

# Girlguiding UK

## What is guiding?

Being a Rainbow, Brownie, Guide or member of the Senior Section opens up a world of opportunities that will last a lifetime. It provides a safe, girl-only space to explore the activities, issues and possibilities that are available to girls today.

The range of activities is enormous and there's something, or more than something, to appeal to everyone, from outdoor challenges to learning new skills, international travel to getting involved in community action projects. Whether abseiling and canoeing or having your say on how we operate, one thing is certain, you'll make a lot of friends and have a lot of fun.

Look at our websites for more information about guiding:

**National** Girlguiding website: <http://www.girlguiding.org.uk>

**Bristol and S.Gloucestershire** Girlguiding website: <http://www.girlguidingbsg.org.uk>

## What groups are there locally?

Contact the people listed below to find out more about Rainbows, Brownies and Guides groups in our local area.

## What do Rainbows do?

Rainbows have fun! They take part in games and activities as part of their programme called the Rainbow Jigsaw. Everything a Rainbow does helps her to develop and to think for herself, in a safe girl-only environment.

For more information, please contact:

Mrs Imogen Roberts

email: [imandsi@btinternet.com](mailto:imandsi@btinternet.com)



## What do Brownies do?



Brownies have fun! Their meetings are full of challenges, games and activities, usually ones that the Brownies have suggested themselves. For more information, please contact:

Mrs Jane Sawyer

email: [jane@prologue.co.uk](mailto:jane@prologue.co.uk)

## What do Guides do?

Being a Guide is all about learning new skills, making your own decisions and having fun. Guiding provides a safe environment to explore new possibilities and achieve personal goals while making friends and having adventures.

And it's up to each Guide to work out which opportunities are relevant for her, whether it's improving her football skills, party planning or learning about independent living.

For more information, please email:

[olvestonguides@yahoo.co.uk](mailto:olvestonguides@yahoo.co.uk)



## What does the Senior Section do?

In the Senior Section, young women from 14 to 26 participate in a fun and flexible programme known as Look Wider. The programme is also linked to a variety of recognised qualifications or awards, both within and outside guiding.

The opportunities and challenges which guiding offers can be followed by a group or by individual members and are designed to be particularly beneficial to girls getting ready to embark on a career.

Any Senior Section member can take part in the Duke of Edinburgh's Award through Girlguiding UK. Some senior section members between 14 and 18 become a Young Leader, working with a Rainbow, Brownie or Guide unit. She may be working towards her [Young Leader Qualification](#) or the Adult Leadership scheme and this service can be counted towards The Duke of Edinburgh Award.

For more information, please contact:

Mrs Julie Wood 01454 617615



## What do Leaders do?

Adult Leaders work directly with girls to run Rainbow, Brownie, Guide or Senior Section units.

Being a Leader is really rewarding because you get to see young people enjoying events and activities that you've organised and watch them grow in confidence and ability as time goes on. If you don't want to take on the full responsibility of being a Leader, you can still be involved with young people by becoming a Unit Helper or taking up one of the many other guiding roles.

For more information, please contact:

Mrs Julie Wood 01454 617615



## How can girls join? How can adults volunteer?

<http://www.girlguiding.org.uk> – this is where interest should be registered for a girl to join or for an adult to volunteer