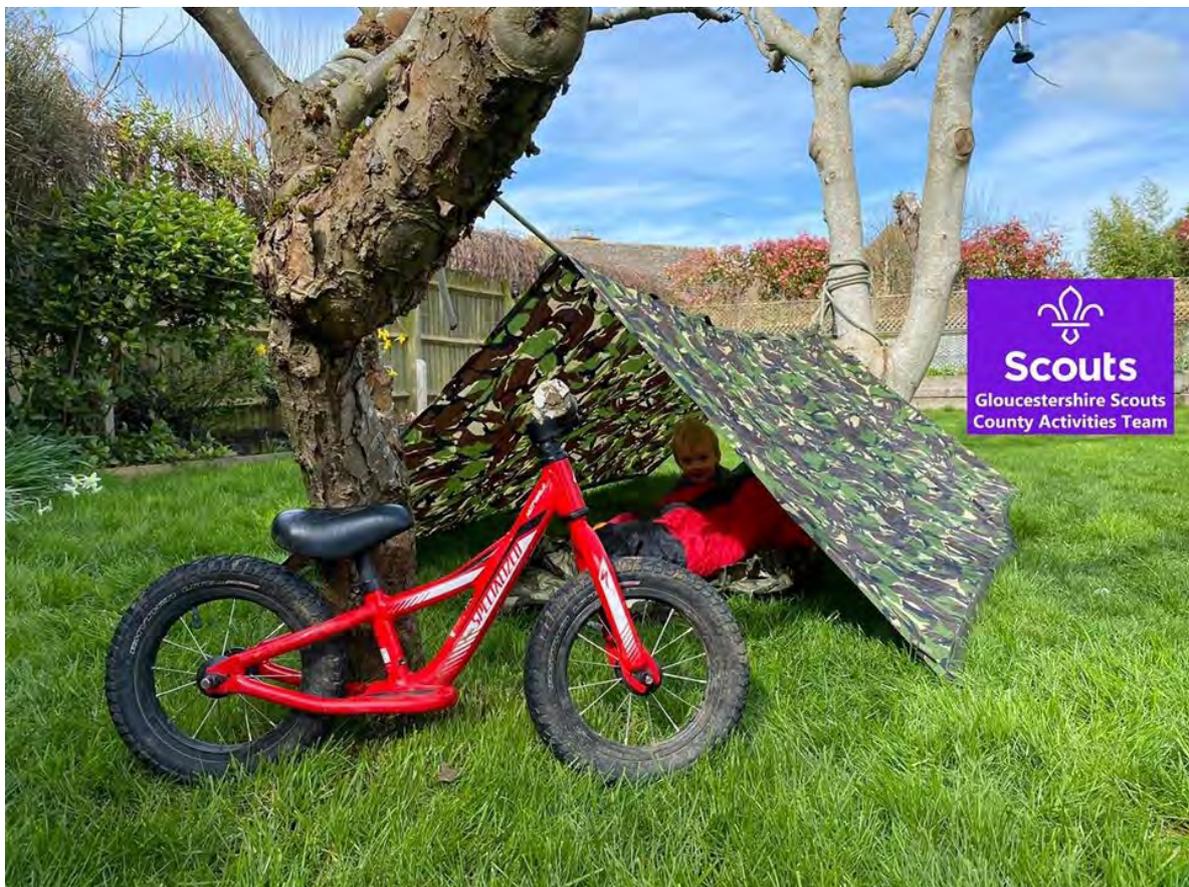


gscouts

News and Views for Scouting in Gloucestershire

July 2020



Camp at Home





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Gloucestershire Scouting on the Water Website <http://activities.gscouts.org.uk>

Have you monitored the GScouts website recently?

Go to www.gscouts.org.uk

If you want to print this magazine, it can be presented in A4 or as an A5 booklet.



Editorial

When I started to put this edition together, I feared that I might not have a great deal of material, because of the lockdown. How wrong I was! The huge effort by all of our Leaders to keep Scouting going has been so gratifying to me as an outside observer. The smiles on faces in the large number of photos I have included in this edition would certainly seem to indicate that neither the youngsters nor the Leaders have lost their enthusiasm. Well done everyone! On page 4 I have put together a collage of the badge symbols of some of the major events the County Team and Leaders have organised with such great success.

As I go to press, we are still unable to meet indoors but small groups of up to six adults can meet outdoors. That's a prudent start.

On pages 38-39, I have introduced a new feature entitled *Know your County*, which could become a series. It's an article of interest as well as a map-reading exercise. Would any of you like to produce another one?

My copy date for the next edition will be Monday, October 5th.

Civilization

Years ago, anthropologist **Margaret Mead** was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

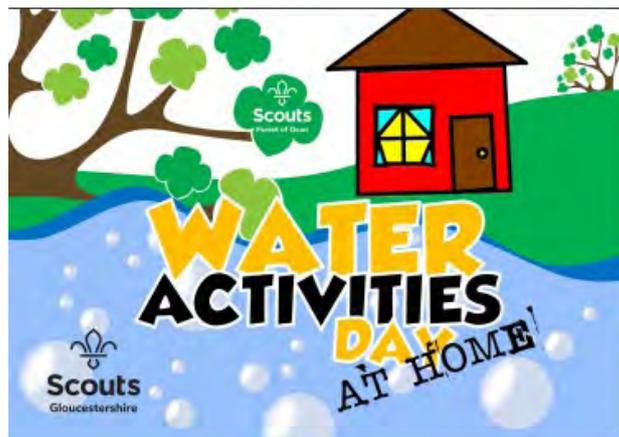
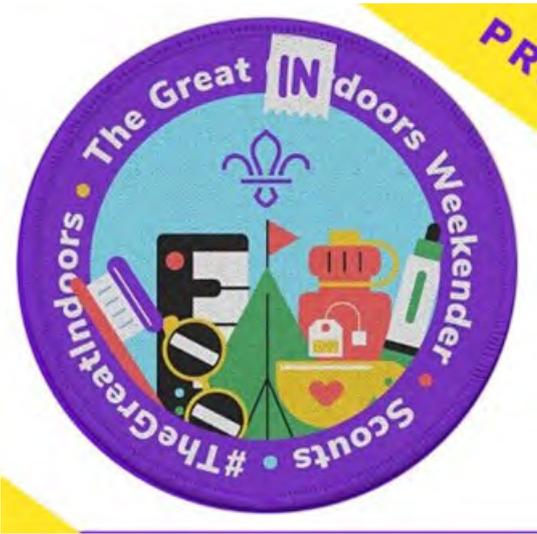
But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

'A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts,' Mead said.

We are at our best when we serve others. Be civilized.

Even more relevant today - let's do all we can to tend broken bones and stay with the ones who fall.

Is life worth living? It depends on the liver.



Some of the activities we got up to during Lockdown

From the CC

Let me start by saying sorry for how long this article is. The world has changed so much and there is so much I want to tell you about!

The world is a different place...

The first of July will have been our 106th day since the suspension of Face to Face Scouting.

As I reflect on what has happened in the last three months, I am filled with much thought and feeling.

To have to suspend Face to Face Scouting for so many of you will have felt gut-wrenching. Scouting for many of us is a part of who we are, it is a lot of what we do and to have that taken away can be pretty hard.



Things that have been hard to swallow have included;

The postponement of camps, trips, expeditions and activities that you were planning, that will have been enjoyed by so many young people.

Postponement or Cancellation of some of our biggest opportunities to come together including Goose, St. Georges Day Parades and Strategy & Evolution.

Those that missed out on going to Windsor to celebrate their Queen's Scout Award or

Those young people that are missing out on being able to take part in the European Jamboree in Poland because they will now be too old, having worked so hard to raise the money to go.

Every one of these and many, many more are a bitter disappointment. It's truly heart-breaking to know that all of the work that had gone in has been unfulfilled.

But we must remember why. It wasn't so that we could just be annoying. It wasn't so that we could save money. It was first, foremost and only about keeping you and our 5,000 young people safe. We do everything in Scouting with Safety at the forefront of our minds, and this is no different.

How do I reflect on those 106 days?

When I also reflect on the past few months, I am filled with nothing but pride for all we are able to achieve together. For example, some of my highlights have included:

Digital **St. Georges Day** celebrations and promise renewals

Our **Camp at Home** celebrating VE day was fantastic!

Water Activities Day at Home developed by the Forest of Dean but shared across the whole County

S&E at Home, thousands of activities completed by over 1,000 people

Clap for Carers – Standing proud on our doorsteps

The number of you who signed up to be **NHS volunteers**

Hike to the Moon – Raising money and giving of our time to help those that are even less fortunate than ourselves in this time of difficulty

Care for care homes – writing to people who are lonely and making them smile!

I'm not going to write in detail about much of this, as many of our brilliant team have written far more eloquently than I will have, you can read these articles later on... It is an opportunity for me to say thank you to all of the team that have helped support the delivery of these locally.



I am astounded about the amazing stories that I have heard week after week where you are finding ways to support young people and help them remain engaged with Scouting in some way. You, as a County have evolved Scouting faster in the past three months than we will have seen in the past 30 years! You have been developing your own Skills for life. These have included learning:

To use technology like: Zoom, Google Meet, MS Teams, Skype

Connecting with adults and young people using other means such as Social Media, Video and email

Finding new places to get programme ideas from

Recognising the need to stay in touch, to stay connected with one another.

I, too, have been on a huge learning curve. I, like you, have never been in a situation anything like this ever before. I have had to find ways to do things differently, lead teams in different ways and find new ways to try and communicate with a whole County.

I have learned about creating and editing videos, website management and using social media in new ways. I'm really thankful for those that have helped me on this journey and in addition to all of my team, want to thank Colin who has been helping me in promptly providing the weekly updates to all of you via email.

This in addition to being an Acting District Commissioner in three districts has really meant that I have learned so much about how resilient we are, how brilliant we are and how much I recognise all of the hard work you have been putting in.

Personally, I think Scouting has just changed for ever. I am hoping that what have learned has helped us prepare for the new future that we will see, where we deliver programmes in more ways, where we consider how to make things constantly, even more accessible and even more flexible.

Take a moment... What has changed for you? And, what can continue?

For some of you, you have had to step away for many important reasons, like ill-health,

home-schooling or juggling work and home. I hope sincerely that you still know that you are as important to us in Scouting as you were over 106 days ago. I hope that when the time is right we can be together, enjoy your company and benefit once again from your experience and commitment.

So, with all of this what is next?

Well, there is so much more to come, we have so much more to offer. We as a County team are really getting into the swing of things and some of the things we know we have coming up include:



The Great Indoors Weekender (11th & 12th July) – A packed 24 hours with special guests and amazing activities – find out more here:

<https://www.scouts.org.uk/the-great-indoors/the-great-indoors-weekender/>

Land Activities Day (or possibly month) at Home – You and young people can get involved in County-Wide celebration of brilliant activities on Land.

GOOSE (Gloucestershire Online Out of the Ordinary Scouting Experience) (18th – 20th September) – our all age camp, just virtually, with activities and programme for all.

There has been a lot of change and the fact that you are reading this means that you have stuck through it. I want to take a brief opportunity, simply to say **Thank You**. You know why...

Mark

A love for community and a community committed to equality

In June, we experienced on our radios, on our TVs and in our newspapers, a really challenging time with raised profile of the Black Lives Matter movement. It was hard to see the violence that came in opposition to so many people wanting to simply say “enough is enough, we are equal.”

Why do Black Lives Matter?

Some people struggle with this concept thinking that it is in exclusion to all lives matter and of course every person in Scouting will recognise that regardless of background, race, gender, age, address or faith we value everyone. And rightly so.

But today, it is a fact that if you are a member of any Black, Asian or Minority Ethnic community, you will be likely to be racially abused, excluded and in some cases harmed, even in the UK. As a member of this community, you are far more likely to experience this prejudice than any other person from any other community.

So it isn't that all other lives do *not* matter, because they do, but we as a society, no, a species, must recognise right now that Black Lives do matter. Right now. Even more so, because we have to raise them up to be able to say that they are equal. Right now they are not treated with equality in the same way that all other lives are.

So, for now, let's remember that Black Lives Matter, let's talk about it until we no longer have to because it is just accepted by all of society.

If you want to help your young people learn more about this important topic now, or in the future, you will find lots of useful resources here: <https://www.scouts.org.uk/news/2020/june/how-to-talk-with-your-children-about-racism/>

Or contact our Assistant County Commissioner for Inclusion – Colette Ballinger on inclusion@gscouts.org.uk to get other resources.

What about the BP Statue?

Around the same time we saw a news story about the threat to many statues and monuments across the UK including the statue of Robert Baden-Powell looking out over the Dorset coast to Brownsea Island.

At the time I was minded and encouraged to put a post on our public-facing social media. I thought it would be useful to share the same post using this format. I wrote most of the post and some was taken by a statement made by the Scout Association. This social media post has reached the most people that anything we have ever shared with over 4,400 people seeing it in their feeds.

If it has influenced any one person in their thinking, I think it has been worth it.

The post read:

For many people in the world right now, we are experiencing times of change and of uncertainty. One thing that has never changed is our commitment in the Scouts to value everyone.

You may have seen stories today about the statue of Robert Baden-Powell, the founder of Scouting, located in many locations including, at Poole in Dorset, overlooking Brownsea Island where the first ever Scout Camp took place.

Scouting was formed at the first ever Scout Camp when Robert Baden-Powell took young people from privileged parts of society together with those with less opportunity, and what has been borne out of that is



now participated in by over 50 million across the world regardless of faith, creed, background, gender or opportunity. Scouting always has been, and remains built on core values that focus around respect, belief, care, co-operation and integrity.

We strongly support the principles of Black Lives Matter and also stand with those affected by racism. We are a movement that inspires openness, kindness, understanding and the power of community and friendship.

For generations, over 100 years, the Scout movement has brought millions of young people together from different cultures and backgrounds to promote friendship, cooperation and understanding. This happens at a community level across the UK, and at a global level at World Scout Jamborees and international camps. We are proud to build bridges between communities.

Scouting helps members with Skills For Life, never more has learning been an important part of what we can and do offer our members and those in our communities.

If you want to know more about how to talk to your children about racism or to learn more about how it is affecting society today, especially those in our BAME community, visit our website: <https://www.scouts.org.uk/.../how-to-talk-with-your-children-...>

June has been Pride month where we celebrate LGBTQ+ communities around the world - another group of communities who are often marginalised, abused or treated unfairly. It is often visible through the parades and celebrations we see in cities around the world where members of the LGBTQ+ community come together to party. Many of these community members are the lifeblood of our Scouting community and heritage.



Let's together recognise the importance of diversity, to our thinking, to our understanding, and our opportunity to become a better society. Let's keep in mind that respect, co-operation and care are core to everything we do in Scouting and celebrate this at every opportunity we can, whether it be in helping develop young people or others that we interact with. We are a better movement when we reflect the communities we work in.

Mark

Evolving our opportunities to learn

We have learned so much and continue to learn weekly, especially during this period of the suspension of face-to-face Scouting. Learning is what helps us become the best we can be and enables us to do the very best for young people and adults across our movement.

Our training team, made up of local Training Managers and Administrators, our many very excellent Training Advisors and our Trainers have also been on a learning journey themselves, a journey that has seen them have to learn new ways of doing things.

One thing we have rapidly developed is our capability to deliver training without needing to meet face to face. Some of you will have already taken part in our new online classroom format which has now been extended to include;

Module 7 – Scouting for all

Module 12A – The quality programme

Safeguarding

Safety

These online classrooms are getting feedback that are saying that these are as engaging and useful as our face-to-face workshop, all with the benefit of not having to leave home.

Feedback has included:

“I think it was a fantastic way to learn. Would like more of the learning modules to be done like this please.”

“For the first time trying the training online; it worked very well.”

“Good tool... enjoyed interactivity such as polls and drawings. Drop-out rooms were good, although one member did have microphone issues.”

Knowing that this method of training enables us to make more learning accessible and flexible, we propose to continue delivering training courses using this format as part of an overall blend of opportunities to learn, which include e-learning, face-to-face and now our online classrooms. We are working on how we can deliver more modules using this format and hope to be able to make more available soon.

If you want to find out more or book onto training using online classroom, take a look at our training pages at www.gscouts.org.uk/training

Keeping Scouting safe

If you are a GSL, DESC, DSNC, DC or Chair of any of the Executive Committees, you will have started to becoming aware, and over the coming weeks and months more of us will know of some of the changes to POR, our processes and ways of working that will be changing. For some, it may feel like bureaucracy, or red tape and changes that prevent us from doing ‘real Scouting’. The facts are that too many young people and adults are harmed or suffer injury in their time in Scouting.

Any one of you reading this right now, will know that we keep safety at the forefront of our minds when planning activities. But, did you know more reported accidents happen during times of “free time” than at any other time? 26% of accidents in Scouting happen when there is no structured activity or programme.

Many of you may remember reading earlier this year of the accident that led to the very sad death of an Explorer Scout. As you can imagine, the DC, the Leaders, their fellow Explorer Scouts and of course the family have felt this tragedy personally, and it is not one that we would wish on any other person.

Scouting has a reputation for fun and adventure. Not danger. Generally, we aim to do all we can to help protect ourselves and the many young people that we get the honour of developing week after week. But sometimes it can go wrong. To know what to do in the event of an accident, incident or even a safeguarding concern is paramount and we must stay up to date with all of the processes, procedures and policies that are in place to protect young people, adults and the Association.

At the time of writing this we have spent the past few months trying to encourage many of our Leaders and Executive Members to spend some time updating their mandatory training. Here are the facts:



399 (28%) of our adult roles are overdue completing their **Safety training** which is important for all Executive Members and Leaders to know how we risk-assess, how we report accidents and how we can ensure Scouting is safe.

275 (20%) of our adult roles are overdue completing their **Safeguarding training**, which is fundamental to how we keep young people safe.

Quite simply this is too many people who are overdue and this is going to impact on our ability to restart Scouting when the opportunity arises. There are many good reasons, in some cases it is because you may not be someone who uses computers and therefore the e-learning and online classroom may not be an option. Many of you simply have been overwhelmed in the past few months, with no time available to commit to Scouting. I know this to be true.

Many of those who are overdue will have been receiving emails from HQ about overdue learning; these will continue until you are able to complete the learning.

My ask of you is, if you have the capability and can find the time, please help me in helping keep young people and adults safe by completing the learning.

- With Safeguarding you can either attend an online classroom (which is about 2hrs long) or complete the [e-learning](#) (which will take about 45 mins).
- Safety is available as [e-learning](#) (about 35 mins) or will be available as an online classroom shortly (approx. 1hr)

If you do the e-learning, all you have to do is send a copy of the certificate to your TA, GSL, DESC or DC and they will arrange to update Compass.

If you cannot, do this, please do speak to your line manager and we are looking at ways in which we can deliver this training remotely without the use of technology.

Please play your part in helping to keep Scouting in Gloucestershire safe.

Thank you in advance for all you can do to help with this.

Mark Spiller

From your Youth Commissioners:

As Scouts we're naturally optimistic. You've proved this in your incredible response to this crisis, continuing to deliver meetings virtually and in your generosity - fundraising for Hike to the Moon. You have raised an astonishing £320,000 for BBC Children in Need and Comic Relief, which will be match-funded by the Government, supporting the communities that need it most. You've truly proved that Scouts are among our country's shining lights – living our promise to help other people.

How we're supporting the movement in different ways:

Just as you've had to adapt locally, we've had to rethink how we deliver services and support Scouts centrally. We've paused many of our programmes of work and are now concentrating on delivering services that have the biggest impact and benefit at this time.

We launched [The Great Indoors](#) to support Scouts and families at home with over 150 fun, and free activities. This has attracted huge, nationwide interest and our campaign has been seen by millions of people around the UK.

We've created [Scouts at Home](#) to support you in delivering Scouting and many of our ambassadors have taken part in live broadcasts to our members on Facebook

We launched [Hike to the Moon](#) as a fundraising appeal to support local communities in troubled times.

Our Insurance broker, [Unity](#), has supported Scouts impacted by cancelled events.

We've created advice and support to [stay safe](#) and ways to safely [help others](#).

- To support Groups offering Scouts virtually (and thank you for this), we're in discussions to make software available to you. We'll share more on this as soon as it's confirmed.

Finally, we're regularly updating our FAQs on all the questions you have about how COVID-19 is impacting Scouts and our response [scouts.org.uk/coronavirus](https://www.scouts.org.uk/coronavirus)

We post videos weekly on a Monday. https://www.youtube.com/feed/my_videos

I feel like people really need some good news at the moment, Kat does a good news section in our videos. Some leaders from 48th Gloucester and Unmentionables ESU did a sing-along to Mr Blue Skies. <https://www.youtube.com/watch?v=lr-4LS6JhK4>

Kat & Callum

Youth commissioner weekly videos

We hope you are enjoying the weekly videos from Kat and Callum. You can subscribe to their [YouTube channel here](#) so you never miss the 30-second challenge, the 30 seconds of positivity, guests and challenges. Please do share the videos with your young people.



S & E at Home

Over the last two weekends, over 1,000 young people from across the country took part in S&E at Home. The virtual site was open from Friday 19th to Sunday 28th June. There were 15 activities for young people to choose from and once they completed five of them, they could download a certificate with their name on. Activities included nail-painting, instant ice cream and sock golf. Over 4,000 activities were completed during the event, which resulted in 1,300 certificates. Whilst the activities were aimed at the Scout age group, we had a variety of ages taking part from Beavers to Network.

The team are looking forward to welcoming participants back to Cirencester Park next year!

Callum Johnston, County Youth Commissioner



A few notes from the County DofE Advisor.....

Awards don't stop for Lockdown! Scouting in Gloucestershire is full of amazing Young People, but you knew that! Among you are the 12 proud holders of their new(ish) Duke of Edinburgh Awards, having completed them this year. Congratulations to you all and WELL DONE.

Gold – **Laurie** and **Oliver** (Cheltenham District), **Helena** and **David** (Tewkesbury District) and **Kathryn** (Gloucester District)

Silver – **Ben S, Jack & Jonah** (Cheltenham District); **Ben H** (North Cotswold District) and **Dylan** and **Sam C** (Tewkesbury District)

Bronze for **Abi** (Tewkesbury District)

Well Done all of you and if you've not already received them, your certificates will be on the way to your Leaders just as soon as we can get back to the office and get them out to you.

Around the County there are lots more of you busily working towards your DofE Awards, currently 40 for Bronze, 31 Silver (4 still finishing off their Bronze) and 47 of you working on your Gold (9 still working on their Silver). Many of you have been carrying on with your Volunteering, Physical and Skill sections. For those of you that haven't, maybe because your usual activities haven't been running, you can change activity if you need, or want to. DofE have highlighted many of the flexibilities that already existed in the scheme and made some adjustments to accommodate the unusual circumstances that we have all found ourselves in over the past few months.

To help you keep supporting participants, both now and when the lockdown ends, DofE introduced these temporary changes.

1. Participants can now volunteer for family members, for example by mentoring or coaching younger siblings.

However, this should be more than a participant babysitting, or helping out with their usual chores! DofE suggest coaching or mentoring a family member, particularly younger siblings, as an activity which can easily be structured and help meet the outcomes of the section. Participants can plan their sessions using resources online, and record what they do using a programme planner and activity log. If a participant wants to help another family member in a different way, then their DofE Leader will just need to check it's suitable by ensuring it fulfils the aims of the section. As with all DofE activities, to maintain the value and integrity of a young person's Award, an Assessor cannot be a family member. However, you can find some useful information on finding an Assessor here.

2. Participants can now change section activities more than once.

Time spent on previous activities will still count towards completion. Previously, participants could only change activities once per section. However, due to the pandemic, we know many

participants have already changed activities to something they can do from home, and will want to resume their original activity once social distancing limitations are lifted.

Participants can find out how to change an activity on eDofE (<https://help.edofe.org/hc/en-gb/articles/360024234534-How-do-I-change-my-activity->). If changing activities more than once, participants will need to use 'revert to draft' and resubmit their programme planner with their new activity. Participants will also need to upload an Assessor's Report for each activity they have done onto their eDofE account.

3. They have also introduced flexibility around the Expedition; this is likely to change again before we resume Face-to-Face Scouting, so more on that once we hear it's likely to happen. Leaders, you can check out Scouting's latest <https://www.scouts.org.uk/volunteers/scouts-at-home/getting-everyone-back-together-safely/> and additionally the DofE info <https://www.dofe.org/dofewithadifference/expedition-qas> for up to date information.

Realising that COVID-19 is going to impact participating in Expeditions and Gold Residentials for some time, DofE are recognising the significant achievement that completing the other sections is by announcing the 2020 DofE Certificate of Achievement.

Any participant who enrolled on or after 1 June 2018, has completed their Volunteering, Physical and Skills sections (but not their qualifying expedition) and had them signed off by their Leader before 31 December 2020, will receive a 2020 DofE Certificate of Achievement. This will be triggered automatically on eDofE and your pdf certificate will be emailed to you. They are also looking at being able to allow Leaders to request a printed certificate for presentation.

Andy Holter

Duke of Edinburgh Award Advisor

Fancy doing your Duke of Edinburgh Award?

What is it?

The Duke of Edinburgh Award is an internationally recognised scheme for young people to be recognised for their efforts in setting and achieving goals. It is run by many schools, colleges and youth organisations, including Scouts. As well as earning the award, you will also have completed some of the requirements for your Chief or Queen's Scout Awards. It still counts even if you are doing the award through your school.

Bronze and Silver award levels have 4 sections, Gold has 5; they get progressively longer and more demanding: Expedition, Skill, Physical, Volunteering, Residential. For each one you need to demonstrate that you made a regular commitment to take part and improve in whatever activity you chose. You do not have to do all the sections at the same time, and you can take as long as you need (up until your 25th birthday!)

What are the Sections?

Expedition: In a team: You must plan, practise for and then complete an expedition which can be on foot, kayaking or cycling. You must carry everything you need with you.

Skill: You can choose something that interests you such as dancing, art, photography, or will be useful for the rest of your life, like cooking, learning to drive, DIY. In general, sports do not qualify for this section.

Physical: If you already take part in a sport, then you can use this. Set yourself some goals to improve; or you can take up a new sport; or plan to improve your fitness.

Volunteering: If you are already a Young Leader, that could easily count for this section. Otherwise why not volunteer to help at Cranham, or at a charity shop, or animal rescue centre?

Residential: This is only at Gold level. You must live and work with a group of people who are new to you.

A quick guide on how to take part in the award scheme through Scouts :

First discuss it with your Leaders.

Complete the Registration Form (https://docs.google.com/forms/d/e/1FAIpQLScRQLsXLsb9IFHDqiXw7Gr3-r8jHqW6AVUt4TkKqz8l8ntlsA/viewform?usp=sf_link) and send the fee to the address given. You will receive an account on the DofE website. You will be allocated to your local district DofE group.

Log in to the account and complete your details. You'll then receive your information pack in the post from DofE.

Decide what activities you want to do and for each activity find someone knowledgeable, who is able to assess that you have done activity to the right standard. Discuss this with your Leaders; they can help make sure the activities are appropriate for the section and what you'll need to do.

Enter the details on your online account. Wait for it to be approved, otherwise it might not count.

Start your activities – have fun! – remember it's regularly doing the activity, averaging at least one hour a week.

Add evidence that you have done each activity as you go along; using the DofE log sheets makes it easy. Submit it regularly to your Leader for approval. This is important because your award must be approved by people who only know what you have done from your evidence.

Complete your activities.

Review what you achieved with your Assessor so they can write the Assessor Report for you.

Once your Assessor report is added to eDofE and you're happy, submit the section to your Leader for approval.

Leader approves the award and it goes off to be reviewed by the DofE Award Verifier, who

independently checks it meets the DofE Award requirements (from the Assessor report and your eDofE evidence)

You are presented with your award - CONGRATULATIONS

Want to know what the DofE Award Verifier checks for?

In 2018 DofE started to roll out a checklist to help all Award Verifiers apply the same standards to the checks, it's available for everyone to see what's required. The latest version is on the DofE website, and they even put a link on the webpage where Assessors can upload their reports, so they can see what information to include in the Assessor Report

<https://edofe.org/>

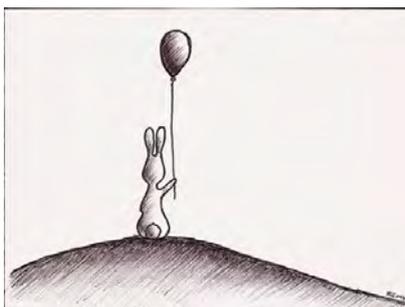
[Downloads/AssessorReports/Award_Verifier_Checklist.pdf](https://edofe.org/Downloads/AssessorReports/Award_Verifier_Checklist.pdf)

Andy Holter

Duke of Edinburgh Award Advisor

dofe@gloucestershire-scouts.org.uk

Mental Health First Aid



COVID – 19 is causing real anxiety across the whole of Scouting, as well as the rest of the UK and the world. This has a negative impact on our mental health. Being in lockdown can be psychologically challenging and the isolation we have all been in has taken its toll emotionally.

“Isolation, physical distancing, the closure of schools, workplaces and social outlets are challenges that affect us, and it is natural to feel stress, anxiety, fear and loneliness at this time,” the director of the European branch of the WHO, Hans Kluge, said on Thursday (26 March).

Below are some ways that we can help ourselves to navigate through the maze of emotions and pressures we are all facing. But I would urge you to remember – **you can be anxious/scared and still deal with this. You are stronger than you think, and this won't last forever.**

Manage your expectations

It is unlikely that this period of lockdown and the gradual return to some kind of normality will offer you the creative freedom you have longed for. Some external pressures to learn new skills may have raised the bar and the expectation to over-perform during these times is at an

all-time high. Do not underestimate the emotional and physical load that comes with all of this.

Go easy on yourself and make time for yourself.

Manage Stress

Be mindful that you will have switched to a new mode of 'being'. Without any doubt COVID 19 is impacting on your daily habits, sleep and overall mood. Some things to consider when managing your stress are:

Stick to a regular sleep-wake cycle. Choose nutritionally rich foods where possible.

Limit alcohol intake. Connect with family and friends as often as you can.

Only listen or read news from a reliable source. Reframe your thoughts from "I am stuck inside" to "I finally have the time I need to work on myself and the things I love".

Create a 'zen' zone

No matter how small your home or how busy, there is always a corner or area that you can make into your own sacred space.

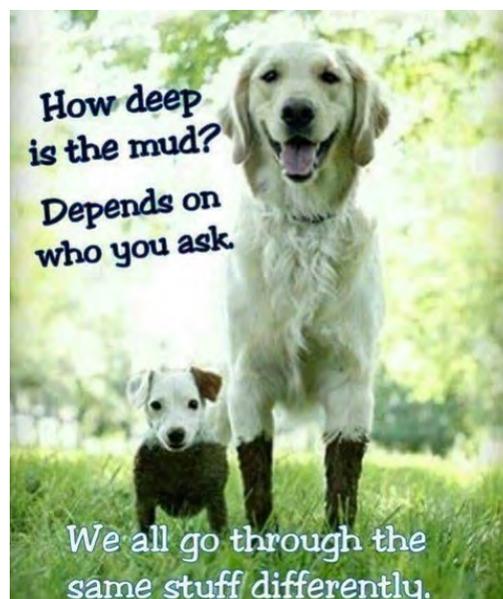
A 'zen' zone is the place to read, meditate, breathe and unwind. A perfect spot for you to have all important 'me time'.

Socialise, virtually

Virtual coffee breaks and virtual dine-ins via zoom, WhatsApp or Facetime are a great way to stay connected to the ones you love and miss.

With lockdown gradually easing there is more opportunity for social distancing in gardens, parks or pub gardens.

Remember your MHFA are always available for a chat/virtual coffee. Just look us up on the County website.



How Cheltenham District is coping



The last month or so have provided much uncertainty for the future of Scouting. However, there are many within the District that have continued their programme in a variety of ways. I have included some examples of sections that have been continuing with Scouting. If you are also continuing with your programme let us know; email ddc@cheltenham-scouts.org.uk to share your programme ideas and how you are continuing Scouting.

A Scout smiles and whistles under all circumstances.

Lord Robert Baden-Powell

1st Cheltenham (Highbury) Beavers

1st Cheltenham Beavers normally meet every 3 weeks on a Saturday morning for 2 hours, but since lockdown and the suspension of Scouting, we have taken the decision to meet weekly for a shorter amount of time online. We have been holding 30-minute sessions on a Saturday morning using the Zoom platform. Sessions start and end with an opening/closing ceremony which is adapted for the online audience. We have run a scavenger hunt around the home, read a story with non-verbal actions, held a quiz (answers numbered 1-4 and Beavers showed their answers by holding up the appropriate number of fingers), short games and '2 truths and 1 lie'.

We have found that the 30-minute sessions are long enough to do a few activities and short enough to keep their attention span. We follow up the session, by sending all parents a PDF sheet with activities and badge work to complete at home, if they so wish.

Lauren Greening , Assistant Section Leader

15th Cheltenham (Shurdington) Scouts

Our first Zoom session was on 27/03 and as leaders we just felt if our Troop could just see each other online and have a chat that would be a goal in itself; we didn't want to overburden ourselves. On the 1st May will be our 5th Zoom session with the Troop but as Leaders we chat quite regularly, as we mull over programme ideas and work out questions for our weekly Kahoot quiz. This is very much a team effort.

We often draw on 'guest visitors'; teaming up with Sliema Scouts in Malta, learning Russian for cosmic communications and enjoying an epic Easter egg hunt with brilliant collaboration

from parents! For inspiration we regularly check the various Scout Facebook groups for games, there's a wealth of ideas including Scout Escape Rooms. We also visit educational sites such as NASA (teaching myself modular programming in the process!). On 1st May, we have worm-charming, bee surveys and May Day flower crowns for pets!

Louise Slee, Section Leader

45th Cheltenham (Bathesda) Beavers

Not all Leaders are good at IT and not all sections can access IT (emails, etc.) without parents' consent. Therefore with the younger sections, especially Beavers, they enjoy receiving mail, just like those in hospital, etc. They can read (the majority) and can see pictures on a letter. I have sent one letter out monthly (three so far) with badges they can do at home, up and coming events like the big stay at home camp - it is then up to the parents to take the next steps to help their children take part by following instructions.

At least half of these monthly letters have been delivered by hand on my daily exercise. I could do more if I extended another day's walk in another direction. I have 'met' a few of these Beavers out with their parents and have received thanks from both Parents and Beavers. I now wait to hear how many have signed up for the camp and evidence, when we return for any badge work done.

Tufty Perks, Section Leader

Devil's Chimney Explorer Scout Unit

Devil's Chimney have been meeting online every week since the suspension of face-to-face Scouting, using a couple of different tools. First, they started off with Whatsapp, holding video calls on there, and then more recently have progressed to using Zoom. Their programme has involved Google street view treasure hunts, an Easter egg hunt (where young people took photos of a scene where they have hidden an egg – a bit like where's Wally – and then exchanged the photos) and Pictionary. These are all activities that take minimal planning and can occupy more or less the entire evening.

For more ideas and how to use video conferencing tools such as Zoom, check out our Covid-19 support page: <https://gloucestershire-scouts.org.uk/coronavirus>

Callum (County Youth Commissioner)

After Kipling

If you can keep your internet connection,
when all about you are losing theirs and blaming it on you,
If you can mute yourself, when all are shouting,
but remember how to *unmute* yourself too,
If you can Zoom and not make Zoom your master,
If you can Skype and not make Skype your aim,
If you can wear an earpiece or a headset,
and treat those two imposters just the same,
If you can queue with patience for your shopping,
and go without a haircut for a year,
If you can work from home... never stopping,
and carry on without the slightest fear,
If you can wash your hands for 20 seconds,
while singing Happy Birthday as a rhyme,
Or sanitise when you've no source of water,
and catch it, bin it, kill it every time,
If you can walk with friends and keep your distance,
or walk alone remembering not to touch,
If you can wear your gloves and mask and visor,
and take this virus seriously, but not too much,
If you can fill each minute of this lockdown,
with love and hope and happiness and fun,
You'll make the world a better place, post virus,
and what is more, you'll be a Scout my son.

District Commissioner Search

Cotswold and North Cotswold are both searching for a new District Commissioner, or District Commissioner Team.

Scouting relies on volunteers and both Cotswold and North Cotswold are seeking a volunteer manager or a team of volunteer managers, with energy and enthusiasm to lead them in the role of District Commissioner or District Commissioner Team.

The District Commissioner or District Commissioner Team will be the area managers who lead the District Team along with the District Youth Commissioner in supporting the local Scout Groups, so that the young people get the best quality Scouting they can. We recognise that this role will suit either an individual or a role-share with a team of 2 or 3 people.

We are looking for volunteer adults who want to make a difference in their local communities, someone who has enthusiasm and enjoys working with other adults and young people. Could this be you or do you know someone who has the ability to motivate others? Do you know someone who you think would make a great DC or work well as part of a Team? There is no requirement to be a current member of Scouting.

What's in it for you?

You will know that you are making a difference to the young people and the adults within the District. Scouting is flexible and this role is open to role-share within a small team. The DC or DC Team will be working with an existing team of adults, including our District Youth Commissioners, to ensure every young person and adult has what they need to be confident in what they do. You will have access to training relevant to the role and will have an induction to ensure you get the very best start in the role. The skills that you will use as a District Commissioner, such as Leadership, can enhance your CV and can be a great way to demonstrate to prospective employers that you have additional skills.

Why is this so important to Cotswold and North Cotswold Scout Districts?

We believe that Scouting in these two Districts has some amazing people. Ordinary people who together make extraordinary things happen, giving our young people the skills for life. Helping these Leaders and young people to do their best takes support and guidance from an inspiring team.

What are we looking for?

We are eager to speak with individuals who would like to explore joining us and can offer the following skills sets:

Leadership and Management; the ability to share skills and knowledge; having a focus on fun; to motivate and bring the best out of people; being able to bring people together; working with young people as well as adults; helping our young adults to grow to become our Leaders of the future.

For an initial discussion please contact : either Tony Fleming for Cotswold: email tony@jacfleming.plus.com or call on 01666575229 or:

Ricky Campbell for North Cotswold: email richard.campbell600@ntlworld.com or call on 01451 810977

Or complete the Expression of Interest Form and return to: Carole O'Donnell@



Expression of Interest Form – Cotswold and North Cotswold District Commissioner or DC Team

If you are interested in applying for one of these roles, please complete the expression of interest form below.

DATA PROTECTION: This form is used to collect information and personal data about you for the purpose of shortlisting potential candidates and in the decision-making process for the appointment of a DC or DC team for Cotswold and North Cotswold Districts. This data will be used by the members of the District search teams, the selection panel and the County Appointment Advisory Committee. We do not share your personal data provided in this form with any third parties. We take your personal data privacy seriously. We will keep the data we capture from this form only as long as necessary and it will be securely disposed of once appointments to the roles have been made.

Name

Telephone Number

Email address

Please state which District and whether you wish to be part of a DC team or and individual DC.

Please outline why you are expressing an interest in this role.

What do skills and talents do you feel you can bring to the role?

SHORT PROFILE FOR BOTH DISTRICTS

COTSWOLD

Cotswold District Scouts

Part of Gloucestershire County Scouting which is made up of 8 Scouting Districts. Based in a lovely part of the Cotswolds are the 6 groups that make up the District. Covering Fairford to Letchlade area the total membership is currently 349 members made up of

86 Beaver Scouts (6 – 8 year olds)

92 Cub Scouts (8 – 10 ½ year olds)

77 Scouts (10 ½ - 14 year olds)

7 Explorer Scouts (14 – 18 year olds)

1 Network member (18 – 25 year old)

86 Adults (18+ year olds)

Cotswold Scout Groups

- 1st Cirencester
- 1st Fairford
- 1st Lechlade
- 1st South Cerney
- 2nd Cirencester (Stratton)
- Deer Park (Kemble)

Cotswold Explorer Unit

- Churn Valley



NORTH COTSWOLD

North Cotswolds District Scouts

One of the eight Scouting districts in Gloucestershire. An active rural Scouting District with 6 groups made up of 283 young people supported by 80 volunteer adults, providing opportunities for young people to explore new challenges and develop skills for life.

Scouts Groups consist of:

Beavers- Age 6-8

Cubs -Age 8-10½

Scouts -Age 10½- 14

District Groups Explorers- Age 14-18

County Group Network – Age 18-25

Scout Groups Locations:

Bourton-on- the-water

Chipping Campden

Northleach

Moreton-in- Marsh

Sevenhampton

Stow –on- the –Wold



Explorer Scout Units

County Network

Scouting in Lockdown

On March the sixteenth we closed up the halls.
We folded flags into cupboards, took badge work off walls.
Not knowing when we would be meeting again
In six days or sixty, two weeks or ten.

Our letters to parents were reassuring and calm.
We would follow advice without causing alarm.
But for the future of Scouting some Leaders felt scared.
Would we let down our motto, would we be left unprepared?

We were wandering lost, and it soon became clear
That a map or a compass could not help us here.
We banded together across District and Groups
With ideas for home Scouting for our Packs and our Troops.

We camped under tables, we've hiked to the Moon
And we've given out badges by Skype and by Zoom.
We've held virtual campfires, filed back gardens with tents,
We've drawn rainbows in windows, and made world-record attempts.

We've kept earning badges of all levels and sorts.
We're now writers and artists, we've done science and sports.

We've learnt DIY, cooking and emergency aid
And we've tried to keep living by the Promise we've made.

So I think we can say we've allayed all our fears
And that Scouting continues to teach skills that last years.

Scouts

Cardiff East

Ruth Jones – District Scout Leader

Water Activities Day at Home

On the 14th of June, in normal times, the Forest of Dean Scout District would have held their District Water Day. However due to the present restrictions they decided to create a pack for a Water Day at Home. Gloucestershire County Scouts were very grateful, when Gary, the District Commissioner of the Forest of Dean, graciously allowed County to run with this amazingly put together pack.

As a team we decided that, to complement the pack, we would put together videos of the 12 different activities that were on offer. These were shown everyday from the 4th of June with the last one being released on the event day. Some of the activities included, Egg-Rafting, Wacky Bubbles and a Splash of Magic. We kept in mind during the activities that water conservation is important and asked that everyone attempt to reuse/recycle the water that they used where able. This meant that the young people of all ages were able to spread out

the fun or complete it all in one day. It was great fun for us putting the videos together and we saw lots of photos and videos of the young people around the County joining in too. We will be releasing a slide show of these shortly.



Water Football fun - 1st Dursley

You can still see the videos and download the pack at gloucestershire-scouts.org.uk/events and have some fun with the activities. There is even a brilliant certificate which can be downloaded and kept. We are still working on the badge that you will be able to buy from our shop on the Gloucestershire web site and we will let you all know when that has been released.



Thank you to everyone that took part (and who may still take part) and thank you to all the adults who were involved in the event.

Ruthie Stennett, Assistant County Commissioner (Cubs)



Ang Healy



1st Royal Forest Cubs



Just because we are not doing Face 2 Face scouting doesn't mean we can't continue with badgework. I've delivered an envelope to 3 of my Cubs with strict instructions NOT to open them until tonight's Zoom Cub meeting !



Steve Plant (Steve the Scout ,11th Gloucester, 14/6/20)

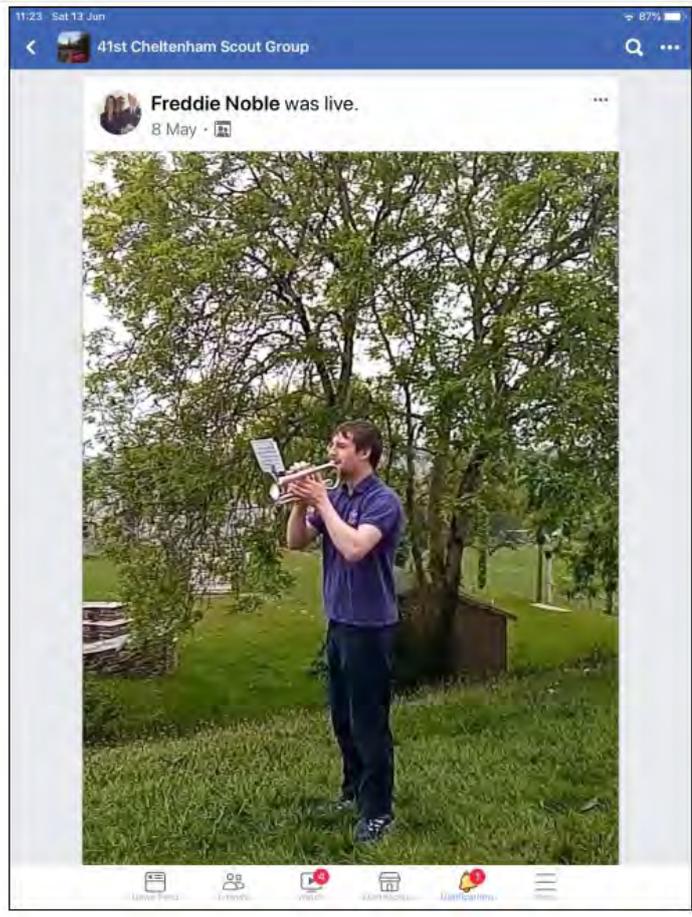
We're still managing to just about do traditional Scouting or bushcraft.

We had a great Zoom meeting last week doing pioneering.

I posted a video earlier in the week (a tripod and its uses) for anybody unsure of the knots or lashings. The broomsticks and string were picked up from the Headquarters while **socially distancing**.



75th Anniversary of VE Day



Recording on VE Day



1st Dursley



1st Prestbury Beavers 75th Anniversary of VE Day



Russ Camp



We will Survive Camp



1st South Cerney Beavers



1st Dursley



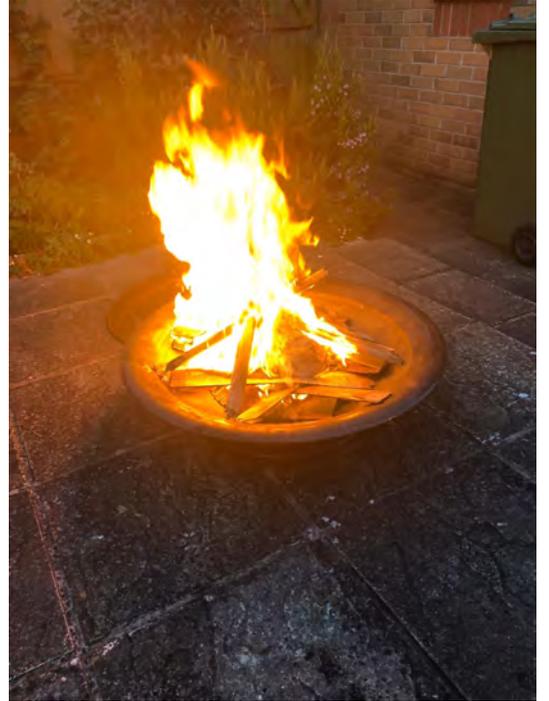
Prestbury Scout missing the Troop meetings



1st Hatherley Scouts



Camp at home



The Virtual St George's Day Parade

Sarah Baylis, 41st Cheltenham





Chris Slater, First Virtual Scout Group

Letter Animals

Scouts are given a list of capital letters and sizes and are then given five minutes to try and make them into animals... Absolute chaos, but great fun for the imaginative ones!



Ruthie Stennett, 1st Dursley

Brilliant Zoom meeting tonight. A couple that it was their first night too (including Harry, the puppy). Well done to Ko for putting together the music quiz again and to Kaa for doing the origami.

Since lockdown and the suspension of face-to-face meetings, it has been wonderful to see so many of you joining the meetings. I love seeing you all smiling.



Ang Healy, Forest of Green — Rhythmicity,

“We use drums and other percussion instruments to energise, educate, motivate and promote successful teamwork.

“In our work the students learn that their natural energy and enthusiasm needs to be merged with the rest of the group. Their self-expression must become part of the group — but still retain its individuality”.

We had an amazing drum tuition by Rhythmicity the other week. They only ask for a donation to their *Go Fund Me* account (any contribution you can afford). The Cubs loved it and it was nice to let someone else do the entertaining!



Rachael Hailstone 1st Cirencester

Erin has been a very busy Beaver! She has completed Level 1 of the Great Indoors badge...as well as going to school throughout lockdown as a key worker’s child!! Anyone else getting close? I have seen some other Beavers working towards it...Cubs and Scouts??



David Dyke 1st Cirencester

Lee Reeves your Scout set up his own camp, taught his brother how to light a fire. Cooked smores and popcorn, did some foraging for some strawberries. And cleared his camp away so there was no trace this morning.



GLOUCESTERSHIRE SCOUTS COOKING COMPETITION
16 FEBRUARY 2020 - SHURDINGTON COMMUNITY CENTRE

<https://photos.google.com/album/AF1QipOzxGu94Ly49h3mc241mE0sNZiL1UvW-NrJeqIS>



Taking Part:
1st Dursley Scouts
Kemble Deer Park A
All Saints - Placed *1st Winners*
Tetbury
15th St Peters, Gloucester *Placed 3rd*
1st Wootton Pioneers - *Best Sweet & Placed 2nd*
Kemble Deer Park B
41st Cheltenham

----- **WELL DONE ALL** -----





10th Cheltenham (All Saints) - International Cooks Badge@home

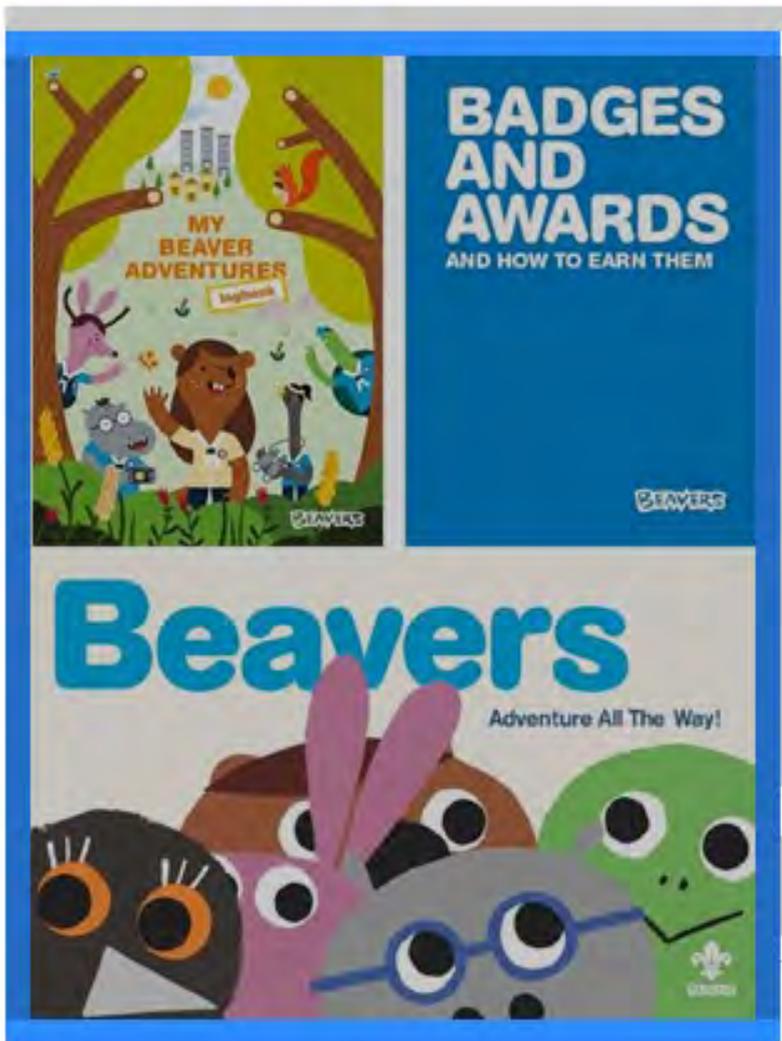
Scout Store Recommendations

Beaver Scouts Best Picks

Left) A fun Log Book to record Beaver Scout achievements and adventures with their colony. Includes stickers!

Right) An A6 guide featuring the requirements for every single badge in the Beavers section. Useful for parents and guardians, especially if new to Scouting.

Bottom) The introductory book containing information about the Promise, activities, games and nights away. A great overview and even includes a badge checklist.

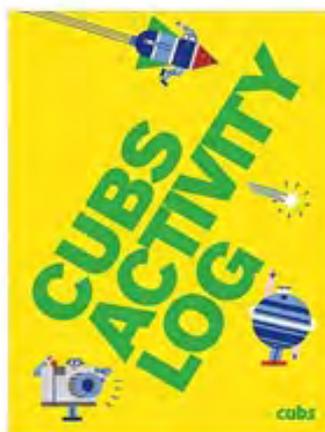


Cubs Recommended

Left) The A6 guide features the requirements for every single badge and award in Cub Scouts. A handy reference for Cubs and their parents or guardians.

Middle) The log book is ideal to record achievements and adventures in the section.

Right) A companion to take everywhere, make notes and record memorable experiences with friends to look back on.



Mini pioneering kits from The Scout Shop



Beacon Tower



Camp Table



Mangonel



Roman Catapult



Road Bridge

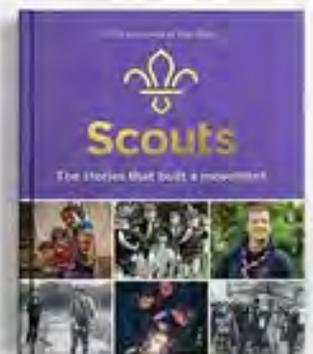


Pyramid Tower



Stilt Tower

Table-top size, made of beechwood and taking 3-4 hours to construct, if familiar with all the knots and lashings required. £14-£15 each.



Improve skills and knowledge

Left) The log book enables Explorer Scout Young Leaders to keep track of what they have completed and gives the space to reflect on their learning.

Middle) The 'go-to' guide for volunteers who deliver Scouting, with a full breakdown of all modules, missions and practical activities for bringing the Scheme to life.

Right) This is a definitive history of the Scout movement, from its earliest beginnings on Brownsea Island to its rapid spread around the world.

Scouting in Jamaica



At the launch of Caribbean Cuboree 2019, at King's House, St. Andrew Parish, Kingston

Scouting was brought to Jamaica in 1910 by Rev. J. W. Graham, who had heard of the movement on a visit to England. He founded a Troop in St. Ann, on the north coast of the island. On the other side, in Kingston, a Troop was founded the following year, then one in Spanish Town in 1912. Today Scouting sustains only around 2500 members spread over twelve Districts. The total population of the island is 2.5 million.

B-P visited Jamaica in 1912 and it was on his voyage to the island that he met Olave Soames, who became his wife.

Efforts are being made to relate Scouting to the community. Camps are held for disadvantaged youngsters, literacy campaigns clean-ups, tree planting and relief work during natural disasters. Scouting has also been incorporated into the official response plans for the Central Emergency Relief Committee.



There is a Sea Scout base on the waterfront of Kingston Harbour. Some ex-Sea Scouts have become members of the Coast Guard.

Jamaica held the first Caribbean Jamboree In 1952. Further Jamborees were held in 1977, 1985, 2006 and 2019. A contingent of Scouts from Jamaica attended the 1925 World Jamboree at Olympia and has had representatives at every World Jamboree since.

The Chief Scout is Sir Patrick Allen, the Governor General.

Know your County

The Ordnance Survey map opposite depicts a short section of the lower River Severn between Lydney in the Forest of Dean and Sharpness. There was a railway bridge northwest



of Sharpness carrying a single track across 21 spans, completed in 1879. Its main purpose was to carry coal from the Forest of Dean to Sharpness Docks, because the harbour at Lydney could only take ships up to 400 tons. The rail link between South

Wales and London had previously to route via Gloucester and for passengers this bridge saved 14 miles on the journey. The Severn Tunnel, much further south, linking Bristol and Newport, was opened in 1886 and the Sharpness bridge occasionally carried traffic when the tunnel was closed for maintenance. The bridge was severely damaged and put out of use in 1960 by the collision with it in fog of two barges carrying oil and petroleum, which subsequently caught fire.

You can see the track approaching the bridge on the Sharpness side, rather surprisingly in a cutting rather than an embankment even though the clearance for ships passing underneath



was 70 feet. There are also traces of the track on the Forest side, which show it swung sharply southwestward, to join the Gloucester to Chepstow line.

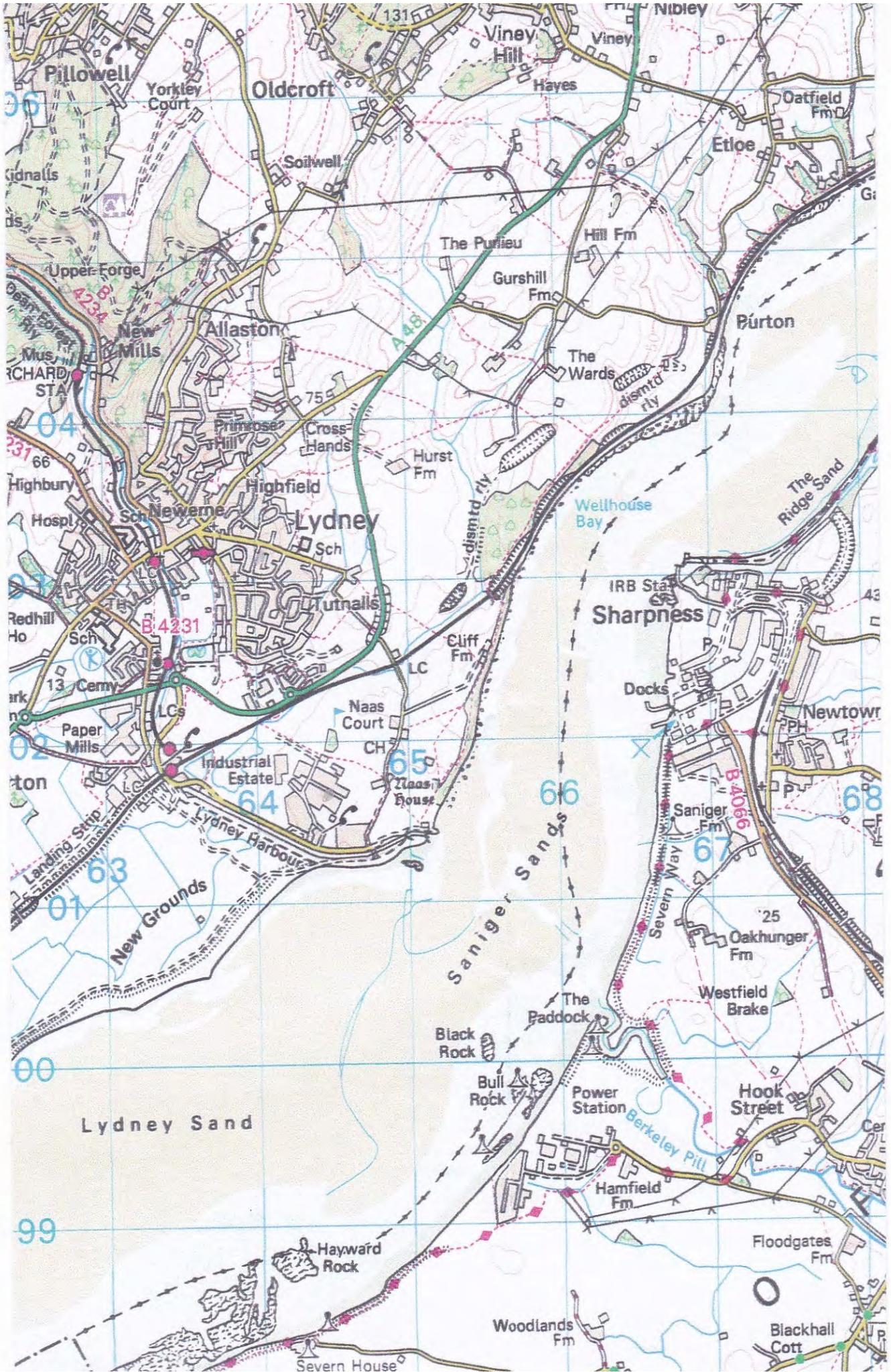
Also of interest in this small section is the heritage Dean Forest Railway, which runs for 4¼ miles northeastwards from Lydney.

At Naas House in 1771, a daughter of the family, Mary Jones, was murdered on her way home after dining at Lydney vicarage.

Questions on the map (idea taken from the Ordnance Survey Puzzle Book).

1. The people here might eat very slowly!
2. Where could you comfortably have a picnic?
3. What does LC stand for?
4. How many beacons are there on the east side of the river?
5. Is this place a further source of income?
6. How steep is the road from the waterside to the track leading south from Naas House?
7. Each faint blue square is 1km x 1km. How far is it in metres from the phone box at Allaston to Newtown Post Office.
8. How far is it in metres from the Forestry Commission symbol north on New Mills to the Inshore Rescue Boat Station at Sharpness?
9. What does the symbol south-east of the n in Allaston represent?
10. Between what two features is the Sports Centre at Lydney situated?

Answers on page 41.



Smiling Is Infectious

by Spike Milligan

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!





A Scottish Beaver enjoying himself camping at home

Know Your County (p. 16) - Answers

1. Nibley.
2. South of Sharpness Docks.
3. Level Crossing.
4. 6.
5. Newerne.
6. 14 - 20% (1 in 7 - 1 in 5).
7. 4700 metres.
8. 4300 metres.
9. Mast.
10. School to the north, cemetery to the south.

gscouts

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