



Girlguiding UK
girls in the lead

Freeland Guides meet weekly during term time. If you want to find out more information then please contact us at:
freelandguides@yahoo.co.uk

What is guiding?

Being a member of Girlguiding UK 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. And 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.

But there's more to guiding than having a good time. Guiding is a game with a purpose. It provides opportunities for girls and young women to:

- Be challenged by new experiences and achieve a sense of pride in accomplishment.
- Think for themselves and make decisions.
- Undertake teamwork and acquire leadership skills.
- Acquire self-awareness, self-respect and self-confidence.
- Develop personal values that give their lives meaning and direction.
- Do their best according to their abilities.
- Seek spiritual development - whatever faith they belong to.
- Contribute to society.
- Live by a simple code - the Guide Law.

Did you know that:

- Girlguiding UK is the largest youth organisation for girls in the UK today?
- Almost half of the women in Britain have been involved in guiding at some point in their lives?
- Around 30 per cent of eight-year-old girls are in Brownies?
- Celebrity former members include Cat Deeley, Glenda Jackson, Lorraine Kelly, Mo'Nique, Anita Roddick, Helen Sharman (the first British woman in space), Tanni Grey-Thompson, Carole Vorderman, Delia Smith, Kate Moss and Cherie Booth?
- Seventy per cent of five- to seven-year-olds, 73 per cent of seven- to ten-year-olds, 81 per cent of ten to 15-year-olds and a massive 96 per cent of 16- to 25-year-olds like to spend time together without any boys being there?
- Girlguiding UK strives to enable girls' voices to be heard wherever decisions that affect them are being taken.

Statement of Purpose

Girlguiding UK enables girls and young women to develop their potential and to make a difference to the world.

For more information www.girlguiding.org.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.

What to know?

- Guides work together in Patrols. They elect their own Patrol Leader and are encouraged to plan their own activities. Patrols provide a ready-made group of friends and help the girls feel that they belong to something special.
- Any girl aged ten to 14 who wishes to, can become a Guide.
- Each Guide chooses the top she wants to wear from the options available in the Guide wear collection. This choice allows Guides to be themselves but also makes them feel part of the unit.
- The Guide Promise is:
*I promise that I will do my best:
To love my God,
To serve the Queen and my country,
To help other people
and
To keep the Guide Law*
- The Guide Laws are:
 - o *A Guide is honest, reliable and can be trusted.*
 - o *A Guide is helpful and uses her time and abilities wisely.*
 - o *A Guide faces challenges and learns from her experience.*
 - o *A Guide is a good friend and a sister to all Guides.*
 - o *A Guide is polite and considerate.*
 - o *A Guide respects all living things and takes care of the world around her.*
- The Guides programme covers five main sections, which are:
 - o healthy lifestyles
 - o global awareness
 - o skills and relationships
 - o celebrating diversity
 - o discovery (of new experiences and adventures).



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