



SCOUTING

SCOTLAND

'I wish for a really long staircase, then I can go up to the sky and count the stars...'

Wish craft, page 61



Autumn Term 2017

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It is important to note the differing structures of UK Scouting in England, Wales, Scotland and Northern Ireland. However, for ease of reading, this magazine refers to all variations of 'County'-level groupings simply as County.

At Scouting magazine, we make every effort to ensure that our content is accurate, complete and up to date at the time of going to press. Occasionally, inaccuracies may occur.

You can read Scouting magazine and Make. Do.Share. online at scouts.org.uk/magazine.



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THE SEASON OF SKILLS AND ADVENTURE

The sun's shining, many of us are on camps and expeditions and the great outdoors is at its best. What's not to love? Let's use this time to recharge and plan for the months ahead.

If I were to sum up this issue in three words, they would be skills, adventure and the future. All three are integral to the work we do helping young people to succeed in life.

Starting with skills, we meet an inspiring Explorer Scout who prevented a life-threatening incident using skills he learned in Scouting. It's a timely reminder of the powerful role Scouts can play in society; we're not merely an adventure club, but a Movement anchored by our Values.

For a taste of adventure, we tagged along to a County backpacking event for Scouts. I especially like the fact that Explorers are supporting this by

passing on the many skills they've learned to younger sections.

Looking to the future, we've gathered some fascinating thoughts from members on Scouting beyond 2018. We've also included a simple guide to planning your Scout Programme for A Million Hands. Make sure your Scouts have the chance to get involved and make a real impact in their community.

So whatever your plans this autumn, stay safe, have fun and never be afraid to try something new.

Thank you as always,

Bear Grylls, Chief Scout

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BIGGER, BETTER, FASTER, STRONGER

Did you know that Scouting in Scotland has grown by 43% in our total – and 34% in our youth – membership since 2005? What an astonishing achievement!

We have witnessed growth in every Region in Scotland during that time. Every leader and supporter should take great pride and satisfaction in our growth and in their part in our success.

It is helpful to understand why growth is important, what it really means to Scouting and, more importantly, to our young people.

Growth instils confidence, self-assurance and pride across the Movement. Growth means that we are offering the massive benefits of Scouting to more of Scotland's young people, giving them the skills to succeed in life.

So how do we keep growing? I believe that growth is fundamentally a consequence of quality programme delivery and the best way to achieve it is to deliver quality Scouting each and every week.

Please accept my sincere thanks for growing our Movement. For my part,

with the wider Scouts Scotland team, I will continue to provide you with the support and resources that will ensure that we continue to grow. As long as we continue to improve the activities and adventures that we offer, I am confident that we will continue to improve the lives of more young people in the years ahead.

Graham

Graham Haddock
Chief Commissioner of Scotland



SCOUTING FOR ALL AWARDS

Huge congratulations to everyone who received an award at the National Scouting For All Awards Ceremony at April’s Summit17 event. It was a wonderful opportunity to celebrate some of the successes so far and recognise the progress many Groups, Districts, Counties, Areas and Regions have made. Congratulations to 222nd Whiteways Scout Group (pictured above) who won the Most Innovative Inclusion Project Award; 1st Staindrop Cubs who won the Community Impact Project Award; Radford Rhinos Explorer Scout Unit who won the Most Innovative Youth Shaped Project Award; Humberside Scout Group who won the Better Prepared Award; Winchester District in Hampshire who won the Growth Award (District), and Lincolnshire County who won the Growth Award (County).

70 YEARS AT FORDELL

Fordell Firs National Activity Centre celebrates its 70th birthday this year! To celebrate we’re planning a very special birthday badge camp from 16–20 October. Scouts from across Scotland will come together for this five-day catered camp, which promises an exciting range of both on-site and off-site activities, day and night, and the opportunity for Scouts to earn up to 10 badges.

This is your chance to be a part of Fordell’s history and give your Scouts the experience of a fun-filled week and the chance to fill up their sleeves with a few more well-earned badges! All attendees will also receive the Limited Edition Fordell 70 badge.

Tickets cost £150 per person. To book, call 01383 412704 or email warden@fordellfirs.org.uk.

NEW SCOUTS SCOTLAND MSYPS

We are delighted to announce that Logan Fraser and Euan McFadzean have been elected as Members of the Scottish Youth Parliament (MSYP) for the 2017–19 term following a national election.

Scout Network member Logan is also an ADC (Youth Involvement), and an Assistant Scout Leader in Clackmannanshire District. His priority is to influence policy to achieve wider recognition for our badges and our community work, and to promote Scouting to all.

Euan is an Explorer Scout in Braid District and hopes to represent the views of our youth members across Scotland and enable our youth members to participate meaningfully in discussions on subjects that affect them.

Don’t forget to ‘like’ the Scouts Scotland Facebook page for updates from Logan (pictured top) and Euan (pictured bottom).





CENSUS RESULTS

Scouting now has the largest number of volunteers that we've had in our entire history. Annual Census figures show us that there are now 11,445 volunteers in Scotland, but that with a sky-high waiting list for young people, we still need more. The waiting list for young people wanting to join has peaked at 3,400 – the highest it's ever been. Total membership in Scotland is now 50,081, including 38,636 youth members. These results are a testament to everyone's efforts at growing the Scouting community across Scotland, so thanks to everyone involved in Scouting for your hard work over the past year.

ALCOHOL AND SCOUTING ADVICE UPDATES

The Scout Association's good practice advice on alcohol and Scouting has been updated to better reflect POR rule 2.4d, which has not changed. The revised guidance is available online in Member Resources at tinyurl.com/oe4486e.

Following its successful introduction by Scouts Scotland, a pocket-sized Green Card has been produced for the rest of the UK. The Scottish version is included with this copy of Scouting magazine and is also available from Scout Shops. For more information on alcohol and Scouting, visit tinyurl.com/ybqnw5uw.

WAYNE BULPITT RECEIVES CBE

Former UK Chief Commissioner of The Scout Association Wayne Bulpitt has been awarded a CBE in the Queen's Birthday Honours, for his service to young people in the Scout Movement. Wayne was appointed UK Chief Commissioner in May 2009, having been Chief Commissioner of England (South) since September 2007 and a member of Scouting since the age of eight.

As UK Chief Commissioner, Wayne introduced the alternative Promise, signifying the Movement's 'determination to become truly inclusive and relevant to all sections of society'.

Upon achieving the award, Wayne said: 'It's both a privilege and honour to be recognised in this way for something I have enjoyed so much.' Congratulations to all the amazing volunteers who were honoured this year.





FILLED WITH PRIDE

The Scout Association's UK Chief Commissioner Tim Kidd opens up about his personal experiences after attending this year's Birmingham Pride

Earlier this year, I attended Birmingham Pride with a wonderful group of Scouts. We had a fantastic reception from thousands of onlookers as around 50 of us, including Scout stilt walkers in excellent costumes, walked the parade route. We showed that Scouting is open to everyone, on this occasion with a particular focus on LGBT+ people who are welcome as adult volunteers and young people. As I walked the route, I felt great pride in Scouting, and a real sense of support and comfort.

Everyone's experience is a bit different, but most LGBT+ people go through the experience of coming out, just as I did. I had to decide to tell people that I was gay and risk losing their friendship – there is always a nagging doubt that people might not accept you. The stakes are even higher when you tell your family. While you can find new friends, you can't find a new family and it feels huge. What I did, in common with many other people, is focus on the possible bad outcomes and created all sorts of awful stories in my head and these stopped me from telling people.

I was scared, very scared. I came out in my mid-forties. I have done many things in my life but nothing has ever scared me as much as coming out did. Once it's said, it's out there, and you can't take it back.

I first chose to tell a Scout colleague as this seemed the safest. It was the first time that I had ever said out loud 'I am gay'. It took me three attempts to get the words out. But once I had managed to do so, the sense of acceptance was great and my relief was enormous. This gave me the courage to tell my close friends and family. I was bad at it at first. I was clearly so worried that people thought I was going to tell them something awful and were visibly relieved that it was only that I am gay! While it sounds like a cliché, it's true that I felt an enormous weight had been lifted and that I was free to truly be myself. It might be hard to understand if you've not been through this experience yourself, but take my word for it, it can be very difficult.

Imagine how all that worry and risk might feel to a young person. The possible bad consequences are huge.

Imagine if you think that your parents won't accept it, want you to change or even throw you out of your home (and this does sometimes happen). Imagine if all your friends at school turn their backs on you or you got bullied simply for being who you are.

This is why I think it's so important that in Scouting we provide a safe and welcoming environment for young people and adults. We must truly allow people to be themselves. We can really change people's lives by simply accepting people for who they are. I attend Pride events as a Scout to ensure that as many people as possible know that Scouting is for all.

If you are interested in support material for LGBT+ people in Scouting, then visit tinyurl.com/y8ab2fop and seek out the excellent educational resources at [stonewall.org.uk](https://www.stonewall.org.uk).

And finally, on a personal note, I thank my friends, family and Scout colleagues for accepting me for who I am with all my failings and complexity – it really makes all the difference.



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A TIME FOR CHANGE

A Million Hands aims to help Scouts tackle some of the biggest issues society faces today, including mental wellbeing and resilience. We caught up with Assistant Scout Leader Tuesday Berry to find out about her own experiences with mental health

'A year ago I arranged a mental health workshop at Blair Atholl International Jamboree, and even though it was me who was running the session, I found it incredibly difficult to speak about my own experiences with mental health.

'This summer I'm attending the World Scout Moot in Iceland, which has the theme of "change". I decided to make my "change" to improve my own mental health and remove the stigma surrounding it. One year on from struggling to open up to six people in a workshop, I'm now comfortable enough to put it out there to the world: I live with anxiety and depression.

'I also have brown hair, study media, and know how to juggle. This is the

way we should talk about mental health, because it's part of everyone's lives. It shouldn't be something we talk about quietly in awkward conversations.

'While I may struggle with some things, being able to focus on Scouting has given me something to reach for when things are tough. Whether it's working towards my Queen's Scout Award, fundraising for the Moot, or planning my Scout Programme, being able to achieve things through Scouts – however small – always gives me a real boost.

'I have received so much support after opening up about my mental health to other Scouts. Even just being able to talk openly about it has had a huge impact on how I feel.

'Scouting is about personal growth, and mental health is a big part of that. Everyone from Beavers to Leaders should have the chance to explore their own wellbeing. Happy, sad and everything in-between, we all experience it. I think it's important that everyone can speak freely about how they think and feel, and Scouting seems a good place to start.

'I would urge you to look at the A Million Hands resources, get in touch with SAMH for support, and start having these discussions and exploring these issues with the young people in your group.'

Find out more
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AUGUST/SEPTEMBER



25 AUG

National Explorer Weekend
Scotland, Barrwood Campsite,
near Denny

This weekend offers an action-packed programme to give Explorers opportunities to experience new activities and to learn more about the Explorer Section and beyond. Book online by visiting: tinyurl.com/y9sw7jxw.

16 SEPT

Beavers' Picnic, Meggernie National Activity Centre
Head to our beautiful Meggernie National Activity Centre to experience excitement and adventure with Beaver Colonies from all over Scotland. This fun and active day in the great outdoors costs just £5 per person. Find out more and book now by calling 01887 866231 or emailing warden@meggernie.org.uk.



CHECKLIST

- Look out for your beyond 2018 toolkit to support discussions across your Region/District/Group and make sure that your voice is heard!
- Organise a guest speaker for your A Million Hands issue so your section can learn about the issue in time for Scout Community Month in October. See page 81 for info.
- Make sure you're all sorted for Scarefest and JOTA/JOTI next month – remind your young people about these events and check travel arrangements are sorted.

OTHER DATES

4–13 August
IAAF World Championships
Limber up for a summer of world athletics! While the world champions are competing at London's Queen Elizabeth Olympic Park, why not host your own athletics contest as a pre-autumn-term warm-up for your section? london2017athletics.com/news/65324

September
World Alzheimer's Month
This year marks the sixth World Alzheimer's Month, so join others in raising awareness this September, perhaps by choosing dementia as your A Million Hands issue.



30 SEPT–1 OCT

Scottish National Scout Regatta, Lochgoilhead National Activity Centre

Who will be crowned champion at this year's Regatta? Scouts, Explorers and Network members of all abilities are invited to compete in sailing and other water sports. Costs £69 per person. Book on 01301 703217 or at info@lochgoilhead.org.uk.



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OCTOBER

16 OCT–20 OCT

Big Badge Camp, Fordell Firs National Activity Centre
Fordell Firs National Activity Centre celebrates its 70th birthday this year, and we're inviting Scouts to celebrate with us at our special birthday badge camp. Scouts can earn up to 10 badges at this action-packed camp. Costs £150 per person. Book on 01383 412704 or warden@fordellfirs.org.uk.



21–22 OCT

JOTA/JOTI

Do your young people want to make friends with other Scouts and Guides from around the world while learning about communicating on the radio and internet? With one million Scouts from 150 countries taking part, this year's JOTA/JOTI is the perfect opportunity. Find out more at jotajoti.scouts.org.uk.

27 OCT– 29 OCT

Meggernie Almost Haunted, Meggernie National Activity Centre
Enjoy ghost stories around the campfire and other 'spooktacular' activities at this Halloween-themed camp for Explorers. The weekend costs £35 per person. Book by calling 01887 866231 or emailing warden@meggernie.org.uk.



CHECKLIST

- If you haven't made plans already, don't forget to thank your Trustees in November's Trustees' Week.
- Stock up on Christmas cards and badges by donating to this year's Christmas Appeal at scouts.org.uk/christmas.
- Don't forget to give your views on the draft strategic plan for beyond 2018 at Region/District/Group meetings or events.

OTHER DATES

4–10 October

World Space Week

A great opportunity to work the wonder of space exploration into your Scout Programme and help your section work towards their Astronomer Activity Badge or their Astronautics Activity Badge. Worldspaceweek.org

9–15 October

National Curry Week

Your Group can celebrate National Curry Week by making delicious dishes and discussing the origins of this British favourite.

31 October

Halloween

Create creepy crafts, bake gory goodies or hold a frightfully fun fancy dress evening on this popular holiday.

NOVEMBER/DECEMBER



11 NOV

Scouts Scotland AGM, High School of Glasgow

Our Annual Review event and AGM will be held in Glasgow, where we will be celebrating the amazing achievements of the past year and looking forward to the year to come. To find out more information about the event, please call 01383 419073 or email shq@scouts.scot.

17 NOV–19 NOV

Archery GB Instructor Course, Fordell Firs National Activity Centre

Sign up to learn how to teach archery to beginners. You'll be trained and assessed by accredited Archery GB coaches, who will teach you how to deliver mini sessions, design games and more. Book at warden@fordellfirs.org.uk or 01383 412704.



24 NOV–26 NOV

BASP Two-day Emergency First-Aid Course, Meggernie National Activity Centre

Learn how to handle emergencies and casualties when leading or participating in an outdoors expedition and earn a certificate, valid for three years and recognised by MLTB, BASI, BCU and other NGBs. Book by emailing warden@meggernie.org.uk or calling 01887 866231.



CHECKLIST

- Make the most of the winter weather and plan some snowsports with your young people.
- Prepare for your A Million Hands Big Moment in spring 2018. Turn to page 81 to find our A Million Hands programme planner.
- If you haven't got this year's Christmas Appeal badge yet, there's still time to donate and treat your young people – visit scouts.org.uk/christmas.

OTHER DATES

5 November

Guy Fawkes' Night

If you're organising a bonfire night, head to tinyurl.com/nxv472s to read our top tips for a safe and successful event.

30 November

St Andrew's Day

Celebrate our Patron Saint by joining in the festivities, rediscovering traditional national dishes, or by discussing the legend of St Andrew with your section.

1 December

World AIDS Day

Show support for those living with HIV and AIDS by acknowledging this day with your section. Share facts, host an event, and discuss the global impact of this disease.

WINTERCAMP

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ASK TEAM UK

The UK Chief Commissioner and his team answer your questions on Youth Commissioner inductions, delivering a quality Scout Programme, POR and more!

WHAT SUPPORT AND GUIDANCE IS THERE AVAILABLE TO EXECUTIVE COMMITTEE MEMBERS WHO HAVE RECENTLY JOINED AT THE AGM?

It's crucial that Executive Committee members are given a good induction and supported with training so they can carry out their duties effectively. New members to an Executive Committee must complete Essential Information for Executive Committee Members training within the first five months, however, it would be really beneficial to the member if they complete it within the first few weeks as it covers all the basic information they need to know to be able to carry out the role.

Once the initial mandatory training is completed, there is a suite of additional supportive training available from Counties, Areas and Regions that looks into the role of an Executive Committee member in a little more detail. Please speak to your local training team for more details.

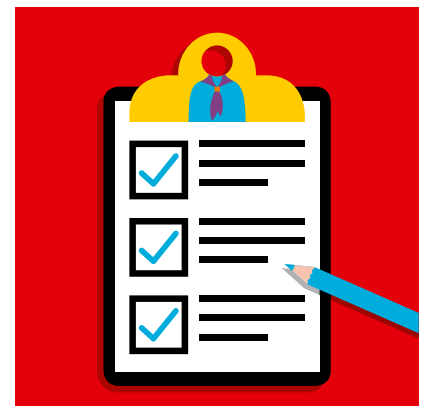
In addition to the training, there are a number of resources available for download at members.scouts.org.uk/supportresources/1748 that are aimed at supporting Executive Committee members. There are guides to support

the Group Chair, Secretary, Treasurer and Executive members. There's also a recently updated guide for supporting young people aged 18–25 on Executive Committees, plus a brand-new handy guide for young adults on or thinking about joining an Executive Committee.

Tim Kidd
UK Chief Commissioner

WHAT IS BEING DONE TO MAKE THE ADVENTUROUS ACTIVITY PERMIT SCHEME EASIER TO UNDERSTAND AND ACCESS?

While many adventurous activities can be provided without the need for permits, recent feedback from



Illustrations: Patrick George

the membership suggests that although leaders are generally comfortable with the principles of the scheme, the information, resources and local implementation can often cause confusion. With outdoors and adventure being such a big part of the Scout Programme for all sections, we have started work to refresh the support given to volunteers providing adventurous activities. We are also taking steps to improve understanding of the scheme and existing processes, particularly for leaders who are new to Scouting or who are keen to deliver more adventurous activities as part of their Scout Programme.

I KEEP HEARING THAT I NEED TO DELIVER A 'QUALITY SCOUT PROGRAMME' BUT WHAT DOES THAT ACTUALLY MEAN?

A quality Scout Programme is challenging, relevant and rewarding for every young person. Challenging means ensuring all young people, regardless of their abilities, have the opportunity to enjoy, gain confidence and achieve through outdoor and adventurous activities. Relevant means young people are involved in shaping their Scout Programme, based on what



they want to learn and explore. Rewarding means providing young people with skills for life, through teamwork and leadership, and supporting progression through the sections where young people are increasingly excited about Scouting.

Craig Turpie
UK Commissioner for Programme

I AM A SECTION LEADER MOVING ABROAD FOR A COUPLE OF YEARS. IS THERE ANY WAY MY FAMILY AND I CAN STAY INVOLVED WITH SCOUTING?

British Scouting Overseas (BSO) has around 3,500 members and delivers the UK Scout Programme in 22 countries around the world. It allows young people and adults to continue with their Scouting while living overseas and for their training, activities and awards to be taken into account on return to the UK.

BSO is part of the UK Scout Association and members enjoy the same benefits as those in the UK. It's one of the fastest growing Areas and some locations mean young people get to experience many exciting activities not available in the UK.

You can visit britishscoutingoverseas.org.uk to see if there is a BSO Group where you are going and use 'Want to Join' to make contact with the right District. It's also worth looking at the BSO Facebook page for an idea of current activities and locations.

Even if there isn't a Group near you, as an experienced leader you might like to consider setting up a BSO Group

yourself! This is a lot easier than you might think and a range of resources and support is available to help establish a new Group. In many cases there is support from local businesses and schools.

If you are interested or just want more information about British Scouting Overseas, please contact info@britishscoutingoverseas.org.uk.

Jack Maxton
International Commissioner

WE HAVE HEARD LOTS ABOUT BEYOND 2018, BUT WHAT DOES THAT MEAN FOR SCOUTSCYMRU? RYDYN NI WEDI CLYWED LLAWER AM Y TU HWNT I 2018, OND BETH MAE HYNNY'N FEDDWL I SCOUTSCYMRU?

At the same time as the process happens in the UK, ScoutsCymru is working to refresh our Operational and Strategic Plans for Wales, this will include regional conferences later this year to get your ideas on how Scouting can achieve its vision in Wales.

Ar yr un pryd y mae'r broses yn digwydd o fewn y DU, mae ScoutsCymru yn gweithio i adnewyddu ein Cynlluniau Gweithredol a Strategol ar gyfer Cymru, bydd hyn yn cynnwys Cynadledau Parthol yn ddiweddarach eleni i gael eich syniadau ar sut mae Sgowtio yn cyflawni ei weledigaeth yng Nghymru.

Gareth Watson
Chief Commissioner of Wales
Prif Gomisiynydd Cymru

WHAT ARE LOCAL YOUTH COMMISSIONER INDUCTIONS AND HOW CAN I GET INVOLVED?

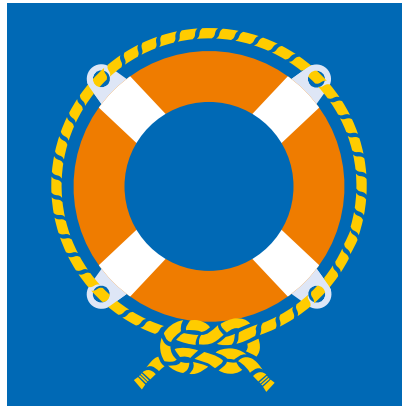
Taking on a new role for anyone in Scouting can be daunting. As the UKYC team we want to support young people who take on the Local Youth Commissioner role at both District and County levels by giving them the skills they need to succeed in their new role.

Throughout the remainder of the year, we are running a number of Local Youth Commissioner inductions across the UK, with dates for the next sessions available later this year. At these weekends there are a number of sessions covering the Youth Shaped Scouting strategy, which will enable those who attend to empower other young people locally. If you are a Local Youth Commissioner and want to attend, then visit members.scouts.org.uk/youthshaped for more details or contact DUKYC@scouts.org.uk if you have any questions.

Hannah Kentish
UK Youth Commissioner

I AM A NEW ASSISTANT BEAVER SCOUT LEADER AND EVERYONE KEEPS TELLING ME I NEED TO GET TO KNOW POR. IS THERE ANY WAY I CAN EASILY SEARCH FOR ALL THE BITS OF POR I NEED TO KNOW AS A BEAVER LEADER?

We know that the way in which Policy Organisation and Rules (POR) is available to members is not as user-friendly as it could be. To resolve this, a small team of volunteers have been working to make POR much more accessible for everyone.



They have produced a prototype website with some new features (and further features will be added incrementally). Some of the initial features are:

- the ability to search for exactly what you are looking for
- the addition of definitions for a number of key terms used
- improved links within POR and to other documents (so you don't have to search for them)

If you want to know all the elements of POR that relate to Beavers, by entering 'Beavers' in the new search bar, the site conducts a key-word search and lists all the relevant rules. For those people who require a printed copy of POR, the site will continue to permit users to download a PDF copy of the current version, either as the full document or individual chapters. It will also include the date of printing.

This is a prototype and the site will be refined before the current system is phased out, which is expected to occur within the next 12–18 months.

The development team are looking for volunteers to assist in the testing of this prototype site and to assist in its

further development. If you wish to help, please contact them by emailing por@scouts.org.uk.

Mark Tarry
Deputy UK Chief Commissioner

HOW DO I EXPLAIN TO PARENTS OF NEW MEMBERS HOW WE KEEP THEIR CHILDREN SAFE?

Scouting offers fun, challenge, adventure and, crucially, the skills they need to succeed in life, to around 450,000 young people in the UK. We know that young people thrive in safe surroundings, so we are committed to making sure that Scouting is enjoyable and safe for everyone who takes part.

We know parents, quite rightly, want to know their child is in safe hands, which is why we created the Safe and Sound leaflets.

Safe and Sound outlines how we safeguard children in Scouting including how we safely appoint adults, our code of behaviour (the Yellow Card), our line management structure, the training adults receive, how we run adventurous activities and nights away events, and what parents can do if they have a concern.

Make sure your Group provides a copy of Safe and Sound to the parents of all new members. Copies are available free from Scout Shops as well as a downloadable resource that can be found at tinyurl.com/mm7t9u8.

Kester Sharpe
Deputy UK Chief Commissioner

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Jack Mawhinney - ADC Growth & Development, Watford North District Scouts

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A young boy with brown hair, wearing a black jacket, is smiling and looking down at coastal plants on a beach. He is wearing a backpack. The background shows a sandy beach and the ocean under a bright sky. The text 'Food at your fingertips' is overlaid on the right side of the image.

Food at your fingertips

Whether young people are looking for survival skills or ingredients for dinner, taking your Group coastal foraging with an expert is an opportunity for fun and adventure. We joined professional forager Fraser Christian, along with local Scouts Alfred and Eddie, on a West Dorset beach to gather tips and tasty morsels from the shoreline

Words: Jacqueline Landey | Pictures: Gareth Iwan Jones



IT'S EARLY IN the foraging season and we're huddled on a beach, shivering. The wind from the sea, icy from winter, whips up from the shore and we glance at one another uncertainly. It looks like we should have brought extra jackets. But the cold, we hope, will be worth it. When it comes to coastal foraging, the unseasonably cold early spring promises abundance.

'Foraging', Fraser explains, 'is the art of hunting for food with your hands.' It involves digging, collecting and searching through woodlands, bushes, shrubs and estuaries in search of edible plants to eat. 'Like pigs do,' he adds. But don't let that put you off; pigs are the food connoisseurs of the animal world. Think of truffle hogs. And, as we'll discover, drawing on our animal instincts is key to foraging. Fraser, a professional forager, is someone of both instinct and experience. With nothing but a plant

he can stop a bleeding wound, balance the effects of alcohol, ease a cough, and whip up a meal made from piles of grass. He can tell the difference between the umbellifers that are delicious and the ones that are deadly. Once a Scout himself, he knows the value of being prepared. If supermarket shelves suddenly ran dry, he's the person you'd want nearby.

Although most of us aren't professional foragers with a lifetime of experience, we all have instincts. Fraser reminds us of the importance of trusting them. Having the correct information has to be the priority, but Fraser reminds us that once upon a time people had the experience to know what was good for them more instinctually. Today, we're not as in tune with our instincts as our hunter-gatherer ancestors were. As such, foraging requires extra caution. Begin with research. Document and

record your findings. And seek guidance before consuming anything at all. Fraser reiterates: 'unless you're 100% sure a plant is edible, don't consume it.' He says that poisonous plants are less common than most people think, but when it comes to eating foraged food, you shouldn't take chances. There are fatal plants that appear similar to ones that are perfectly safe to eat, so unless you're an expert or with an expert, don't risk it. Foragers looking for wild carrots (page 35, no: 15), for instance, could easily confuse carrot umbellifers (16) – a plant from the parsley family that has flowers arranged in umbels so that it looks like a tiny umbrella – with poisonous hemlock (17). But how can you tell the difference?

Local Scout Alfred asks the same thing. 'Well,' Fraser responds, 'what's your football team?' 'Man United,' Alfred replies. ►



‘When working out what’s what in nature, you have got to look for the details.’

FRASER CHRISTIAN, PROFESSIONAL FORAGER



COASTAL FORAGING

‘By smelling a plant you’ll fix it in your memory and ensure you remember it in the future.’

FRASER CHRISTIAN, PROFESSIONAL FORAGER





‘So, compare Giggs and Rooney both wearing their Man United tops. From a distance they look similar, but up close you can see the differences between them. When working out what’s what in nature, you have got to look for the details.’ He shares a few steps to take when identifying plants.

1 Go with your gut. On top of thorough research and expert guidance, you still need to trust your instinct: if you feel uncertain about the plant once you’ve found it, avoid it at all costs.

2 Use your senses. Engage with the plant by...

- looking at it. You’ll initially identify a plant by sight but remember sight can be deceptive
- touching it
- smelling it. Fraser says that ‘by smelling a plant you’ll fix it in your

memory and ensure you remember it in the future.’

3 Play it safe. Even when you’re sure you’ve got an edible plant, continue taking the necessary precautions. Don’t taste a whole load. Instead, take a small amount and chew it with your front teeth and spit it out, and then wait 10 minutes to ensure you don’t have an allergic reaction (and remember even a small amount can lead to an allergic reaction). All of us react to plants differently. If your lips or gums start to burn or tingle, or you begin to tremble, your body is responding badly to it. Again, trust your instinct. If your body senses something isn’t right it will probably want to spit it out. It’s worth noting that although most allergic reactions happen within minutes, some can occur several hours later, so you need to get an expert’s assurance

before consuming any foraged food. Heading towards a large estuary, Alfred and Eddie, also a local Scout, walk alongside Fraser as he explains how in the old days medicine was food and food was medicine. Coastal plants are still loaded with nutrients and medicinal benefits. Stinging nettles, for instance, can be used as an antihistamine, while plantain can help ease stiff joints.

Eddie tells us about a condition he has which affects his bones. ‘We’ll find something for that,’ says Fraser, and a little later, passing by a bush of ribwort plantain, he picks a few stems, chews on one and then passes one to Eddie. After trying it, Eddie takes some for the road. Seeing Eddie munching Fraser asks: ‘So is your body saying, “Yeah, I like that”?’ Eddie nods vigorously. ‘I thought so,’ Fraser grins. ▶



Further along, on the dunes of the beach, we come across some sea kale sprouting from the sand. Sea kale is the champion of sea vegetables as far as Fraser is concerned. It's abundant, easy to forage and dense in starch so gave our ancestors the fuel to navigate the coast. We set out to do the same, filling a bag with nutrient-rich loot before returning to the car park to turn our finds into a feast. Fraser's van has been fitted with hotplates for cooking. A professional chef as well as a forager, he says it all began in Scouting, when he was tasked with cooking extra portions for leaders when the rest of his Troop couldn't get their fires going, never mind cook a whole chicken.

While Fraser pan-fries wild spinach in soy sauce, we tear foraged herbs into bite-size bits. Wild leeks simmer

sweetly in a pan and we soak up the smell hungrily; foraging builds up quite the appetite.

Seeing Alfred's mouth stained green from chomping on the coriander grass he adored, someone wonders aloud, 'So, Eddie and Alfred, where do you learn more, school or Scouts?' Just at that moment, Fraser puts down a pan of steaming risotto flecked with wild wilted greens. 'Well,' one of them says, eyeing the dish greedily, 'you learn more useful things at Scouts.' Tucking into the golden risotto, we are all in agreement. ♣

.....
A special thank you to Fraser Christian for sharing his insights. For more information about his foraging courses, visit coastalsurvival.com.

WORK TOWARDS THESE BADGES



Scout and Explorer Survival Skills Badge



Expedition Challenge Award



Hikes Away Staged Activity Badge



World Challenge Award



FORAGING TIPS

We hope you're inspired to explore the outdoors with your young people, however, please note there are rules and guidelines to foraging that must be followed. One example of further advice and information can be obtained from tinyurl.com/yddq4f9f.

WHERE TO FORAGE

When selecting your location, research the area to ensure it's not contaminated – by a landfill, foul water or sprayed plants, for instance. Choose shared areas that are open to the public, as trespassing is illegal.

The coast is best for foraging wild food. You'll find sea beets and wild leeks on just about every coast around the UK.

HOW MUCH TO PICK

In order to forage sustainably, never take more than one-third from a particular plant. Always leave two thirds to ensure the plant can pollinate. In recent years foraging has been accused of depleting natural sources but according to Fraser it's footfall and tourism that destroys wild food, not sustainable foraging.

He believes we should be ambassadors for sustainable foraging. Research an area before foraging in it to see if there are any protected plants that should be avoided. If we pick plants with care they will continue to grow in abundance. Remember, it is illegal to uproot the whole part of any wild plant without permission. Take a few leaves from several plants and be sure to leave some for others.

HOW TO PICK

Gently squeeze the stem with one hand and pick the leaf with the other. This prevents you from ripping out the whole plant by mistake. When choosing what to pick, Fraser says you should look for the best energy: this is the plant showing new vibrant growth. The best time to pick a leaf is before it flowers. After it flowers, the plant will go to seed, which is why foraging in early spring is best. He says that by July and August, nature has done its business.

ACTIVITY TIP

Before venturing out on a foraging expedition, why not highlight the

importance of the senses by playing a blindfold game with your young people? Pick up some wild plants at a local market and get your young people to take turns wearing the blindfold so they can focus on the smell and feel of the plants instead of just the look of them.

This article is provided for general informational purposes only and any activity referred to must be undertaken with all the proper care, attention and caution that may be applicable. Neither The Scout Association nor its officers, directors, members, employees, or agents will be liable for any loss, damage, or claim with respect to any liabilities, including direct, special, indirect, or consequential damages, incurred in connection with the guidelines or reliance on the information presented.

TURN THE PAGE...

Head to page 34 for our guide to some of the edible plants you can find on the great British coastline. ▶

WHAT TO LOOK FOR

Keep an eye out for these coastal plants when you're out foraging

1) PURSLANE

Other names: Verdolaga, pigweed, little hogweed, red root, pursley.

Description: Smooth, reddish stems with small, muted green, paddle-shaped leaves, often coated with salty crystals you rub off.

Use: In salads, soups, stews. Rich source of omega-3 fatty acids.

Taste: Slightly lemony flavour with a juicy, chewy texture.

When to pick: Spring and early summer.

2) ALEXANDERS

Other names: Alisanders, horse parsley, smyrnium, smyrnium olusatrum.

Description: A biennial that's part of the umbellifer family (which also contains carrots and parsley but also poisonous hemlock and hemlock water dropwort). Umbrella-like yellow flowers and black seeds.

Use: All parts of the plant have a use but you can use the black seeds as a spice, the way you would use cumin seeds.

Taste: A flavour between celery and parsley.

When to pick: Early spring.

3) SCURVY GRASS

Other names: Spoonwort.

Description: A perennial herb in the cabbage family. Low creeping plants, usually 5cm–20cm tall. Leaves are smoothly rounded, almost spoon-shaped. Flowers are white with four petals.

Use: The leaves in salads. Good source of vitamin C (its name came from the fact that sailors used to eat it to prevent scurvy from vitamin C deficiency).

Taste: Peppery, a bit like rocket.

When to pick: Leaves are best picked before the plant flowers.

4) STINGING NETTLE

Other names: Common nettle, nettle leaf.

Description: A perennial flowering plant with oval toothed leaves and sharp stinging hairs that lose their sting when exposed to heat.

Use: Medicine, food, fibre.

Taste: Tastes like spinach.

When to pick: Spring (while wearing gloves).

5) SEA BEET

Other names: Wild spinach.

Description: A perennial with a glossy oval/diamond shaped leaf.

Use: The leaves are edible, small ones – teaspoon size – are tastiest.

Taste: Similar to spinach – eat raw or cooked.

When to pick: Spring

6) BURDOCK

Description: A biennial with large kidney-shaped leaves with a smooth, downy texture, almost like a soft flannel.

Use: Stems are edible – can be blanched and pan-fried. Popular in Japan where it's thinly sliced and cooked with soy sauce to balance the effect of alcohol. Said to cleanse the blood and remove alcohol from the system.

Dandelion and burdock roots and flowers are good for kidneys and used to make a detoxifying drink.

Taste: Roots have a crunchy bamboo shoot-like texture when cooked.

When to pick: Best picked in summer, at the end of its first year or start of year two of growth.

7) COMFREY

Other names: Knitbone, boneset.

Description: A perennial herb with big, hairy, lance-shaped leaves, small bell-shaped flowers in blue, white, cream or purple.

Use: Fertilizer or herbal medicine that helps stick things together (as its Latin name implies). Historically used to treat broken bones, burns, skin conditions, arthritis and more. Contains allantoin, which is thought to stimulate cell growth and repair and reduce inflammation. The grated root was used like Plaster of Paris.

When to pick: May–October.

8) ARROW GRASS

Other names: Coriander grass, sea arrow grass.

Description: An annual or perennial with long grass-like stems.

Use: In salads or cooking as a substitute for coriander.

Taste: Coriander.

When to pick: March–November.

9) GROUND IVY

Other names: Gill-over-the-ground, creeping charlie, alehoof, tunhoof, catsfoot, field balm, run-away robin.

Description: A perennial creeping plant with violet flowers and soft, downy leaves that look like the shape of lungs.

Use: Leaves are bitter to taste but good for adding flavour and are said to help get carbon off lungs.

Taste: A bit like mint.

When to pick: Spring.

10) HEDGE GARLIC

Other names: Jack by the hedge, garlic mustard, poor man's mustard, penny hedge.

Description: A biennial flowering plant. In the first year of growth, it forms a rosette of triangular/heart-shaped, wrinkled leaves that smell of garlic when crushed. Its white cross-shaped flowers form in year two.

Use: Nutritious, warm and cleansing to eat. When exposed to heat, the pungency is softened but it's best to add it at the end of the cooking process. Young leaves can be used in salads, older ones better for cooking.

Taste: Garlic-like flavour.

When to pick: Spring.

11) BUCK'S HORN PLANTAIN

Other names: Minutina, erba stella.

Description: A perennial flowering plant with hairy, narrow, lance-shaped leaves that look a bit like rocket with ribs on it.

Use: Mix into salads.

Taste: Nutty, sweet variation of parsley, spinach or kale.

When to pick: May–July.

12) SEA ASTER

Other names: Seashore aster.

Description: A perennial with fleshy lanceolate leaves and purple flowers. Not to be confused with sea lavender which grows in the same habitat but has wider leaves and a fishy aftertaste.

Use: Leaves are edible and delicious.

Taste: Salty, nutty flavour.

When to pick: April–October.

13) RIBWORT PLANTAIN

Other names: English plantain, narrowleaf plantain, ribleaf, lamb's tongue.

Description: A perennial with a spear-shaped leaf with veins running from the base of the leaf to the pointed top. The hairy flowers (or rat's tails) grow from a leafless stalk.

Uses: The flowers are edible and can be used to make mushroom stock but the plant is primarily used for first aid. Good for stings, cuts, bites. Leaves can be used to make tea as cough medicine.

Taste: Leaves are bitter but the bud tastes like fresh mushroom.

When to pick: March–November. Buds should be collected once they've turned brown but before they dry out.

14) SEA KALE

Other names: Crame.

Description: A mound-forming, spreading perennial with cabbage-like leaves, purplish broccoli-like florets and white flowers.

Use: Delicious and nutritious to eat.

Taste: A combination of kale, cabbage, broccoli and asparagus.

When to pick: March–May.

15, 16) WILD CARROT

Other names: Bird's nest, bishop's lace, Queen Anne's lace.

Description: A biennial plant that grows between 30cm–60cm tall with flowers that form into white, lacy-looking umbels.

Use: Although the flowers can be eaten raw (or battered and fried) and the roots are edible, wild carrot flowers are easily confused with poisonous hemlock so should be avoided.

Taste: Similar to carrot.

When to pick: The plant flowers from June–September, but for safety reasons best to avoid.

17) POISONOUS HEMLOCK

Other names: English hemlock, Australian carrot fern, Irish devil's bread or devil's porridge, poison parsley, spotted corobane, spotted hemlock.

Description: A biennial flowering plant with white lacy flowers that form into umbels, very similar to wild carrot flowers.

Use: Do not use – avoid!

Taste: Do not eat – highly poisonous!

When to pick: Do not pick!



- 1) PURSLANE
- 2) ALEXANDERS
- 3) SCURVY GRASS
- 4) STINGING NETTLE
- 5) SEA BEET
- 6) BURDOCK

- 7) COMFREY
- 8) ARROW GRASS
- 9) GROUND IVY
- 10) HEDGE GARLIC
- 11) BUCK'S HORN PLANTAIN
- 12) SEA ASTER

- 13) RIBWORT PLANTAIN
- 14) SEA KALE
- 15) WILD CARROT
- 16) WILD CARROT FLOWERS
- 17) POISONOUS HEMLOCK



WOODLAND TRUST

'It's a great scheme...
It's something
that the young
people can always
remember.'

JAMES SKINNER, GROUP SCOUT LEADER



Get involved!

The Woodland Trust's free community tree packs are enabling Scout Groups all over the country to give nature a helping hand. Have you got yours?

Over the last 12 months the Woodland Trust has sent more than 20,000 saplings to 100 groups of Beavers, Cubs, Scouts and Explorers. They're using them to enhance former industrial land in their communities, to create an area within their grounds

to study the birds and wildlife the trees attract, or they're planting perimeter hedges on campsites to eventually provide firewood.

1st Hellingley Scout Group, East Sussex, received one of Woodland Trust's free community tree packs this spring to bolster another pack they had planted previously. Group Scout Leader James Skinner explains:

'Our land is open to all the community at all times of the year. We wanted to create a more welcoming place to play or relax in so planted along the side of our activity field and along the river that runs through the site. We will have an avenue of trees for future generations of Scouts and residents to enjoy. We are also creating a small memorial garden at the end of our avenue where the young people can sit and reflect.

'It's a great scheme! The Beavers who planted trees a few years ago are now getting a crop of fruit and nuts as Cubs. It's great for them to take

ownership of their area, to maintain it and to appreciate it. It's something that they can always remember.'

Planting trees is easy, fun and a great way to green up your neighbourhood. You're creating a valuable habitat for wildlife, a better environment for the community and, of course, the opportunity to earn a badge – Forester Activity Badge, Our World Challenge Award or an Environmental Conservation Activity Badge for example – is always a draw!

Thanks to funding from Sainsbury's, IKEA FAMILY, Yorkshire Tea and players of People's Postcode Lottery, groups can apply for packs of 30, 105 or 420 trees – that's enough to cover an area the size of a tennis court, four tennis courts or a football pitch. And there's a range of packs to choose from depending on whether you want to attract wildlife, provide all-year colour or harvest nuts and berries.

To apply for your free community tree pack, visit woodlandtrust.org.uk/freetrees, and to see your tree-planting project in the next issue of Scouting magazine, post photos on Facebook and Twitter, tagging @WoodlandTrust and using #FreeTrees.



Reaching out

Jonathan was just 16 when his quick-thinking actions saved the life of a stranger

Words: Jonathan | Illustration: Eleni Kalorkoti

IT HAPPENED WHEN I was walking home after Explorers on a Friday evening. It was dark – that was one of the reasons I didn't appreciate what was happening at first. I was nearly at my house, walking over the bridge that crosses the bypass, when a car pulled up. At first, I thought the car was just parking on the bridge. But then a woman got out and climbed onto the front of her car to get up onto the high railings. I realised what she was going to do and I broke into a run.

I couldn't let her do it. I couldn't have gone through life thinking I let someone do that. I walk over that bridge every single day – it just wasn't possible. I had to help her.

As I was running towards her, it felt like one of those moments that happens to other people. You don't ever think it will happen to you, and it was a real shock. The police said afterwards that a lot of people would have done nothing, but I just acted instinctively.

When I got to her, I asked her to please come down, and to tell me what could

be so bad. I felt like talking to her might help to calm her down, as she was in a lot of distress and was really emotional. She kept saying that I was too young and should go home, but I continued trying to talk to her. It gave me an odd feeling, thinking that someone could have such bad things happen in their life that they were driven to that.

I knew I needed to get some help. My parents were at home, just around the corner, and when I phoned they came rushing out to help. The woman was a bit calmer by that time, and she let us help her down. Once we got her away from the railing, it was a massive feeling of relief to know she was safe, and that she wasn't in present danger.

The police arrived in full force, and the paramedics too, and they said they would look after her from then on. They sat her in the back of their car, and my parents and I walked home. Later that night, two constables came to the house to say thank you. I felt quite honoured that the police did that. I was just so glad it was over – for the

woman's sake and mine. The police thanked me for my quick thinking, and said lots of people wouldn't have known what to do – just frozen, or even walked on.

I don't know what made me act in the way that I did, I just knew I needed to help. I think being an Explorer Scout definitely helped me in that situation – even though it's not something you could ever be fully prepared for. I had the confidence to act and not just pretend I hadn't seen anything, and I even though it was terrifying, I stayed calm while I was talking to her. I think it's those types of skills that you don't even know you're learning at Scouts.

That night, the realisation of what I'd done didn't hit me until I went to bed. As everything was happening, I wasn't processing it at all – I was just there in the moment trying to help. Thinking back on it later, I felt so shocked that it had happened to me. I'm just so glad for the woman, myself and my family that things turned out the way they did, and that I knew what to do when I needed to act. ♣

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Leading the way

Bev Hennefer, headteacher at Preston's Royal Cross Primary School, has launched a Scout Group with a difference – the young people (and many of the leaders) are deaf. Here's how she did it

Words: Jess Connett | Pictures: Claire Wood

'IT TAKES A great deal of confidence to be a lone deaf child in a hearing world,' says Bev Hennefer, headteacher at Royal Cross Primary School, Preston, as we sit in the bright school hall. The sound of children playing and laughing outside drifts in through the open windows. As the only primary school for deaf children in the whole of Lancashire, Royal Cross is a real hub for the deaf community, bringing together families from different areas, backgrounds and beliefs – all united by an often invisible disability that can make it difficult to access many things that others take for granted. 'Over the years, lots of parents have come to us to ask if we can support their children to attend local Scout Groups, because leaders find it challenging to communicate,' Bev continues. 'Though we would have loved to, it just wasn't possible in our teaching capacity, so we've always had to say no.'

Engaging with Scouting through an established Group was not going to work for the young people at Royal Cross, so another solution was needed. Despite never having been involved in Scouting before, Bev felt strongly that it would be a positive addition to the lives of the deaf young people she teaches. 'My friends' children have gone through Scouting and I've seen how much fun they've had,' she says. 'It's not serious or academic. There's so much pressure on the children to achieve, and there's more to life than that. It's not all about exams – I want to develop well-rounded children.'

'I saw an opportunity to develop independence and to support our children to access community groups,' she continues. 'There's a real need for

that here, because children with special educational needs are often in small schools that are highly staffed, so they don't have the independence and the chance to make mistakes. Families can be very protective of their children, as often their medical background is quite complicated – it's perfectly understandable – but sometimes that protection works against them. So it's great to take the children out and help them to explore more of what there is to life.'

There was no doubt in Bev's mind that a Group at Royal Cross would be a success. As a first step, she invited District Commissioner Andrew Hobson, and Alan Bennett from the Regional Services Team, to meet after school one afternoon to talk about the possibility of setting up new Scouting provision. With their full support they would establish a Group tailored to the needs of the school community.

'The children come from all over Lancashire, so the first thing was that the meeting couldn't take place on an evening or a weekend – it needed to take place during school time,' explains Deputy District Commissioner Lesley Thomas. 'Like any other Group, they wanted to have a Beaver Colony and Cub Pack, and our District team helped to support them to set it up and ensure they would be embedded in the wider Scouting community. They'll come and do District events with everyone else, just with some adaptations. Integration as a whole District is the important thing as it gives everyone the chance to mix and build friendships.'

With plans in motion, the District team reached out to the teaching staff

to find volunteers to run the Scouting sessions, and had great success: almost all the teachers, including the head, signed up. Early years teachers Cath Grilli and Louise Reilly both had previous experience as leaders, and agreed to lead the new Beaver and Cub sections. They are both hearing, but communicate with the young people through sign language. 'I've helped at my son's Cub Pack for about three years,' explains Louise. 'With the District team, we ran a taster session here at school on a Saturday morning. We invited the families along to do lots of different things – Backwoods Cooking, lighting fires, a climbing wall – to get the young people excited and to show them what they could do through Scouting.'

Bev was also keen that some of the deaf teachers had the chance to be leaders. 'We wanted to put deaf adults in a role of responsibility, so the children have deaf role models,' she explains. 'Often, we book professional interpreters for events that we have here at school, so that the children get the experience of watching a deaf adult accessing communication. Outside of this school and this Group, deaf adults might not have that opportunity to lead, so it's great for everyone.'

On Friday mornings, the young people are dropped off at school as usual with their reading folders and backpacks, all clutching their Beaver or Cub jumper, and their two-tone neckerchief in the school colours. 'It's all still very new, but the children are really loving it. On a Friday morning, as they come into my classroom, the children will say, "Mrs Reilly, Mrs Reilly, what are we doing in Cubs" ▶



‘It’s great to help them to explore more of what there is to life.’

BEV HENNEFER, HEADTEACHER,
ROYAL CROSS PRIMARY SCHOOL







this afternoon?” and it’s nice to see that they’re so enthusiastic and want to be part of it,’ says Louise. At lunchtime, after their lunchboxes and school dinner trays have been packed away, the young people change into their Scout uniforms, and the teachers into their crisp new leaders’ shirts. And then, Scouting begins.

Though the young people at this school are deaf or have a hearing impairment, their needs vary greatly between individuals. ‘I know all the children really well, so I know what needs they have,’ Cath Grilli, Beaver Leader, explains. ‘We do the activities as a group, but I base the activities on the children and how I know each individual will respond. It’s just about planning for that, and utilising the great team of support workers and

other teachers.’ This specialist support enables all the young people to take part in a Scout Programme that looks just the same as any other. ‘They love their games and activities where they get to run around,’ Cath continues. ‘We’ve been doing the Space Activity Badge, so we’ve done a lot of crafts recently, making rockets, and we even did food tasting – pretending to be astronauts taking food to the moon, which they absolutely loved.’

In the process of setting up the new provision, the staff discovered materials in the school archive showing that a Scout and Guide Group had existed at the school from 1910–1946. There were astounding sepia-toned pictures of young deaf children participating in Scouting over 100 years ago – building their own

Scout hut and even parading in front of King George V at Windsor – and a document certifying the founding of the Group, signed by Baden-Powell himself. ‘It’s great to look back at all the old documents and know that we’ve got that rich history,’ Bev says. ‘It’s an important part of having a deaf identity, and having our children be proud of their past, their community and their culture.’ During a time when disabled children were marginalised, Scouting was still accessible, and 4th Preston (Royal Cross) Scout Group enriched the lives of those children just as much as it does now in its modern incarnation.

One of the current crop of excited Cubs is Ava, aged 10. As well as being deaf, Ava uses a wheelchair and is certified blind. She communicates with her ▶



support worker through sign language, but no translation is needed when I ask about the activities she's done at Cubs: her face bursts into an enormous, contagious grin as she tugs at her neckerchief. Her mum, Laura, laughs and grins back. 'Since Cubs has started here at school, Ava has been coming home really excited, telling us about the things she's been doing,' Laura says. 'We've struggled in the past to find anything she could participate in, but this has really worked. She sees it as a club that she can be included in, and that makes her feel like she's just the same as everyone else. This is her final year at primary school, but we've found out that her new secondary school also has a Scout Group, so she'll be able to continue on her Scouting journey next year.'

I ask which activities Ava has enjoyed the most, and she smiles and makes the sign for 'balloon'. 'She's learned a new balloon game, so now she'll bring it home and teach us,' Laura continues. 'Instead of her always being the person who's learning from us, she's learnt something independently of us and is teaching us all about it. It's improving her communication skills, because it's something exciting to talk about, and it's forging better bonds with family. Scouting is going to bring her so much, and be a chance for her to give something back.'

'Scouting is outside of education and outside family; this is social inclusion and skills for life. We're always going to be her parents and she's always going to be educated, but where would she learn those other life skills?' Laura

pauses for a moment, and there are tears in her eyes that she blinks back. 'My daughter needs a variety of people showing her different things; that's how we all build layers to our personalities. A lot of children with disabilities don't get that opportunity. It makes me quite emotional.'

She turns to Ava. 'I'm very proud of you today,' she says, signing with her hands as she speaks earnestly to her daughter, who beams back at her in her neat Cub uniform. 'I think you've done a fantastic job. I'm really proud.' ♣

.....
 Find out more about how to make your Group deaf-friendly, thanks to the National Deaf Children's Society: tinyurl.com/kl5tpvs.



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Tents up!

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Words: Helen Pearce | Pictures: Dave Bird



The i.SCOUT Explorer Tent

Ideal for one or two people for a short camping trip, this tent has multiple vents and a zipped back window, as well as fibreglass poles for sturdy pitching. Once stored away in its zipped carry bag, the tent weighs just 3.8kg.

How easy is it to put up and take down?

This tent is light, small and easy to erect, taking under 15 minutes to put up. The Explorers take the tent down, roll it up and get it back in the bag in under five minutes. George, 16, says: 'We only had to check the instructions once!'

How waterproof is it?

The team take testing this tent's water resistance very seriously. And it holds up remarkably. 'The drops of water just roll off it!' says Mimi, 15.

How spacious is it?

Dylan, 16 thinks it fits two people pretty comfortably although if you're tall like George, it's a little on the short side and sleeping diagonally would be more comfortable.

Value for money?

At £30, this tent is not the cheapest on the market but at least you're guaranteed to stay dry when it rains, and you can get it up and down in no time at all!



The i.SCOUT Backpacker Tent

This tent has taped seams, back vent and side porch windows with a sewn-in bathtub groundsheet and sturdy fibreglass poles. It can fit two-to-three people, is 120cm high when pitched and just 4.1kg in weight when packed.

How easy is it to put up and take down?

Despite being slightly bigger and heavier than the Explorer tent, the Explorers have no trouble putting the Backpacker tent up without looking at the instructions. It also comes down without a hitch, although rolling it up and getting it back into the bag proves slightly trickier than with the smaller Explorer tent.

How waterproof is it?

Like the Explorer tent, this one is very waterproof. Even buckets of water tipped over the top don't result in a leak!

How spacious is it?

The Backpacker tent is big enough for three average-sized 16-year-olds to comfortably lie down top-to-tail. You could probably even squeeze a small fourth one in at a push.

Value for money?

Just £5 more than the Explorer tent, but with quite a lot more space, this tent is great value for money.



FINAL VERDICT

Both tents appear to be excellent buys. Easy to put up, easy to take down, thoroughly waterproof and spacious, they're everything you need from a small tent.

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A group of four Scouts are sitting on the grass, looking at a map and writing on a document. They are wearing red and blue jackets with yellow and green scarves. The map is spread out on the grass, and the Scouts are pointing at it. One Scout is writing on a document with a yellow pen.

Mapping the future

When County managers spotted a gap in their Scouts' know-how, they created an exciting new event to bring them back to basics

Words: Laura Sagar | Pictures: Jo Denison and Tina Wing



MAP READING, NAVIGATING and hillwalking are so synonymous with Scouting that it's easy to assume all Scouts and volunteers can do them. However, Essex County realised that this isn't always the case.

Back in 2015, Clare Darch, Assistant County Commissioner (Scouts), identified a lack of knowledge and skills in some of the Essex Explorers who had just moved up from Scouts. The new Explorers were attending an annual backpacking and camping event called the County Marathon, when John Dell, County Scout Leader, noticed them struggling to locate their position on a map, holding it upside down and looking baffled by the lines

and symbols. They weren't prepared for the Explorer section's expeditions or challenges, and it showed.

Further feedback from attendees of the County Marathon led to the realisation that there was a significant gap in a chunk of the Scout section's knowledge and capabilities.

Somewhere along their Scouting journey, they'd missed out on learning some of the more traditional skills that Scouts are known for; practical skills that also aid character development and independence. John pondered whether it was because they joined later in the Scouting journey, whether it was a lack of confidence from the

volunteers, or whether it was because the young people hadn't enjoyed the activities so they hadn't been made a priority in their weekly meetings. He would later discover in a County meeting with the Assistant District Commissioners that it was a combination of all three.

The County doesn't do things by halves: addressing the problem head on, Clare and John teamed up to organise a County event to target skills development, engage the Scout section in traditional activities and help Scouts achieve their Expedition Challenge Award. This event is called the County Backpack and is based on the County Marathon event aimed at



‘They don’t have the skill set to do it on their own now, but they will next year.’

BOB BYE, DEPUTY COUNTY COMMISSIONER
(PROGRAMME)

Explorer Scouts, Network members and adults in Scouting. The County Backpack welcomes Scouts from across Essex to spend a weekend camping and hiking from one activity base to the next. Each base is supported by two or more volunteers and is monitored using a James Bond-style tracking database that flags up when walking groups are running behind schedule.

The bases are dotted within a three-mile radius of the campsite and each one hosts a surprise task that helps the Scouts learn and develop different skills. At this year’s event, tasks included cooking on a camp stove, tying a series of knots and playing



problem-solving games. Part of the Expedition Challenge Award is to cook a lightweight meal on a camp stove, so that particular task helped Scouts complete another part of their Award.

Contrary to the County’s usual hugely successful Youth Shaped approach, the skills at each base were chosen by the volunteers manning them. This may seem like an odd thing to do when you consider the emphasis placed on Youth Shaped Scouting in the past few years, but there’s logic behind it: volunteers at the event explained that their Youth Shaped approach works best when combined with volunteer-led activities, in order to prevent young people opting for experiences they are

already familiar with. They explained how, if left without volunteer guidance, it creates a repetitive cycle of young people enjoying an experience and wanting to do it again and again, so choosing it over something new that they’re unfamiliar with. Cub Scout Leader Brian Tosh, who led one of the bases, elaborates: ‘Map reading is a hard sell. We find a lot of kids aren’t used to walking for any length of time, and to use a map effectively you need to be able to cover some sort of distance. If you’re just walking around a field it’s a bit irrelevant because you can see where you’re going. It’s alright doing mapping around a table but when you send them out here it’s totally ▶





different.' The County Backpack event lets them experience map reading and hiking properly, so they can see how fun it can be – it breaks the cycle and broadens their horizons.

At times, the selection of skills that young people learn throughout their Scouting experience can be determined by the interests and capabilities of the volunteers they are led by. John explains: 'Unless new leaders have come from a Scouting background, they don't necessarily have the traditional Scouting skills, and if you don't know it, you're hesitant to teach it.' It's a simple case of confidence and experience, so John is supporting volunteers in developing

their knowledge and skill set by organising training events for them and inviting them to attend the County Marathon. Even the County Backpack is helping volunteers develop their skills – John gives an example of one leader who attended last year and walked with his team and a young leader who helped him to learn the elements of map reading he was unsure of. This year that same person returned and felt confident enough to run a base.

We're often scared to ask for help and make mistakes, but mistakes are a crucial part of the learning process. Scouting events like this allow young people and volunteers to put into

practice the skills they've learnt in the Scout hut and know that if they make a mistake, they're doing it in a safe place. 'Until it goes wrong how do you know it's wrong? When people are perfect all the time, that's great, but as soon as something does happen, they freeze.' John explains.

As well as providing young people and volunteers with the opportunity to make mistakes, the County Backpack event team is well aware that there will be room for improvement with the event itself. Once the Scouts had completed their first day at the event, John put out some flipcharts to gather feedback about the terrain and activities. He'll use this feedback to ►



inform and improve on next year's event. It's a huge success so far – Scout numbers have increased from 54 in 2016 to 185 in 2017, which is testament to volunteers in the County rallying together to support one another, and of everyone's hard work.

Each year the team plans to host the event somewhere new – the idea is to have an annual event that moves from north, to east, south, and west Essex so from age 10 to 14 Scouts won't attend the same event twice. Deputy County Commissioner (Programme) Bob Bye, who supported the event, explains how Scouts can increase the level of challenge by taking part in a variety of teams: 'We've got

experienced teams that can go out on their own, they have a longer walk with more bases to test them. There are novice teams who have never done it before, and we have assisted groups where a volunteer follows them – they don't have the skill set to do it on their own now, but they will next year.'

Committed to helping Scouts grow in knowledge and independence, John considers: 'I might even push the experienced route out to five miles to make it more challenging.'

This event and skills focus helps to enrich young people's Scouting experience. Through the acquisition of new skills and experiences young

people get to learn more about themselves, their personalities and talents. Traditional Scouting skills are incredibly important at supporting young people through their adventures and are still relevant in today's high-tech society – even Google Maps requires a decent sense of direction. It's not only practical skills the young people are gaining, they're also developing their character, learning to work in a team, gaining independence and growing in confidence. Events like the County Backpack reignite young people's passion for Scouting's renowned skills and equip them with the knowledge needed to orientate their way through life. ♣

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Wish craft

Exploring the world doesn't need to involve big overseas trips – with this wish doll activity, you can kick off a discussion with your young people about what they hope for alongside the dreams of young people around the globe

Words: Jacqueline Landey | Models: Mel Day | Pictures: Phil Sowels

EVERY WEEK AT Scouts we're reminded of what Baden-Powell meant when he said 'the most worthwhile thing is to try to put happiness into the lives of others.' Of course, Scouting isn't only about happiness inside the meeting place, but far beyond it as well. The happiness and dreams of people everywhere tell us a lot about the sort of world we live in. Doing the wish doll activity on page 66 with your young people could initiate some inspiring conversations. To support these discussions about what would make people happier, both locally and globally, we asked young people around the world one question: What do you wish for?

We heard from young people in Italy, Germany, Greece, South Africa (SA), Switzerland, Tibet and the UK – of a range of ages, cultures and backgrounds. Despite diverse contexts, some common ideas came up. Their wishes were filled with hope, imagination and wide-eyed optimism. They showed us that young people everywhere are imagining the magical, wishing for things to take them places, aspiring to greatness, hoping for happiness, and longing for a better world.

Here's what they had to say:

IMAGINING THE MAGICAL

A mum in Tibet asked her five-year-old boy, 'Gelak, what do you wish for?' 'I wish for a really long staircase,' he said, 'then I can go up to the sky and count the stars... and bring the most beautiful ones down a little bit. One of them, I want to give to my teacher.'

Asking young people what they wish

opens floodgates of imagination. Local Cub Scout Charley (8) wishes for '1,000 penguins and to be a werewolf.' Aspiring to the magical in Greece, Phoebe (10) dreams of being Maleficent, firstly so she can have wings to fly, secondly so she can simply be Maleficent. In Switzerland, another six-year-old dreams of flying, but, this time, more realistically on a swing that she'd like in her bedroom. Sne (11, SA) said: 'I wish that I could grow bigger but not older, so that I can see my grandchildren growing up in front of me.'

WISHING FOR THINGS TO TAKE THEM PLACES

For every person with a head in the clouds, there's another with feet firmly on the ground. Many young people seem to know that to get to where they want to go they need money to pave the way. Where Lea (15, Germany) wishes to 'have enough money', Rebecca (10, UK) says: 'I wish to be rich and buy anything I want.' Haven't we all thought that before?

A true member of the digital generation, Matthew (10, UK) would like 'a laptop'. Similarly practical, Sangye (6, Tibet) would like a digger, then, he says, 'I can move lots of soil and build a house.'

Where Sangye wishes to plant roots and settle down, his friends in Tibet, long to move around, usually at speed: Sonam (5) wishes for a bike, Kuenser (5) for a sports car to race in, and Tsering (6) for a plane to cruise around the skies with his parents. In Germany, Dolma (6) longs to ride horses, and Larissa (15) wants 'to go abroad for a year or to go diving... maybe at the Great Barrier Reef.'

ASPIRING TO GREATNESS

Domenico (8, Italy) says that the most important thing in the world is drawing, and so he wishes to be an artist... or a footballer, of course. He is just one of many young people we heard from with footballing dreams.

More than anything else, the young people we spoke to aspire to positions where they can nurture and heal. Sher Jin (6, Tibet) wishes 'to have many flowers', so she can 'water and care for them.' Many wish to be doctors. Nompulelo (12, SA) says that she not only wishes to be a doctor, but also to have a house so that she can take care of herself and her mother.

Wishing to be a caring family member comes up again and again. Tsering (5, Tibet) would like to have a little sister so, she explains, 'I can help my mum look after her.' Several in South Africa wish 'to be a kind father' or 'a caring man'.

HOPING FOR HAPPINESS

Happiness is at the heart of most wishes, but some wish for it directly. Some equate happiness with having a happy family, but Nathan (13, UK) very wisely adds good health to the happiness equation.

Nonqubeko (9, SA) says, 'I wish my birthday was today', because surely it's the happiest day of the year. And when it comes to one set of twins in the UK (6), one would like 'everyone in the world to be happy', while the other wishes for 'a massive house full of toys' – reminding us that happiness comes in all shapes and sizes.

LONGING FOR A BETTER WORLD

While common themes are at the



'I wish for
rain so that we can
have plenty of growth.'

KALUMA, 10, SOUTH AFRICA

'I wish for
1,000 penguins
and to be a
werewolf.'

CHARLEY, 8, UK



root of all of these wishes, at the same time they also highlight the incredible diversity of things that people long for and lack.

In the midst of drought in sub-Saharan Africa, Kaluma (10, SA) wishes for 'rain so that we can have plenty of growth'. Khaya (13, SA), paraphrasing Martin

Luther King, dreams of a world where he would be 'judged by the content of his character and not the colour of his skin.' And in a place where as many as 50% of students leave school because of an education system that is failing them, Lebohang (11, SA) wishes he 'could complete school without becoming a dropout.'

In a world of unevenly distributed opportunities, these wishes show us the world as it is, but illuminated by the hope, kindness and optimism of young people. However, these wishes also reveal the world as it could be – a world where a wish to count the stars could lead to groundbreaking discoveries in space; where people

'I wish my
birthday was
today.'

NONQUBEKO, 9, SOUTH AFRICA



everywhere would be judged by who they are and not what they look like; where receiving a good education would always be the norm and never the exception, and where young people's wishes aren't just wishes, but blueprints for the incredible future we're building together. ♣

EXPLORE THE WORLD WITH YOUR SECTION BY MAKING WISH DOLLS

Talk with your section about wishes and show them how to make a wish doll, a variation on Mayan worry dolls. According to legend, young people can tell their worries to these tiny dolls so they can take their worries away

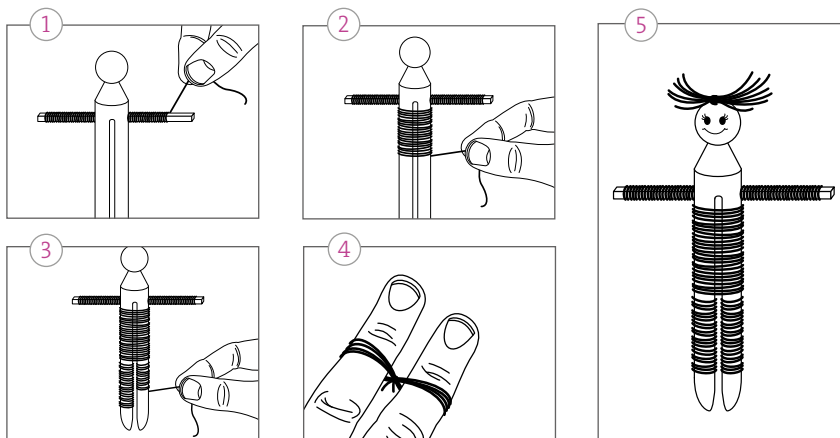
while they sleep. A wish doll is a little different. Young people can wish on their dolls for luck or, better yet, use them to set a goal and remind themselves to work towards making their dreams come true.

Turn the page to find out how to make your own wish dolls with your section. ►

MAKE A WISH DOLL

This quick, cheap and easy activity can help spark discussion among your young people

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1 Ask your young people to cut the sharp points off two cocktail sticks or the heads from two matches, before gluing one on either side of the clothes peg to act as the doll's arms.

2 Next, ask them to glue the end of some thread about an inch from the top of the clothes peg. Now they can wind this thread around the body of the clothes peg and then the 'arms' to make the doll's top.

3 Now they can choose another colour of thread and glue one end to where the doll's trousers should be (at the point where the doll's top ends). They should wrap this thread around the 'hips' and one of the legs. Help them trim and glue the end of the thread to the 'ankle' before wrapping the other leg in the same colour thread.

4 Now they can choose a different colour thread for their doll's hair. Help them wrap this thread around two of their fingers about 10 times before tying a knot at the centre of this loop with a separate piece of thread. They can then slip this off their fingers and cut the loops to make hair. Glue the knotted centre onto the doll's head.

5 Using a felt-tip pen, draw two eyes and a mouth onto the doll's face and ta-dah! They've made their very own wish doll.

6 Ask everyone in the group to come up with one wish that they have for themselves, and then one wish that they have for the world. You could also ask them to consider what young people in Scouting in other countries might wish for.

TIME NEEDED

15–25 minutes

EQUIPMENT NEEDED

- matches/cocktail sticks
- wooden clothes peg
- glue
- embroidery thread (in a variety of colours)
- scissors
- felt-tip pen

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OUTCOMES

You'll be able to introduce your young people to global themes and issues without even leaving the meeting place!

TAKE IT FURTHER

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July 2017		
1, 7-8	HK\$700.00	HK\$750.00
2-6, 9-12	HK\$550.00	HK\$600.00
13-16, 21-22, 28-29	HK\$750.00	HK\$800.00
17-20, 23-27, 30-31	HK\$600.00	HK\$650.00
August 2017		
1-3, 6-10, 13-17, 20-24	HK\$600.00	HK\$650.00
4-5, 11-12, 18-19, 25-26	HK\$750.00	HK\$800.00
27-31	HK\$450.00	HK\$500.00

* Scout Members are requested to present Scout Identity Card upon check-in.
 Buffet Breakfast: HK\$70.00 nett per person per day
 Airport Shuttle Service: HK\$120.00 nett per single trip per person.
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For information & reservation, please contact Administration Branch of Scout Association of Hong Kong.

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Shining a light

How do you support someone who has a disability that others can't see? We discuss Scouting with severe anxiety, autism and ADHD with people who have first-hand experience

Interviews: Laura Sagar | Illustrations: Martina Paukova

Anxiety

WHAT SHOULD VOLUNTEERS CONSIDER WHEN SUPPORTING A YOUNG PERSON WITH ANXIETY?

Sharn Race, specialist adviser for inclusion and diversity, says:

'It's difficult to understand what someone with anxiety is going through. Young people with anxiety are thinking all the time and constantly focused on the negative.

It can become incapacitating and make them not want to go out. A leader might think that the young person is being awkward or surly, but they're probably struggling. When their behaviour changes and they don't turn up to things or become withdrawn, it could be for a lot of reasons, but it could also be that they're not used to being away from home, which creates fear and stress.

'If you're going on camp or somewhere that's different to your normal meeting place, it creates a sense of uncertainty, which is bound to increase anxiety.

'Anxiety isn't just a mental health issue, there are a lot of physical symptoms too. Your heart rate and adrenalin increase because it's your body's response to fear. Your body releases adrenaline and that's why

people with anxiety often talk and move really quickly. That's an incredibly tiring state of mind to be in for days and weeks. In extreme cases, anxiety can lead to panic attacks. People are often hospitalised from having severe panic attacks; it can be so serious that adults sometimes think they're having a heart attack.

'Know your young people and don't be afraid to talk to them. Scout Leaders are in a privileged position: young people are much more likely to open up to you. When you notice a change in behaviour, speak to that young person; if they're particularly young, talk to their parents or carers and ask if they've noticed any changes in behaviour. It doesn't have to be clinically diagnosed – someone may be having a bad time at school, be stressed about their SATs or a pet may have died – find out what's been going on with them.'

WHAT DO YOU WISH PEOPLE UNDERSTOOD ABOUT ANXIETY?

Jenny*, a young person with anxiety, says: 'It's important to acknowledge that they've got an illness. Don't just say "come on, stop worrying about nothing". People think they're doing the right thing, but it doesn't help.

Be supportive and find out what they need, reassure them that it's OK and that you'll help them.'

HOW IS YOUR SCOUTING EXPERIENCE AFFECTED BY ANXIETY?

Sophia-May, a young person with anxiety, says: 'Leaders were worried about me hiking because I have seizures that are brought on by high levels of anxiety. They didn't want me to have a seizure while I was hiking, but I'm really relaxed at Scouts. Scouting is probably the place I feel most calm. It does affect my experience though. I completed the Queen's Scout Award, but had to stay with my mum instead of camping. The leaders make adjustments so that I can still do everything.'

FIND OUT MORE

Anxiety is a common issue for many young people, but it can become a disability when it is prolonged and severe. Possible symptoms include: feeling nervous and on edge, dwelling on negative experiences, feeling restless, having panic attacks and difficulty sleeping. For further information about anxiety, go to tinyurl.com/ybnbmybg. ▶

* Names have been changed for confidentiality reasons



Autism

WHAT WOULD YOU LIKE PEOPLE TO UNDERSTAND ABOUT AUTISM?

Lorraine*, grandparent of a Scout with autism, says: 'I wish that people would recognise the symptoms rather than just labelling them. You can't tell my grandson he's naughty because to him he isn't – it's just a normal function. Part of his autism means he can't cope with any stress and he gets frustrated because he can't communicate his feelings. If there's a competition or he loses at a game, he'll start screaming. It's very upsetting to see him do it. He also doesn't like loud noises or flashes, so you'll never see him at a firework display. Unexpected change makes him feel anxious because he doesn't know what's going to happen next. When he's at school and he's got a visual timetable of what's going to happen, he can cope. At first, some leaders don't have the confidence to deal with his behaviour, but he loves going to Scouts and to take him away from it would be dreadful. He's a lovely little boy.'

HOW CAN SCOUTING POSITIVELY AFFECT A YOUNG PERSON WITH AUTISM?

Vicky, Scout Leader and teaching assistant in an autistic school, says: 'I spoke to a young girl with autism who said it has really helped build her confidence. I find Scouting helps young people with autism to make friends because they have common interests. It also allows them to develop their communication skills by giving them the chance to interact with other young people. Plus, they get the chance to take part in activities they may not have felt able to try before.'

HOW CAN VOLUNTEERS BEST SUPPORT A YOUNG PERSON WITH AUTISM?

Elizabeth Harris, experienced autism specialist with a postgraduate certificate in autism spectrum disorder, says: 'Much like the real world, there should be reasonable adjustments at Scouts. Get permission from parents or carers to talk to the other young people about autism and why it means some people behave differently. You can avoid names and just explain that sometimes people need special arrangements and changes to the rules.'

'When communicating with young people on the autism spectrum, don't use lots of language; we tend to talk far too much to young people with autism. We think they're processing at the same rate as a typical child, but they're not. When we use too much language sometimes it just sounds like noise and they switch off. It's helpful to allow pauses in conversation and not to bombard them with information. A young person with autism is likely to take at least twice as long to process instructions. Young people may be able to use language to a high standard, but it doesn't mean they're able to comprehend and listen at that level.'

'It's also a good idea not to force anything. Sometimes the tendency is to treat them like typical young people, but if you insist on behaviours, anxiety levels rocket up. If you give them a choice, they feel in control and that's what makes them feel secure. If they're being rigid and won't join

the group or follow an instruction, pick someone else near them and praise them for choosing to follow the instruction or joining the group. Try not to focus on them.

'On occasion it's OK to let them do things that are different from the group. All children with autism will have found natural strategies that allow them to remain calm. It's good to allow them to use those strategies. Sometimes they might come to Scouts with a toy they particularly like – let them keep that toy with them. Objects are often very important to children with autism, sometimes more important than people. That can be quite hard to appreciate.'

'A lot of young people with autism also have strong sensory sensitivities and that's probably the most unknown part of autism. Young people with their fingers in their ears, or refusing to eat camp food or complaining about the uniform itching are likely doing so because of that sensitivity. Rather than it being their personality, lots of their behaviours will come from autism, so try to bear that in mind.'

FIND OUT MORE

It's important to remember that every young person on the autism spectrum is unique and will exhibit different behaviours and symptoms. Possible symptoms include: lack of participation, fidgeting or rocking, having difficulty understanding and following instructions and rules. For further information about autism, go to tinyurl.com/ybpcal3d. ▶



ADHD

WHAT'S THE ONE THING YOU WISH PEOPLE KNEW ABOUT ADHD?

Denise*, mother of an Explorer with ADHD, says: 'What it actually means, which is attention deficit and hyperactivity disorder.'

HOW DO YOU FEEL OTHER PEOPLE VIEW ADHD?

Fiona, parent of a son with ADHD, says: 'Some people assume conditions like ADHD are down to bad parenting and the way you treat your child rather than a medical condition or their brain being wired differently. The parents aren't at fault. If there's a child lying down in the supermarket screaming and kicking, don't tut at the parents, just accept it and move on. That parent is probably going through hell and could do with some support. The world could do with being more inclusive and people should try to understand, because not everybody's the same and not everybody's perfect, but everybody is equal.'

HOW CAN LEADERS SUPPORT A YOUNG PERSON WITH ADHD?

James Upton, specialist adviser for inclusion and diversity, says: 'Leaders can sometimes be quick to label young people with ADHD, but they need to work out the best way of supporting them without disrupting everyone else. See who they work well with and mix the group up.'

'Don't let other young people laugh or comment about the young person being naughty, because that's where bullying comes in. If they're having a bad day, ask them, their parents or carers to let you know so you can work around it. It's better for them to be

open and honest rather than keeping things bottled up. Work with the young person, parent and the Group they're in, and remember that everyone is different. Speak to the parents, get more information from them and take it from there.'

WHAT'S IT LIKE TO HAVE ADHD IN SCOUTING?

Khalid*, volunteer and former Scout with ADHD, says: 'I got a lot out of Scouting. I was even lucky to have leaders that worked in specialist schools and who had received training. There were times on camp, where we were away for longer than two nights, and I didn't cope very well, but in general, the medication I was on, the friends I had and the support I got all really helped. I got excellent support back then, and now as a leader I have the right support from the District, and that makes things so much easier.'

HOW DOES HAVING A YOUNG PERSON WITH ADHD AFFECT THE TROOP'S SCOUTING EXPERIENCE?

Leticia*, leader of a Troop with multiple young people with ADHD and autism, says: 'It doesn't impact on what we do, we just adjust the way we do it. We are constantly juggling the likely behaviour and reactions of those young people with autism and ADHD. We have young people with a variety of disabilities so thinking about how we group the young people and which activities we should run is important. The Scout Programme we follow needs to be active. Young people with ADHD need to be on the go and contributing to what's happening, so our Scout Programme is much more

physical and participatory; there's very little stationary work.'

TELL US ABOUT YOUR SON'S SCOUTING EXPERIENCE

Denise*, mother of an Explorer with ADHD, says: 'He found it hard at the start of Cubs because he didn't have the communication and social skills to join in with the others. Then, once he'd come around to the idea that he didn't have to be in the middle of everything, he started to really enjoy it.'

'He's always had a lot of badges. Scouting works well for him because he likes the structures and the fact that he can collect badges and sew them on his uniform. He was included in everything the Beavers and Cubs did, which was really important, because a lot of the time kids with autism and ADHD are sidelined and don't get to take part.'

'If you can get your child with ADHD, autism or anxiety to take part in life a bit more, it can really help their condition and mental health, which in turn makes a massive difference to their life, education and general wellbeing.'

FIND OUT MORE

Not all young people with ADHD will exhibit the same behaviours and symptoms. Possible symptoms include: excessive physical movement, not being aware of danger, being very chatty, and constantly changing activity or task. For more information about ADHD, go to tinyurl.com/b97j45k. ♣



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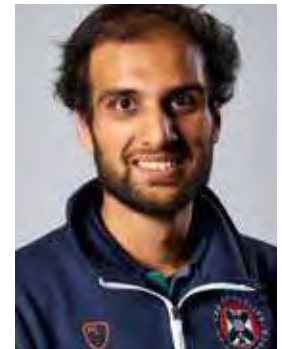


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Striving for greatness

We asked some of you how you think the Movement needs to change to meet its objectives beyond 2018 – here's what you had to say

Pictures: Simon Lees



SCOUTING AND YOU

'We need to advertise more to mainstream schools. Educating young people and raising awareness that it caters for people of all religions and backgrounds would encourage different types of people to join.'

Sonia Chadni,
Volunteer, 11th Islington contingent,
London



'I think the biggest thing we've got to do is to promote flexible volunteering. Scouting doesn't have to be your life – we're happy to welcome you into Scouting during whatever time you can give.'

Hannah Winslade,
Adult Support Core Team, Leicester



'I think we need to talk a lot more about inclusivity in Scouting, and the fact that we're open to everybody. There are so many people who don't know that, and so many young people potentially missing out because of it.'

James Nehaul,
County Youth Commissioner,
Central Yorkshire



'We should be reaching out to young people through their schools. It's a fantastic way to reach more young people who wouldn't normally have the opportunity to get involved in the fun, challenge and adventure that we offer to so many children, week in, week out.'

Tom Bell,
Nominated Youth Representative
for Hampshire County



'Scouting has a lot to offer young people who are in care or foster care. Scouting could really embrace working with people from those backgrounds and should work in partnership with other organisations to encourage them to join Scouting.'

James Reid,
District Commissioner, Newham



'Let's try to talk to young people who are slightly different to ensure they can achieve and be part of our adventure. Young people like the same things the world over – they like making friends, and having adventures, and succeeding.'

Sharn Race,
HQ volunteer, managing specialist
advisors in inclusion and diversity

'We should run weekends to show people what Scouting offers. I'd ensure leaders are from different communities to show that Scouting is moving towards the modern day, which is much more exciting and diverse.'

Michael Priest,
County Youth Commissioner,
West Sussex



'We need to showcase how diverse Scouting is and how much it can change lives. It's about providing young people with skills and encouraging them. I think leaders need to think more outside the box and listen to the young people more.'

Louise Azevedo,
Cub Leader, Enfield



'A lot of Scout Groups want to recruit younger people, and often look for university students because they have a really good, broad basis of skills. But I think getting lecturers and staff to volunteer too can be a great way to integrate the whole system.'

Georgina Swan,
District Commissioner, Newcastle



'I think skills are really important. We need to make sure that our Scouts are fully equipped to face the working world and the wider world as well. So I think showing them the opportunities that are available is important.'

Rupinder Kaur Chana,
Explorer Scout Leader at 13th Southall
(Sikh) Scout Group



'I believe that we would recruit and retain more volunteers if there was greater public awareness of the work that we do. It would be lovely if the public was aware that Scouting is a voluntary activity, and if the contribution we make to the community and to young people was better recognised.'

Simon Temple,
District Commissioner,
North Derbyshire



'We should provide more opportunities for international experiences. When I see people who've had them, they're not the same anymore – the way they interact with others is at a different level altogether. It's wonderful. And Scouting can give them that.'

Daljit Singh Aubby,
Group Scout Leader at 13th Southall
(Sikh) Scout Group and Deputy
District Commissioner in Greenford
and District, GLMW

BEYOND 2018: WHAT WE KNOW SO FAR

We've almost reached the end of Scouting for All, our 2014–2018 strategy, and we are now planning Scouting's future beyond 2018.

As a Movement, we're thinking about our priorities, the work we wish to continue and any new areas where we can make a difference, all to answer the question: how can we improve the life chances of young people and better support our volunteers?

Having heard the results of research carried out with members, the public and the views of external experts, delegates at Summit17, our national conference, took part in workshops to capture what they would prioritise in our next strategic plan, and what they thought of emerging themes so far:

- There was almost universal support for focusing our efforts on a fantastic 6–25 Programme, well-supported and diverse people, and improving the perception and image of Scouting locally and

nationally while maintaining our identity. There was also strong support for our existing four strategic objectives – Growth, Inclusivity, Youth Shaped and Community Impact – continuing in some form beyond 2018.

- Skills for Life as a public-facing proposition was well supported, although delegates thought it might need some substance behind it; either in terms of why it's unique to Scouting or what activity might underpin it. Delegates felt this would help it to resonate locally.
- Fun and adventure felt absent from the description of a new strategic plan.
- There was some debate over whether Growth should continue to focus on the creation of new provision, or if it should focus on the retention and support of existing provision.
- There was significant focus on supporting and improving the

quality of section leaders via additional and/or mandatory continual development and training.

- The presence of digital within the strategic plan was very well received.
- Transitions between sections and retaining potential volunteers, particularly during the period between Explorers and adult leadership on progression to college/university, was discussed numerous times.
- A significant number of comments were made on selling the benefits of Scouting to schools, colleges, universities and employers. Formal recognition of the top awards was also discussed.
- A lot of discussion focused on the 6–25 Programme, including accessing it digitally, revamping Explorers, looking at an introduction of a younger section, and increasing how Youth Shaped it is.

NEXT STEPS

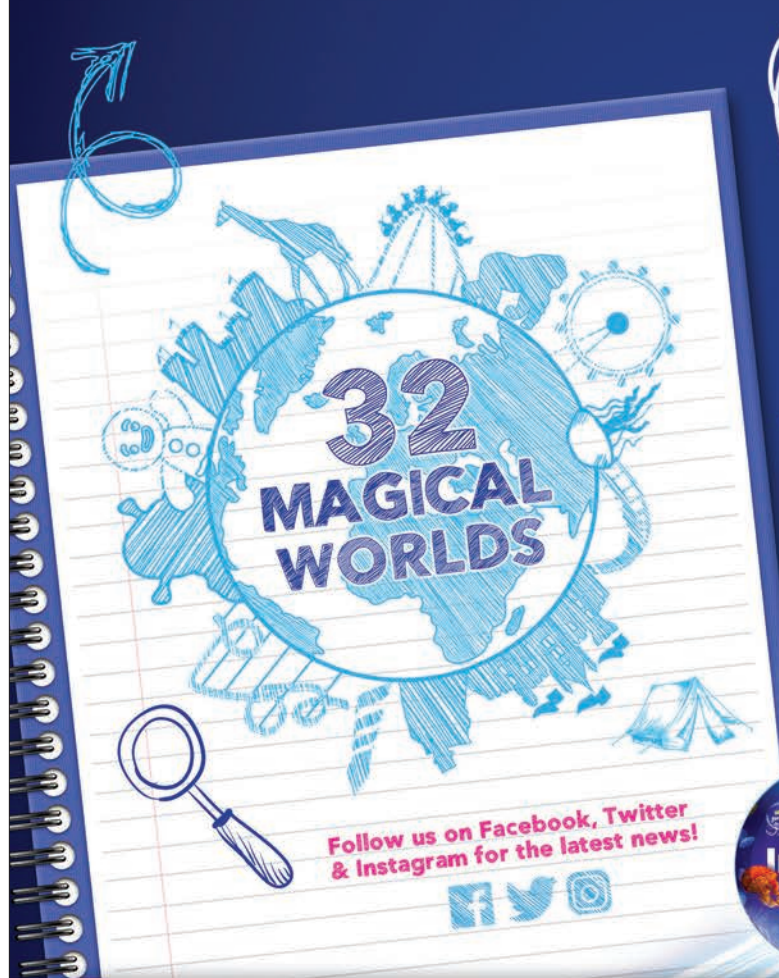
Scouts Scotland is working closely with The Scout Association to ensure that all views are heard and that our strategies are aligned. Throughout May and June, The Scout Association published a series of contributions summarising the key insights from the consultation and research intended to stimulate discussion. You can access these via scouts.org.uk/beyond2018.

Scouts Scotland has provided Regions with the tools to support District consultation, will send out a survey to all members and will be consulting with Youth Advisory Groups, all to gather feedback that will help to form the Scottish strategy. In early August, The Scout Association will release a draft of the UK strategic plan. Scouts Scotland will adapt this, making it relevant to Scotland

and recognising what District Commissioners have told us, and ask that Districts now consult with their Groups at some point during October, November or December. The Scottish and UK Boards will discuss a final draft of the next Scottish and UK strategic plans based on volunteer feedback in late 2017/early 2018 and will aim to launch the new plans in spring 2018.



ENJOY NEW EXPERIENCES IN 2017 WITH YOUR GROUP



SPACES STILL AVAILABLE FOR 2017 CAMPS AND SLEEPOVERS!

- Blackpool Circus
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- Alton Towers Resort
9th September
- Chessington World of Adventures Resort
16th September
- Warwick Castle
23rd September



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Whether you're looking for a district takeover day or a residential experience like no other, we'd love to hear from you!

To find out more, visit www.merlinforgroups.com



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A MILLION HANDS
PROGRAMME
PLANNER



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KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

Understand the issue

Organise and hold a Dementia Friends Information Session and do the Brain Connections activity (right).

OCT 2017

Scout Community Month

Tell others in your community about the issue you've picked and encourage them to take action.

NOV 2017–FEB 2018

Plan your action

Plan your community event.

APR–JUNE 2018

Take action

The A Million Hands Big Moment

Hold your dementia-friendly event.

MAY 2018

Log your action at amillionhands.org.uk/recordaction.

JUNE/JULY 2018

Tell the world

Share photos on social media.



DEMENTIA

By choosing dementia as your issue, you have pledged to help create a dementia-friendly generation within the UK

By 2025, one million people in the UK will be living with dementia and there is currently no cure. By creating a dementia-friendly generation through A Million Hands, we will support people affected by the condition to live without fear or prejudice, and to live well with their dementia.

THE A MILLION HANDS BIG MOMENT

In early April 2018, Scout Groups across the UK will be holding dementia-friendly events at their meeting places. When planning your Big Moment, why not consider the below options?

- An activity or event in your Scout meeting place or local community space, where people with dementia are welcome and supported to participate, for example: an activity around the campfire or

hosting a dementia-friendly film screening.

- An activity or event in a local care home or service for people affected by dementia.

It's an opportunity for young people and people living with dementia to interact with each other and the local community. Go to amillionhands.org.uk/bigmoment for a simple, step-by-step resource pack for your section.

UNDERSTANDING THE ISSUE

Alzheimer's Society is offering Scouts a free one-hour Dementia Friends Information Session so that they can become Dementia Friends. As Dementia Friends, Scouts will have a better understanding of the difficulties someone with dementia may face. To arrange a session for your group, please email scouts@alzheimers.org.uk.

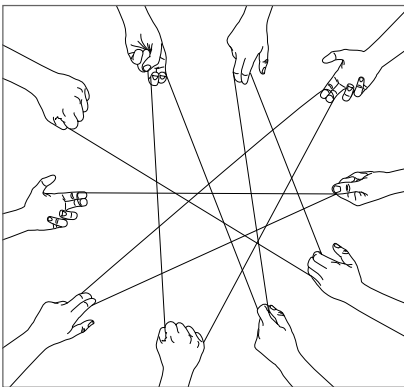
UNDERSTAND THE ISSUE ACTIVITY:

BRAIN CONNECTIONS

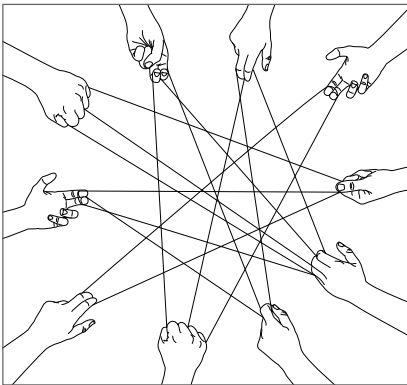
All you need is string and a pair of scissors to run this simple activity to illustrate how dementia affects people

SUITABLE FOR ALL SECTIONS

1 Form a circle and ask the group for the steps needed to get dressed. Start with 'socks' and ask one young person to hold the end of the wool. Ask the young people what you would put on next, for example 'put on pants', and pass the wool to someone on the other side of the circle.



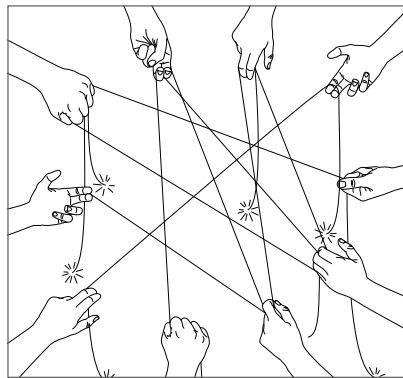
2 Continue working through each step of getting dressed and passing wool across the circle. You should end up with a criss-cross network of wool.



3 Ask the group for examples of what the brain does to help you get

dressed, eg movement (walk to the wardrobe) or balance (stand on one leg to put a sock on). Explain that these are represented by the wool.

4 Explain that dementia is caused by diseases that damage parts of the brain. Ask which steps might become difficult if dementia affects movement, memory, sequencing, balance and recognition. Cut the wool to represent the damage to the brain and repeat until a hole appears.



5 Highlight that while some of the brain no longer works as well as it used to (the hole), other parts still work really well (connected wool).

6 Ask the group what they could do to help someone. As they answer, tie the ends of wool together. Explain that by taking small actions to help, as represented by the reconnected ends of wool, people with dementia can continue to complete everyday tasks, just in a different way.

TIME NEEDED
15–20 minutes

EQUIPMENT NEEDED

- wool or string
- scissors

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver Teamwork Challenge Award



Cub Teamwork Challenge Award

NEXT STEPS

You have completed:

The next step is to:



Go to amillionhands.org.uk/bigmoment for a PLAN ACTION activity.

DOWNLOAD THIS PAGE

Find this and other great activities at scouts.org.uk/magazine.



KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

Understand the issue

Arrange for a Guide Dogs speaker to visit and talk about sight loss, and do the Getting from A to B activity (right).

OCT 2017

Scout Community Month

Tell others in your community about the issue you've picked and encourage them to take action.

NOV 2017 – FEB 2018

Plan your action

Plan your Safer Street Party.

APRIL 2018

Take action

The A Million Hands Big Moment

Hold your Safer Street Party.

MAY 2018

Log your action on amillionhands.org.uk/recordaction.

JUNE/JULY 2018

Tell the world

Share photos on social media.



DISABILITY

Every hour, someone in the UK goes blind. Your young people can make a difference through A Million Hands

From reducing social isolation to removing barriers to participation in society, through A Million Hands young people can improve the lives of people with vision impairment within the UK.

THE A MILLION HANDS BIG MOMENT

Guide Dogs campaigns alongside people with sight loss for the rights that many sighted people take for granted. Their Streets Ahead campaign aims to tackle the obstacles that people who are blind or partially sighted often find on the UK's streets.

Your young people can make a difference by supporting this campaign through A Million Hands and identifying the issues and challenges that people with vision impairments face in your community. For your Big Moment, hold a 'Safer

Street Party' and organise activities, such as Street Clutter Bingo, that bring people together to share what you've learned with others. You can then use the information to successfully change the landscape for those with sight loss. You may like to invite people with sight loss to your event, as well as nearby residents, local business people, the council, media, and don't forget Guide Dogs' local campaigners. Go to amillionhands.org.uk/bigmoment for a simple, step-by-step resource pack for your section.

UNDERSTANDING THE ISSUE

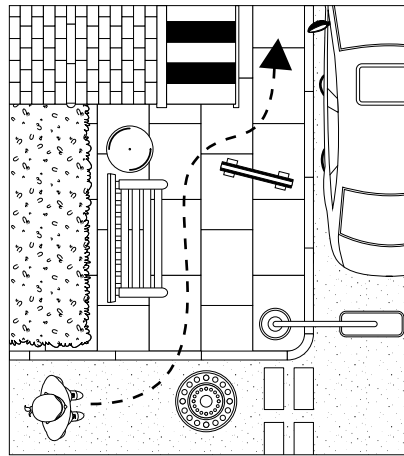
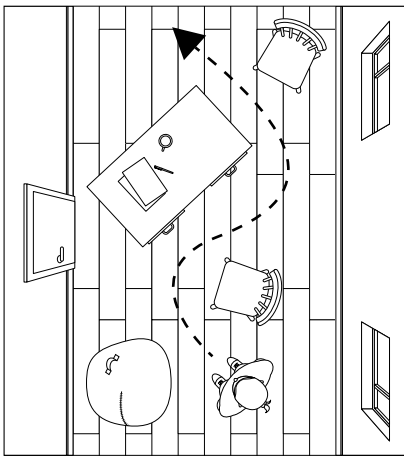
The Getting from A to B activity will help your Group gain a better understanding of the difficulties faced by those disabled by society. You can also invite a Guide Dogs speaker to your meeting place to share their story with your young people.

UNDERSTAND THE ISSUE ACTIVITY:

GETTING FROM A TO B

This obstacle course will help your young people gain valuable insight into the difficulties faced by people with sight loss

SUITABLE FOR ALL SECTIONS



1 Set up a simple obstacle course in your meeting place, using chairs, bags, bean bags and everyday objects to map a path.

2 Working in pairs, ask one of the young people in the pair to wear a blindfold.

3 Then ask the participant without the blindfold to navigate the blindfolded Scout around the course, without touching or guiding them.

4 Once they get to the end of the course, get the participants to discuss the difficulties they found in completing their journeys through the course.*

5 To end the discussion, get participants to consider applying these to everyday tasks, such as

navigating around the house, getting to the wardrobe and choosing an outfit, getting to the bathroom and taking a shower or going to the shops and buying food.

6 This session is focused on sight loss, but you could also get Scouts thinking about how other disabled people would find this a challenge.

7 To make this activity more realistic and harder for older sections, you could visit a Scout Adventures centre and try some real obstacle courses blindfolded.

*This activity requires supervision and a risk assessment to be carried out. Remember to ensure that your young people know how to remove the blindfold should they become disorientated.

TIME NEEDED

30 minutes

EQUIPMENT NEEDED

- obstacle course equipment such as ropes, bags, chairs, blindfolds, bean bags

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver Disability Awareness Activity Badge



Beaver and Cub Teamwork Challenge Award



Cub Our World Challenge Award

NEXT STEPS

You have completed:



UNDERSTAND THE ISSUE

The next step is to:



PLAN ACTION

Go to amillionhands.org.uk/bigmoment for a PLAN ACTION activity.

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KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

Understand the issue

Celebrate Leonard Cheshire’s 100th birthday and learn about disability with a party or quiz. Email scouts@leonardcheshire.org for a party pack.

OCT 2017

Scout Community Month

Tell others in your community about the issue you’ve picked and encourage them to take action.

NOV 2017

Plan your action

Carry out the access and inclusion survey in your Scout meeting place (right) to tie in with Anti-Bullying Week (13–17 Nov 2017).

MAR 2018

Take action

The A Million Hands Big Moment

Carry out an access survey to improve your community.

APR 2018

Log your action on amillionhands.org.uk/recordaction.

JUNE 2018

Tell the world

Hold an event for Volunteers’ Week in your community to celebrate your Group taking action to improve the lives of disabled people.



DISABILITY

Did you know that one out of every six people in the UK will be affected by disability at some point in their lives?

With 11 million disabled people in the UK alone, we should all be striving to create a society in which every person is equally valued and where disabled people have the freedom to live their lives in the way they choose. This includes having the opportunity and support to live independently and to contribute to society.

THE A MILLION HANDS BIG MOMENT

In March 2018, Scouts across the UK who have chosen disability as their A Million Hands issue will be carrying out access surveys in their communities. They will be providing feedback to services and businesses about ways in which access for people who are disabled can be improved.

Request an Access Pack containing a full activity guide, survey forms,

template letters, and tips for businesses by emailing scouts@leonardcheshire.org. Go to amillionhands.org.uk/bigmoment for a simple, step-by-step resource pack for your section.

UNDERSTANDING THE ISSUE

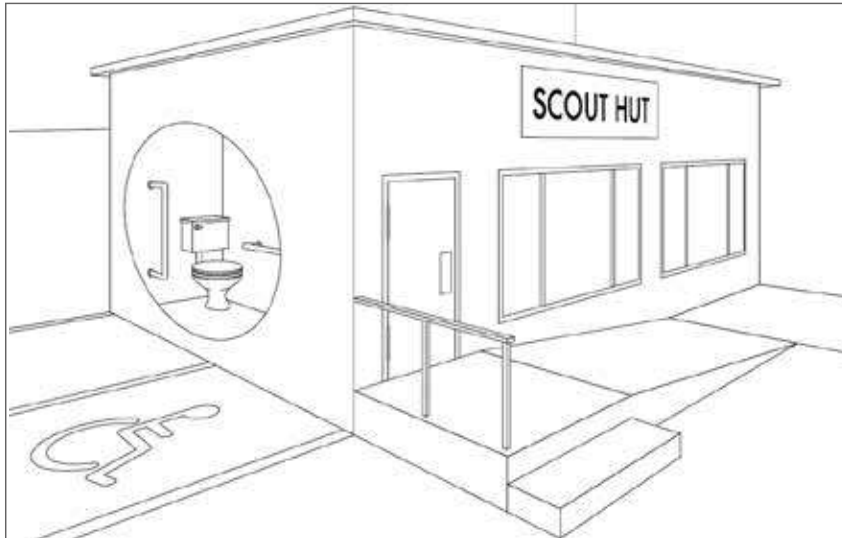
Conduct an access and inclusion survey with your young people in your Scout meeting place to find out how accessible and inclusive your Group is. The activity is a great first step to understanding the restrictions disabled people are faced with every day. It will also introduce your Scout Group to access surveys ahead of the A Million Hands Big Moment survey they will carry out in March 2018. They will learn about the small changes that can be made so that everyone can be included in Scouting, from ensuring physical access to promoting welcoming attitudes.

PLAN ACTION ACTIVITY:

ACCESS AND INCLUSION SURVEY

Think your Scout Group is open to all? Conduct this access and inclusion survey to see if you're right

SUITABLE FOR **BEAVERS**, **CUBS**, **SCOUTS** AND **EXPLORERS**



TIME NEEDED

30 minutes

EQUIPMENT NEEDED

- Scout Group access and inclusion survey template (email scouts@leonardcheshire.org and you will also receive the short guide about reasonable adjustments.)
- clipboards
- pens

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver World Challenge Award



Beaver Disability Awareness Activity Badge

NEXT STEPS

You have completed:

The next step is to:



Go to amillionhands.org.uk/bigmoment for a TAKE ACTION activity.

DOWNLOAD THIS PAGE

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1 Print out the Scout Group Access and Inclusion Survey and supporting documents.

2 Ask your section if they have any experience of disability already and if they can think of any adaptations that are made. Explain to your section that some disabilities are hidden and adaptations should be made to ensure everyone has a fair chance to participate.

3 Read each survey question to your young people and take them to survey the area being discussed where relevant, such as the entrance to your meeting place or the toilets.

4 Complete the survey form in as much detail as possible, including the comments/recommendations

section. Older Scouts can be split into groups and sent off to complete the survey independently.

5 Reconvene and talk through the results, comments and recommendations with the group.

6 If any changes need to be made, make an action plan as a group with any changes or improvements needed. Remember to add deadlines and who is responsible.

7 This activity will help young people understand that some disabled people can be excluded if groups are not inclusive. This is a good way to introduce the issue of bullying of disabled young people. Find more information by visiting tinyurl.com/y92awykl.



KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

Understand the issue

Learn about mental wellbeing and resilience by making a stress ball (right).

OCT 2017

Scout Community Month

Tell others about the issue you've picked and encourage them to take action.

Mental Health Day

10 Oct 2017

NOV 2017–FEB 2018

Plan your action

Hold a craft session to create your signature plasters.

APR 2018

Take action

The A Million Hands Big Moment

Create and send your petition to your local MP.

MAY 2018

Log your action on amillionhands.org.uk/recordaction.

Tell the world

Take photos of your crafts during your event, and share.

JUNE/JULY 2018

Learn and do more

Hold a lifelong supporters' session.



MENTAL WELLBEING

Mental health problems can affect people of any age, race or religion, so let's spread the word and end inequality

In any given year, one in four people will experience a mental health problem. What's more, nine out of 10 people who experience a mental health problem say they also have to live with prejudice. It doesn't have to be this way.

From teaching others how to improve their resilience to creating outdoor spaces to improve mental health, Scouts can improve their own mental wellbeing and resilience, and help their families and wider society to do the same.

THE A MILLION HANDS BIG MOMENT

From 21–29 April 2018, Scouts across the UK who've chosen mental wellbeing and resilience as their A Million Hands issue will take part in Craftivism. Craftivism is the art of gentle activism that uses craft

activities to protest and make a positive long-term impact to society.

Scouts are being asked to decorate plasters in a variety of creative ways with their signature to create a huge creative petition calling for MPs to treat mental health in the same way as physical health, eg for physical health we have plasters, for mental health we don't have the same tools.

Craftivism is not just about our own wellbeing, it's also a powerful tool to improve the lives of those around us, both in our communities and in society. Decorate your plasters outside in the community and invite others in the community to join and talk about mental wellbeing, and add their signature to the petition. Go to amillionhands.org.uk/bigmoment for a simple, step-by-step resource pack for your section.

UNDERSTAND THE ISSUE ACTIVITY:

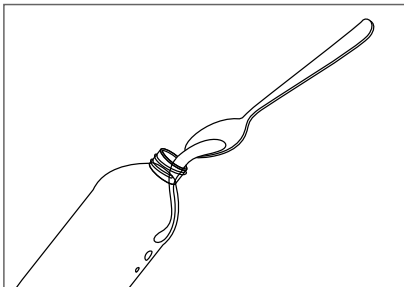
MAKE A STRESS BALL

By making this stress-reliever with your Scouts they will learn more about stress and mental health

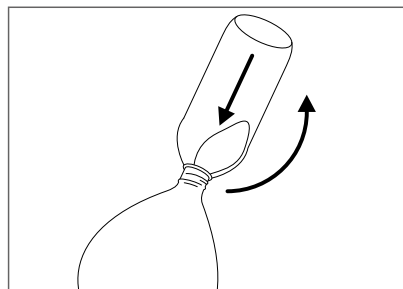
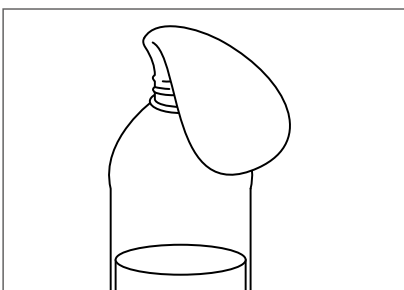
SUITABLE FOR ALL SECTIONS

1 For a typical palm-sized stress ball, you'll need approximately 160ml–240ml of filling per stress ball.

2 Blow up the balloon slightly (optional). This isn't always necessary, but can be useful if the balloon isn't elastic enough to fit the filling. Blow it up to about 7.5cm–12.5cm across, then pinch the neck shut without tying it.

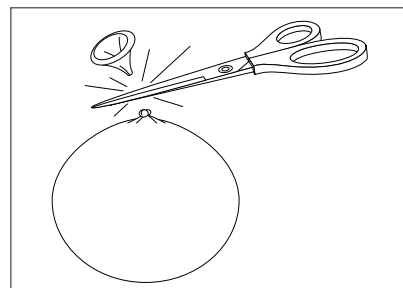


3 Stick a funnel into the neck. If you do not have a funnel, spoon the filling into a plastic bottle instead, and fit the balloon over the neck. Slowly fill the balloon to avoid clogging the neck of the balloon. For a palm-sized ball, you'll want to fill the balloon approximately 5cm–7.5cm deep.



4 Remove the balloon from the funnel and let out as much air as you can. Tie the neck of the balloon closed tightly.

5 Use a pair of scissors to cut off the dangling end of the balloon. Now you can decorate your stress ball.



6 While making the stress ball, ask your young people:

- What is stress?
- Why and when do you feel stressed?
- Can you think of anything that helps you feel better while you're stressed?

Reflect on how stress is connected to mental health.

TIME NEEDED

15 minutes

EQUIPMENT NEEDED

- balloons
- plastic bottles or funnels
- scissors, pens or markers
- a filling (flour, corn starch, dry rice or lentils)

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Beaver Skills Challenge Award



Scout Creative Challenge Award



Beaver Creative Activity Badge

NEXT STEPS

You have completed:

The next step is to:



Go to amillionhands.org.uk/bigmoment for a PLAN ACTION activity.

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KEY DATES FOR YOUR A MILLION HANDS PROJECT

JULY–OCT 2017

Understand the issue

Invite a guest speaker in and do the tinfoil still activity (right) – explore the issue of access to water.

OCT 2017

Scout Community Month

Tell others in your community about the issue you've picked and encourage them to take action.

NOV 2017– FEB 2018

Plan your action

Make banners or leaflets to hand out on your Walk for Water.

MAR 2018

Take action

The A Million Hands Big Moment

Hold your Walk for Water.

APR 2018

Log your action on amillionhands.org.uk/recordaction.

JUNE/JULY 2018

Tell the world

Share photos on social media, talk to your local paper and radio station.



CLEAN WATER

For the first time in history, nine out of 10 people have access to safe water, but there's still a lot more work to do

Roughly 663 million people around the world still lack basic access to clean water, while 2.4 billion – that's one in three people – have nowhere adequate to go to the toilet. As a result, 900 children die from diarrhoea every single day. But it doesn't have to be this way; in our lifetime, we can end this crisis, and Scouts can be part of making this happen.

THE A MILLION HANDS BIG MOMENT

Between 17–25 March 2018, Scouts across the UK who have chosen clean water and sanitation will join the global call for water and toilets for everyone everywhere by taking part in a Walk for Water.

The sponsored walk will also raise money to support Scouts in Madagascar who are working with their communities, local

organisations and the government to improve access to clean water and sanitation in their country, where over half the population has no choice but to drink water so dirty that it could kill them.

Invite family, friends, your local MP or Mayor, or even a local celebrity along on your walk. And don't forget to spread the word – share your experience on social media, get in touch with your local paper to tell them your story, and call your local radio station. Go to amillionhands.org.uk/bigmoment for a simple, step-by-step resource pack for your section.

UNDERSTANDING THE ISSUE

Use the tinfoil still activity (right) to teach your Scouts how to purify water if they don't have access to clean water.

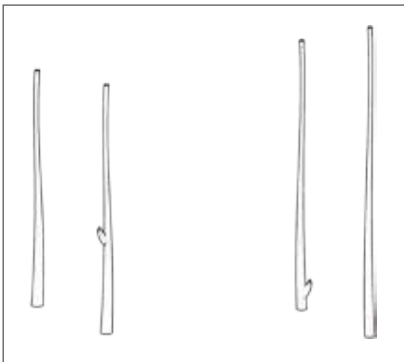
UNDERSTAND THE ISSUE ACTIVITY:

TINFOIL STILL

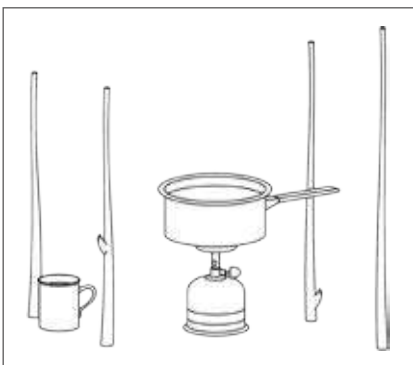
Water is essential for survival, so teach your young people to collect their own clean water with this handy activity

SUITABLE FOR CUBS, SCOUTS, EXPLORERS AND NETWORK

1 Find a safe, stable place for your heat source and push the four sticks into the ground around the heat source so that they are far enough from it to not get burnt. Remember to carry out a risk assessment! Push two sticks that are next to each other further into the ground so you have two sticks lower than the other two.



2 Fill the saucepan with dirty water and place it over the heat source.

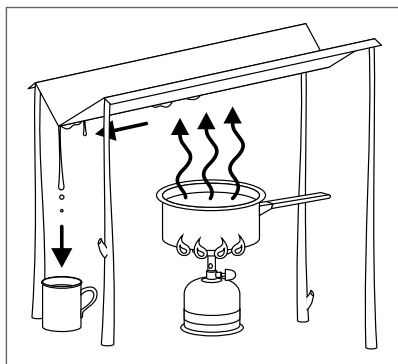


3 Unroll your tinfoil so that you have enough to easily balance on the four sticks. Fold the tinfoil down

the centre. Unfold it so the point is downwards forming a 'v' shape.

4 Place the tinfoil over the saucepan securing it to the four sticks in a way that means the fold falls between the two small sticks at one end and the two tall sticks at the other. Imagine that if you rolled a coin down the fold it would easily run from the high end to the lower end.

5 Put the clean water collecting cup under the lower end of the tinfoil. How it works: As the water heats up steam will rise and condense on the tinfoil rolling down it and into the clean cup.



6 Now see if different shaped tinfoil condensers help trap more water? Does fanning the tinfoil help it condense? Try out some experiments to see how efficient you can make this collector. Reflect on how challenging it is to access clean water if you don't have a readily available water supply.

TIME NEEDED

60 minutes

EQUIPMENT NEEDED

- tinfoil
- four long sticks
- a heat source (this could be a Trangia, gas stove or a campfire)
- a saucepan
- a cup

THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES



Community Impact Staged Activity Badge



Scout Outdoor Challenge Award



Explorer Survival Skills Activity Badge

NEXT STEPS

You have completed:

The next step is to:



UNDERSTAND THE ISSUE



PLAN ACTION

Go to amillionhands.org.uk/bigmoment for a PLAN ACTION activity.

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STEPS TO ADOPTING A WATERWAY

Check you are close to a waterway managed by Canal & River Trust and get in touch.

Talk to the partner charity for your A Million Hands issue about how they can get involved. This might be by helping you with planning or by getting active on site.

Undertake some initial activity on the stretch of canal you would like to adopt – time to talk to your Group about what you would like to achieve.

Plan and register the adoption with Canal & River Trust – this will include looking at the safety around the activities you've planned.

Launch your pocket adoption! Promote your activity with the help of press teams from Canal & River Trust and your partner charity. To contact the Canal & River Trust, email millionhands@canalrivertrust.org.uk or call 0303 040 4040.



ADOPT A WATERWAY

By partnering with Canal & River Trust, you can use local waterways to support your A Million Hands project

Scouts will understand the impact that being outside has on physical and mental wellbeing, whether it's going on a hike, enjoying and learning about nature, having a picnic or going canoeing. Adopting a section of canal or river is about creating ways that more people can benefit from the waterways that are close to you. You can take the ideas you have developed for your A Million Hands project and make them a reality by using your adopted stretch of canal or river. You will also be making an impact in your community by improving canals and rivers for local people.

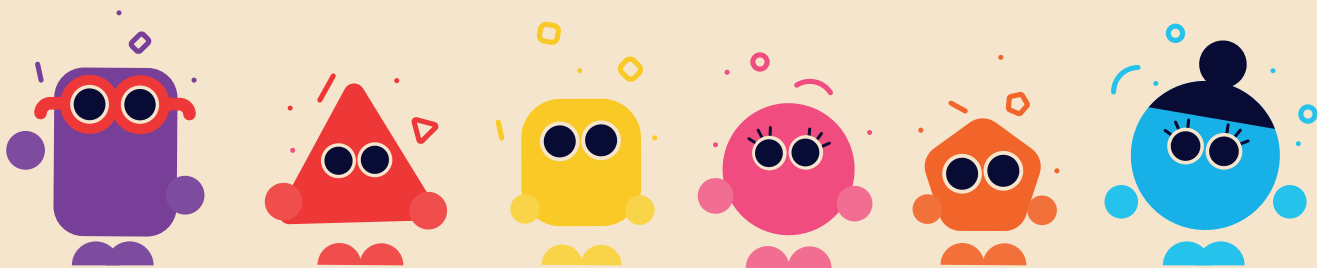
A pocket adoption can be any distance of canal for either 6 or 12 months, and it can be undertaken as a Group or District. You will need to theme an

activity around your chosen A Million Hands issue and work with the Canal & River Trust (The Scottish Waterways Trust in Scotland or Waterways Ireland in Northern Ireland) to plan and deliver activity. Visit canalrivertrust.org.uk/volunteer/adopt-a-canal for a map of the canals and rivers, and a list of existing adoptions.

Remember when you're visiting your canal or river to:

- keep away from the edge
- plan a route before you go
- consider the weather
- wear good boots and take care on uneven ground
- avoid contact with poisonous or biting insects and plants
- take care using locks and bridges

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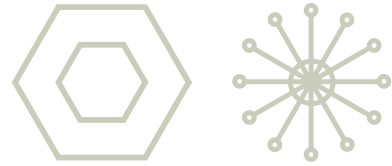
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LEADER, GIRLGUIDING SLOUGH

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To advertise in the Directory, please contact Jamie Bolton on 0117 314 7356 or email jamie.bolton@immediate.co.uk.

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 Registered charity number 306016

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ACTIVITY CENTRES

GLENORCHY CENTRE
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Draw a zentangle

Those of you who enjoy doodling will love creating these abstract patterns – a great way to relax and focus the mind

A zentangle is an abstract, patterned drawing that is created by deliberate, thoughtful strokes. It has no up or down, and shouldn't resemble any particular object. It is simple to create, portable, and doesn't require any specialist skills or equipment.

Officially, proper zentangles require a 3.5-inch-squared 'tile' of paper, but all you really need to enjoy and benefit from this activity is paper, a pencil and a black fineliner – that's it! Creating zentangles has been found to improve focus, aid relaxation, help with problem-solving and relieve stress, as well as create beautiful works of art.

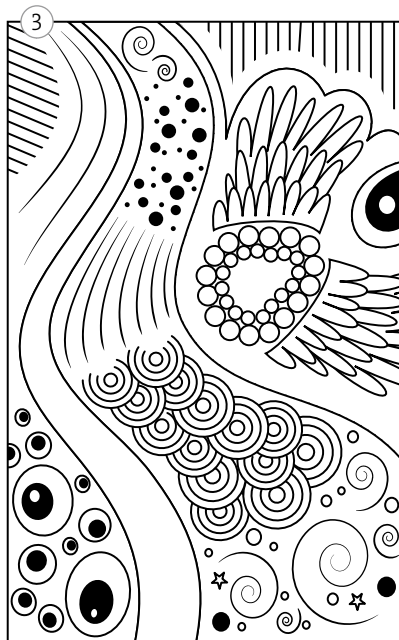
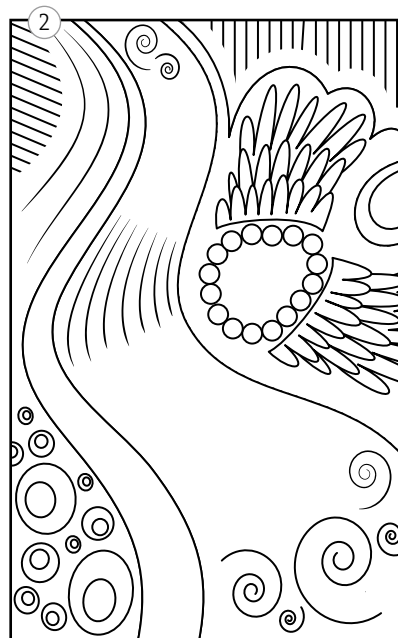
HOW TO

1 Using a pencil, lightly free-draw a border around your tile. This border shouldn't be visible once your zentangle is complete.

2 Still using your pencil, draw your 'string' – a curved line that will provide structure to your design.

3 With your fineliner, begin drawing your 'tangle'. This is a simple pattern made of dots, lines, circles or squiggles that follows the contours of your string.

4 Now you can use shading or blocks of black ink to add depth to your zentangle. Keep going until you've filled the space and remember not to erase anything – everything should be deliberate and considered.





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