



Scouting Scotland

'At 14, I was fairly close to going off the rails but Scouts gave me a new focus. It gave me everything I love doing'

Fleur-de-lis for life, page 49



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It's 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, mistakes might be made.

You can read Scouting magazine and Make.Do.Share. magazine online at scouts.org.uk/magazine. Follow us on scouts.org.uk/facebook. You'll also find us on Twitter @UKScouting and on Instagram @Scouts



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Chief Scout Bear Grylls

There's something I like to call the Scout spirit

It's hard to describe, but you know it when you see it. It's about helping others, sharing skills and seeing the best in people. It's about looking up when others are feeling down. It's a word of encouragement.

We see plenty of Scout spirit in this issue of the magazine. We certainly see it in 1st Smiles Scout Group. This is an incredible story of how Scouts is helping young people come to terms with loss, giving them the courage to pick themselves up and build new friendships.

We also see it in our feature Activism through the ages, which shows how young people are almost always at the forefront of social change. From the Civil Rights movement of the '50s and '60s to the School Strike for Climate movement of today, it's young people who ask the difficult questions.

If you're inspired by these stories, you'll also love our roundup of books that remind us of our Scout values. Our movement has a powerful tradition of storytelling and it's a

brilliant way to learn. Talking of storytelling, we've got a great way to inspire young people to express themselves through writing and illustration: zines. Find out why people create them and then make your own.

When our communities feel divided, it's the Scout spirit that helps us see past our differences. In a simple way, you can use your Scout spirit on social media: we've got advice on how to create a more positive experience.

I always say that Scouts are shining lights – don't be afraid to let your Scout spirit shine. Stand up for what you believe in and keep an open mind. Keep looking to the horizon. That's where the future begins.

Your friend,



Bear Grylls, Chief Scout

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Get creative and make some eco art representing a sustainable vision for the future, with WWF.

ZSL

LONDON ZOO WHIPSNADE ZOO

Take your Scouts on an exciting and educational trip.



In search of a Scouts trip that's educational, fun and memory making? Look no further! Your group will come nose-to-nose with some of the hairiest, scariest and most majestic wildlife in the animal kingdom with a visit to ZSL London Zoo or ZSL Whipsnade Zoo.

Go on an expedition around ZSL Whipsnade Zoo, the UK's largest zoo, home to hundreds of animal species, from huge Asian elephants and brown bears through to rockhopper penguins and red pandas. Challenge your group to navigate using our map or use a compass to test their directional skills.

Discover ZSL London Zoo, the world's oldest scientific zoo, boasting an eclectic mix of wildlife and fascinating history. Get up close to amazing animals with a host of walk throughs meeting sloths, bats, monkeys and more. Head to Gorilla Kingdom and encounter a colony of western lowland gorillas. Don't forget to keep an eye out for the historical stories that bring London's Zoo to life.

**Great youth group discounts available which includes one free adult for every ten paying scouts.*

TOP TIP
Link your visit to the Environmental Conservation Activity Badge and challenge your Scouts to discover how they can protect wildlife.

For further information or to book call **0344 225 1826.**

LONDON ZOO WHIPSNADE ZOO



Embracing inclusion

Reflecting the diversity of our communities and reaching young people who can benefit the most from Scouts is crucial if we're to be seen as relevant and important in society today.

We need to break down barriers that prevent people from joining and staying.

Recently appointed Scottish Commissioner for Inclusion Alan Freeburn, and Scouting Operations Officer James Orrell, will support leaders, groups and sections as we strive to meet our inclusivity goals of 200 new sections, especially, but not exclusively, in areas of deprivation, remote and rural areas, and in new communities.

This is ambitious; we know that this work is being undertaken at all levels

and we will continue to support this local work in a number of ways. We will continue to help develop Scout groups in unexpected places, like the great example in this issue of the magazine highlighting our partnership with Kilpatrick School.

We're producing an inclusion planner for 2020 with events that people can celebrate and take part in, and we're proactively working to increase our reach into communities where Scouts has not traditionally happened.

However, there are challenges. Currently eight out of 10 of our youth members in Scotland are male, and we see similar under-representation from Black and Minority Ethnicity (BAME) communities. This shows us that we have more work to do to make sure all young people can access and benefit from Scouts.

We need to reach out and share what we love about Scouts. If we look at the gender and ethnic diversity of our sections, become proactive in making reasonable adjustments to our programme, halls and activities for young people with additional support needs, provide the different Promise versions to our members, be flexible about the costs of Scouts, and offer support for LGBTQ+ young people, especially when seeking new members, we will deliver our goals and enhance Scouting for everyone.

If you haven't already, please complete an Inclusivity RAG assessment with your fellow leaders and start the powerful conversations about diversity and inclusion in Scouts. You can find this here: scouts.org.uk/inclusivityrag.

Andrew Sharkey
Chief Commissioner of Scotland



Have you made the switch?

It's brilliant to see so many Groups, Districts, and Regions taking up our new brand and visual identity to show how Scouts helps young people gain skills for life. It's not just about looking good – having a consistent message, look and feel increases recognition, awareness, trust and support for Scouts. There's only six months until everyone needs to switch to the new brand, by the end of May 2020.

If you're not sure where to begin, start by registering for (or logging into) the Scout brand centre and downloading your local logo. Use this to spruce up your social media and website. Don't forget to update your 'about us' section too – remember, we talk about 'skills for life' while showing fun and adventure in images. Be the change you want to see in the real world by creating and ordering a new sign for your meeting place – prices start at £36 plus delivery. Once you're looking good online and on signs, it's time to update printed materials and presentations.

Don't miss the brand insert in this issue with 10 top tips to help you. For guidelines, logos, templates and advice on writing inspiring words, check out scouts.org.uk/brand. Need help or advice? Drop us a line: communications@scouts.org.uk.



ScoutFest

ScoutFest will be back for 2020! Following its very successful second year, ScoutFest will take place on 11–13 September 2020 at Scout Adventures Fordell Firs.

ScoutFest is our event for adults in Scouts to come together, have fun, gain new skills and pick up programme ideas.

Thank you to everyone who made ScoutFest such a success in 2019. Your feedback has been invaluable to us, and we are so excited about our plans to make 2020's event an even bigger success.

Keep an eye on our Facebook page for announcements about ScoutFest 2020: facebook.com/scouts.scotland.

New A Million Hands themes

Scouts across the UK have embraced the new A Million Hands themes and spent Scout Community Month identifying the theme most important to them and their community.

We're really looking forward to early December, when young people will meet their local MSPs at the Scottish Parliament to encourage them to pledge their support to the themes Scouts tackle through A Million Hands.

By 2023, we want to have rolled up our sleeves and played our part in

protecting our environment (with WWF), fostering kindness in every community (with the British Red Cross), ending homelessness (with Crisis and the Simon Community), supporting refugees and displaced children (with Save the Children), understanding disability (with the National Autistic Society), and achieving better mental health for all (with Mind, SAMH and Inspire).

Grab your 'plan action' resources and don't miss the opportunity to get your projects off the ground this winter: scouts.org.uk/community.

Outdoor Conference 2020

The Outdoor Conference is back at Scout Adventures Lochgoilhead for 2020! Now in its third year, the event will take place from 6–8 March 2020.

The Outdoor Conference is aimed at all Sectional Leaders, Networkers and Active Support Members who are interested in gaining skills in outdoor adventurous activities.

The 2020 event will feature a mix of

sessions introducing new activities, building on previous skills and permit training/assessments, along with some National Governing Body Qualifications.

Scouts Scotland have managed to secure some funding so the cost to participants will be greatly subsidised. To find out more about the event and how to book head to scouts.scot/news-events/events.



Scout Oor Wullie

We are thrilled to have a new permanent resident at Scout Adventures Fordell Firs. Scout Oor Wullie now takes pride of place at the home of Scottish Scouting where he is waiting to welcome everyone who visits.

During the summer, Oor Wullie statues lined the streets of Scottish cities as part of the Oor Wullie Bucket Trail before being auctioned off in September to raise funds for the children's hospital charities in Scotland.

We ran a crowd-funding campaign to raise funds to bid on Scout Oor Wullie at the auction to bring him home to Scouts. You helped us to raise an incredible £5,300, which was enough to win Scout Oor Wullie at the auction. Everything we raised went to the Glasgow Children's Hospital Charity, which provides vital care for young people in Scotland. We want to say a huge thank you to everyone who helped us to raise so much for this incredible charity.

Scout Oor Wullie supported our six Scottish Jamboree units in their fundraising for attending the World Scout Jamboree in West Virginia, so we are so proud to be able to give him a permanent home where our members can enjoy him for years to come.

Photograph: Steve Sayers



Online programme planning

Do you plan a programme for Beavers, Cubs, or Scouts? If so, you'll probably want to check out the new online programme planning tool. It's full to the brim with activities, and you'll also find planned sessions and ready-made programmes for Beavers and Cubs.

We haven't forgotten Scouts – their activities are under way, and there'll be enough for an entire Troop to get their Chief Scout's Gold Award by autumn 2020. Whether you want ideas for tricky badge requirements, an easier way to schedule your own activities, or a bit of both, the tool helps you plan anything from a single

session to a multi-year programme. Every activity lets you know how long it'll take, how much it'll cost (if anything), what you'll need, what badges and awards it counts towards, and the skills young people will learn. You can search and filter activity ideas by section or by type, so it's easy to find a game for Beavers, a ceremony for Cubs, or an activity for Scouts.

Hundreds of activities, games, ceremonies and adventures are already on there – and more are being added all the time. Find them here: scouts.org.uk/volunteers/planning-your-programme.



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Working in partnership to grow Scouts



One of the best things we've been able to do is take the group camping. It may have only been for 40 minutes in the playground but for those young people, it was camping. They have memories of campfire, toasting marshmallows, singing campfire songs; it was a real adventure. For me that is what Scouts is all about, giving young people amazing memories and opportunities.

If I was to give advice to anyone thinking of developing a group like this, then firstly don't be afraid to break from the norm. The most important thing is that it benefits the young people involved and that they have fun, learn new skills and are safe. If that means doing things a bit differently, like a 40-minute Scout session, then that's okay.

We recently caught up with Growth Commissioner Gary Ward about a project that he has been involved with to help bring Scouts to new communities in Scotland

Growth is a key part of our strategy; to keep growing we need to reach out to under-represented areas and communities across the country.

We have created a new partnership with Kilpatrick School, which is a specialist establishment providing education from birth to 18 years of age for 158 children and young people with additional support needs (ASN). Working with Kilpatrick School was also an ideal opportunity to reach into a new area, and explore how Scouts can work in schools (in this case an ASN school).

In this partnership, the Scout sessions take place within the school

curriculum and there is a really special feel to them. We needed to think really carefully about how we could adapt the programme in order to fit with the needs of the young people.

But at the heart of it is fun, friendship and developing skills for life.

The Scouts Scotland Additional Needs Support Team have been a key part of this project, providing invaluable support.

We've focused on helping our young people achieve five Scout badges, which has meant we've been able to deliver a wide variety of activities, from craft sessions to learning about healthy and unhealthy foods, to identifying living things, and many more activities across a range of measurable outcomes. For the school, this fits perfectly with Curriculum for Excellence.

Another tip is that you might need to actually sell Scouts to the school, group, or community you want to work with. People not in Scouts may not know much about what we can offer, so make sure you sell it well and tell people about all the great things we do, and how it will help their young people develop new skills.

Above all, what made this project a real success was an outgoing, engaging and cooperative school team and staff who were committed to engaging in a partnership with Scouts Scotland. We came together to plan a safe space for young people to learn by doing, get to know their school peers better, and get the opportunity to take part in new activities both indoors and outdoors.

If you have a growth or inclusion project like this that you would like support with, please contact us on hello@scouts.scot.

Ask Team UK

How to turn parents into volunteers, and tips on engaging young people from the get go: Team UK are here to answer your questions. If you've got a burning question for Team UK, complete the online form at scouts.org.uk/connect and you could see the answer in the next issue

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How can we make Appointments Advisory Committee meetings more effective and welcoming?

Appointments Advisory Committee (AAC) meetings are one of the most important parts of the appointments process. They're often the first chance for a new volunteer to meet Scout members beyond their group. AAC meetings aren't just a box-ticking exercise, so it's great to hear that people want to make them more welcoming and worthwhile. There are a few things AACs could put in place.

Organising AAC meetings doesn't have to involve a load of admin. Polling websites like Doodle.com (which is free and easy to use) make it more professional and easier for volunteers to have their say, and they create less work for the Appointments Secretary too.

You don't have to hold AAC meetings at your District HQ. You could use a group's usual meeting place, especially if you've got a lot of volunteers from the same group. Alternatively, why not try somewhere more relaxed like a

local coffee shop? Don't forget to make sure wherever you choose is easy to get to and accessible for everyone. Holding multiple panels in the same place at the same time can also be helpful, especially if you're lucky enough to have a lot of new volunteers to get through the process.

It's up to you to choose your AAC panel from the members of the committee. It may be worth including a recently appointed volunteer and someone of a similar age or culture as the new volunteer. Of course, it's always best to have a panel that's representative of our diverse movement. The panel doesn't have to be the same for each new volunteer – it's worth switching things up to help people feel welcome and comfortable.

If you've got any bright ideas about making AAC meetings more welcoming, please let us know by emailing jack.caine@scouts.org.uk.

Jack Caine
Volunteer Head of Volunteer Journey

How can I encourage more parents and carers to help out with our meetings and become leaders?

First of all, asking someone to become a 'leader' can seem a big (and scary!) request. Instead, why not ask people to 'help'? Show them the variety of things we do, how much fun we have and the difference we make – then give them small tasks that encourage them to get involved.

Try to make involving parents and carers a part of your normal routine; don't just send out the occasional

desperate plea. Show parents and carers the rota during young people's inductions and ask about their interests, professions and passions, too. You'll be amazed by the skills and experience people have, and they're often most keen to share what they're good at – you just need to ask and get them involved right away.

In fact, many parents and carers are happy to help – you just need to show them how. My local Scout group started involving parents in small tasks such as providing squash and biscuits or helping to run an activity. One parent's a dentist, for example, so they came and ran some activities about dental hygiene.

Camps are another great opportunity to get parents involved – just don't forget to complete the DBS process well in advance! On our group camp, parents and carers teamed up to take young people around bases and activities. One 'parent team' ran activities, and another took on the cooking and clean up (as well as rotating to give the activities a go). They really enjoyed themselves – and the proof's in the results: of 12 parents, four signed up to volunteer on a regular basis and two became fully fledged leaders.

Finally, the Four Week Challenge gives parents and carers the chance to join in and see what we do without



making a long-term commitment (though, of course, they may want to stick around once they've seen what it's all about).

You can find everything you need to get parents involved at: scouts.org.uk/volunteers/growing-scouts/recruiting-and-retaining-volunteers.
Amir Cheema
UK Commissioner for People

I'm struggling to energise and engage my section at the beginning of meetings. How do I get them interacting so they're ready to go?

Structured games are a great way for young people to burn off some energy and get focused. Let young people lead a game for everyone to join as they arrive – depending on your section, they may need a little more or less support to kick things off.

The new programme planning tool has loads of games for you to try, so mix it up and try new things to keep it interesting. The tool has all sorts of games: quiet, noisy, circle and team, and it's easy to theme them to fit the rest of your meeting.

Are we missing your section's favourite game (or the only one that gets them calm and ready to listen)? Tell us about it by emailing programme@scouts.org.uk, then keep your eyes peeled – you may find we add it to the tool when we make updates in the future.

Graeme Hamilton
UK Commissioner for Programme (Delivery)

I've heard there's going to be a new YouShape Award. Is this true?

That's right. Since 2015, YouShape has helped us to make sure young people are at the forefront of our movement, shaping their programme. It started as an event in 2015, with YouShape Week following in 2016, and then YouShape Month in 2017,



2018 and 2019. We've sold around 300,000 YouShape badges, and hundreds of thousands of young people across the UK have participated in taking a lead in Scouts.

However, being 'youth shaped' is something we should do all year round. We want every young person to have opportunities to influence and deliver their programme. Our Scout Experience Survey this year told us that just 50% of young people in our movement have these opportunities. We also know there's more we can do to incentivise taking part.

We hope to increase the number of young people leading their peers and shaping their adventure by launching an award that sets out how they can do this. We've consulted with section leaders, Youth Commissioners and young people, and expect to launch the award by March 2020. Our 550+ Youth Commissioners will promote participation, and we'll also be shouting about it across our channels.
Ollie Wood
UK Youth Commissioner

Join Team UK for our next online meeting on 22 January 2020 at 7pm. Open to all members, it's a chance for us to update you on the progress being made to support members and let you know what to expect in the coming months. Join us in January at: scouts.org.uk/allmembercall.

In my other life...

One volunteer is an extra in Game of Thrones, another's a Special Olympics gold medallist. Four volunteers from a single group in Northern Ireland share the remarkable things they get up to when they're not at Scouts

Words: As told to Aimee-lee Abraham | Photographs: David Copeland

Kristy, TV and movie extra

Kristy has had a recurring role on Game of Thrones and says things she's learned at Scouts always come in useful on set.

Everyone in Northern Ireland knows somebody who was in Game of Thrones. You might bump into a Wildling in the supermarket, or your doctor might play a peasant. Name a profession, and you can guarantee it's how someone on set makes a living when they're not brandishing a sword.

Acting experience is less important than discipline. Generally, you'll do well if you stay patient and follow instructions. It can be easy to overlook the role we play, but not noticing us is precisely the point of being an extra.

When you join a production, you have no choice over the role you're going to play and you're given very few details about your character. Everyone approaches things differently. Some people zone out. Others invent backstories. The guys in Jon Snow's Night's Watch came up

with elaborate stories about the crimes they'd committed to be sent to the wall, their upbringing, their hopes and dreams. All of us who played Craster wives felt like a family.

It's the most insecure job. Even if you get lucky and land a recurring role in a huge series, it'll probably only amount to 20 days' work. It's not something we do to pay the bills. It's like the best hobby in the world.

On big productions, the attention to detail is incredible. No matter how small your role, they line you up for inspection. When you're new, you might try to get away with brushing your hair or applying a bit of lipplie, but you'll get caught. Once, I drove from set to the Cub meeting place with mud all over my face, just for the craic. The kids loved it.

I've had loads of memorable roles. I've played a Viking in an impossibly weird scene, where we had to stand in a field and dance to no music, and a nun in a horror movie that never saw the light of day. The reality is less exciting than you might expect. You spend the vast majority of your time waiting, and might still not set

foot in front of a camera. One of our favourite games for passing the time on Game of Thrones was to see how many hats we could stack on top of people who were sleeping without waking them.

It's not too different from Cub camp, really. When I was playing an office worker on Marcella, I even brought my badge work onto the set once. I hid it inside a prop folder and did my marking on screen. It looks like my character is engrossed in admin, scribbling away in the background. You'd never know they were secretly planning a programme.

There's a surprising amount of overlap between being an extra and my role in Scouts. As a leader, you learn how to work a crowd, when to be quiet and when to speak up. Being on large sets with hundreds of people isn't too different from being on a Cub camp, especially at meal times when you have to get everyone fed quickly so you can get back to business. I've always got spare socks and energy bars with me, and I'm always the best dressed for the elements. The old tricks come out when you least expect it.





'Everyone in Northern Ireland knows somebody who was in Game of Thrones. You might bump into a Wildling in the supermarket, or your doctor might play a peasant'



‘Some people expect me to be goody-goody, judgemental and a killjoy. That’s certainly not how I live. My faith is in the background of everything I do, but I don’t always have to be talking about it’

Stephen, vicar

Stephen is the very busy vicar of a parish in Antrim, where he has a wide variety of responsibilities, from looking after the 425 year old church to sharing the biggest moments in people’s lives.

One of the great things about being a vicar is there’s no such thing as a typical day. It can be exciting, sad, memorable; anything but dull. It begins at 6.30am with a walk in Antrim Castle grounds with my wife, Helen, then I say my prayers. By 8.30am I’m at my desk to answer emails, then I could be off to one of the hospitals where I’m chaplain – an acute hospital and a mental health hospital – or to school. I chair the Board of Governors of Antrim Primary School; standing in front of 300 children at junior assembly would put a smile on anyone’s face.

Afternoons can be taken up with meetings and admin, but the best ones are spent catching up with parishioners – this is the best part of being a vicar. Evenings are also busy. Our parish has over 500 families and our full programme of activities includes Scouts and Guides, choir practice, study group and diocesan administration meetings. I’m also Archdeacon in the Diocese of Connor.

I’m responsible for the day-to-day running of our parish. Our wonderful church building is 425 years old. I’ve been vicar here for 24 years. I hope

the parishioners aren’t tired of me – I don’t think they are. I relax by watching sport, going to the cinema and reading when I have the time. I play the piano and guitar and listen to a wide range of music, from Led Zeppelin to Gregorian chant!

Some people have misconceptions about my job. They expect me to be goody-goody, judgemental and a killjoy. That’s certainly not how I live. My faith’s in the background of everything I do, but I don’t always have to be talking about it. I hope simply to live it.

My most memorable moments are holding a baby in my arms at services of baptism, when they start their journey. I also have the privilege of celebrating at weddings as couples embark on the next stage of their journey as a married couple, and I’m often with people at the end of their lives. Being a vicar is one of the best jobs in all the world. You get to be alongside people at their most momentous moments.

I wouldn’t want to do anything else, but if I wasn’t a vicar I’d be an architect. I always went to church, but I wanted to be an architect and drive a Porsche. The idea of being a clergyman when I was younger didn’t appeal, but it never left me. My wife Helen wanted to marry an architect rather than a minister, but she’s been my greatest support. I completed a degree in architecture then went to Trinity College Dublin to study

theology. I eventually completed a PhD in church architecture.

I was born in Belfast in 1961, eight years before the Troubles. I had a great childhood. When the Troubles began, I don’t really remember being traumatised, but I lived in an area that didn’t face the full brunt of it. Belfast has changed so much since the peace dividend, yet we still have a way to go.

It’s important for churches to be involved in the community. We can be the voice of the voiceless and vulnerable. I’ve been involved in several projects. We helped set up the first community safety partnership to help deal with sectarianism. We’ve met with paramilitary groups to help remove contentious flags in public areas. I’ve been chaplain to the mayor. Probably the most significant thing we’ve done is establishing a Good Friday walk of witness between four churches. After 17 years, over 300 people still take part.

Although often connected to churches, Scouts here has no religious affiliation. People from all traditions and none are welcome. It’s great for bringing together people from different backgrounds. Our Scouts Troop – 5th Antrim – is in its eighth year and I’ve been involved from the first evening. From small beginnings we now have over 60 boys and girls in Beavers, Cubs, Scouts and Explorer Scouts, with over a dozen leaders and helpers. It’s a great way to spend a Tuesday evening.



'I was delighted when I was selected to play basketball for Ireland at the 2019 Special Olympics in Abu Dhabi. I loved meeting people from different countries'

Faye, Special Olympics gold medallist and online shopping food picker

Ever wondered who puts all your food shopping together after you've clicked 'Add to Basket'? Meet Faye: Assistant Beaver Leader, Special Olympics gold medallist, and the person who makes your life that little bit easier.

My working day begins at 8am and finishes at 3pm. I work in the .com section of the supermarket, getting online shopping requests ready for customers. Every day I process 36 orders, separating the food into categories so I don't place the onions in with the fresh cream eclairs! I also check the labels to make sure each item has the longest sell-by date possible and won't go off.

When I look at all the different foods in the trays, I sometimes think about what customers are having for tea that night, and it makes me hungry! But most of the time I just keep my head down and go with the

orders. It's busy work, but I find it really enjoyable. I've made lots of friends at Tesco and I recently got my 10 years' service badge.

I've played sports since I was in primary school, and I've been a Special Olympics athlete since 2008. When I was selected to play basketball for Ireland at the 2019 Special Olympics in Abu Dhabi, I was delighted. I'd never been to that part of the world before. It was a bit scary landing in the plane but it was good fun. There were 91 of us in the Ireland team and 7,000 athletes taking part in total.

It was hot there and very busy. We competed in three games each day, and we also had 'community time', where we got to meet other athletes and eat together. We met people from Australia and Ukraine, and the Indian team taught us some words in their language. I loved watching different sports and meeting people from different countries.

Winning gold with my team felt fantastic. We had a big party when we got home, and newspapers and TV stations came to ask us questions. The Irish Ryder Cup captain Padraig

Harrington even sent us a message to say congratulations. I'm a golfer as well and he's one of my heroes, so it was great to hear from him. We also went back to our old school to share our experiences with the pupils and staff, and we're all going to receive our honours caps from the Basketball Arena in Dublin soon. I'm really looking forward to it.

The other Beaver Leaders joke that I'm like Supergirl. They think I've got more energy than all of them put together! As well as Beavers, I volunteer with the local Rainbows and with Girls' Brigade. I'm not sure what makes me more tired – playing sports or being a Beaver Leader. I also go for lots of long walks with my cocker spaniel, Finn. I'm wrecked by Friday!

My favourite thing about volunteering is going on trips with the Beavers. We visited Dublin Zoo once, and I saw loads of animals I didn't recognise; animals I had never seen before. It was worth the long car ride there.

I like to keep myself active, and I hope I get to play in the Special Olympics again. The next Games are in Germany in four years' time. I'll keep trying to get there.







'People address parcels to "Mrs so-and-so, down the lane near the lamp post". More often than not, I know who they're talking about. It's satisfying, like solving a puzzle'

Amanda, postie

Amanda has been a postal officer for 11 years, and a parent helper for five. She visits 550 houses in an average shift, greeting everyone she sees along the way.

I fell into the Royal Mail by accident. I was 37, and I'd been made redundant from my job as a carer for the elderly. I thought I might be past doing something physical, but it was one of the best decisions I've made. You know the phrase 'find something you love and you'll never work a day in your life'? It's been exactly like that. I've loved every minute.

There are lots of perks to being a postie. I spend plenty of time outdoors. I get plenty of exercise. Lots of 'me time'. People think it's solitary, but you work with a partner and it can be such a laugh.

We're a bit like New York cops, bonding over doughnuts in their patrol car. Except we're sorting the mail in the rain in Northern Ireland. It's slightly less glamorous!

The best thing about it? Every day I visit 550 houses over the course of

six miles during a shift, and I say hello to every person I see. When I started volunteering, even the Beavers recognised me as their 'postie'.

There are occupational hazards, of course. It doesn't matter how small or cute they are: dogs have teeth and territory. Eight postal workers a day are bitten.

People are often curious about what gets lost. Some of the clichés are true. People pop completely illegible things in the mail and expect them to arrive. People address parcels to 'Mrs so-and-so, down the lane near the lamp post'. More often than not, I know who they're talking about, and can get it delivered. It's satisfying, like solving a puzzle.

There's a big sorting unit where staff are responsible for seeing if there's a return address and attempting to send back what's been lost. I'm not sure how successful it is. It makes me sad thinking about all those wee presents and letters that never make it. The ink that's run off completely in the rain.

It can be a difficult balance, being jolly and still getting on with it. If you're not careful, people hold you

hostage chatting for half an hour. You get used to saying goodbye politely. But there are a handful of older people in the community who mightn't see anyone else all week. Those interactions are really touching.

The council estate where I do a round has been there for 50 years. Lots of residents have been there since day one, but there are new faces too: there's been a big increase in new developments in the last few years. The landscape changes before your eyes in a very tangible way. You watch people's kids grow up.

At Christmas, the workload triples. Often, you'll be trudging along in the cold and the dark, smelling other people's turkey cooking, thinking about the fact you haven't sorted yours out yet. Or you'll hear people putting up the decorations or playing with their children and wish you could rush home to your own family. I dress up as an elf to reduce the stress.

The most memorable thing I've handled was a parcel no bigger than a postage stamp. Impossibly tiny, as if it was for a fairy or a mouse. I'd love to know what was inside. But you can't be nosey, can you? 🧚



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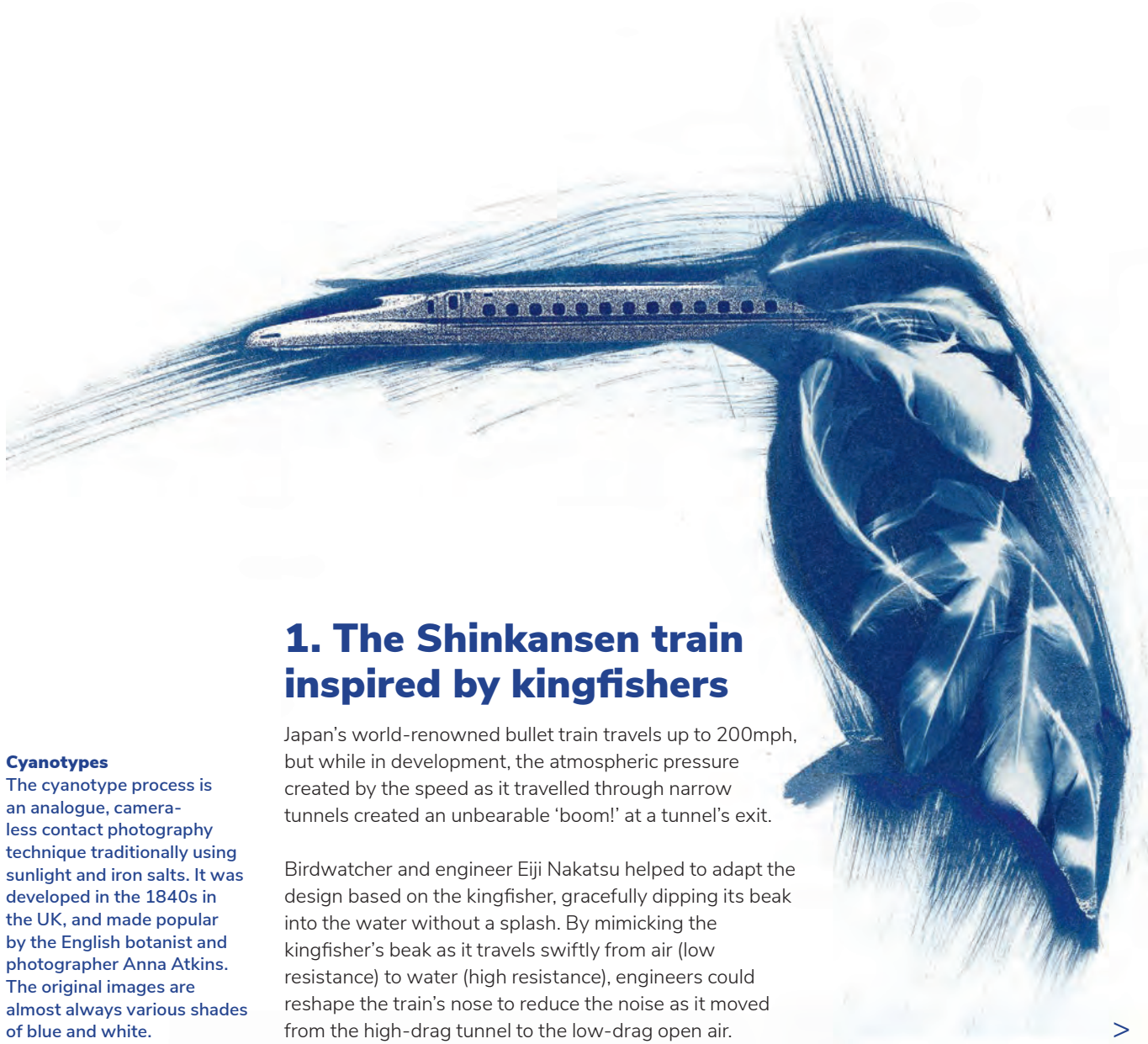
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10 amazing innovations inspired by nature

Biomimetics refers to processes and designs which imitate nature – celebrate British Science Week by sharing this roundup of innovations. They may get young people thinking about the Scientist Activity Badge or even inspire them to come up with inventions of their own

Words: Jacqueline Landey | Cyanotypes: Bonnie Baker



1. The Shinkansen train inspired by kingfishers

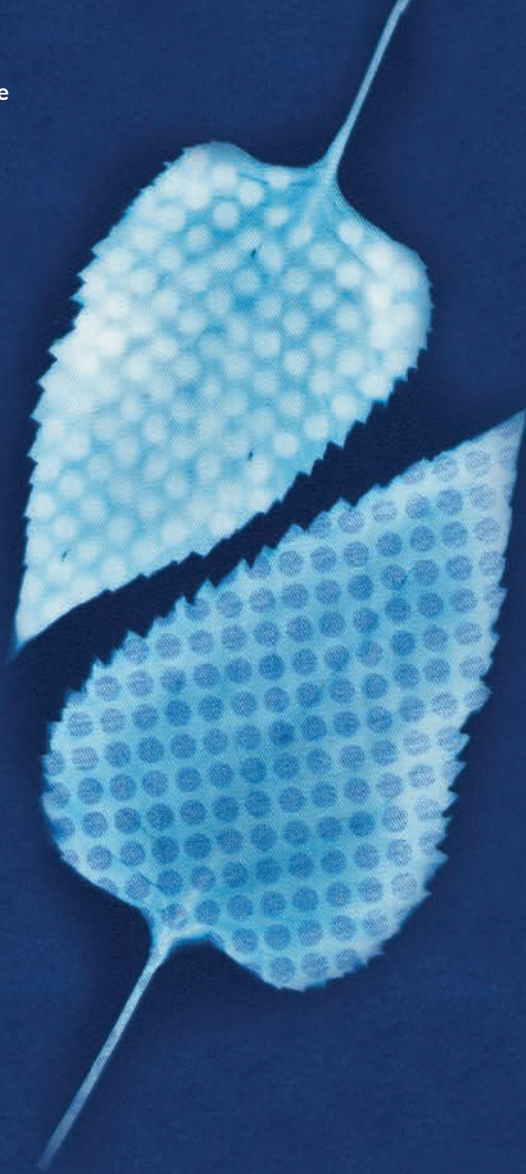
Japan's world-renowned bullet train travels up to 200mph, but while in development, the atmospheric pressure created by the speed as it travelled through narrow tunnels created an unbearable 'boom!' at a tunnel's exit.

Birdwatcher and engineer Eiji Nakatsu helped to adapt the design based on the kingfisher, gracefully dipping its beak into the water without a splash. By mimicking the kingfisher's beak as it travels swiftly from air (low resistance) to water (high resistance), engineers could reshape the train's nose to reduce the noise as it moved from the high-drag tunnel to the low-drag open air.

Cyanotypes

The cyanotype process is an analogue, camera-less contact photography technique traditionally using sunlight and iron salts. It was developed in the 1840s in the UK, and made popular by the English botanist and photographer Anna Atkins. The original images are almost always various shades of blue and white.



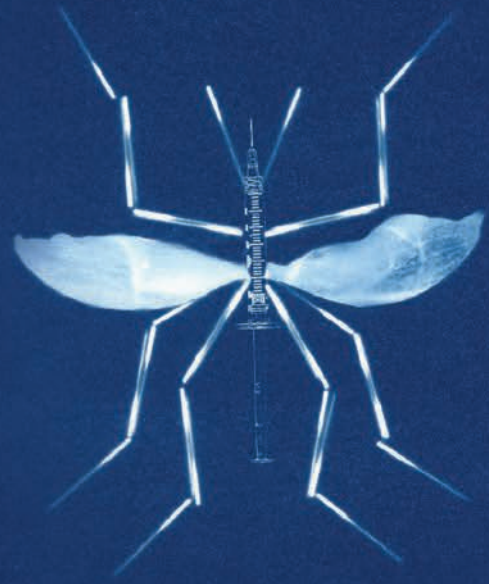


2. Velcro inspired by burdock burrs

In 1941, inventor George de Mestral was on a hunting trip with his dog in the Alps when he noticed his trousers, as well as the dog's hair, were covered in burrs from the burdock plant. When he put them under a microscope, the plant revealed thousands of tiny hooks that attached themselves onto just about any fabric they brushed past.

By mimicking the burr's hooks and adding loops of fabric which they could hook onto, he gradually perfected the Velcro fastener that we know today.

When the product first hit the market, the new invention didn't get much attention. That is until NASA discovered it as an effective method for keeping things attached to walls while floating in orbit. Surprisingly, 'Velcro' doesn't refer to the product but rather the company that makes it. Today, the company still looks to the environment for inspiration for its innovations.



3. Needles inspired by mosquitoes

It's not often you hear positive stories of mosquitoes keeping people up at night, but for researchers in the needle department, mosquitoes have proven to be a source of late-night fascination.

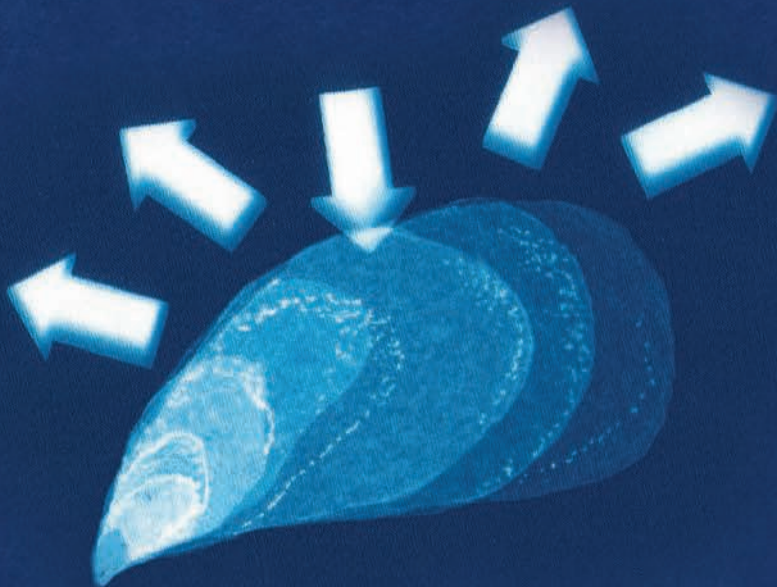
By obsessing over how these pesky (and sometimes deadly) little creatures puncture our skin so smoothly and painlessly that we sleep through their bites, engineers are improving designs that replicate the mosquito proboscis (its sharp little mouth), in order to create a pain-free micro-needle to make injections more bearable.

Studies show how the mosquito's proboscis contributes to a pain-free bite. Firstly, they secrete a numbing saliva. Secondly, the fascicle (the part that draws blood) vibrates as it pierces the skin so less force is needed. Thirdly, its serrated edge eases penetration. And in certain breeds, the proboscis varies in stiffness so the outer layer softens nearer the tip, which reduces the force needed to pierce skin.

As micro-engineers perfect the design, those with a phobia of needles may soon have nothing to fear.

4. Better wind power inspired by the humpback whale

It's the bumps on the leading edges of the humpback whale that contribute to its hydrodynamic agility. Marine scientists, mathematicians and engineers are combining their research to mimic this model so that they can develop aeroplanes that are more stable, more agile submarines, and more effective turbine blades that'll capture even more energy from wind and water.



5. Shin pads inspired by molluscs

The inner layer of mussel shells is called nacre, or mother of pearl, which when you pull it gets fatter rather than thinner. This is because it contains auxetic properties, also found in cat skin and cow udders. This makes it amazing at absorbing impact, and, by replicating it, perfect for sportswear such as shin pads and helmets. Medical engineers are also researching how to use them to create artificial intervertebral discs to help relieve chronic back pain.

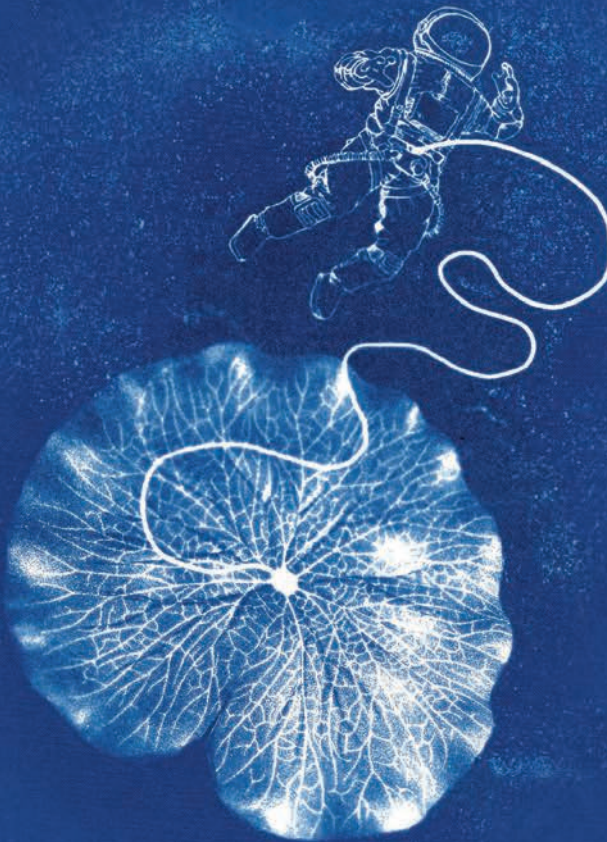


6. A water-harvesting greenhouse inspired by the desert beetle

As water scarcity threatens more and more people across the globe, nothing could be more valuable than finding ways to harvest it – just like nature does, even in the driest conditions.

In the searing heat of the Namib Desert, the Namibian desert beetle keeps hydrated by positioning itself on sand dunes to catch humid air blowing off the sea. This air condenses on its shell and runs into its mouth. This provides all the liquid it needs!

Researchers are learning from them, building everything from cooling devices to fog-harvesting apparatus. A UK-based company, Seawater Greenhouse, is imitating the process, working in arid countries from Australia to Somaliland to build greenhouses that condense water vapour from seawater to produce fresh water that can then be used for agriculture.



7. A dust-busting shield for space gear inspired by the lotus leaf

The lotus effect is when water doesn't soak into a surface but instead just rolls off – as seen on lotus flower leaves. This is because tiny spikes on the leaf are coated in a waxy hydrophobic substance that repels the water. Because dirt sticks to the water molecules as they roll off, this is also a self-cleaning mechanism.

Copying Mother Nature, innovators have developed a similar hydrophobic sealant to spray on everything from shoes to windscreens to ships.

Even NASA is learning from the lotus plant, and trying to replicate a durable, space-friendly substance to prevent dirt from gathering on spacesuits and other scientific instruments that gather information out in the solar system.

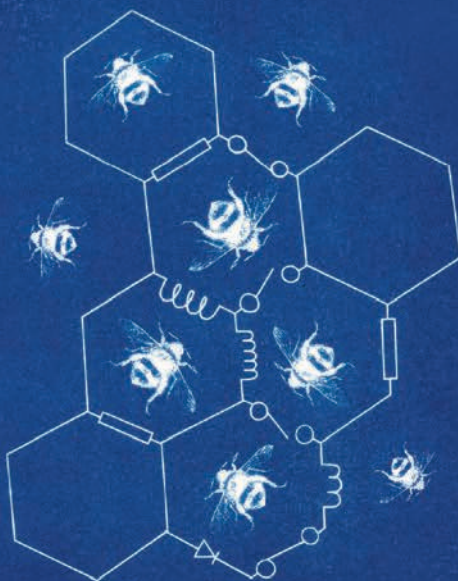


8. Collision detectors inspired by locusts

Locusts have a highly advanced visual system. They process information through both electrical and chemical signals that lead to rapid and accurate warnings to stop them from colliding into anything around them. Scientists from the University of Lincoln and Newcastle University are learning from this system to create a visually stimulated motor control system. The system's inbuilt detectors process images and visual clues that are converted into motor commands. This technology paves the way for development of more advanced vehicle systems to help cars avoid crashing and colliding into things.

9. Power grids inspired by bees

Individual bees in a colony act instinctively based on where they are in the hive and what the bees around them are doing. This swarm logic is being used by power companies to develop more efficient energy grids. Rather than using a central system to redirect power, their design is built around local controllers that communicate wirelessly with one another to work out where the power needs to go, in a similar way to bees.



10. Shock absorbers inspired by woodpeckers

The latest shock-absorbing technology is being inspired by the resilience of woodpecker heads. A woodpecker drums on a tree up to 22 times per second, pounding its head with an impact equivalent to 1,200g. (Just 80g–100g would leave a human concussed!)

So how does the bird absorb the shock? According to experts, it's the bird's hard but elastic beak, sinewy tongue (which reaches right into the skull), a spongy bone in its skull, plus the interaction between the cerebrospinal fluid (found in the brain and spinal cord) and the skull, which reduces the effects of vibration. This is being used to mimic the beak's structure to create a shock-absorbing system to protect microelectronics. For example, flight recorders in a plane that could protect the collected data in the event of a crash. 🐦

Getting off the ground

In a deprived neighbourhood on the outskirts of Coventry, a new Scout Group is up and running. Despite two previous attempts to get going, 24th Wood End is here to stay. Visiting the Group – where local parents fuel increasingly bustling meetings – we find out why

— Words: Jacqueline Landey | Photographs: Nick Dawe





It's the opening meeting of the Scout year and a group of newly invested Beavers are throwing out ideas for their first Code of Conduct. 'How about "We only use nice words"?' suggests 6 year old Ruby. Moments earlier they'd been playing on the lawn outside when a speeding car had screeched to a halt at a stop sign and the driver had screamed, 'Move your f-ing asses, b*tches!'



The two teens sauntering across the street had given the driver the finger before continuing into the 'Wood End Chippy', a rare open store in a row of roller doors, pulled shut and spray-painted with spidery letters.

'Jaydon R.I.P' – says the graffiti, and – 'Rest Easy', marking the spot where, late last year, 16 year old Jaydon James was fatally stabbed.



In a brick-facade hall over the road, the Beavers whittle down their Code of Conduct shortlist. Picking out suggestions from the list they've scribbled together, someone chooses, 'Don't hit.' 'Be good,' someone else says. 'No arguing,' they agree. Noticing one little boy distracted, a leader asks, 'What do you want to pick, Vincent?' Peering up, wide-eyed, Vincent replies: 'Umm, my nose?' Amid whoops of laughter, the Beaver meeting continues.

Nurturing aspiration

Wood End was built in the 1950s to rehouse families from inner city slum clearances and people moving to Coventry to work in what was then the city's booming car industry. By the 1980s, it contained some of the city's highest levels of crime and unemployment. In 1992, unemployment peaked at nearly 50% and, by 2015, it was listed as the most deprived area in the Midlands.

Stories abound of cars being burnt

out, drugs, riots, gangs and antisocial behaviour. But despite all this, in Liz Curran's view, 'There's a heart in the area.' A key member of the Regional Services Team (RST), Liz works tirelessly to bring Scout opportunities to areas of deprivation and she's a driving force behind 24th Wood End.

'Aspirations are being dragged down in this area,' Liz says. 'Chatting with a group of lads around Scout and Explorer age about what they want to do when they're older, one came over afterwards and said, "Liz, I'd love to be a chef!" I said, "You could do that!" and he said, "If I went to college, I could." I said, "You could do work experience," and he went, "If my mates found out, I'd be ripped apart."'

She explains that there are people in the area who see young people as 'Their meal tickets... they want to introduce them to drugs and use

them to make a living for themselves. They make them feel safe by buying them fags, booze, chocolate. I've seen them do it.' Liz takes a long breath. 'We have to give them other opportunities.'

Liz grew up in Birmingham's Lozells, where there may have been a Brownie group but, she says, 'There was no way I was going to put on the Brownie uniform because I would've been beaten up!' Coming from an area of deprivation too, Liz knows that part of getting Scouts working in an area where it may be met with suspicion is about 'adapting it to the kids. You have to make it credible. Offer a DJing Badge for example, so a lad can proudly tell his mates what he's doing, without feeling embarrassed.'

Although Liz emphasises the importance of getting the group going, she admits it's 'a big challenge'.



‘As far as I’m concerned, we have every right to be here and these people are the main priority, and I will look after them’

Issues range from community buy-in and funding to safety. The Boys Brigade were previously here but apparently the leaders were attacked so they stopping coming. But Liz is determined: ‘As far as I’m concerned, we have every right to be here and these people are the main priority. I will look after them.’

Early days

Trying to establish 24th Wood End began a couple of years ago. Recruitment began by using the conventional methods – contacting local schools and holding an open event – but only one young person turned up. Liz knew they had to think outside the box. ‘We had to get stuck

in and talk to people.’ She contacted social workers, police, councillors, the church. They used social media. They held a series of taster sessions where young people could come and learn fire lighting skills and toast marshmallows.

They also got those to whom it would matter most involved. ‘Parents have been brilliant,’ explains Dan, the Group Scout Leader. ‘They want to be on the team and make sure we’re supported.’

Something, or more likely everything, must have worked, because in September 2019, they kicked off the Scouts year with three sections – Beavers, Cubs and Scouts – and

each week the numbers grow.

Community buy-in

Some heard about the new Scout Group from a flyer, some from school, some by word of mouth. One parent, Francella, says she was drawn to it because she wants to give her children as many activities as she can find, ‘To keep their minds going, because when they’re bored I find they do silly things. A lot of these kids aren’t confident enough. I think this builds their confidence. They can’t wait to go camping!’ Francella is now not only a parent of a Beaver, but a Beaver Leader too. Her commitment comes out in gasps for air as she’s chased on the lawn by a horde of





giggling six year olds in a game of tag.

Her fellow Beaver Leader Richard is a parent too. Along with his son, Richard brings a gentle composure to meetings. During the fire drill, his son follows the line out the hall, repeating: 'I smell fire, alright!' Richard later explains, 'This little 'un doesn't rest. He's getting tested for ADHD and autism but I found that when I started showing him stuff like the Beavers do at Scouts, he settled. He absolutely loves it.'

Not that it's always easy. Richard says, 'Up here there's a lot of older children who try to steer them onto the wrong path.' He's seen instances of them 'jeering the young kids on to fight, throwing stones, trying to get 'em to fight back'.

Dan acknowledges they've had issues with some of the local children not being on board, but, he says, 'It's those children we are trying to attract, their friends are at our open days and it gets them off the streets.'



Above (clockwise from top left): 24th Wood End leaders Dan, Liz, Richard and Leanne (with her son)

Overcoming challenges

Local District Commissioner Gary Colledge says currently there is no Scout banner. The previous one, he explains 'got somewhat vandalised'. He chuckles; overcoming these obstacles evidently requires a sense of humour.

He says they're trying to keep fees down and offer payment plans for camps, share equipment with other groups, and make the uniform available to be bought in stages. Originally Liz suggested they just do neckers to keep costs down but over time they learnt people wanted a uniform. To work around neckers for the taster sessions, Liz bought a big white sheet and cut it into squares for the young people to colour in and roll into custom-designed neckers.

Creating a sustainable stream of funding often requires multiple sources – from grants, sponsorship, local councils and government support, and, of course, self-funding. Dan has lived in the area for a long time and in his previous role as a local Sports Development Officer, he saw a lot of projects come in and then disappear when the funding dried up.

Liz sees an additional benefit to fundraising. It shows young people that 'if they want a phone or whatever, they don't need to steal it, because they've got other ways to earn that money. That's a true life skill.'

The difference it makes

The 24th Wood End Fun Day wasn't only to fundraise but also to bring the community together – for games, face-painting, food. 'You can never go

wrong with food,' Liz laughs. 'It's a way to integrate all cultures, from halal to jerk chicken. The community here can be very fragmented but at Scouts there's a mix – Polish, African-Caribbean, mixed race.'

Liz believes in Scouts because she's seen the difference it makes. She says as someone from an inner city area, Scouts has exposed her to so many things – rock climbing, sailing, scuba diving, chess, the Jamboree... Her sons are Explorers now and, she says, 'The older one was the first in his family to go to grammar school and I put that down to Scouts. It got him to focus, excel, challenge himself. That's what I love about Scouts. It shows them, "I can do this myself." I see it in all the areas we work in – not just the deprived ones. Time and again. I believe in it – absolutely.' 🦋

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Gotcha!

Whether it's for April Fools' Day or some unplanned fun, these harmless pranks should get your group giggling

Words: Jade Slaughter | Illustrations: Rohanne Thomson

Mention April Fools' Day and you're likely to get mixed responses. Some people will groan, while others will grin. One person's 'hilarious' is another person's 'horrible' after all, and our experiences with practical jokes in the past can change how we feel about them.

For those who don't know, April Fools' Day falls on 1 April and is usually celebrated by playing practical jokes (also known as 'pranks') and hoaxes on friends, family and even colleagues. Nobody knows where it came from, but Joseph Boskin, a professor of history at Boston University, had one theory. He said that during the reign of the Roman Emperor Constantine, a group of court jesters and fools told Constantine that they could do a better job of running the empire. Amused, Constantine appointed a jester named Kugel to be king for one day. Kugel called for the day to be celebrated with absurdity, and that became an annual event.

This explanation captured public attention in 1983 when it was quoted in an Associated Press (AP) article printed by many newspapers.

Unfortunately, Boskin made the whole thing up – which makes it a pretty great April Fools' joke.

In fact, April Fools' Day has been around in England for at least a couple of hundred years, with reports from France and Holland starting in the 1500s. In some areas of Europe, the day is known as 'April Fish Day'; possibly because there are a lot of fish in the rivers around 1 April so they're easy to catch. People in these countries stick paper fish to each other's backs, and give gifts of chocolate fish.

We want to follow in our European friends' footsteps by making April Fools' Day fun for everyone to celebrate. We've come up with some pranks that shouldn't hurt or upset

anyone, because that doesn't sound fun at all.

Obviously, you still need to make a judgement about who you play these on. If someone has a heart condition, for instance, you might want to rethink your plan. If you're a leader, you could play them on your group, or you could create them with your young people to play on friends and family afterwards – just be sure to discuss what makes a prank harmless and fun compared to what makes a prank upsetting as part of the activity.

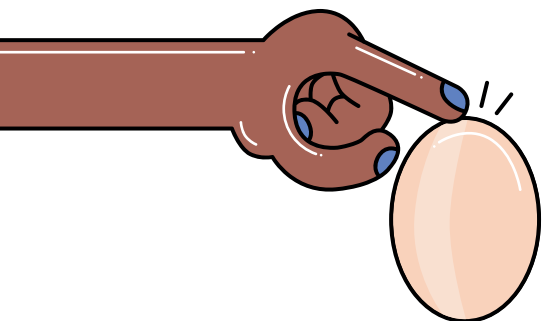
But for now, let's get on with making some mischief.





Guess I'll go eat worms

Crush up some Oreos, bourbons or other earth-coloured biscuits to make dirt, and then add some gummy worms for a yummy snack that you can gross people out with. These look really effective when packed in small Tupperware containers, and are easy to take along for packed lunches or on camp.



An ouef-ful mix-up

The perfect prank to do on camp. If your young people are responsible for cooking breakfast, wake up early and replace some of the fresh eggs with boiled ones. They'll get a surprise when they try to break them! Only do a few, otherwise you might not get breakfast, and be sure not to waste the boiled ones.

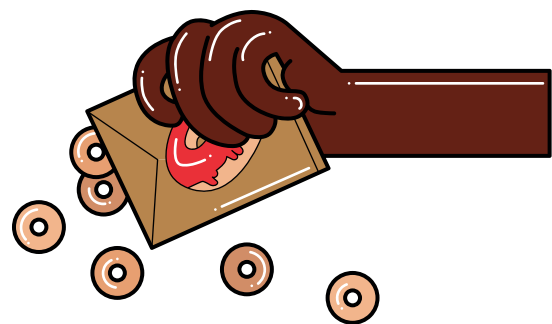
Wibble, wobble, wibble, wobble, jelly in a cup

Make lots of these and leave them out for a funny start to a Scouts meeting, or try it one-on-one – you could even offer a sip to a fellow volunteer. Make the jelly by following the instructions then pour into a clear glass with a straw in it. Leave to set in the fridge. Hold it steady when you offer it, so it doesn't wobble and give the game away.



Googly eyes are watching

If you've got a kitchen in your meeting place that young people are able to access, then this prank is perfect. All you have to do is stick pairs of googly eyes on everything that's kept in the fridge – they work particularly well stuck on smaller things that you have multiples of, like eggs. Get some refrigerated snacks or drinks for your group, and ask some of the young people to go and get them during the meeting. As soon as they open the fridge door, they'll get a big surprise!



Grow your own donuts

Buy a pack of small brown envelopes and ask everyone to decorate them however they imagine donuts might grow: with donut flowers, a donut bush or a donut tree. Label them 'Donut seeds'. Give everyone a small handful of Cheerios (or similar donut-shaped cereal), and see which of their friends and family members fall for the joke.

Hidden monster

Most young people are scared or curious about monsters, bugs and other creatures.

You can have fun with people from both camps with this super easy prank. Get a big cup (or better yet, a bucket) and put it upside down in the meeting space before your young people arrive. Stick a note on the cup (or bucket) – it should read something like: 'Don't take this off or it'll crawl away!' If anyone asks you about it, say it was already there when you arrived and that you're not sure it's a good idea to see what's underneath. As the inevitable crowd gathers to see what's underneath, see how long it takes before someone gives in to the temptation and gathers the courage to gingerly lift it up...

A very sticky situation

Replace the liquid hand soap in your meeting place toilets with syrup that's the same colour, for a good sticky prank. The next time someone goes to wash their hands, they're in for a surprise! This joke will probably only work the first time someone tries to wash their hands, before the joke is revealed to the rest of the group, so you could suggest that everyone goes to wash their hands at the same time, perhaps after doing a messy craft activity (or before handing out the brown-Es, see below) to make sure as many people as possible can get in on the fun. Make sure you have normal soap on hand so they can wash the stickiness off afterwards!



Freshly baked brown Es

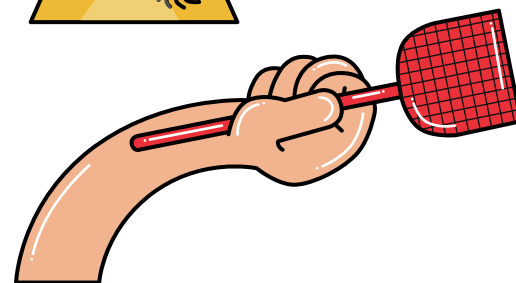
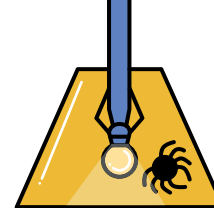
What's nicer than fresh brownies? Simply cut lots of the letter 'E' out of paper and colour them in brown with felt tips, coloured pencils or paint. (If you're short on time you could just use brown paper.) Bring these on a baking tray covered in foil, then uncover them to reveal the surprise. To avoid too much disappointment, you could provide some real brownies once everyone's enjoyed the prank.

There's a fly in my soup!

If you're eating a meal while on camp, or having a packed lunch, put a raisin on top of your food or inside your sandwich. Pretend you've just found it and cry out that there's a fly in your lunch. Then casually pick it off and eat it. If you're not together for a mealtime on April Fools' Day, put a raisin in a tissue instead, pretend to swat a fly, then pop it in your mouth.

No use crying over spilt coffee

This one's particularly good if you know someone with a light-coloured sofa or carpet, or a gadget they hate being parted from. Create a cup of 'spilt coffee' that could be left on any surface (or near a valuable item) to give someone a scare. In a mug, mix PVA glue with a little brown food colouring until it's coffee-coloured. Set the mug on its side so it can cool into the desired 'spilt coffee' shape). You won't be able to use the mug again, but you can re-use this prank for years to come.



Buggin'

Another simple prank to do as a group and take home. Draw the outline of a large insect or spider on a piece of paper or card and cut it out. Once at home (or school/work), wait until daylight to attach it to the inside of a lampshade. When it gets dark and someone turns on the light, they'll see the bug silhouette. Wait for the scream!

Chocolate surprise

Seeing as April Fools' Day happens around the same time as Easter, there will be lots of chocolate eggs available to play this simple prank on your young people. Carefully unwrap some enticing, colourful foil-covered chocolate eggs. Replace the eggs with grapes and wrap them back up in the foil, making it look as neat as possible so you don't give the game away. Offer everyone

a chocolate egg and then wait

for the response when they realise it's not the chocolately treat they were expecting...

Make sure you keep the real chocolate eggs to one side and bring them out to offer

around after the joke, to avoid causing an outcry.

Stories that spark Scout values

From plucky characters who succeed in the face of adversity, to stories of acceptance and understanding, we've rounded up a reading list for all sections

Words: Aimee-lee Abraham | Photographs: Steve Sayers





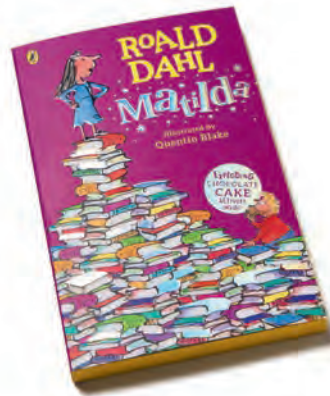
The Heart is a Lonely Hunter

Carson McCullers

Suitable for: Explorers and up

Widely considered one of the greatest American novels of all time, this book became an instant bestseller when it was first published 80 years ago, and remains just as relevant today. Set in the deep south in the 1940s, it tells the story of a lonely, deaf-mute man named John Singer and the eclectic group of people who interact with him on a daily basis. The owner of the cafe where Singer eats dinner religiously each night. The young girl who lives in the house in which he boards. The angry, drunk young man who perches next to him at the bar. The black doctor who loyally tends to him and to the town itself, but finds himself increasingly disappointed and disillusioned with the small-mindedness of the society he has worked his whole life to protect. Throughout the course of the book, each of them finds themselves inexplicably drawn to Singer as a silent confidante, opening up to him about the various troubles in their lives. In the process, their lives are forever changed, in ways they could never have imagined or predicted.

Scout values: integrity, respect, care, belief, co-operation



Matilda

Roald Dahl

Suitable for: Beavers and up

'The books transported her into new worlds and introduced her to amazing people who lived exciting lives. She went on olden-day sailing ships with Joseph Conrad... She travelled all over the world while sitting in her little room in an English village.'

A real favourite among young people and adults alike, Roald Dahl's bestselling work is one of the most influential children's books of all time. It tells the story of an extraordinary five and a half year old girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. Cast aside by her parents – who consider her a complete waste of time – Matilda only has her imagination to keep her company, and seeks refuge in the characters she meets in library books. But now she's starting school, she'll soon realise that adventures she could never have forseen await her. For Matilda is blessed with a very special power: one that no one else has noticed but which is about to cause all sorts of mayhem, and prove that everyone is capable of making a big difference, no matter how small they are.

Scout values: integrity, respect, care, co-operation



Animals in Translation

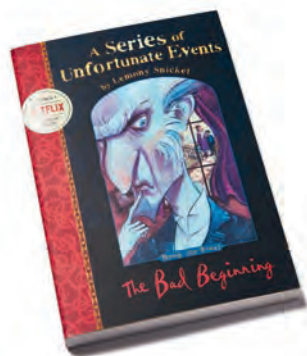
Temple Grandin and Catherine Johnson

Suitable for: Explorers and up

Temple Grandin is a renowned scientist whose inventions have revolutionised the way we treat farm animals. By openly talking about her experiences as a person on the spectrum, she's changing the way society sees autism. Back in the summer 2018 issue, we interviewed Temple about the benefits she thinks Scouts can bring to young people on the spectrum, and the tools we can employ to ensure all young people soar (you can read the interview here: scouts.org.uk/allkindminds). But to really understand Grandin's perspective, we recommend reading this extraordinary book. Combining the latest research in animal behaviour with anecdotes from Grandin's career as an animal scientist and personal experience of being autistic, it tells of how she was able to go from being almost entirely non-verbal in childhood, to a world expert in her field precisely because she sees things differently. Ultimately, it's a lesson in empathy, in creative thinking, and the power of being yourself.

Scout values: respect, care





A Series of Unfortunate Events

Lemony Snicket

Suitable for: Scouts and up

'I'm sorry to say that the book you are holding in your hands is extremely unpleasant.' Sonny, Violet and Klaus Baudelaire are three charming and very clever children, but they're also very unlucky indeed. And – from the moment they receive bad news at the bad beginning of this book – their lives are doomed to be plagued with misery and woe. In this short volume alone – the first in a miserable series of 14 books – the three youngsters encounter a greedy, repulsive villain with a plot to steal their fortune, survive a disastrous fire, and have to endure all sorts of horrors, such as cold porridge for breakfast, a sham marriage and the sensation of being forced to wear very itchy clothing. But, through sheer determination, resilience and pluck, they face up to the cruelty around them with integrity, standing up for what they believe in and trudging on into the night, no matter how treacherous the path ahead may be.

Scout values: integrity, co-operation



Noughts & Crosses

Malorie Blackman

Suitable for: older Scouts and up

In this groundbreaking novel, we're introduced to two groups: the white Noughts (who are considered second-class citizens), and the black Crosses (who are perceived as the superior race in society). Callum, 15, is a Nought. His best friend, Sephy – daughter of one of the country's most influential politicians – is a Cross. All their lives, their friendship has blossomed in secret for fear of repercussions. Now, the stakes are getting higher and higher. They're falling in love. And they're facing obstacles at every turn. Though it makes for teary, heart-wrenching reading, there's a reason why this book remains a classroom classic almost two decades after it was first published in 2001. By reversing traditional racial stereotypes and presenting the white population as the oppressed race, Blackman is able to teach the reader about the dangers of prejudice, the value of standing up for what you believe in, and the importance of following your heart – all while keeping them gripped to each page.

Scout values: integrity, respect, care, belief, co-operation



Wonder

R.J. Palacio

Suitable for: Cubs and up

R.J. Palacio was lining up to buy an ice cream with her son, when he noticed a girl with a facial disfigurement in the queue and immediately burst into tears. Embarrassed by his reaction, she scooped him up and left without saying a word, then lay awake thinking about what she would do better next time. So she wrote a book about it. This book has since sold more than five million copies. Told predominantly from the perspective of 10 year old August Pullman – a smart, funny, Star Wars-loving kid who longs to be 'ordinary', but is considered anything but by his peers – it's a story about uniqueness and difference and how we react to it as a society and as individuals. Documenting August's first year at a mainstream school after years of being taught at home by his protective parents, it's thought-provoking, engaging and uplifting: a coming-of-age story with a twist, which teaches us about the impact of bullying, and reminds us that we can all choose to be kind.

Scout values: respect, care, co-operation



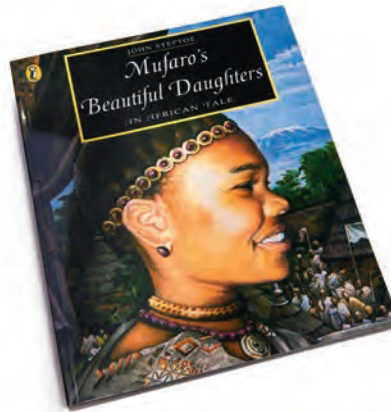
Lumberjanes

Noelle Stevenson

Suitable for: Scouts and up

At Miss Quinzella Thiskwin Penniquiquil Thistle Crumpet's Camp for Hardcore Lady Types, five Scouts are on a mission to complete their 'Up All Night' badge before the sun rises. But they soon realise nothing's as it seems. There are three-eyed foxes on the loose and wild yetis lurking in darkness. There are mysterious anagrams to solve and secret passageways to explore. And then there's the whole business of being a teenager away from home for the first time... Can our unlikely heroines get through the night and navigate their way home in one piece? And what will they learn about themselves along the way? Perfectly capturing how it feels to experience camp, *Lumberjanes* is a hilarious, relatable story that's sure to become an instant favourite among your Scouts. But it's about so much more than adventurous mishaps and midnight feasts: at its core, it's also about teamwork and rivalry and the strengths we all hold, if we're brave enough to seek them out, and to ask for a little help from our friends.

Scout values: integrity, respect, care, belief, co-operation



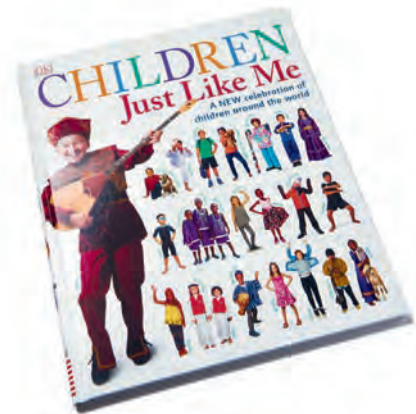
Mufaro's Beautiful Daughters

John Steptoe

Suitable for: Beavers and up

Passed down through the centuries through oral storytelling, this award-winning fable about the value of integrity and kindness is often compared to the classic Cinderella story, making it ideal for introducing young people to the magic of fairy tales, as well as to the history, culture and geography of a different country – in this case: Zimbabwe, Africa. Much like Cinderella, it tells the tale of two sisters. One is always jealous and bad-tempered, but widely considered one of the most beautiful and influential women in the land. The other is generous and kind-spirited towards people and animals, but far less well-known or interested in power. When their father puts both sisters forward as potential suitors for the king, they find themselves in the running to be queen. But who will be crowned? You'll need to read this sweet short story with your Scouts to find out if good will conquer all, but we think we already know who you'd put your money on, and we'd wager that you're right.

Scout values: integrity, care



Children Just Like Me

Suitable for: Beavers and up

An Atlas with a difference, *Children Just Like Me* offers a glimpse into the lives of 40 young people from around the globe. Presented in a scrapbook format, each page documents the daily life of a different child. Through notes and photographs, we're introduced to the place they call home. What they eat for breakfast; how they get to school; their hobbies and pets; their toys; the dreams they harbour for the future. The things that make their hearts happy, and the things they worry about. Combined, these little details make up a bigger picture: revealing the similarities that unite people across the barriers of distance and geography, as well as the fascinating cultural differences that make the world such an interesting place. Aimed at 7–9 year olds, it's a particularly brilliant match for Cubs looking to complete their Global Issues Activity Badge, but anyone who picks up this book will fall under its spell. Because, no matter how well travelled you are, you can't help but turn the final page feeling that little bit more curious about the world and your own tiny place within it.

Scout values: respect, care, belief, co-operation 🌿



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Bringing smiles to bereaved Scouts

A special group in Norfolk has sprung up to help Scouts who have experienced bereavement. We went to meet 1st Smiles Scout Group to find out how they're supporting young people through a very difficult time in their lives

Words: Annabel Rose | Illustrations: Kerry Hyndman

The idea for 1st Smiles Scout Group began in a youth panel meeting at Nelson's Journey, a charity supporting bereaved young people across Norfolk. The group, a collaboration between the charity and Norfolk Scouts, has been running monthly pilot sessions on Saturdays, at different Scout meeting places.

At Nelson's Journey, as in Scouts, young people's involvement is key. 'What right have we got to call ourselves a children's charity if we don't listen to young people?' asks CEO Simon Wright.

The youth panel, the majority of whom have used Nelson's Journey's services, gathers feedback and ideas to influence the charity's work.

'We were in a meeting discussing what we could do to help young people out, not just them coming to



Above: local groups donated supplies and shared their meeting places

Smiles House (Nelson's Journey's headquarters), but something else they could do,' explains Aaron Lawton, the youth panel member who first thought of the idea. 'I'd done Beavers, Cubs and Scouts, and the idea just popped into my head.'

'I remember writing it up on the flipchart paper and thinking,

"Well that's not going to work. It's never going to happen!"' says Lorna Vyse, Bereavement Projects Officer at Nelson's Journey. 'My reaction was similar,' Simon adds. 'I think there was still that knowledge gap for me.'

But something clicked, and Lorna began to explore the idea. Why did they run with it? For Simon, as well as the scale and capacity of the movement, it was knowing that Scouts is 'an equal access route into activities'. Lorna adds: 'With Scouts, it doesn't matter what you believe. We say there's no one way of being bereaved, no one way of coping. Scouts' ethos works with that.'

Overcoming challenges

Jane Warden, Norfolk's Deputy County Commissioner for Growth, held a meeting with lots of pizza and plenty of ideas and concerns. Peter Lawton, Group Scout Leader at 1st



Smiles, has been involved with Scouts throughout his life. 'We couldn't follow any of the normal rules,' he says. 'It was almost re-writing them. The young people come from all over Norfolk, it had no meeting place, no leaders, no committee... how do you make that work?'

Thanks to some innovation and creative thinking, things started to come together. 'There were challenges, but we found a way round,' says Simon.

With a pilot of six sessions agreed, groups across the county volunteered their meeting places and resources. The next challenge was planning the activities. First, the team chose programme areas. Balance was key – from adventurous activities to crafts, everyone wanted to make sure the pilot was representative of Scouts.

'We discussed whether activities should be bereavement-related, too,' says Lorna. They found ways to 'help the young people recognise that they're all remembering someone, without 1st Smiles becoming the bereaved children's group', she explains.

'I think Scouts lends itself to it. If you reflect together in a Scout's Own, for example, you can cover bereavement issues in that small way.'

Rob Sheehan, assistant office manager at Nelson's Journey and a 1st Smiles volunteer, agrees: 'We're talking about doing it in the future – more as a nod to their special person who's died, rather than a deep therapeutic activity, to acknowledge that they're all there for that same reason'.



Above: the first planning meeting involved problem-solving – with pizza

With four sections in one room, careful planning is key. 'Each meeting we had to come up with a programme for everyone,' explains Jane. 'It takes a lot of planning – it's only once a month, but you've got four programmes to put into one long meeting.'

So far, though, it's working. 'Sections can work well together!' Jane adds. It's something she thinks other groups could consider – 'Especially if you've got smaller sections, edit the same programme to fit the sections. Young people don't mind working with each other.'

Milestones

The Membership Award (the badge people get for learning about the movement, and their section, and making their Scouts Promise) is an integral part of any Scout's experience, but for 1st Smiles it presented another challenge. 'Normally, you'd wait four or five meetings,' says Jane. 'How does that work for us?'

So the team worked together to develop remote membership packs.

Young people took them away and researched, but this wasn't just homework: 'The next session, they put in some dedicated time and worked through the packs,' says Lorna.

Everyone at Nelson's Journey knew that giving a pack to a recently bereaved family just wouldn't work – their concentration levels and priorities just aren't the same. However, with a little bit of thought, and some dedicated time in meetings, everyone was ready to make their Promises in their mass Investiture.

'Seeing the enthusiasm and joy in the young people's faces as they joined the Scout movement – I found it heartening,' says Simon. 'It gave me a sense that this is a group that's got a future.'

And, of course, there was the question of uniform. 'We didn't want to say, you now have to go and buy a uniform,' explains Jane, 'but we wanted an identity for these young people.'

A grant from a local charitable foundation provided everyone with T-shirts, and a start-up grant from Norfolk Scouts gave everyone a necker. The young people designed badges, and their designs were combined. 'We've got our badges for our neckers!' declares Max, one of the Cubs. 'Which we haven't put on yet!' interrupts Ben, his younger brother.

Plenty of people stepped up to get 1st Smiles off the ground. 'At least half our volunteers are from Nelson's Journey,' says Aaron, 'most of them have no Scout experience.'

'If a Beaver leader volunteers, they

'Seeing the enthusiasm and joy in the young people's faces...
it gave me a sense that this is a group that's got a future'



'One of the aims of Nelson's Journey is to allow bereaved young people to meet others, to reduce that sense of isolation and loneliness. 1st Smiles allows us to do that'

don't necessarily have the experience to lead the Scouts,' says Peter. 'You can't even do the normal thing of letting the Explorers teach the Beavers – most of them don't yet have the knowledge to pass on.' It's a real testament to the time and effort of all the volunteers that the young people have had such a varied taste of what Scouts is all about.

1st Smiles wasn't the start of Max and Ben's Scout journey. 'You've got your Bronze Award, haven't you?' their mum prompts, and Ben chimes in, reminding everyone: 'It's the highest award in Beavers!' Although these two are already keen Scouts, the majority of the young people (and about half the volunteers) are new to it and it's changing perceptions.

'The thing that's surprised me,' says Simon, 'is the focus on growing Scouts in communities that haven't traditionally accessed it. In the past, people would've thought of Scouts as being targeted at boys, for example. Actually, everyone gets something out of the experience. That's one thing I've been really impressed by and come to appreciate more through this.'

'I think I enjoy it more than I anticipated,' says Rob. 'I've had my eyes opened about how important it is to invest in young people, setting them up for their future and building confidence. Scouts helps do that. The volunteers are really helpful, really positive, really welcoming.'

The plan was always to link young people to local Scouts alongside 1st Smiles. This is starting to take shape, after just three meetings. 'A few are

on waiting lists with their own local groups,' Peter says. 'They'll still come to 1st Smiles every month, but every week they'll do Scouts too.'

1st Smiles in action

'One of the aims of Nelson's Journey is to allow bereaved young people to meet others, to reduce that sense of isolation and loneliness,' explains Rob. '1st Smiles allows us to do that.'

As a former service user at Nelson's Journey, Aaron knows how important it is to be able to relate to others. For him, the highlight of the whole thing so far has been, 'watching the Scouts understand each other's personal circumstances. I've seen a couple of instances where they've spoken to each other about what's happened, it's really lovely.'

'In the first meeting we had a memory brick activity,' Peter explains. 'The Cubs were the last ones in there, they'd been with each other all day so were starting to get to know each



Above: the activities help young people share their experiences with each other

other. They were very open with each other about who'd lost who and how.'

'I've met other people at 1st Smiles,' says Max, 'I'm pretty much friends with everyone!' He says that at his other Cubs, people don't always understand what he's thinking, why he might get a bit upset if someone says something, or if he doesn't feel like talking. 'When you do 1st Smiles, everyone feels the same about someone,' says Max's mum. Max finishes: 'Everyone's got their own special person... who has been lost.'

It's not just about that, though. Like any Scouts, every person at 1st Smiles is gaining skills for life, from first aid and wellbeing to teamwork and outdoors skills.

The first meeting was all about adventurous activities – including archery, pedal karts and crate stacking – with a mix of other classic activities thrown in, like spaghetti and marshmallow towers.

'They got to see all levels of Scouts, from the felt tips to the big adventures,' Jane recalls.

Rob was tasked with the Cubs for the second meeting, when they boosted their navigation skills before setting off on a hike. 'We'd allocated 45 minutes,' he says. 'I'm thinking, it's just around the corner, it'll take 10–15 minutes max... then you realise, little legs don't walk very fast!'

Max and Ben's mum says, 'I love it because it gives them a bit of independence. They can become quite reliant on me, so it's nice for

them to be their own people.' 1st Smiles came at the right time for Max and Ben, who've had a tough year. How does 1st Smiles make them feel? Ben goes for 'happy and fun', while Max opts for 'safe and secure'.

'I think it's helped you get your confidence back and feel a bit more normal,' says their mum. 'A bit more me!' Max confirms.

For many, 1st Smiles is making a real difference. 'We've seen young people terrified of letting go of their parents' hands at first,' says Peter. 'By the end of the meeting, they're smiling and you can't shut them up: they want to tell everyone what they've been doing!'

'One girl was really shy at the first meeting,' Peter continues. 'But since then, she's been able to get up in front of her school and talk about 1st Smiles and how it's helping. We're making a real difference to these young people's lives.'

'That's got to be the highlight, hasn't it?' says Lorna. 'You change one child's life and that's got to be worth it.'

An example to others?

In true Scouts fashion, everyone seems eager to share the benefits of 1st Smiles. 'This would be fantastic nationwide,' says Max and Ben's mum.

'The thought went through my mind straight away,' Simon agrees. 'There are so many other charities working with young people who'd benefit from similar partnerships. There's a real potential for the model that we've developed with Norfolk Scouts to be embraced by other charities working with young people.'

Partnership has been key from day one. Neither Nelson's Journey nor Norfolk Scouts could have done this alone.



Above: going to 1st smiles helps young people get their confidence back

'We put a partnership agreement in place,' explains Jane. It detailed everything each partner would do. What's really clear is that both parties see themselves benefitting: helping young people to have a fantastic time and develop skills for life.

Both organisations also realised the benefits of Nelson's Journey delivering bereavement awareness training to Norfolk Scout volunteers. Not only is the training helpful for Scout volunteers, it helps Nelson's Journey achieve its own goals too.

'Collectively, Scout volunteers who give their time to help young people to be their best see thousands of children in Norfolk each week,' Simon explains. 'To be able to tap into that and promote an understanding of bereavement for children in Norfolk – that's an important part of the charity's aims.'

Overall, 1st Smiles Scout Group is an example of teamwork, not only between organisations but between Scouts across the county.

'It's a group effort,' says Jane. '1st Smiles had nothing, not even a box of felt tips. People supplied the volunteers, the venues, the

equipment. We've been reliant on everybody's goodwill, and they've come up with the goods.'

Looking ahead

The future of 1st Smiles isn't confirmed, although everyone seems to agree that the pilot's going brilliantly. 'For me, the reaction of the young people has been enough to make me think: we have to make it work. There's no alternative, there's not really a choice anymore,' says Peter.

Next on the agenda is badges. People who are already involved with Scouts have been able to count all they've done, but the 'initial focus was giving people a taste of Scouts,' says Peter. 'We're trying to work around badge requirements. A conventional group does a badge over a few weeks – we can't quite do that.'

They'll also be thinking about residential. 'How lovely would it be to see them do a group camp?' asks Lorna.

What about people's hopes and dreams for 1st Smiles' long-term? 'I'm going to tell you mine first!' says Lorna. 'I'm going to have a 1st Smiles Group that has a Beaver Colony, a Cub Pack, a Scout Troop – the whole works. Wouldn't it be lovely to have to say: "I'm sorry, we've got no spaces... we'll have to set up another Cub Pack!"'

'It's a small project here,' says Jane. 'But these young people, in a few years, they could be the ones applying to go to the next World Jamboree. They've come to Scouts through a different route, but there's nothing stopping them.'

'That thing I said, "It's never going to happen"?' says Lorna. 'I'll never say that again. I'm going to look at things and think: we'll make it happen.' ✿



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Fleur-de-lis for life

There's a story behind every tattoo. They may mark a memory, pay tribute, show commitment, express individuality, or commemorate a light-hearted dare that leads to a lasting legend. Here, members share the heart-warming stories behind their Scouts tattoos

Words: As told to Jacqueline Landey | Photographs: Dean Chalkley



Fuina, District Training Adviser, Surrey

The fleur-de-lis on Fuina's wrist may appear upside down, but it turns the right way up when she makes the Scouts sign. When her son bought her the tattoo for her 40th birthday she thought, 'Scouts is in my blood, I may as well have it inked on me.' Her father was a Scout leader, she joined Venture Scouts at 16, and her children grew up

through the sections. Today, Fuina works one-to-one with autistic children as a support assistant in schools, which she got into because Scouts made her realise, 'I can make a difference and get through to these kids.' She says that wherever she teaches, the tattoo's 'a massive icebreaker. The kids are like, "Oh wow, you're a Scout? I'm in Cubs!" One boy with autism traces it with his finger. He loves it.'

>



'Scouts gave me everything I love doing... My tattoo is a constant reminder of who I am and what I believe in'



Clare, Scout Leader, 3rd Cardigan Sea Scouts

'The memory sleeve is everything I really enjoy doing that I've started off in Scouts. I've got a kayaker, a climber, a mountain biker, a tent, a compass, a scuba diver and, of course, the Scouts sign,' explains Clare. She says, 'At 14, I was fairly close to going off the rails but Scouts gave me a new focus. It gave me everything I love doing.' She got the tattoo following a brain injury, as she wanted a reminder of everything she'd done – 'To give me a boost and to keep fighting. It's a constant reminder of who I am and what I believe in.' Scouts has had a major influence on Clare's life, leading to everything from a degree in working with young people, to working as a Restorative Justice Practitioner on a youth offending team, to her current job as an outdoor pursuits instructor. 'I'm doing everything I love to do,' she exclaims. 'I still suffer with headaches and fatigue, but I can manage it. I'm back in Scouts and my life is...' She chuckles. 'It's like playing, you know?'





Jack, Cub Scout Leader, Liverpool

Jack describes his tattoo as a compass made out of sticks that's the tracking sign meaning 'obstacle ahead' or 'over obstacle', symbolising that there'll be challenges but he's going to get over them. Often questioned about it, he says, 'Most people don't understand tracking symbols unless they're in Scouts, so it gets me talking about Scouts, and then I don't shut up! They ask what I do in Scouts, if it's just "Dib dib dib." But then I tell them about my experience, about how I am with my Cubs, about teaching

them something they didn't know before. For instance, we started the Global Issues Badge on International Women's Day. I told the Cubs, "If both little Jimmy and little Jane did this job, wouldn't it be right if they were paid the same?" They were like, "Yeah." "Well, how would you feel if I told you that Jane got £90 compared to Jimmy's £100, for doing the exact same job?" They were not happy with that. Oh, it was beautiful. I mean it's awful in general, but it was beautiful to watch how annoyed they were!



‘Seeing that turn-around – that “Can we stay a little bit longer?” rather than “We want to go home” – assured me that this is what I want to do’

Heidi, Assistant Scout Leader, 66th Western Village

On her first camp as a leader, Heidi settled on the Scouts tattoo she’d eventually get. ‘At the start of camp, there was loads of challenging behaviour from the young people,’ she explains. ‘They were grumbly, miserable, not interested in getting involved. But by the end of the week? They were getting stuck in, happy just to stargaze with us for ages. Seeing that turn-around – that “Can we stay a little bit longer?” rather than “We want to go home” – assured me that this is what I want to do.’ Although responses to her

tattoo have been really positive, she says, wearing short-sleeves at a Scouts event one day, a Scout caught a glimpse of the exposed tattoo and blurted out: ‘My auntie told me that people with tattoos are bad!’ ‘How does this change your view of me as your Scout Leader?’ responded Heidi. The Scout said, ‘But you’re nice?’ ‘So, what has this experience taught you?’ she asked. ‘Not to judge a book by its cover?’ he suggested. ‘Yeah!’ Heidi hurrahed. Reflecting on the experience, she says, ‘I think it contributes towards teaching diversity.’ 🌿

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HOW

TO MAKE YOUR OWN ZINE

Creative, empowering and sometimes controversial, zines are a fantastic way to express ideas in a fun and informal way. We explore the form and speak to creators to find out why the zine scene is currently exploding



Words: Jade Slaughter | Design: Soofiya

WHAT'S A ZINE

Technically, zines have existed since people began to write, print and share

information. They're short booklets

that are self-published or produced by a small, independent publisher, and

the name sprang up in America in the 1930s,

when sci-fi fans began to create fan magazines – 'fanzines' – featuring their own stories. 'Fanzine' became 'zine'.

The do-it-yourself ethos of the 1970s British punk movement, coupled with access to photocopying, fuelled a zine explosion. In 1991, underground feminist punk movement 'riot grrrl' emerged out of the United States, and thousands of young women began to produce personal and political zines.

Today, the majority of creators are female and there are huge numbers of feminist zines: a great way to celebrate International Women's Day (8 March) is to invoke the spirit of riot grrrl culture and create zines on issues that affect women and girls. During the 1990s, e-zines became popular, and the ease of selling online meant the global zine scene had arrived.

WHO'S MAKING ZINES

The self-published nature of zines is great for allowing marginalised voices to express themselves, so topics are often political and representation is wide. Nico Novatore, a student, artist and the creator of Bodies zine, says: 'I wanted to make space for people to tell their own stories about their bodies. I started with an idea that was very loose, and I just met up with people and took photos of them. I used an instant camera, which matched the grungy, DIY style I was going for, and I sought out contributors who were trans, non-binary or women who'd been socialised into thinking their own worth was reflected in how attractive their bodies were.'

'I wanted to show that there's more in common across how people feel about their bodies than there are differences. It's important to give people the chance to tell their own stories – especially those who aren't white, thin or able-bodied.

Every body is beautiful.'

Zines provide a vehicle for personal ideas, beliefs and interests, and often explore a niche area where multiple themes overlap. Weird Walk zine explores hiking in the British landscape, folklore, natural history and paganism, among other topics. Alex Hornsby, co-creator with Owen Tromans and James Nicholls, explains, 'About four years ago, Owen said we should walk the Ridgeway, a 100km ancient trackway described as

Britain's oldest road. I'd never done any hiking or anything like that before.

It was the best thing I'd ever done. It completely cleared my head and gave me all this space to think. So we did another one, and another. And I thought, I guess we do hiking now.

'That fed into other stuff I was interested in, like history, natural history and folklore. So we decided to make a zine. I'm a graphic designer for a record label, so I'm always doing projects on behalf of other people. I thought, "What would I do if I made something that didn't have to please anyone else?"'

Soofiya is an artist, designer, and lecturer at Ravensbourne University. While they specialise in race and gender, they've created zines on a wide variety of different topics.

Rather than choosing a subject they're interested in, they choose something 'I don't really understand, or am thinking about. Sometimes it'll begin with writing, illustration or collage – whatever feels right. Some of my zines are really basic and illustration-led, while others are really heavy, text-based ones. Zines are a way to figure things out.'

To many creators and readers, zines present

an alternative to commercial, mainstream media. Soofiya believes their accessibility is of utmost importance.

IT WAS THE BEST THING I'D EVER DONE

They also point to the negative side

of their recent increased popularity. 'We're seeing a resurgence of zines, and while that's brilliant, it's also symptomatic of eight years under austerity.

We're having to figure out new ways of making our voices heard.'

The beauty of zines is that they're totally individual.

It can be whatever you want it to be. When you go to an independent bookshop or comic book store, you'll find them in a huge array of shapes and sizes, on topics from the mundane to the bizarre. You can also find a massive range of zines on websites where people sell handmade crafts, like Etsy, Folksy and eBay.

WORKING

SOLO

OR

Coming

↓
TOGETHER

Want to create your own zine?
One of the first things to decide
is whether you
want to make it by yourself
or with other people.

Soofiya advises, 'The first zine I ever made was collaborative. I put a call out on Twitter and spoke to lots of people I knew and people I didn't, it was a really nice process. I didn't really know how zines were done, so it made sense. If I want to work on something big and bulky, I might not know everything on the topic so then it also makes sense to gather content from other people. Or if there's something I want to discuss or really figure out, then collaborative zines are good. For something more internal, where there's more therapeutic value, I might just do it myself.'

Alex says you don't have to start with a big group - that can come later.

'Loads of people have got in touch about Weird Walk to ask if they can write something or take some photos for a future issue.'



SKILLS FOR LIFE

Because zines typically include writing, illustration and often photography, poetry or other content, they're a great way to pick up or try new skills, and there are badge links galore. Soofiya says, 'Because of their cross-discipline nature, you

end up learning lots of new things. You might learn how to use some software, or

learn more about a topic – they're a tool of learning. Start small. Start for yourself.' Alex believes most people can make a zine no matter their skillset. 'It's so

accessible. You can make 50 zines for not very much money or time. First, you figure out how many pages you want it to be, then what you want to say, what cool fonts you like. Just have fun.

For Weird Walk, I laid it all out with Photoshop, InDesign, and Illustrator – basic design software – but you could do it with a stapler and a photocopier. That's arguably more fun!

For Alex, it's also about starting as soon as possible. 'If you feel motivated to do a zine, just go for it. It's so easy

that even if you don't 100% love what you come up with, you can just do another one. If you've got an idea and you think you could make a 12-page zine about it, just do it. Someone will like it.'



ONE CUT ZINE

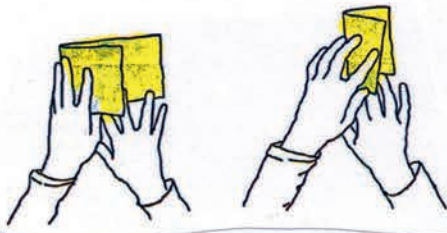
google 'one cut book' or 'mini zine tutorial' to find a video of how - to online!



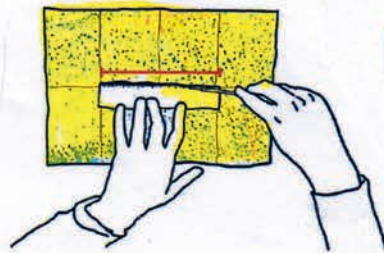
1 Take your A4 sheet of paper and fold it length ways.

WHAT YOU NEED:

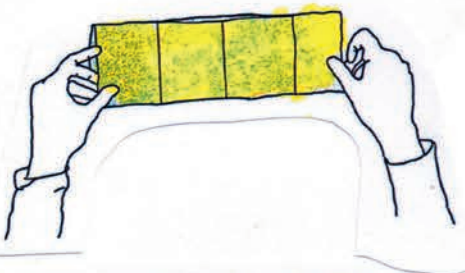
- * 1 SHEET OF A4 PAPER
- * CRAFT KNIFE
- * RULER



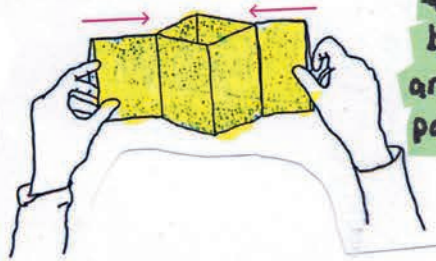
2 Then fold it in half and half again, so it's now A7.



3 Now open up your sheet and cut along the center fold in the middle.



4 Fold in half, length ways, along the cut.

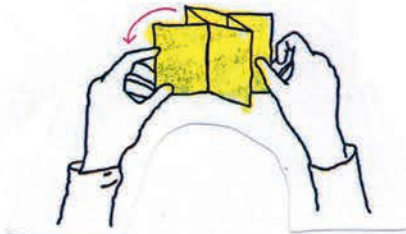


* this can be done with any A size paper

* A4 makes an A7 size zine which is perfect for posting!

5 Take the left and right edges, still folded and push together.

EXAMPLE



6 The last double page folds over the top of the other pages and becomes a cover.



7 That's it! You can now start designing your mini zine.



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Feed bellies not bins

Explorer Scouts from Chester-le-Street went to find out how to run a cafe that relies completely on donated food that would've been thrown away. Here's how they got on

Words: Annabel Rose | Photographs: Sam A Harris

'We don't have any bacon today,' the volunteer behind the counter says to a customer. 'But the scrambled egg could be nice? Do you want me to read you the menu?'

When you walk into REfUSE cafe, the Durham branch of The Real Junk Food Project, you'd be forgiven for being confused. There's no sign of a price list, and the menu changes daily with little warning.

Today's lack of bacon isn't down to poor planning: REfUSE intercepts edible food destined for landfill and creates tasty meals, served up on a 'pay as you feel' basis. The result is an amazing place of community. 'It's actually really funny,' explains Mim Skinner, one of the cafe's directors, 'The vegan hipsters come in to buy their bamboo toothbrushes and get an oat milk latte and they sit next to someone who's homeless and needs a lunch. That's quite special.'

What's striking is the conversation – the majority of the team is made up of volunteers, and everyone's friendly here. Within minutes we've met Nick, the milkshake man, who's working on a tropical fruit and salted caramel combo. 'This place is like a family,' he says. Ryan, a Special Olympics gold medallist and trainee chef, is here too – he's waiting for a volunteer induction. 'I prefer being here

to at home,' he explains. 'There's nothing to do there, I get bored.'

Mim is a bundle of energy, coordinating volunteers, welcoming regulars and explaining the concept to first-time visitors – all the while juggling phone calls, emails and plates of food. On her way to the warehouse, she takes the time to explain guavas ('on the end there, a bit like a papaya') and pauses to read hospital letters that someone's brought in to show her.

The cafe is still a newcomer to Chester-le-Street. It's yet to celebrate its second birthday, having been transformed from a long-empty shop with smashed windows and dead pigeons. Already, with its cheery yellow wall, mis-matched furniture and cosy atmosphere, it's a cafe that any town would be proud of.

Put your money where your mouth is

Hannah, Immy, Sophie and their leader Jen, from Fram Explorers, came to check out REfUSE and offer a helping hand. First up, Mim explains food waste, the issue the cafe was set up to tackle. 'It's a big deal in terms of environmental impact,' she says. 'Globally, about 40% of the food we grow gets chucked away.' Not only does this







contribute to landfill, it also represents a massive waste of water, land and energy.

Some food is thrown away because it's gone out of date – but a huge amount comes from seasonal items that are still edible (think pumpkins at Halloween and chocolate reindeers at Christmas). Waste also comes from changes in shopping habits – being able to order food online and have it delivered almost instantly (with long 'use by' dates) means warehouses stocked with unwanted food, much of which ends up in the bin.

REfUSE turns over more than a tonne of food a week. Some of it's used in the cafe, while the rest is used to cater private events, like weddings, or for other initiatives, including veg boxes.

And how does the pay as you feel aspect work? 'We want to challenge the idea that people see value just in terms of money,' Mim explains. 'In life, we know there are lots of things that are valuable – but when you go into a shop, you can buy something or you can't. We allow people to pay with time or skills; we say, "You've got something of value, you can get involved." Some people play the piano, some do the washing up, some bring a coat in for someone else.'

Mim is clear, though, that the meals aren't free. 'Food is really valuable,' she says, 'it's taken water and hard work and had an environmental impact to get here.'

Behind the scenes

After explaining the basics to the Explorers, Mim begins the tour. First up is the training kitchen – 'They've got a session going on, so I won't interrupt. It's a supportive learning space, particularly for people who've got barriers to learning (whether they've spent time in prison or are struggling with an addiction). They can access training and support in order to learn to cook, and eventually get qualifications.'

Next, Mim disappears into a walk-in fridge, emerging with a tub of spread. 'This wall of spreads is an example of something we get from a warehouse,' she says. They were all destined for landfill because of a small tweak to the packaging or recipe, 'whether they had two weeks or two years left on their date'. The result? This not-insignificant stash represents 'a small drop in the ocean of the product that's been wasted across the UK'.

Re-emerging from the fridge, this time with a guava, Mim explains that tropical fruit is another common product here. The majority will have been advertised as 'ripen in the bowl'



‘Supermarkets can suddenly say, “We don’t want these,” and those avocados grown specifically for them will be wasted because supermarkets wield so much power’

within a certain timeframe, say two weeks. They’re then thrown away a week before they’re ripe – otherwise the packaging is wrong. ‘I find this really shocking,’ says Mim. ‘These don’t grow in the UK, they’ve come a vast distance, perhaps been air freighted from South America, and they’re perfectly good to eat – they’re not even ripe yet!’

‘They could just not sell it like that...’ Hannah points out. ‘They should put, “Ripen at home – when it’s ripe, eat it!”’

On the topic of tropical fruit, the Explorers ask Mim about avocados – they’ve heard that they come from unsustainable sources and they figure a lot get wasted. Mim confirms this – they get lots, ‘because they’re trendy at the moment. At some point, we’ll change our mind – then, supermarkets that have put in massive orders, years in advance, will say, “We don’t want these,” and the avocados grown specifically for that supermarket will be wasted because the supermarkets wield so much power.’

The cafe has its fair share of funny food stories too. As we approach a mountain of crisps and popcorn, Mim explains that a company went bust. ‘They sold all of their assets, including a van. Someone bought it, and when they opened it up it was chock-a-block with this!’

What’s her favourite thing they’ve rescued? ‘A tonne and a half of vegan cheese. It had months on its date, so we posted about it on social media and people came flooding in. We had a vegan pilgrimage.’

Waste not want not

Once everyone’s weaved back through the cafe, Mim invites questions from the Explorers.

Hannah is straight in there, asking about the cafe’s waste and what they do with it. REFUSE sends any food waste to a local anaerobic plant, which breaks down biodegradable waste (including school dinner scrapings and grass





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cuttings), turning it into energy that in turn is sent back to the national grid. Unfortunately, they end up with a lot of packaging waste from the food they rescue – but no food waste goes to landfill.

Immy wants to know whether they ever run out of anything essential. 'We run out of milk and oil, so we buy those in,' says Mim. 'We also buy in coffee. We sell that at a fixed price, so it helps our budget along too.'

Speaking of budgets, Sophie asks about the cafe's finances – how do they manage? Mim explains that at the moment, half the money comes from the cafe – on average, people pay £2.52 for a meal. About a quarter comes from catering private events and a quarter from grant funding. 'Eventually,' says Mim, 'we'd like all of the cost to be covered by private events and the pay as you feel.'

Finally, Jen asks the question that's been baffling everyone. How on earth do they create the menu every day? Mim is quick to credit the 'very talented kitchen volunteers who are skilled at putting meals together'. Sometimes the cafe has 'quirky combinations', but 'as long as we've got something vegan, something vegetarian, and something gluten-free, we don't worry too much about having a lot of options'.

Now they're experts in REfUSE, the Explorers get busy helping. They wipe down tables and label 'pay as you feel' envelopes. ('It's all anonymous,' explains Mim. 'No one's going to check and see how much anyone's paid.') They check flowers on the tables, throw the dead ones in the food waste and redistribute the others – Mim was going to ask them to put new ones in the vases, but unfortunately there aren't any today. 'Flowers are especially hit and miss.'

The final task is to restock the bread shelves. Bread is the most wasted product in the UK – if you stacked on end the loaves wasted every day, they'd be 27 times the height of Mount Everest. REfUSE can't serve all of the bread they receive, so anything left gets put on the pay as you feel community shelves. 'Give it a squish,' Mim suggests. 'If it's too firm, if there's any mould on it, put it in the food waste. If it looks, feels and smells good then put it on the shelves!'

Worn out but full of knowledge and passion about food waste and community, the Explorers finish off their trip by sampling some of REfUSE's delights, including Nick's famous milkshake and a gluten-free vegan cookie. 'Have you enjoyed it?' asks Jen, which is met with a resounding 'Yes'. 'Can we bring all the Explorers back here?' asks Immy. 🍀



From planning to plate, there's plenty you can do to reduce your food waste

Write a list

'Before you hit the shops, check if you've got anything leftover from before – crisps and hot chocolate powder are often lurking in cupboards. Write a list, including how much of each item you need, then stick to it. Don't be tempted by offers or new products or you'll end up with more food than you need (a recipe for waste).

Try something new

Don't overlook the imperfect or wonky fruit and veg – they're usually just as tasty, and cheaper too. Almost-stale bread could also be rescued (for a fraction of the price) and kept in the freezer. Try something new, whether it's canned or frozen fruit that lasts longer than fresh, or keeping the skin on vegetables such as carrots and potatoes. You don't have to commit to every change forever – give it a go, and see how you get on.

Get free bread

Get in touch with a local supermarket, explain that your group is looking to reduce its impact, and ask if you can pick up unsold bread. Some supermarkets may supply other food if you can commit to a partnership; this might not work for a single group, but you could explore it with your District.

Get online

Olio is an app where adults upload unwanted food and other adults collect it for free. It's a great way to get rid of excess

food – you can even sign up as a Food Waste Hero, pick up surplus food from businesses, and redistribute it. Follow the guidance for Lone Working within Scouting at members.scouts.org.uk/loneworking.

Store it right

Not only is this important for safety, it also keeps your food fresher for longer. Some things, including apples, mayonnaise, and jam should go in the fridge. Not everything belongs there, though; bread, onions and pineapple are happiest in cool, dry, places. Bananas make things around them ripen faster – so store them wisely.

Use your freezer

As long as food stays frozen, it can't go off (though the quality or texture will deteriorate if you leave it long enough). You'd be surprised what can be frozen, from whole blocks of butter to slices of cake. Why not try freezing fruit, then blending it into a smoothie from frozen? Of course, not everyone has access to a freezer, but you could always send food home with those who do.

Know your dates

Use by dates are about safety: REfUSE doesn't serve food past this date (and you shouldn't eat it). Best before dates are about quality, not safety. We need to get used to telling with our senses whether food with best before dates is good to eat: if it's mouldy, stale or smelly, give it a miss. If it's fine, give it a go.

Understand portion sizes

How much do you actually need to feed everyone? Buy the right amount, remembering that different people have different appetites. When it comes to serving, it's OK for people to take a smaller portion if they're not sure – they can always come back for more!

Use up leftovers

Armed with a few familiar formats, there's nothing stopping you transforming leftovers. Almost anything can be made into a soup or filling for a roll or wrap. Toppings for toast or baked potatoes, and pasta bakes, are also great ways to use up food.

Don't bin food

If you've got food and no space to store it, donate it. Look for a local branch of The Real Junk Food Project, or see if a food bank wants your items. Other local charities, such as homeless shelters, may also be interested.

Watch your waste

None of us are perfect; mistakes happen, and that's OK. Get into the habit of noticing your waste, whether it's in a cupboard, saucepan or on people's plates. Do you have a habit of over-buying certain foods, planning unpopular meals, or being too generous when preparing and serving? If you can figure out where the waste came from, you know what to do differently next time.

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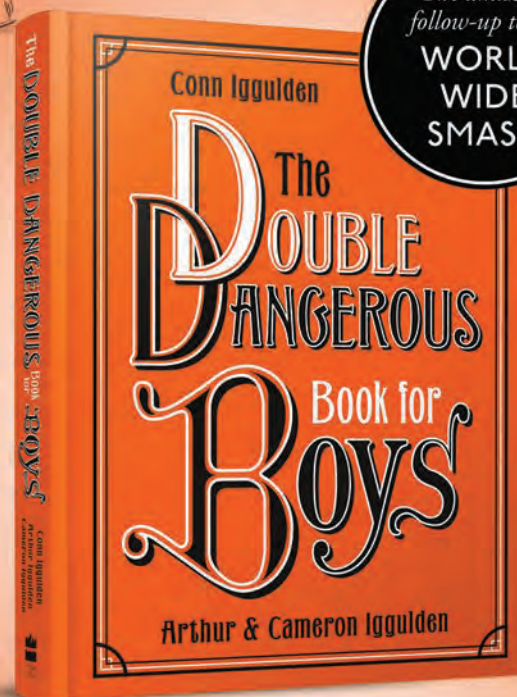
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The hunt for UFOs

Celebrate British Science Week by heading out on a UFO-themed camp or hike, complete with games, stargazing, space snacks and some top tips from astronaut and Scout Ambassador Tim Peake

Words: Jade Slaughter | Photographs: WRK Design

It's a hot, sticky night in Florida. August, 1952. Scout leader D.S. 'Sonny' DesVergers staggers from a dense grove of palm trees, burned and barely able to speak or see. When pressed, he says he came across an unidentified flying object and it discharged a fireball at him, causing his injuries. There are no other witnesses, and the case is never solved – securing its place as one of the most intriguing UFO sightings on record.

As adventurers often found outdoors, it makes sense that Scouts would be tied into the history of UFO-spotting. And Scouts love space – it's no surprise that the majority of people who've walked on the Moon are Scouts. So while everyone will have different opinions about whether aliens exist, most Scouts will agree that it's a fun thing to think about.

Choosing a UFO theme for your night-time hike or camp means you can be as silly or serious as you like. Follow our guide – and try not to get abducted by aliens...

Know your stuff

Let's start with the basics. 'UFO' is an abbreviation for the US Air Force's term 'unidentified flying object' and refers to any moving object in the sky that you can't readily recognise. In the military, it doesn't usually mean the object comes from space, and some areas of the Ministry of Defence prefer the term UAP (unidentified aerial phenomena) to avoid any alien connections.

There's good news and bad news if your group's interested in learning more about historical UFO sightings. Official reporting, analysis and recording of sightings began in the early 1950s, but until 1967, the Ministry of Defence destroyed their UFO files every five years.

Since 1970, however, most surviving files have been reviewed for eventual release by The National Archives. There's already a huge number open to the public – view the highlights here: nationalarchives.gov.uk/documents/ufo-highlights-guide-2013.pdf.

UFO sightings increased after the second world war, and there are a few theories on why this happened.

The more 'grounded' theories talk about widespread trauma, a mass fear of invasion, and that our improved attempts at flying in the atmosphere of Earth (aeronautics) and surrounding space (astronautics) made people realise that other life forms might be capable of the same thing.

The first jet plane flew in 1939, after all, and just three years later, so did the first rocket that could touch space.

Of course, three years after that, an American B-29 bomber dropped the world's first deployed atomic bomb over Hiroshima, Japan, killing 80,000 people instantly.

Some people believe that distant solar systems took note that the human race was now capable of mass destruction and that this threat required increased surveillance. Hence, more visits from alien spaceships.







Top three places to go UFO-spotting in the UK

So you've done some research and are itching to see a UFO. Choose one of these spots to increase your chances.

Warminster, England

Since the 1600s, Warminster – a town on the edge of Salisbury Plain, a top military training area, in Wiltshire – has seen a supposed maelstrom of UFO activity. A 66-acre Iron Age hillfort called Cley Hill has become the favourite spot for visitors to seek alien activity, and the number of sightings is so great that Warminster has its very own designated National Reporting Centre for UFOs. Warminster is close to the mysterious Stonehenge, a World Heritage site consisting of a ring of massive stones dating back to around 3100BC. Sightings here have included a large 'flying saucer'

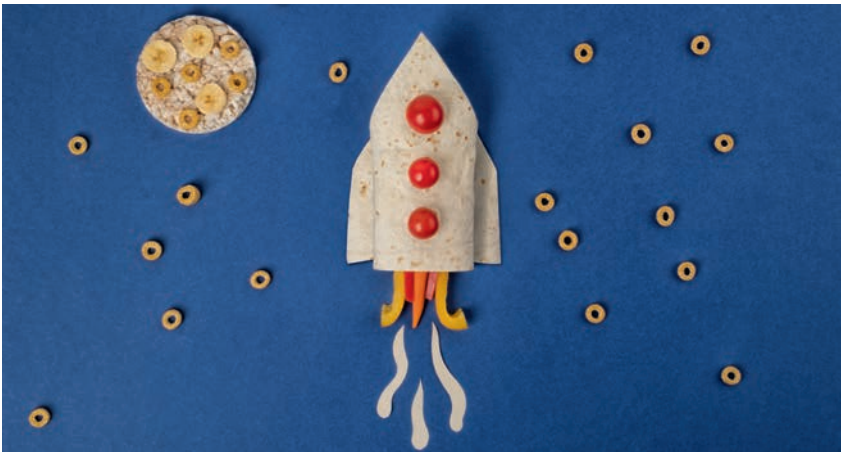
hovering above the stones, and strange patterns appearing in nearby fields. Some people believe that aliens built Stonehenge, and that the area is a landing pad for their spaceships or a location marker for them to find their way back to Earth.

Dudley, England

For almost a decade, Dudley has experienced multiple sightings of the 'Dudley Dorito', a dark triangle-shaped aircraft with lights on each corner and sadly, no cheesy coating. First seen by a dog walker in 2007, it's usually silent, very slow, and is said to be four or five times larger than a plane. There are multiple photos and videos of the object, and some people claim that it's an experimental military vehicle. The military have yet to confirm this.

The 'Welsh Triangle', Wales

The Welsh Triangle, named after the Bermuda Triangle, saw a wave of UFO sightings in 1977. In February, 14 children in Broad Haven claimed to have seen a spaceship in a field by their school, with an alien in a silver suit. Nobody believed them so they petitioned for local police to investigate. When their headmaster asked them to draw what they saw, their pictures were strikingly consistent. Nearby, in April, a family claimed a 7ft spaceman in silver appeared at their window, and a hotel owner wrote to her MP after spotting a UFO and aliens similar to those described by the Broad Haven schoolchildren. An RAF officer was sent to investigate. He left mystified, and the case was never solved.



Embrace the theme

Activity-wise, for a UFO camp you're pretty set – all you need are binoculars and a map or app showing everything in the night sky you might want to look out for (that's not to say you definitely won't spot a UFO, but it might be good to include planets, stars and other objects to avoid disappointment).

You could also tie the evening into working towards the astronomer, astronautics, or air spotter badges. For games ideas, get hold of a glow-in-the-dark frisbee to play 'Catch the flying saucer', or try a round of 'Pin the alien on the spaceship'. There are space-themed activities available on the digital programme planning tool, too: scouts.org.uk/activities.

Food options are limited only by your imagination. A simple snack is a platter of crisps (those oval-shaped foil platters are great) and a bowl of guacamole in the centre. Stick two green spoons into the bowl, and add googly eyes to the back of the spoons. Voila: alien invasion.

Turn wraps into rockets by adding triangles of carrot, buttons made of cherry tomatoes and flames of red and yellow peppers. Turn rice cakes into moons by using slices of banana and Cheerios as craters. For an easy but impressive space snack, add some icing to the two largest holes in some yoghurt-covered pretzels to create eyes. They'll bear a striking resemblance to everyone's favourite extra-terrestrial. ✨

Tim Peake on UFOs

We spoke to Scout Ambassador and astronaut Tim Peake to find out what he thinks about spotting UFOs

First, the most important question: do you believe in aliens?

Yes! When you consider the vast expanse of the universe, the number of potentially habitable planets out there and the relatively fast emergence of life on Earth some 3.5 billion years ago, I can't imagine that life hasn't evolved elsewhere.

Have you ever seen a UFO?

I've seen a few unidentifiable flying objects over my career as a pilot and astronaut, but none that acted so strangely that I thought they might be from another planet.

Apart from alien spaceships, what other things could we look for in the night sky?

The ISS (International Space Station) is a great starting point if you haven't already seen it. Mars, Jupiter, Saturn and Venus are also easy to spot and, if you have access to some stabilised binoculars or a telescope, you could try to see how many of Jupiter's moons you can spot.

If you wanted to spot flying objects (unidentified or otherwise) in the night sky, how would you go about it?

First, try and get to an area of low light pollution – you'll be amazed how much clearer the Milky Way appears. There are also some great apps that show you where to look for stars, planets and satellites (such as the ISS and Hubble telescope).

Finally, what would you do if a spaceship landed and an alien got out?

Jump in! I'd love to take an alien spaceship for a spin and see what it could do.

Positive influencers

How to help young people avoid the negative affects that social media can have on their self-image, and develop a positive body image instead

Words: Annabel Rose | Photographs: Influencers' own

Among the stresses of being a teenager, more than a third feel upset about their body. It affects everyone differently, but a negative body image can be serious: it's associated with a poorer quality of life, including psychological distress, eating disorders and smoking. It can also affect school performance and attendance.

As an image-focused app, Instagram often gets extra scrutiny. At the start of 2019, an estimated 24 million people in the UK used it, for an average 53 minutes a day. Instagram's especially popular among young people; up to 71% of females and 61% of males aged 15 to 24 use it.

As anyone who's ever asked a young person to put their phone away will know, suggesting they 'just log off' won't get you very far. Social media is vast and complex – it has a positive side, too. Over the past decade, the idea of body positivity has been on the rise on social media. The Centre for Appearance Research at the University of the West of England found that exposure to body-positive posts on Instagram was associated with improvements in young women's mood and body satisfaction, relative to thin-ideal and neutral posts.

We spoke to five social media game changers about their Instagram feeds, the messages they share and how they take care of themselves on social media – including how they cope when the hate comes flooding in.

Megan Crabbe @bodyposipanda

Why did you start your Instagram account?

I discovered the body positivity movement – at the time it was a small community. I was fascinated by diet culture (our cultural obsession with dieting, weight loss and thinness as the only way to be good enough) and fatphobia (our cultural fear of fatness and thinking that fat is the worst thing you can be) and I wanted to write about it. I also wanted to challenge myself to post pictures of my body as it was changing from no longer dieting.

What's the biggest message you want to get across?

That people deserve better than hating their body – even if they can't see how they could possibly stop. I'd like them to look at me and see that a different way is possible; they're just as deserving of body peace as I am.

What's the next step for the movement towards body acceptance?

We all could benefit from taking a look at where we're getting our body positivity from: are we just accepting the most palatable versions? My success is based on the privileges I have in my body. I don't push the boundaries of what society says is ideal too much – I'm medium-sized, able bodied,

young, mixed race but light skinned... So many people in bodies more marginalised than mine are saying the same things but not getting the recognition or attention they deserve.

On such a visual platform like Instagram, how do you keep a sense of perspective and avoid defining yourself by your body?

That's been especially tricky for me to navigate in this last year as I've been labelled more and more as an 'influencer' and brought into the world of events and photoshoots and trips. They're incredible opportunities, but they're about getting the right picture with flawless make-up and outfits. I find myself getting a little bit lost in that.

I challenge myself to post things that I wouldn't have considered 'Instagram worthy' a couple of years ago, or to not wear as much make-up for a while. I remind myself that I have more to offer than how I look and I ground myself in activities that remind me of that.

How do you deal with horrible comments?

They bounce off me now. It took a long time – it hit me hard at first. The people who come onto my account and attack me aren't people whose opinions I wish to put value in. The only people whose opinions of me I wish to value are the people that I love and myself. I've taken away their power to define me; I get to do that.







Molly Forbes

@mollyjforbes

You're a mum. What are your top tips for navigating the topic of body positivity with kids?

It's not necessarily about how positive you are – but it really matters how negative you are. If you're not sure you can say nice things about your body, avoid saying anything negative (like diet chat, talking about calories, or placing morality over food).

Children learn through role modelling. If you're telling them they're brilliant and worth more than their bodies, but you're talking about yourself negatively and showing that your appearance is really important to you, that's the bigger message.

How do you make sure that social media doesn't damage your wellbeing?

I take my own advice! I try not to use it too late at night because it affects my sleep. I have regular days off; I turn off my phone and keep it out of the way for a bit. If it's starting to make you feel down, step away! Even if all your mates are online, you don't have to be plugged in 24/7.

Social media is one of the few places in our world where we have a certain amount of control over what we see. If an account is making you feel inferior, don't be afraid to unfollow.



I sometimes worry that if I unfollow someone they'll be upset, but actually, it's protecting your wellbeing. If you don't want to unfollow, mute them – they don't even have to know. You can take responsibility about what shows up in your feed, much more than on television and in magazines. I try to think of my likes as a 'click currency'. We all have a certain amount of power in raising up positive accounts, so they're more likely to show up in our feeds and other people's too.

How do you deal with negative comments on social media?

I get loads! I'm not going to lie and say it doesn't bother me. I'm sensitive and empathetic, that's what makes me good at my job, but if someone says something nasty, it hurts my feelings.

It helps to remember where those comments come from. When I felt unhappy about myself, I'd never message someone something nasty,



but I'd often think that nasty thought. It was always a reflection of how I felt about myself.

I try to allow myself to process it for five minutes, then I move on and get it back into perspective. I surround myself with friends and my family. My husband isn't at all interested in any media (including social media) – that keeps me grounded, and reminds me what the important things are.

‘My account is a documentation of my own joy and the things that matter most to me, as somebody who prioritises thriving’

Virgie Tovar

@virgietovar

What's your biggest message?

That every person deserves to live free from discrimination and thrive, regardless of size or health status. I met a group of fat activists who refused to diet and they were living fabulous lives. I realised that was what I'd always wanted: to be able to live a happy life full of things that people care about (like romance, and friendship, and going to the beach) as a fat person! I'd been taught that only thin people got those things. My account is a documentation of my own joy and the things that matter most to me, as somebody who prioritises thriving. When you're a woman, and you're fat, and you're a person of colour, like myself, there's something really powerful in that.

Does seeing different-sized bodies online matter?

Social media can shift the occipital lobe (the visual processing centre of our brains). To see how it happens, go to the plus-size section of a website. Spend 30 minutes looking, then go to the 'normal' size section. Those models, who if starting there would've looked 'normal', look very much below average. And that's the reality: most models are not the national average.

I'm noticing more honest representations of bodies, and I've felt emboldened. Powerful change happens when we take a step into fear and vulnerability and document our bodies the way they really exist, including the jiggle, the chub rub, or the arm fat!

How do you use social media without it damaging your wellbeing?

'Do not scroll' is my main rule, it's the only way I can stay grounded. Most of the time, I go to my profile, do whatever, and leave. To see how my friends are doing, I go straight to their accounts.

I mostly use social media to connect with people I know in real life because I can understand their complexity. I know that they live a regular life with problems, just like all of us.

It wouldn't be appropriate to expect them to share those moments on social media, but when we don't see that complexity it creates an image that we're failing.



How do you deal with negative comments on social media?

Sometimes people are just prejudiced. There's still a moment where I feel hurt because someone has said something hurtful; it's a normal, human response. But I have a rule that I don't allow bigots to determine my mood. If you're a troll, I'm going to delete your comment, report you and block you.

Conflict can escalate very quickly where there's no face-to-face contact, so I have a 24-hour cooling off period. The minute feelings of conflict begin, I walk away. It's difficult, but no matter how important (and honestly, no matter how timely) the conflict is, it's better to take that time.



>



the thing I've found with men is that you get the impression that being vulnerable is being unmanly.

A lot of men are reluctant to talk about a lot of things, but I think the most courageous thing a man can be is vulnerable. When I asked for help, it didn't make me less of a man. Being vulnerable allows empathy as well – you can appreciate other people's experiences when they go through hard times.

Dan Richards

@theonearmedwonder

What's your biggest message?

I promote body confidence and positive body image. The media feeds a perfect, idealistic image of what a person should look like. I dealt with my own self-acceptance a few years ago; I know what it's like to go down that road.

I'd compare myself to other men, looking at photos and thinking 'I'd love to look like that' – but I'm never going to look like that. For one thing, my arm and shoulder are never coming back, no matter how advanced medical science gets!

At my worst, I'd even compare myself to other upper limb amputees; it was very morbid. Then I had a lightbulb moment where I thought, 'I can't keep doing this.'



How does body image affect men?

When you mention body confidence, everyone straight away jumps on the idea that it only affects women. That's so far from the truth. It can affect anyone, and it's not just about size. Anything that you don't like about yourself that's on your body (for example, scars or birthmarks) can give you a negative body image. The minute you start talking about your feelings, it's an area of vulnerability;

How do you deal with negative comments?

I've been quite lucky really, I've only ever had one troll. I find it happens a lot more to women. I replied to the troll with a joke, laughed at myself as I did it, and left it at that. They never replied – I killed them with kindness.

There's two ways of looking at any situation: fly off the handle, or look at it, digest it, and then make a decision. I try not to get consumed with one little thing that could ruin my day.

I'm still a normal person: things might happen very close to home and make me angry, but I don't put that online for the world to see. There are things that you wouldn't share online. Anyone that uses social media to influence an audience, whether you have one follower or a million followers, has to use it responsibly.

Imogen Fox

@the_feeding_of_the_fox

What's your biggest message?

Fundamentally, that your body is never to blame. Society's messed up, and it's nothing to do with you – your body is never the problem.

Why do you post such honest stuff?

If I'm experiencing something, at least one other person feels like I do. Sharing how I've moved through it helps other people think they could feel differently, too. I post pictures and people message me saying they'd been ashamed because they didn't think anyone else had a body like theirs, but mine was and they thought it was lovely!

Why do you talk about being neutral about your body?

Who told us that we needed to love our bodies? It's overambitious for a start, we just have to get on with what we've got. It's about trying to find a place where, with the upmost kindness, you can see that your body just carries who you are.

We're not our bodies: we're minds and souls and spirits, all the glorious stuff. I don't love every inch of my body. As a disabled person, I think it's unhelpful and unfair to ask marginalised bodies to love the thing that makes them oppressed,

even though society is ultimately to blame for that.

Why do you share other accounts on your Instagram stories?

I try and show bodies you'd never normally see, especially in the media. All the extremes are normal, but you can't know what's normal if you don't see it. The truth is a rainbow of diversity and delight.

You can curate your feed so all bodies become normal. It's almost like exposure therapy – if you keep seeing glorious fat bodies, eventually you'll feel like celebrating your body for its difference rather than using that as a reason to punish it.

Do you curate your own feed?

I have strong boundaries. If anyone talks about diets or body shames, I'll pop them a message and say, 'While you're doing that I just can't follow you.' Most people are lovely about it.

Imagine how you'd feel if all you saw on your feed was things that made you smile. Make your feed entirely kittens for two weeks and see how different social media feels at the end of it.

Does social media have the power to change the real world?

I really want to believe so. I hope for more than people leaving the page feeling a little more comfortable in their own skin: I hope they want others to feel comfort in theirs, too. I hope people speak out more when they hear someone being horrible, or notice that events aren't accessible, or that ad campaigns aren't diverse.

It needs to be more than personal, otherwise nothing changes.

Remember, people must be 13+ to use Instagram. For section-specific information on staying safe online, visit scouts.org.uk/staysafe. 🌸



Cool to care

The School Strike for Climate began with one 16 year old and has grown to include roughly 4 million young people, following in the footsteps of centuries of young activists who have stood up for what they believe in. We look back through a history of brave young people at the forefront of social change

Words: Jacqueline Landey | Illustrations: Olivia Twist



1888

The Matchgirls' Strike

In 1888, the teenage girls and women who worked at the Bryant and May match factory in London banded together to stand up against the factory's poor working conditions, and a fine system where offences included talking and going to the toilet without permission. Making matches once involved working with white phosphorus, which often led to phossy jaw – a disease causing abscesses, flu-like symptoms, fistula, necrosis of the jaw and, in some cases, death. Following the strike, and much publicity, negotiations to improve some of these conditions proved successful.



1899

The Newsboys' Strike

In New York in the late 1800s, newsies were the children who sold afternoon editions of the paper. They mostly came from orphanages, poor immigrant families or lived on the streets. When sales spiked during the Spanish-American War, two publishers increased the wholesale price of papers but kept the customer price the same – and failed to reduce the wholesale price again when sales died down. The newsies went on strike. After week two, they reached a compromise: publishers would buy back unsold papers so newsies would avoid losses without having to sell late into the night.



1963

The Children's Crusade

In the fight for equal rights, many activists of the Civil Rights Movement in America joined in while still in elementary school. In May 1963, thousands of children walked out of school to march to city hall to protest segregation laws in Birmingham, Alabama. The police set dogs and hoses on the children, and arrested as many as possible. When the children were released, they simply marched again. As a result, local shops agreed to desegregate, and the crusade contributed to the Civil Rights Act of 1964.



1960s and '70s

The Antiwar Movement

In the 1960s and '70s, the Civil Rights Movement grew alongside the peace movement protesting against US involvement in the Vietnam War. Many of the protests played out on university campuses, where students would taunt President Lyndon B Johnson by chanting: 'Hey, hey, LBJ, how many kids did you kill today?' Many young men who were drafted to fight responded by publicly burning their draft cards. In May 1970, thousands of students across campuses walked out in a nationwide strike.



1972

London's School Strike

On 17 May 1972, 10,000 children in London walked out of school protesting against caning, detention and 'headmaster dictatorships'. By some accounts, the march was characterised by confusion and lack of leadership; by others this was because many of the organisers were arrested and because police officers dispersed the crowds. Nevertheless, the strike was said to be a highpoint of a few weeks of radical pupil power, and the banning of corporal punishment in schools was eventually achieved.



1976

The Soweto Uprising

In South Africa, in June 1976, thousands of schoolchildren took to the streets of Soweto to march against the introduction of Afrikaans as the medium of instruction. Depriving students of the right to learn in their own language, the regulation was another gross violation of human rights under Apartheid. Protesters were met with brutality and gunfire. One of hundreds shot and killed was 12-year-old Hector Pieteron. The harrowing image of his limp, bleeding body carried by a teen in distress sparked international outcry and calls for more economic sanctions against South Africa.



1989

The Velvet Revolution

Eight days after the Berlin Wall fell, students in neighbouring Czechoslovakia rose up against their own one-party government. By 20 November, 500,000 protesters filled Prague, determined to protest peacefully in spite of riot officers' attacks. After 11 days, the Communist Party of Czechoslovakia gave up power. This peaceful revolution is said to be one of the quickest and most successful student-led movements in modern history. It brought an end to 41 years of communist rule and ushered in the first democratically elected president.



2010

The Arab Spring

In Tunisia in 2010, it was young people who set off a revolution that spread to Egypt, Libya, Yemen, Syria, Bahrain and further Middle Eastern countries. They were protesting against economic pressures and human rights violations on the part of repressive regimes, and calling for greater democracy. Although many of the conditions causing the uprising still continue, the wave of protests resulted in the ousting of Egyptian president Hosni Mubarak, and in Tunisia it brought in a transition to constitutional democratic governance. 🌸

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Beavers | Cubs | Scouts

Mapping kindness in your community

Map kindness in your community, consider how you can show kindness, and encourage others to do the same

Time: 45 minutes

Location: Indoors and outdoors

Cost: £££

Equipment

For the walking debate:

- Posters with 'True', 'False' and 'Unsure' and a copy of the kind acts: scouts.org.uk/kindacts
- Information about the kind acts performed by the Red Cross – watch a short video here redcross.org.uk/get-involved/scouts and find out about local services at: redcross.org.uk/scouts.

For the kindness map:

- Maps of the local area
- Flip chart, paper and pens
- Pictures of places in the local area or a camera/phone to take photos

Instructions

- 1 Stick up the 'True', 'False' and 'Unsure' posters around the room.
- 2 Explain that the Red Cross is a charity that helps millions of people in crisis around the world.
- 3 Read out the kind acts the Red Cross might provide one by one, asking the young people to stand by 'True', 'False' or 'Unsure' to show if they think it's a service they provide. Discuss whether the service is provided by a charity in their community or around the world.
- 4 Create a kindness map. Ask the young people to suggest other local sources of support, the ways in which people need kindness and where to find it.



- 5 They could walk around their local area in groups marking 'kind' places on a map, taking photos or listing things they've noticed, like schools, places of worship, health services, charities, food banks or events advertised on posters. In rural areas, research local services and print out photographs that represent these to create your map.
- 6 Help the group identify a need for kindness in their community and come up with their own kindness project. Discuss: Who will we be helping? What impact do we hope to make? How might people feel about it? How do we make it a success? What do we need to do next? How do these places help people and offer kindness?

What would it be like if these places didn't exist or if we weren't sure how to access them?

7 Ask for suggestions of actions they could do to support kindness, eg collecting items for a food bank or hygiene packs for refugees; supporting people who are lonely; bagging clothing for a charity shop; raising money to support a project; adopting a garden.

8 Tell the Red Cross what you are planning or find out how to support the Red Cross locally. Email: scouts@redcross.org.uk. Remember to use #PowerOfKindness, #AMillionHands on social media @BritishRedCross.

Take it further:

Play 'kindness bingo' with a list of kind places in your community.

Create a 'photo trail' of kind places that young people find as they walk around a trail in groups. Look at kindness in communities overseas or in a disaster area and how organisations provide support, eg providing clean water, supporting refugees or mapping areas in disaster zones through [Missing Maps missingmaps.org](https://missingmaps.org).

Get involved with a Social Action project to support a British Red Cross service. Email: scouts@redcross.org.uk. In some areas, the charity might be able to provide a speaker to visit your group and talk about their work.



Getting young people outdoors is a big part of what we do and our activity centres are here to help you make it happen.

Harmergreen Wood

01442 252851 | harmergreenwood.org.uk

Lochearnhead Scout Station

01442 252851 | lochearnhead.org.uk

Phasels Wood Activity Centre

01442 252851 | phaselswood.org.uk

Tolmers Activity Centre

01707 872900 | tolmers.org.uk

Well End Activity Centre

0208 9532326 | wellend.org.uk

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phaselswood.org.uk**

*Subject to Terms and Conditions



Explorers

What do you believe?

Explore the theme of homelessness by questioning beliefs about it

Time: 30 minutes

Location: Indoors

Cost: £££

Equipment

- Copies of the scenario sheet: scouts.org.uk/believesheets
- Copies of the questionnaire: scouts.org.uk/believequestionnaire

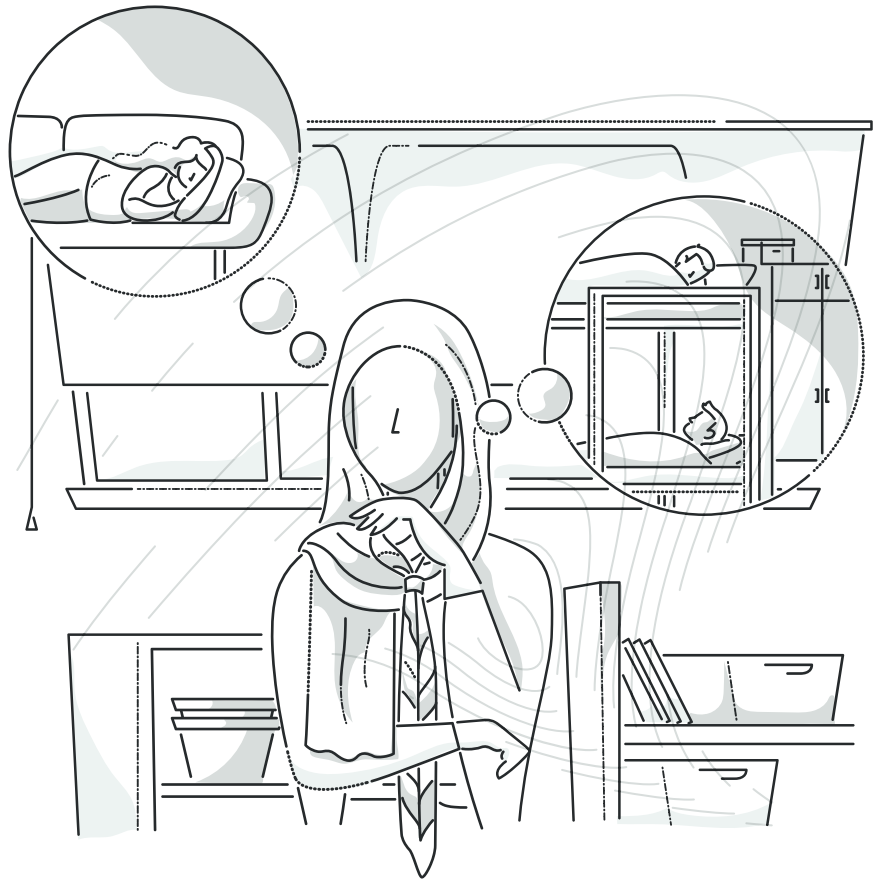
Instructions

1 Explain that we all have different beliefs about things based on lots of factors: upbringing, education, what we watch, read and listen to, and the people around us. We may have different thoughts and understandings about homelessness, too.

2 Discuss that there are a number of situations that can lead to homelessness, such as a lack of affordable housing; poverty and unemployment; life events such as a relationship breaking down; mental or physical health problems, or substance misuse. Having nowhere safe to call home can make these problems even harder to resolve.

3 Hand out the questionnaire to each member of the group and explain that the purpose of this is to help them understand what people think homelessness is. Later in the A Million Hands programme, we'll revisit this to see if understanding has changed.

4 Either give each member of the group a printed sheet to complete and hand back, or read the questions out and ask them to close their eyes and put their hands up to answer and take a tally. You can also ask the group to fill in the questionnaire online at: crisis.org.uk/resourcesforyoungpeople/questionnaire. Then split the room into groups of five and give each group one scenario.



5 Ask the group to read out their scenario and act it out, then have the other members of the group discuss the following questions: Do you consider this person to be homeless? What factors are having an impact on this person's living situation? What sort of support would help them? What does this scenario make you feel about homelessness? After all the scenarios have been acted out and talked through, bring everyone together and ask them to reflect on each scenario, giving everyone a chance to speak.

Take it further

Encourage the group to fill in their questionnaire on the Crisis website

to help the charity learn more about our understanding of homelessness. Alternatively, collect the paper questionnaires and send them to: A Million Hands, Crisis UK, 66 Commercial Street, London E1 6LT. Think about members of your community you could ask to complete the questionnaire to find out other people's understanding of homelessness. Write down the names of five people you'll survey. Print out copies of the questionnaire or have them complete it online. Later in the programme, you'll use these findings to inform action in your local community. For more resources, go to: crisis.org.uk/resourcesforyoungpeople.



Scout
Adventures
Woodhouse Park



Aim high

Woodhouse Park is the budding adventurer's perfect base for exploring the Cotswolds, the Mendips and the Wye Valley. It's also a hop, skip and a jump from the cities of Bristol and Bath where an adventure straight out of the history books awaits. With hiking and orienteering, a rambling obstacle course, climbing, archery and an indoor rifle range, there's tons of fun to get stuck into. Sleep under the stars or indoors – it's entirely up to you.

Sleeps: 1,000 camping, a tented village sleeping 40 young people and 4 adults and lodges accommodating 84 people.

Great for: Getting up high and awe-inspiring views over the Severn bridge.

Featured activities: Ariel trek, high all aboard, orienteering, shelter building and tomahawk throwing.

Featured badges

- Camp Craft Activity Badge
- Climber Activity Badge
- Explore Activity Badge
- My Adventure and Outdoor Challenge Awards

Featured courses

- Archery (without compound bows) Permit
- Other courses available on request.

Contact details

Telephone: 0145 4612 204

Email: woodhousepark@scoutadventures.org.uk

[Scoutadventures.org.uk/centre/woodhousepark](https://www.scoutadventures.org.uk/centre/woodhousepark)

[f /scoutadventures](https://www.facebook.com/scoutadventures)

[t @scoutadventures](https://twitter.com/scoutadventures)

[i /ScoutAdventures](https://www.instagram.com/ScoutAdventures)



Beavers | Cubs | Scouts

Make a Five Ways chatterbox

Explore the Five Ways to Wellbeing and how this relates to our own lives

Time: 45 minutes

Location: Indoors

Cost: £££

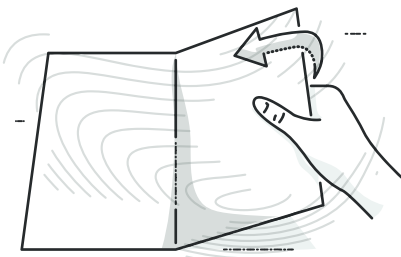
Before you begin

Introduce your young people to the Five Ways to Wellbeing (scouts.org.uk/fiveways), which encourages everyone to think about the concept of mental health and relate it to themselves using five things. Suggest a range of items, such as a football, phone, bike, book etc and explain which of the Ways each item relates to. Items can relate to multiple areas. For younger sections, the focus will be on the activity rather than the reflection, with a discussion (where appropriate) about how they feel on completing the activity. Older groups should be encouraged to think more explicitly about mental health stigma.

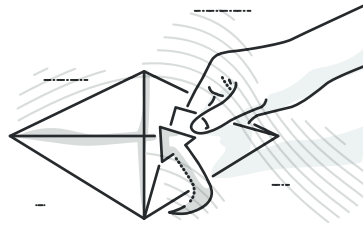
Equipment

- The Five Ways to Wellbeing
- Sheets of square paper
- Pens
- Pencils
- Felt tips

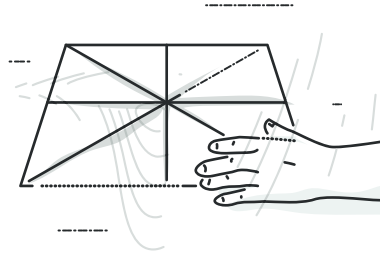
Instructions



1 Fold the paper into quarters by folding it in half, then folding it in half again.



2 Unfold the paper, then using the creases you've just created as a guide, fold in the four corners so they meet in the middle, then fold into quarters again.



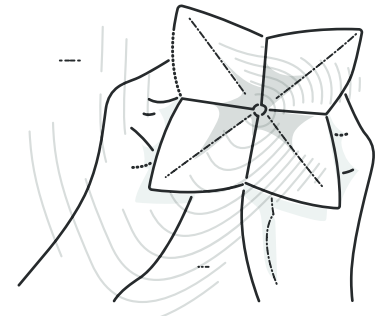
3 Flip it over, fold the corners into the middle, then fold it into quarters one last time.

4 Fit your fingers into the slits and open up the chatterbox so that you can colour in the flaps, then write the numbers 1–8 on each segment.

5 Write a message next to each number. Every message should be related to the Five Ways to Wellbeing. eg 'How do you keep active?' or 'How do you connect with others?'

6 Split the young people into pairs or groups and give them some time to have a play around with their chatterboxes, asking each other the questions.

7 Once they've done that, ask them: 'What could you do to be more active?', and 'What could you do to connect?'. Explore how the Five Ways to Wellbeing could be incorporated into your sessions.



Take it further

The activity can be expanded to encourage the young people to create a poster (rather than chatterboxes) that demonstrates how Scouts links with the Five Ways to Wellbeing, what they might suggest for a fellow Scout to do if they are feeling down or just to show the range of things they already do in their lives that relate to the Five Ways.

More information

This activity will link into Take Action, where scouts will become Walk and Talk Ambassadors. Get Scouts to start thinking about how they could use their Chatterboxes to start conversations with people about wellbeing. Maybe Scouts could take the chatterbox home and test it with a family member/carer. What worked and what didn't work? Finally, take pictures of your chatterboxes and send them to scouts@mind.org.uk.

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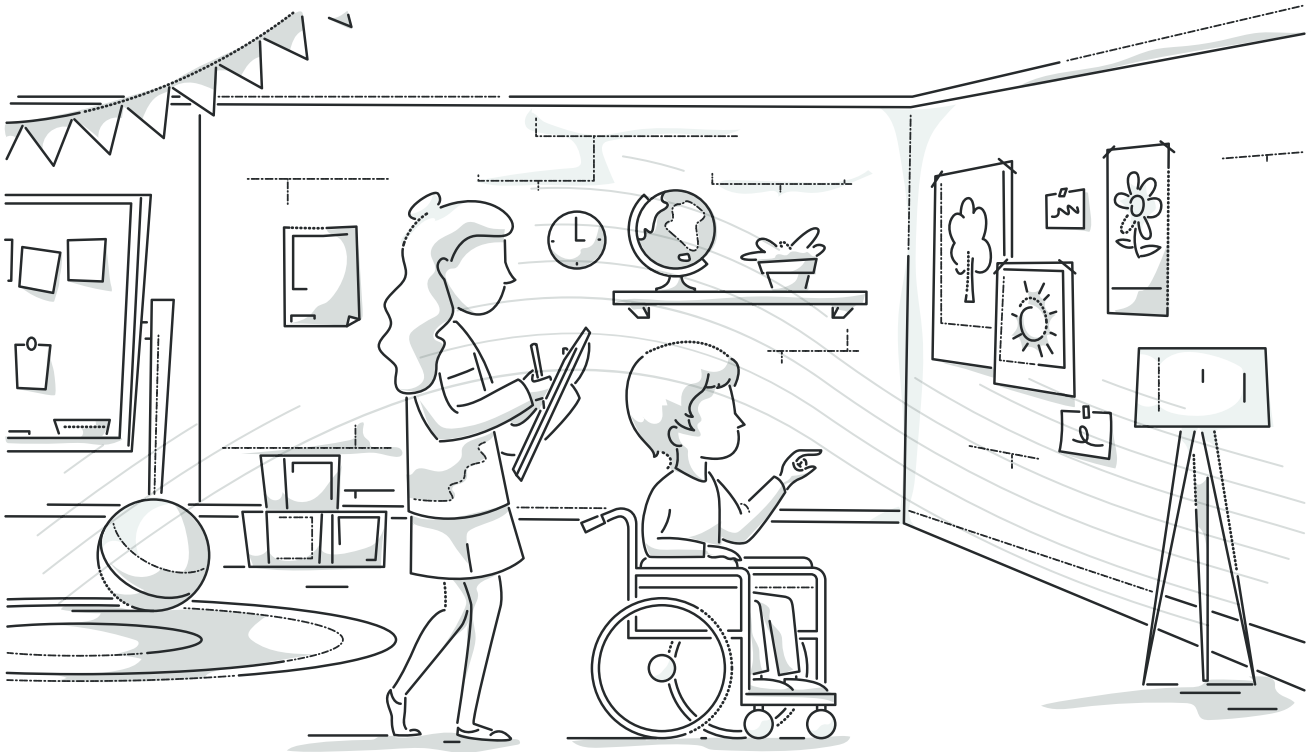
Girlguiding

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Cubs | Scouts | Explorers

How autism-friendly are you?

Assess how accessible your meeting place is and how you can make it even better



Time: 35 minutes

Location: Indoors

Cost: £££

Equipment

- Pens
- Paper
- The 'Understanding Autism' poster: scouts.org.uk/understandingautism

Instructions

1 Read the 'Understanding Autism' poster and make sure everyone understands what sensory differences are, and how they can affect autistic people and people with sensory differences.

2 Split your group into pairs/small groups and give them a section of possible sensory overload to consider (or two if required):

sights, smells, noise, touch/textures and information.

3 Each group should think about and discuss areas of the meeting place that may not be autism-friendly, then write them down.

4 Bring everyone back together to discuss the areas that could be made more autism-friendly and agree a plan to change this. You'll need to think about what things can be changed easily in the short-term, and what things might take longer or cost money.

5 Discuss with the young people that our actions and environment can cause people who have sensory differences to become really overwhelmed and stressed. Changes to create a lower-sensory, more autism-friendly environment

can be simple and done in lots of places. For some people who have a hidden disability, being unable to access a space is more common than you might think, and we should understand this when considering people's needs. Ask the young people: do you think everywhere should be autism-friendly? Who should be responsible for ensuring more places become autism-friendly?

Take it further

Share the results of your autism-friendly audit with the owner of the building or the people who make decisions about making changes to it. Explain what impact these changes can have and why it's important to make them.

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Beavers | Cubs | Scouts

Safe spaces

Create a safe space for refugees and displaced children, to show that we all have the right to access safe places to play, learn and make friends



Time: Session

Location: Indoors

Cost: £££

Equipment

- Big sheets of paper
- Pens
- Old magazines/newspapers
- Arts and crafts supplies
- Child-friendly spaces factsheet: scouts.org.uk/safespaces

Instructions

1 Start by getting your young people thinking about what makes them feel safe and happy.

2 Place sheets of paper on the floor around the room, each with a situation written on it, such as: doing a test at school, going on a trip, going on camp, a power cut, spending the night at a friend's house, going on a rollercoaster, riding a bike, changing schools. (Be sensitive that some young people may have difficult relationships with their family or struggle at school, so consider removing some options if appropriate).

3 Give each young person a pen and ask them to run around the room until you shout 'stop', then run to the nearest 'situation' and quickly draw something that would help them to feel safe and happy in that situation.

5 Once you've built up lots of images, discuss them as a group. Did they draw things or people? Was anything surprising? Discuss the situations where people drew different things.

6 Using the child-friendly spaces factsheet, explain that when refugees and displaced children have to leave their homes because of conflict, they can leave behind the things that make them feel safe. Talk about why it's important to have safe spaces (also known as child-friendly spaces) to go to when you arrive in a new place – particularly if you're living in a camp or temporary home.

7 Ask the young people to cut out images from newspapers and magazines that would make a place feel safe – they can draw, write and add to them however they like –

then use the images to design their own child-friendly spaces posters. Based on the different ideas they heard during the game, which ones would they like to recreate? What will people do in the space? How will the space be made welcoming to people from different backgrounds or with different abilities?

9 Charities like Save the Children set up safe spaces for children who need them. Discuss who else is responsible for making sure children feel safe when they have to leave their homes because of conflict – young people might talk about their parents or family members, other adults in their community, teachers or the government. Do we all have a responsibility to help children feel safe and happy?

10 Display the posters in the meeting place to show visitors and refer back to them during your community impact work throughout the A Million Hands programme.

Take it further

Ask the young people to choose an area of your meeting place to make into a child-friendly space, using soft furnishings, artwork and posters, games and toys. The space should be accessible to everyone – make sure they're communicating to incorporate everyone's ideas.

Use the safe space in future meetings or between activities when Scouts need a quiet break. Think about what different sections might need to feel safe; invite siblings, friends or members of a younger section to visit your child-friendly safe space before they join Scouts or move up to your section.



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Build a sustainable future

Get creative and make some eco art representing a sustainable vision for the future

Time: Session

Location: Indoors

Cost: £££

Equipment

- A copy of the inspirations sheet: scouts.org.uk/positivevisions
- Large paper
- Felt pens and fabric pens
- Scissors
- Eco-friendly glue
- Collection of recycled fabric or recycled packaging (all shapes!)
- Arts and crafts materials
- A large board or old bed sheet

Instructions

1 As a group, discuss what's special about your local area. Are there any particular landmarks or outdoor spaces you like spending time in? On a large piece of paper draw a map of your community, including places that are important to the young people and the community.

2 Ask the group to imagine your community in 2023. What changes would you like to see? Can you imagine a community where people live in a way that's healthy for them and the planet? Ask them to label the community map with their ideas. You could focus on 4 themes: wildlife, food, climate and plastic.

3 Your group will then work together to produce a visual representation of their positive vision. You could create either:

a. A beautiful patchwork. Collect old clothes, fabric scraps, buttons and a bed sheet. Cut out lots of fabric squares and ask the young people to create their image in the form of a fabric collaged tile. These tiles can be stuck to the bed sheet using fabric glue to make a patchwork.



b. A 3D model village. Use lots of old packaging such as cereal boxes, yoghurt pots, water bottles and any other recyclable materials. On a large board, draw your community map and using craft and recycled materials; ask your group to add buildings, roads, green spaces and most importantly all of their ideas. It might work best to divide the group into pairs and allocate them a particular part of the map to work on.

4 Display their creations of what they want their homes, cities, countryside and communities to look like in 2023, to act as a lasting reminder to act for a positive future.

5 Share your positive visions of the future on Facebook, Twitter or Instagram using #AMillionHands @WWF_UK.

Take it further

What could your group do to make their positive visions a reality?

If you've visualised a plastic-free beach, could you organise a weekly community beach clean? Ask the young people to come up with as many actions or creative solutions as they can. Talk to your community: ask your group to interview family or other community members about their vision for the future. What people are important to the community? Could you talk to a youth leader, teacher, or MP? Quotes can be incorporated into the artwork.

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