at Goodmanham, East Yorkshire, in October.

We looked at different crafts and customs from the countries in which World Centres are situated – India, Switzerland, Mexico and England. In the photo we are following a custom which is carried out at Christmas in Mexico. A piñata is a decorated clay or papier-mâché jar filled with sweets and hung from the ceiling or tree branch. Children are blind-folded and take it in turns to hit the piñata with a stick until it splits open and the sweets pour out. Then the children rush to pick up as many sweets as they can!

Everyone took turns at hitting the piñata, and the photograph shows Jackie Dickinson, North East England Chairman, giving it her best shot! It took many attempts from us all before we finally split the piñata and got our sweets.

**Chris Scruton, PRA East Yorkshire**



### *Visit to Castle Drogo*

The National Trust's Castle Drogo in Devon is being renovated, so during a visit, 2nd Bath Trefoil Guild members were given an opportunity to go in the builders' lift – to roof level!

**Frances Parrett, PRA Somerset North**



### *Racing for life!*

Eight members of Manhood Trefoil Guild, West Sussex, took part in the 5km Race for Life along the Worthing seafront. With the help of other members, friends and family we raised over £512 for Cancer Research (the guild's chosen charity for the year).

**Jean Shergold, Manhood, Sussex West**

### *Milking a model cow*

Caithness Trefoil Guild member Lindsay Kay 'milking' the model cow. It is set up in the grounds of local Castle of Mey to allow visitors to find out how difficult milking is! We were there to visit a very moving exhibition on the First World War which included local memories, photos and keepsakes.

**Lesley Gunn, Caithness, Scotland**



### *Activity day at Waddow*

In September, 37 Trefoil Guild members from Lancashire North West took part in a variety of activities such as quilling, iris folding (a paper-folding technique from Holland), photography, archery and low ropes. We also incorporated our Annual Meeting into the day. Our County Chairman, Margaret Conroy, particularly enjoyed her turn on the low ropes.

**Pat Marshall, Lancashire North West**

### *Pennine Way reunion*

This group first walked the Pennine Way in 1986, an event organised by Liz Goldthorp, the then Deputy Manager at Glenbrook. Since then there have been regular reunions in various parts of the UK, but our walks are a lot shorter these days! In September, we stayed at Caeglas activity centre on the outskirts of Cardiff and agreed to celebrate our 30th anniversary in 2016 by booking Glenbrook for the weekend of 16 to 19 September 2016. If you walked the Pennine Way with us in 1986 and are no longer in touch with the group, we would love to hear from you. Email Beryl Miller at [berylmiller283@talktalk.net](mailto:berylmiller283@talktalk.net).

**Beryl Miller, Matlock**



### *Christmas weekend*

Each year, Broneirion hosts a special Christmas weekend. As usual, Welsh Trefoil Guild members enjoyed being part of the team ensuring everyone, young and old, had fun. This year, 200 local children visited Santa's grotto, and there was a silent auction, Christmas entertainments and a celebration service.

**Jenny Davies, PRA, Wales**

### *Fox Break 10*

In November, Trefoil Guild members from as far away as Oxfordshire, Kent and Nottinghamshire joined more local members from Hampshire, Somerset and Surrey to enjoy the latest Fox Break – a four-day Trefoil Guild leisure break with crafts, walking, music and fun at Foxlease.

**Frances Parrett, Fox Breaks Organiser**





### *TGIFC Christmas get-together*

Bermuda TGIFC is a small group of dedicated ladies who have all been involved in guiding over many years. We meet every other month on a Saturday afternoon in the local guiding headquarters. We are a fairly new group and are always looking for more members to expand our horizons and our range of activities. We try to have a guest speaker at our meetings, and sometimes plan an outing for an afternoon activity. Our December meeting was followed by food and drink, and an opportunity to share our plans for the holiday.

**Dianna Doe, Bermuda TGIFC**

### *Climbing the O2 Arena*

Members from two Bedfordshire Trefoil Guilds spent a very enjoyable weekend at Pax Lodge in September. The highlight, for most of the group, was a walk across the top of the O2 Arena! Other activities included London walks, visiting the Tower of London to see the sea of poppies and a trip on the Emirates Air Line cable car. One small group even managed to see a show in the West End. Pax Lodge is a great place to stay when visiting London.

**Kate Briscoe, Henford, Bedfordshire**



### *Nutley Windmill visit*

In August, seven members met at Friends Clump in Ashdown Forest and walked down to Nutley Windmill. We had a most interesting tour of the mill, learning that parts of it date back to the 16th Century. Nutley Windmill is an open-trestle post mill, and is the oldest working mill in Sussex.

**Fiona Cattermole, Crowborough Trefoil Guild, Sussex East**





### *North Tyneside's new outdoor centre*

Ashleigh Vaughan, member of Forest Hall Trefoil Guild, with her son Mason at the official opening of North Tyneside's new outdoor centre at Kirknewton.

**Chris Scruton, PRA, North Tyneside**

### *Burton Manor trip*

Members of Dibbensbrook Trefoil Guild at Burton Manor on the Wirral, a conservation site maintained by the villagers.

**Pat Turner, Dibbensbrook Trefoil Guild, Wirral**



### *Segway fun*

In September, as part of the Big Brownie Birthday Challenge badge, 12 ladies went Segway riding near Milton Keynes. We were all nervous about riding on these two-wheeled, self-balancing, battery-powered electric vehicles. With encouragement from each other and two excellent instructors we had a fun morning, achieving more than we expected, including super speeds round the race track.

**Ruth Oddie, Woburn, Bedfordshire**



### *Kurling tournament*

A Division kurling (similar to curling, but without the ice) tournament was organised by Allander Trefoil Guild. This proved highly successful and was enjoyed by Trefoil members, guiding Leaders and members of The Senior Section alike. Of the eight teams, two were entered by Milngavie Leaders, and the trophy was won by Milngavie 'A' team.

**May Morton, Allander, Dunbartonshire**



### *Zippy birthday to you!*

Kathleen McConnell of Londonderry City Trefoil Guild, celebrates her 80th birthday with a trip down a zip wire at Laggan Activity Centre outside Gatehouse of Fleet in Dumfries and Galloway, Scotland.

**Merle Whyte, PRA, Ulster**



### *Llama farm visit*

Margaret Francis, Chairman of 2nd Bath Trefoil Guild, chatting to one of the llamas at the llama farm near Chilcompton. Members enjoyed a talk given by the farmer about how llama wool is being used today.

**Frances Parrett, PRA Somerset North**

### *West Glamorgan County Trefoil International day*

West Glamorgan held a County Trefoil International Day in September, with more than 60 members attending. Each guild brought along a display of one of the World Centres with some craft and food from the relevant countries. Some members came along in costume. Guest speaker, Hannah Stubbs, spoke about her visit to Zambia with Girlguiding Cymru Book Club.

**Mary Roberts, West Glamorgan**



### *Aiming high*

Margaret Salmon of Albert Bridge Trefoil Guild, Belfast, takes instruction in archery at the Lorne house party.

**Merle Whyte, PRA, Ulster**

## If it were not for Trefoil...

Another look into how Trefoil Guild has shaped members' lives – this time we focus on our Volunteer Editors.



*I always call myself the reluctant Ranger.*

### A childhood aspiration

When I left school at 16 I wanted to be a journalist. I was good at English and interested in what was going on in the world around me. I was told by the local paper that first I should get A levels, but a short time later I saw an advert for the Ministry of Defence (Navy) in London and, as my boyfriend was in the Royal Navy, I thought it would be a good link to him. When you're young and in love! My career then led me away from journalism to the petro-chemical industry via the merchant navy and then on to the IT industry.

Despite my meandering career, the constant in my life has been guiding. As an eight-year-old I pestered my mother to take me to Brownies – no waiting lists in those days, I started that evening and never stopped! Guides was held at school; our maths teacher was our Guide Captain, we camped and did outdoor activities in the school grounds, and our domestic science teacher taught us how to cook over an open fire.

I always call myself the reluctant Ranger. I wanted to be a Cadet when I left school and Guides, but I fell between those years when Cadets finished and Young Leaders hadn't yet started. As soon as I was 18 I became a Leader and I have carried on guiding wherever I've lived. I've been Ranger Adviser, Assistant Division Commissioner, County Commissioner, and Chief Commissioner for Girlguiding North East England. I'm still an Assistant Ranger Leader and Queen's Guide Coordinator for Girlguiding Sheffield.

It wasn't until I retired that I started to go to Trefoil Guild meetings regularly. There is something in Trefoil Guild for us all, and the support and friendship is there for everyone. When I became Volunteer Editor of the magazine, I suddenly realised that if it were not for guiding and Trefoil Guild I would never have, at last, achieved my girlhood aspiration!



**Jo Taylor,**  
Volunteer  
Editor of  
*The Trefoil*  
(third from  
right)





### *So many hats on just one head*

Frances Parrett, *The Trefoil's* new Deputy Editor, lists the metaphorical hats she has worn as a Trefoil Guild member.



Somerset North PR Adviser... asking nicely (only occasionally nagging!) for photos of Trefoil members 'being active'; keeping an ear to the ground for good stories; sending photos every couple of months to South West Region and to the Trefoil Guild office in London.



Somerset North Secretary... putting the annual report together; sending out emails; writing minutes; and liaising with chairmen across the County!



Keynsham Ammonites Trefoil Guild Chairman... liaising with Sue (our amazing programme person) and Carol (our very capable treasurer) and all the lovely members who enjoy each other's company so much! If it wasn't for Ammonites I would definitely not have visited the Control Tower at Bristol Airport, met a llama, had a tour of Bristol Hippodrome's backstage, or provided the sound effects for a pretend episode of *The Archers* at BBC Bristol.



FoxBreaks Administrator... looking for a leprechaun's crock of gold for

the St Patrick's break; climbing into a tree with a saw to get damper twigs; wandering around the New Forest to make sure a trail works!



Deputy Editor of *The Trefoil* magazine... a job which I am looking forward to.



The Trefoil network has had an impact on my usual drumming bookings; as well as taking the drums to Trefoil Guilds, I find myself going further afield to some unexpected places, leading workshops with guiding and non-guiding folk!



Voyage Award has led to me travelling around the UK hunting butter crosses and market halls, and remembering to do my daily Italian practice on my iPad!

What haven't I succumbed to with Trefoil? Well, I always go to the regular Knit and Natter meetings but I usually take my laptop – I will NOT be knitting!

*The Voyage Award has me practising Italian daily on my iPad!*



## Make a Rainbow update

In March 2014's issue, we reported on Chief Guide Gill Slocombe's determination to open more Rainbow units around the UK.



Volunteers took Gill's plea to heart and have been busy up and down the UK opening new Rainbow units and recruiting Rainbows to existing units. In November,

Leaders in Cheltenham opened a Rainbow unit which meets on a Saturday morning and the girls have taken to this very enthusiastically. Further north, 280th Liverpool Rainbows has grown from three to 15 members in just one term! In the meantime, the Chief Guide's new Rainbows enjoyed their first sleepover.

Rainbow Leaders have taken to Twitter at #makearainbow to tell everyone about the fun they have been having, including posting photos of girls decorating pillowcases for a *Frozen* sleepover, making snowmen out of cardboard rolls, taking part

in glow-in-the-dark bowling and making pizzas at a local restaurant (all the girls wore cute little chefs' hats!).

In total in 2014, volunteers opened more units for Rainbows than any other section. There were 99 new units and nearly 4,000 more girls aged 5 to 7 in our membership by the end of the year – what an achievement!



*Last May we continued to campaign with the new Girlguiding Make a Rainbow video on [www.youtube.com](http://www.youtube.com).*

## Tell Sophie

In November 2012 we asked for your help with our Tell Sophie campaign.

The campaign is about legacies and asks what you would tell your ten-year-old self. What advice would you give that little girl and what would you tell her not to worry about? Lots of people left all sorts of advice about listening, taking time to enjoy yourself, trying your best, believing in your potential and treasuring friendships.

### Top advice

- True friends don't care if you don't have the latest fashion trends or have a few spots!
- Don't limit your ambition – reach for roles where women haven't made their mark yet.
- Keep a list of all the books you've read.
- Make as many faces as you like; your face won't actually stay like it.
- Focus your energy into your passions – If your heart isn't in it you won't get as much out of it.

Do you have anything to add? You can still share your advice on the Tell Sophie web page.

The campaign also asked for Trefoil Guild members to spread the word about leaving a gift in a Will. There is plenty of promotional material for Trefoil members to distribute in various places like libraries, doctors' surgeries, village halls etc. It encourages former members to think about

all that guiding gave them and then asks that they consider leaving a bequest to Girlguiding to carry on the work that they benefited from in their childhood.

A fantastic 74 per cent of the UK population support charities and when asked, 35 per cent of people say they'd happily leave a gift in their Will once family and friends have been provided for. The problem is only 7 per cent actually do.

That's why, if in addition to leaving money to our families, we all bequeathed to charity, we could make a huge difference. In fact, just a 4 per cent change in behaviour would generate an additional £1 billion for good causes in the UK every year. Imagine how much guiding could happen with a share of that!

Tell Sophie has already made a big difference – among other projects, the Devon Room at Foxlease has recently benefited from a £500 legacy, as has Taw Bottom campsite near Okehampton, Devon.

For more on the Tell Sophie campaign, go to the Girlguiding website and search for 'Tell Sophie'. If you would like to speak to someone about leaving a lasting legacy to Girlguiding call our Legacy team on 020 7834 6242.



*Tell Sophie has already made a big difference.*



## Avril Dooley, Chairman South West England

Avril is Chairman of South West England and tells me she couldn't live without books. She has always loved reading and can even remember that the first book she borrowed from her library was called *The Big Red Balloon*.

Avril has stayed in guiding since she was a Guide, later moving on to Sea Rangers in Liverpool and eventually becoming a Leader and Commissioner.

She has just finished reading *Three Ways to Capsize a Boat* by Chris Stewart, chosen after having heard him talking at the Wigtown Book Festival, and also on Radio 4 discussing the peasant farm he bought in Spain. The book is about how he learned to sail by taking a Cornish Crabber around the Greek Islands and then helping to crew a vintage Bristol Channel Pilot Cutter from the UK's south coast to Newfoundland via Norway, Iceland and Greenland.

Avril's husband is very keen on elephant conservation, and a few years ago when he heard about an elephant being mistreated in the UK, he contacted the RSPCA and offered to re-home it. Avril was away from home and by the time she realised what he had done the elephant had fortunately been rehomed elsewhere! The book Avril is reading at the moment is all about Lawrence Anthony, who took on a herd of 'rogue elephants' on his Thula Thula game reserve in South Africa. *The Elephant Whisperer* is an incredible story of how Anthony battled to stop the herd escaping to dangerous territory and came to understand the elephants' needs so that he could gradually turn them around. It is very sad in parts but also inspiring.

The third book Avril has chosen is quite different and has the very long title of *The Hundred Year Old Man who Climbed out of the Window and Disappeared*. As it is mostly set in southern Sweden where her granddaughters live, Avril knows a lot of the places mentioned. It is a tale of all the adventures that befall an old man after a spur-of-the-moment decision, and a look back at his life. The book abounds with quite incredible stories and coincidences!

**Avril spoke to Gillian Spriggs**

### Avril's books of choice

*Three Ways to Capsize a Boat: An Optimist Afloat*

Chris Stewart

Published by Sort of Books

ISBN 978-0956003843



*The Elephant Whisperer*

Lawrence Anthony with Graham Spence

Published by Pan

ISBN 978-0330506687



*The Hundred-Year-Old Man who Climbed out of the Window and Disappeared*

Jonas Jonasson

Published by Hesperus Press

ISBN 978-1843913726





*We take our annual look at GOLD projects which are so well supported by Trefoil Guild members. This year we follow Becky in Malawi and Caroline in Peru.*

# GOLD

report 2014



## What is GOLD?

GOLD is Girlguiding's flagship international project for members aged 18 to 30. Teams run sustainable development projects for three weeks with a guiding association overseas. The whole GOLD journey takes approximately one year from selection to debrief, during which the participants are given lots of support and gain a great deal from the experience.

When they have finished, the projects leave a lasting legacy in each country. Eight GOLD partnerships run at a time, each lasting three to five years. Common themes are leadership training, programme development, PR and marketing training, supporting the creation of new sections and membership recruitment.

Trefoil Guild supports GOLD participants

by offering them a grant of 20 per cent of the basic cost of the trip. This grant makes a huge difference to the young women as they begin the daunting task of raising money to fund their trips.

### The 'GOLDies'

Rebecca (Becky) White is 22 and from Pontllanfraith, Gwent. She works as a Voluntary Sector and Communications Officer for Families First. Becky's report on her trip to Malawi is on page 20.

Caroline Brown is 23 and from Derbyshire but she currently lives in Chingford, East London. Caroline is a Projects Officer for Epping Forest, City of London – Caroline says she got this job because of her GOLD experiences. Read about her time in Peru on page 21.

## ● **GOLD in Malawi**

The air was full of excitement and anticipation, it was flight day!



After many months of planning, we were finally on our way to Malawi. This was the fifth year for project GOLD Malawi. We met inspirational young people and women who not only wanted to make a difference to the Malawi Girl Guide Association (MAGGA) but to their wider communities, and their country.

Our first camp near Senga Bay was excellent. We all gained new ideas that we'll be trying on our own units, and adjusted to laid-back 'Africa Time'. Training took place on the beach and consisted of getting ideas from the participants on setting up their own national GOLD (in Malawi this stands for Guiding Open Leadership Development) teams. As this was planned to be the final year for the project (it has since been extended by another year), our main objective was to make GOLD sustainable in Malawi. The participants learned how to develop, run and evaluate a training session.

For the second week of training we travelled south to Blantyre by a very bumpy local bus. In Blantyre we trained a group of incredible young women aged between 12

and 19. They were Patrol Leaders from local districts and zones. We trained on various themes including team building, leadership, advocacy, healthy relationships and gender equality – remembering to squeeze in a bit of craft, singing, dancing and much laughter.

Our third and final week saw us training board members at MAGGA headquarters in Lilongwe, Malawi's capital. We replicated our training from Senga Bay and interjected the ideas we'd got from members at the earlier sessions. The board members enjoyed working as small groups discussing the finer details of the Guiding Open Leadership Development teams. We also managed to slot in a little singing, craft and programme ideas for them to take back to their own units, districts and zones. They were very passionate about creating their own GOLD teams, and by the time we left they had planned their way forward – goal accomplished!

We returned to MAGGA headquarters for a final day of evaluation which emphasised the impact of the project. The five years that GOLD had been helping Malawi and the Malawian Girl Guides truly came across in their expression of thanks and the ambitions of where they would like to take the organisation. We celebrated with a party and during our final horseshoe there was singing, dancing, smiling – and a few watery eyes!

*‘By the time we left  
they had planned their  
way forward.’*



## ● **GOLD in Peru**

At the end of July, a team of six Leaders aged between 18 and 24 travelled to Peru for the first year of this GOLD partnership.

The aim of GOLD in Peru is to strengthen the existing membership and the quality of guiding offered, as well as to grow guiding. The core objective of the 2014 project was to deliver trainings to new and existing volunteers on a wide variety of key topics.

The trainings delivered covered a variety of themes, including leadership, recruitment, membership retention, PR and marketing, and training for trainers. These topics were chosen to build self-esteem and confidence in Leaders, work towards recruiting a greater number of Leaders from previously untapped volunteer pools and also provide more experienced Leaders with the opportunity to develop their own training skills to spread the message further.

The project was successful in all three areas visited: Lima, the capital of Peru, Tacna and Sullana. In total, the project reached 134 participants. Many of them returned to multiple trainings, indicating that they enjoyed the sessions and felt they were worthwhile.

The provinces of Tacna and Sullana typically do not receive regular trainings as they are located a long distance from the capital and the headquarters of the National Association of Girl Scouts Peru (ANGSP). The opportunity to participate, learn and share ideas was well received in these areas, particularly as these trainings were so different to anything the members had participated in before.

The reception of the trainings was overwhelmingly positive. The key feedback received was that participants really enjoyed the opportunity to share their own ideas and experiences. New training techniques were a welcome change for participants, providing a different style of learning. Participants who had travelled to trainings enjoyed seeing different ways of

*‘New training techniques were a welcome change.’*

thinking and learning within their own association. Finally, an international experience was appreciated by both the Peruvian participants and also the UK team. We learned from these evaluations to provide participants with take-away resources – this demonstrates how keen participants were to take new ideas on board.

The first year of this project has been all about changing attitudes towards trainings and building a partnership between GOLD and ANGSP. The 2014 team has made a strong start in developing a sustainable and effective project, stimulating new ideas and changes within the association that will have an impact on the ANGSP long after the GOLD project has finished.





## ● ***Want to get involved?***

GOLD gives you the chance to experience new cultures, build life-long friendships, visit a new country and develop your personal and professional skills. A large part of your GOLD project is developing training and programmes to take to your GOLD country as well as running them in-country — these are invaluable skills for your life inside and outside guiding. You will also be making a real difference to a community somewhere else in the world.

Any member of Girlguiding aged between 18 and 30 can apply for GOLD. Participants attend a national selection weekend which is about as adventurous and challenging as we can make it! Team Leaders are selected each year by their peers as young women who have demonstrated good leadership skills on their GOLD project.

This year's GOLD selection will take place in autumn 2015 for GOLD 2016 projects. To find out more information, go to [www.girlguiding.org.uk/GOLD](http://www.girlguiding.org.uk/GOLD). You can also order GOLD leaflets from the online shop.



The Trefoil March 2015 edition



## New Year's Honours

Several Trefoil Guild members received an MBE in the New Year's Honours including: Irene Beschizza of Hurst Trefoil Guild, Kent; Margaret Brennand of Driffild Trefoil Guild, East Yorkshire; Elizabeth Ferrier (former National Chairman) of Clydebank Trefoil Guild, Dunbartonshire; Judith Walters of Cardigan and District Trefoil Guild, Ceredigion (shown above); Joan Stoker of Selly Oak Trefoil Guild, Birmingham; Carol Falconer of Jarrow Trefoil Guild, Durham North; and Yvonne Chamberlain of Axbridge Trefoil Guild in Somerset. Brenda Swithenbank of Leeds South West Division received a British Empire Medal. Congratulations to them all.



## Women of the Year Lunch

Elsie Leadley of Darlington was invited to the Women of the Year lunch in London. She has just ended her term of office as President of the National Council of Women of Great Britain, during which she attended conferences in Malta, The Hague and Seoul, South Korea. Elsie has recently appeared twice on television in connection with this role. Elsie has had a long guiding career as Brownie and Guide Leader, District Commissioner, County Secretary and founding member of her Trefoil Guild.



## Keeping the helicopter flying

Members of Haywards Heath Trefoil Guild have been raising money for the Kent, Surrey and Sussex Air Ambulance. They presented a cheque for £335 to Derek Richardson, a volunteer speaker for the organisation. Derek gave a very interesting and informative presentation about the Air Ambulance's work to members of the guild and fellow members from Beacon and Burgess Hill Guilds.

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

## Meet a guild – Weston Mendip Trefoil Guild

In this new series, Deputy Editor Frances Parrett wants to get to know the characters in your guild, to find out what fun and exciting things are done in the name of Trefoil and to explore how diverse our groups are.



I was very excited to be invited to a planning meeting with Weston Mendip Trefoil Guild in Somerset North. The guild is four years old, and all the members are busy young mums – apart from Ray, the one man! The members began their Trefoil journey at the suggestion of Pat Shaw, who is chair of the nearby Weston-super-Mare

Trefoil Guild; she felt they would enjoy doing activities that are exciting and adventurous with like-minded folk.

I enjoyed getting to know Carolyn, who is an IT Analyst at a bank and a Brownie and Ranger Leader. She is also the Girlguiding Go! Key User in her District. Carolyn's husband is Ray. He does the accounts and 'loves meeting with the ladies'. Carolyn and I found ourselves discussing Go! (Girlguiding's online membership database). Rachael is a very hard-working midwife. She entertained us with a story about her hospital ward and





*The discussion revolved around making events fit around work and childcare.*



explained why the Glastonbury Festival is so enjoyable for her and her family. Caroline, a freelance film editor, explained that she can get to guild meetings only when her partner isn't working nights, and also elaborated on Nordic Noir fiction, which was new to me!

The meeting was to discuss the 2015 programme, and all these lively ladies were a joy to watch in action. Dates and ideas were tossed into the air and then finally decided upon. Their plans included fundraising events, meals out, a walk across the Mendip Hills, and something they were really going to enjoy – a night away together at the County campsite! Lots

*The instructor made pole dancing look easy!*



of the discussion revolved around how to make events fit around work, partners, childcare and venues, but the members managed to get around most of these with some thought.

All the members are finding time to go to Bath in April to support Somerset North Trefoil Guilds when they host the Region's Annual Meeting at the Forum, and to a County Alice in Wonderland Day in June. One activity everyone particularly enjoyed last year was wine tasting, and several members were keen for there to be a similar evening this year; Lenna suggested being taught to make cocktails behind a bar (I hope they send some good photos to the magazine!) Another successful activity has been pole dancing. 'The instructor made it look easy, but it was really strenuous, and very difficult! I had bruises all over my legs the next day!' Lenna told me.

The planning evening was very much enjoyed by every member – fun and laughter are definitely the most important part of being a member of Weston Mendip Trefoil Guild!

I was sorry to miss seeing Fiona, their Chair, and Tamara, who had a baby last year, but the 12 members I did meet are getting a great deal out of Trefoil Guild, and we're lucky to have them! Can we encourage other groups like this to flourish?

**Frances Parrett**

*Why not tell us about your Trefoil Guild and what you get up to? Please get in touch with Frances by emailing [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk).*



## International outlook

from Judy Ellis,  
*National International Adviser*

This is our first International outlook from our new National International Adviser, Judy Ellis.

First of all, I'd like to take this opportunity to thank Monica Roberts for the tremendous amount of work she has done to ensure that International has remained an important part of our Trefoil Guild programme, and to wish her a restful retirement!

### *News from around the world*

Aren't we lucky? We belong to a movement which encourages girls and young women to play a part in their communities in any way possible, particularly in emergencies. We can support them in the work they are doing by fundraising for Girlguiding's local community projects, by raising awareness of the work of WAGGGS, and sometimes, by joining them in their projects or giving hands-on help to train Leaders in new guiding associations. Leaders and Trainers from Girl Guides Australia and Girl Scouts of Japan have done just that in Myanmar, where the new Association of Girl Guides is making rapid progress.

### **Africa Region**

We have all watched the spread of the Ebola outbreak with horror. Infected patients' families have to be quarantined for three weeks, making it impossible to shop for food or medicines. The Girl Guides Associations of Sierra Leone and Liberia are distributing food and other items to

quarantined homes, ensuring that those who have been in contact with the disease have the best chance of remaining healthy. Often others in their communities are too frightened to help and, without the Guides, people would be in danger of starving.



If you'd like to help, you can donate via the WAGGGS website [www.wagggs.org](http://www.wagggs.org).

### **Asia-Pacific Region**

Many new guiding associations have joined WAGGGS in recent years, and established associations have helped them develop. However, it's vital that older associations also continue to develop and evolve as the needs of their members change. In Asia-Pacific Region, the Girl Scouts of the Philippines are working with the Bangladesh Girl Guides Association on membership strategy and capacity training. In Sri Lanka, the Girl Guides Association is working to develop community guiding. Currently, guiding is only offered through some schools, which means many girls miss the opportunity to join. Fifteen young women, including some Guide Leaders, have been trained to offer a programme of activity which includes income generation, skills development and informal education



on a wide range of topics.

## *Closer to home*

### Hot curry nights

Our local Trefoil Guilds are always encouraging their members to think 'international', whether it's by taking part in the Midlands International Challenge, travelling to one of the World Centres or trying different food. This is often with the aim of fundraising, like Witney Trefoil Guild members who met with family and friends over a Sunday lunch in a local Indian restaurant!



This is the third such occasion since a handful of the ladies visited Sangam in 2009. They were given such a memorable experience that they all wanted to give something in return. They have raised over £500, which was taken to Sangam in February. The difference this time is that the five ladies who planned and took part in the event were able to use the event for their Teamwork section in the Voyage Award!

### Moroccan treats

Although members of Trefoil Guild in Foreign Countries live their international experiences all year round, members of

Gibraltar's Trefoil Guild have made a special effort to find out about their local community's cultures. This year they held a Moroccan ladies' night for the Feast of the Lamb. Over 100 people attended and had a full programme of Moroccan cuisine and culture. The Moroccan chicken tagine and salad provided by Moroccan friends of Girlguiding Gibraltar were thoroughly enjoyed by all, as were the delicious desserts. A belly dancer helped members to master the art of belly dancing – it was an evening of fun and enjoyment for all, and an insight into one of the cultures in their local community.



## *Ghana projects*

As well as being Chair of Newcastle Trefoil Guild, Jean Edusei is a Brownie Leader in Newcastle and the coordinator of Girlguiding Newcastle's Ghana Projects. Since 2003, she has organised four trips for local members of The Senior Section to visit King Jesus Charity Home in Kumasi, Ghana. Projects have covered hygiene, first aid and nutrition. This year the group decorated the girls' house at the orphanage and provided them with blankets that had been knitted or crocheted by supporters in Newcastle, many of them members of the Trefoil Guild. As part of her Bronze Voyage Award, Jean made two of the blankets for the orphanage; the children were delighted with them.





## Programme ideas

with Ann Hall,

National Programme and Development Adviser

In this new series, Ann Hall shares some ideas for your guild programme.

**SPRING** is the season of new beginnings – why not try something new?

- ✿ Sign up for the Trefoil Guild Voyage Award.
- ✿ Share your meeting with members of a guild you don't often see.



- ✿ When the clocks go forward, use the lighter evenings for a cook-out or barbecue.



- ✿ Try out skittles, clay pigeon shooting, croquet or golf.

**P**LAN ahead and put in something for everyone

- ✿ Visit a place of worship, perhaps one new to you.
- ✿ Invite your local Commissioner or guiding Leaders to talk about section programmes.



- ✿ Plan a pampering day or evening.

- ✿ Have a picnic at your local campsite or park.



## RING the changes

- ✿ Try bell ringing.
- ✿ Go on a river or canal trip.
- ✿ Row a boat.
- ✿ Write something or send a picture to *The Trefoil* magazine.



- ✿ Visit your local Rainbow or Brownie unit and run an activity.

## IDEAS galore – let your imagination run riot

- ✿ Ideas can come from anywhere and anyone – members, friends, *guiding* and other magazines, TV, websites. Why not pick a letter of the alphabet and brainstorm every activity you can think of beginning with it – the dafter the better – you never know what will come of it!
- ✿ I is for International – find out about twinning with an overseas guild.
- ✿ Go behind the scenes at an airport.



- ✿ Plan a visit to a World Centre – near or far.



## NEW members

- ✿ Challenge yourselves to double your guild membership in a year!
- ✿ Start a new guild in your area – perhaps a walking or foodie guild, a Voyage Award guild, or any other special interest group. These can be made up of existing members who still attend their usual guild meetings as well as new members.
- ✿ Give every guiding Leader in your area a copy of the free new PR leaflet.
- ✿ Use every possible local channel to publicise Trefoil Guild: supermarkets, libraries, Guide and Scout HQs, local newspapers and radio.



- ✿ Could a leaflet drop be combined with a chip walk around your town?

- ✿ Attend local guiding events and talk enthusiastically about Trefoil Guild.

## GUIDING isn't just for girls – Trefoil is guiding for adults

- ✿ It's about being active and flexible.
- ✿ It's about giving something back.



- ✿ It's about doing something for yourself – so get active, get involved and enjoy.

Do you have any ideas you would like to share?  
Email [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk).



A group of Trefoil Guild friends and I have recently spent five days at Waddow on a (non-Trefoil Guild) leisure break and we were informed that next year we would be charged 20 per cent VAT on our invoice, which has not previously been charged. As Treasurer, I investigated this issue with the Head of Finance at Girlguiding, who explained, 'The VAT rule is that Trefoil Guild members who use Girlguiding facilities in their capacity as members are exempt from VAT and it should not be charged. If members (or anyone else) are using Girlguiding facilities for a leisure break as members of the public and NOT as Trefoil Guild members, then the charge of VAT is correct.'

**Anne Worswick, National Treasurer**



In response to Christine Buffrey's letter in November's *The Trefoil*, I immediately recognised the 1960 Warwickshire Jubilee Patrol Leaders' Camp badge. I was there, though in what capacity I cannot recall. I had previously been a Patrol Leader in 1st Solihull Guides, but by



1960 I was attached to the Sea Ranger Crew 'SRS Vandyck'.

More interestingly perhaps, my mother, Joyce Shepherd, was there helping to run the shop on the site with other members of Solihull Trefoil Guild and other guilds in the County. She is on the left in the photo, wearing the Trefoil Guild armband and (I think) her Warwickshire County Recorder bar.

My mother founded 'Old Guides' (later registered as Trefoil Guild) in Solihull shortly after I was born. It consisted at first of members of her former Ranger Company, who kept in touch even when my mother moved to Wiltshire in 1962 and joined the Warminster Guild. When she died in 1994, four loyal members of Solihull Guild travelled to Wiltshire to be at her funeral. Guiding friendships last!

So Christine, though I was among the Packington PLs, I was at the camp. Maybe we could meet at April's Region AGM in Bath?

**Mary Spencer (née Shepherd), Chew Valley Trefoil Guild, Somerset North**



In many circumstances small is beautiful, but this is not necessarily the case with Trefoil Guilds.

Radnorshire is a very rural area of Mid Wales, with a sparse population. The County has three small guilds, based 10 to 20 miles apart.

Maelog Trefoil Guild in Llandrindod Wells has nine members, and an average attendance of six or seven. Most of the members are aged over 80 and have various disabilities. The other two guilds in the County are of similar size. Total County membership is around 30 – that of one

guild in some areas.

This situation raises a variety of problems. It is difficult to ask anyone to speak to so few people (though we have had some interesting talks). Outings to gardens, museums etc, have taken place, but with a number of members having limited mobility, it can be somewhat frustrating for the more active. There is not much interest in craft or music, though a lot of tabards and hats have been knitted. Our County did enjoy the privilege of arranging the Wales/Cymru Trefoil Guild AGM last year. Although this entailed a great deal of planning and organising by a small group, members were happy and willing to participate on the day. We have also been active in assisting Friends of Broneirion with fundraising activities.

It is not easy to attract new members when the programme is this limited. The publicity leaflet *Guiding for Adults* shows a very different picture compared with Trefoil Guilds in Radnorshire! Outsiders would probably advise us to amalgamate and have one guild for the County, but this is not really practical. There is no obvious central point for meetings and much travelling would be involved. There must be other areas in the UK with a similar situation. It would be interesting to know how they deal with it.

**Bronwen Jenkins, Maelog Trefoil Guild, Radnorshire**

*Ed: We would love to hear from other small guilds. Write in and let us know what you do.*



Some years ago, I expressed envy at my daughter happily travelling alone. I was handed brochures and before I knew it, had booked myself on a

flight to Quito, to spend nine days sailing the Galapagos Islands. This had been top of my wish list. I'd booked with a small group adventure travel company, my daughter assuring me that I would not be the only single lady of my age.

I was anxious arriving at Heathrow but quickly met another widow going on the same trip. Our group had just 16 travellers – half of them single. I had a wonderful time and booked my next trip on my return.

I have since enjoyed camping in the Masai Mara and in US National Parks, and trips to New Zealand, Costa Rica, Namibia and Nepal. I have just booked my fifth trip to Africa.

I am so grateful for being pushed into that first trip, and for the friends made while travelling. If you have the doubts I had, my advice is to go for it!

**Anne Lampson, Axbridge, Somerset**



When I was a Guide, one of our favourite songs was *The Maresfield Road*.

I am sure we were not the only Guides who knew this song. I know the 1st Bramford Suffolk Guides of yesteryear will remember it. Does anyone know where the Maresfield Road is, and if there really is a Whitehouse Hill and Oaklands Hall still in existence?

**June Webb, Suffolk Lones**

**juniperwebb@tiscali.co.uk**

*Please send your letters to:*

*Trefoil Guild Office*

*Girlguiding*

*17-19 Buckingham Palace Road*

*London SW1W 0PT or*

*email: [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk)*



## Voyage Award inspiration

Have you started your 'Voyage' yet? Here we share your experiences.

It's good that our younger members are able to undertake the new Voyage Award unlike previous challenges. If you use Facebook, you can be added to the Discovery and Voyage page (see address below) where members have been sharing their interests and experiences as they travel the Voyage route! In this new series, some of the Facebook page users have written their thoughts about what they are getting out of doing the award, any problems they have met on the way, and what they plan to do in the future.

*Hilary (Hils) Parker, a Guide Leader and Trefoil Guild member from LaSER, writes:*

I've chosen to work on improving an existing skill – narrowboating on the canals. It's a great way to explore new places, travelling along these vital parts of the UK's industrial heritage at the relaxed pace of 4 mph! As part of my Voyage Award I've been extending my skills by travelling stretches of canal that are new to me, and one challenge I was most looking forward to was operating staircase locks for the first time. Another new experience was coming

across a medical emergency – a diabetic fisherman who had collapsed. His friend had already pulled him from the water and



*Taking out a boat full of girls is very different to boating with adults.*



called an ambulance, but we stopped to assist. You certainly never know what you might come across on the canals!

A new opportunity for me was helping a Baden-Powell Adventure weekend for Guides! Taking out a boat full of girls is very different to boating with adults. During my 'Voyage' I've also earned a Certificate in Community Boat Management. I attended a very in-depth, intensive weekend to earn the qualification, with a lot of practical work to demonstrate my knowledge and skills, including emergencies! We had to apologise to fellow-boaters running up in panic as we yelled, 'Man overboard!' in a lock. Luckily 'Lucy', our life-jacketed water bottle casualty, was fine. Working on the Voyage Award has certainly been a great prompt to push myself and my skills further forward.

### *Helen McCreadie from Lancashire writes about re-visiting a skill she acquired as a youngster...*

For a couple of years from when I was around aged six, like a lot of little girls I did dance classes and learned tap, ballet and

*Did my latent tap-dancing skills resurface? Er, no!*

Highland dancing. When, 34 years later, I came across an adult beginners' tap class, I decided to give it a try. It was excellent timing because my Voyage Award Record Book had just arrived and this fitted in nicely with the 'Myself' section.

A pair of adult-sized tap dancing shoes were purchased from eBay, and off I went – I had loads of fun! Considering only your feet and legs do the work in tap dancing, it is surprisingly energetic, and it certainly gets your heart pumping so it's really good exercise.

Did my latent tap-dancing skills resurface? Er, no! It turned out that my six-year-old self hadn't really done that much in the way of different steps (although I can still have a good go at the Highland Fling, it has to be said!). I have learned many new steps, we worked on routines, and practising them has given me something to do while standing at the photocopier at work!

*Search for and join the Facebook Discovery and Trefoil Guild Voyage Awards page at [www.facebook.com](http://www.facebook.com)*

*Why not let us know what you are doing for your Voyage Award? Perhaps you have surprised yourself, or met challenges you never thought possible. Have you overcome adversity? Perhaps you have realised a dream. We'd love to hear from you at [thetrefoilmagazine@girlguiding.org.uk](mailto:thetrefoilmagazine@girlguiding.org.uk).*



# Hands across the North Channel

Several years ago, members of Albert Bridge Trefoil Guild in Belfast decided to twin with another guild. It took three goes and some sticking power to make it happen!

## *Attempt # 1 Down under*

The guild's first attempt was to twin with a guild in New Zealand. This arose from a visit made by the local guiding Leader to New Zealand. While she was there she met some ladies from Howick Trefoil Guild. Although there was correspondence with the guild, after some years it fizzled out. Albert Bridge's ladies would not be thwarted at their first attempt!

## *Attempt # 2 Closer to home*

It was decided to try twinning with a guild a bit closer to home; the Northern Hemisphere might prove easier. Arrangements were made by the local International Adviser who had contacts with Kildare Trefoil Guild in the Republic of Ireland. With great delight, the ladies from Albert Bridge joined the Kildare ladies in Dublin, where they had a most enjoyable day visiting the country's guiding headquarters. When a return visit was arranged, it was found that the Kildare ladies (who were mostly farmers' wives) couldn't manage to catch the early train to Belfast. As there seemed to be no possibility of their ever staying overnight, the link died. However, as invitations are given to the National Annual Meeting in Dublin, the groups do stay in touch.

In typical Guide-like fashion, the ladies were not to be deterred and they decided on a third attempt at twinning – they would not be beaten!

*They would not be beaten!*

## *Attempt # 3 Across the water*

In 2009, Albert Bridge Chairman, Betty Porter, met an old guiding friend and neighbour, Mary Dow, at the UK Annual Meeting. While they were chatting, Betty found out that her friend was now living in South West Scotland, in Castle Douglas. Immediately, Betty asked if there was any possibility of twinning with Mary's guild. Members of Castle Douglas Trefoil Guild reluctantly declined because of distance, but suggested that Stranraer Trefoil Guild may be interested as they were just a two-hour ferry trip away. With great enthusiasm the request was accepted. Third time lucky!





### *What happened next?*

The first visit across the North Channel came in February 2010 when four members from Stranraer joined their Ulster twins at the World Thinking Day Service in St Anne's Cathedral in Belfast. The visitors spent a night in the Coach House at Lorne, Ulster's Training Centre, and lunch and afternoon tea were provided by the hosts. Everyone enjoyed the visit.

In November 2010, a return visit was arranged with the ladies from Albert Bridge making the crossing to Scotland. This time

the visit was to a local garden centre for morning coffee and some retail therapy. Lunch at Inch Church Hall, where Stranraer Trefoil Guild members meet, was followed by a craft session (which the Belfast ladies continued all the way home on the ferry!).

In Belfast in 2011, twinning certificates were awarded to the guilds and a celebratory lunch was enjoyed in Albert Bridge church hall. The visits have since been made each year, and eight of Stranraer's members are set to cross the North Channel for the UK Annual Meeting in Derry/Londonderry in June.

Persistence and determination have paid off and now two guilds in different parts of the UK meet to share fun and friendship – after all it is only a little body of water that divides them. Albert Bridge is Stranraer's nearest guild and also its twin across the water!

**Isobel Irving, PRA Scotland and member of Stranraer Trefoil Guild (with help from her Ulster friends)**

*Persistence and determination have paid off.*



# Access the Trefoil Guild website

In this new series, we help you make the most of Trefoil Guild with some short How to... articles. We start with accessing the Trefoil Guild website.



## What's on the website?

There are many benefits to visiting the Trefoil Guild website and plenty of updates for Trefoil Guild members throughout the year. These include general information about Trefoil Guild with facts and figures about the organisation, Executive Committee news straight from the office, members' news and activities, updates and FAQs about the Voyage Award, events throughout the year, travel and volunteering opportunities, resources, and much more.

## How can the website help me?

If you are moving and want to find out if there is a Trefoil Guild in your new town, the 'Get involved' section of the website is the place to look. If you fancy a travel adventure with like-minded companions, check the 'Opportunities – travel' section. If you need inspiration for your Voyage Award, there is a section on this. If you have an event to advertise, go to the 'Events' section. Of

course, the staff in the Trefoil Guild office are always there to help you out.

The website is a great marketing tool to get other people interested in Trefoil Guild and can be used to grow your guild's membership.

## Accessing the website

- Open your web browser – this may be Internet Explorer, Firefox, Google Chrome, Safari, or another browser.
- Into the search bar type: [www.trefoilguild.co.uk](http://www.trefoilguild.co.uk) and press 'enter'.
- You will reach the Trefoil Guild homepage. The menu along the top allows you to select which section of the website you wish to visit. You can also search for information by typing a key word into the search box on the top right-hand side of the page.

## Get involved

The website is updated regularly, but we are always looking for input from our members. If you want to contribute, email [trefoilwebmailbox@girlguiding.org.uk](mailto:trefoilwebmailbox@girlguiding.org.uk).

Do tell us about your events and activities so that we can share the fun you have with others.

**STOP PRESS!** You can now read *The Trefoil* online – go to the website homepage for the link.

Fiona Caslake



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Have a holiday to remember with your  
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# Discover Lorne

A friendly Irish welcome awaits you.

## DISCOVER LORNE 2015 ALL INCLUSIVE HOLIDAY

Following the huge popularity of the Discover Lorne package we are delighted to offer four days to enjoy wonderful food, great accommodation and a packed itinerary!

At £335 you really can't afford to miss this opportunity!

### Itinerary one

**7-11 September 2015:**

- A full day excursion taking you along the stunning Antrim Coast Road to visit the World Heritage Site of the Giant's Causeway.
- Enjoy a tour of the vibrant and modern city of Belfast.
- Visit the Heritage Museum and Abbey in the historic town of Bangor, followed by afternoon tea in the walled garden.
- Drive along the picturesque shores of Strangford Lough Nature Reserve to visit the 18th Century Mount Stewart House and gardens.
- The final day will be one to remember, with a visit to the Titanic Exhibition in Belfast followed by a sumptuous six-course evening meal. Diners are invited to join us in creating an ambience reminiscent of the era!

For those of you who have already been to Northern Ireland and would like to explore a little further we are offering:

### Itinerary two

**14-18 September 2015:**

- A full day visiting Down Cathedral, St Patrick's grave and a breath-taking drive through the Kingdom of Mourne, where the mountains sweep down to the sea.
- A tour of the Queen's official residence at Hillsborough Castle.
- Crumlin Road Gaol, the current number one attraction in Belfast!
- Take a step back in time walking the cobbles at the award-winning Ulster Folk and Transport Museum - learn an old Irish craft from a bygone era.
- Get your party dresses ready for a 'Night at the Oscars' with songs, glamour, prizes and fabulous food.
- With plenty of great evening entertainment 'to be sure' you'll enjoy the craic!

For your convenience, all excursions are accompanied by a member of staff. Excursions may vary.

For booking details please contact:  
Lorne Estate Office on 028 9042 5212  
or email [carole@girlguidingulster.org.uk](mailto:carole@girlguidingulster.org.uk)

Ulster



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Tailor-made holidays for the Trefoil Guild

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## Adelboden, Switzerland

Wed 23<sup>rd</sup> – Wed 30<sup>th</sup> Sept 2015



LAST FEW PLACES REMAINING SO CONTACT OUR TEAM TODAY ON 01332 342 050

### Coming soon... Our 2016 brochure!

Don't miss out, register to receive our brand new Trefoil Guild Holidays brochure coming in June 2015!

#### ALTERNATIVELY

Register for your brochure online at  
[ventureabroad.co.uk/trefoil](http://ventureabroad.co.uk/trefoil)

Name:	<input type="text"/>
Branch:	<input type="text"/>
Address:	<input type="text"/>
	<input type="text"/>
Email:	<input type="text"/>
What would be your ideal Trefoil Guild Holiday Destination in 2016?	<input type="text"/>
	<input type="text"/>
Return by post: Venture Abroad, 37 Brunel Parkway, Pride Park, Derby, DE24 8HR	<input type="text"/>

