



**Girlguiding**

Sir Morgannwg Ganol  
Central Glamorgan county

# January Newsletter 2025

## Message from the County Commissioner

I thought I would start this year with a quick pen portrait of myself as there Let's new faces within the county.

My name is Julie Thomas I am married to Dean who fully supports me with my volunteering in Guiding and is Treasurer for Gorwelion and Mr. DIY (even if I do say so myself) for Gorwelion. I have 2 Daughters both who have left home (quite recently) Nadine – is a Leader, DofE Adviser and Div Commissioner; and Anneka is a leader.

I am not only your County Commissioner but a leader of 3 units (fully supported by a great team), member of the DofE and First Response teams and Gorwelion committee member – managing it, ensuring it is compliant and in good working order plus developing it along with the team. I work full time as an Occupational Therapist specialising in Stroke assessment and rehabilitation which is both a challenging and demanding role but very rewarding. It can be very busy but also rewarding. Support at events, take on board roles, getting more involved it is rewarding! So, Get in touch! Let's talk!



## Message from the County Commissioner

Reflection of January - where have you gone! I was invited to units to carry out presentations, attended Girlguiding Cymru Commissioner away time 24 hours which included an enlighten training and opportunities to network. Spent weekends down Gorwelion to ensure it is maintained, freshen up and ready to open in February. Going to my own units weekly meeting, plus working on events with team members.

With Subscriptions looming – Yes, its February! I have been looking at Go. Thank you to all who keep their Go record up to date. From November to Date our figures have changed from 1673 to 1574. We are made up of 9 Divisions and this proportionately may seem small but with over 1000 girls on our waiting lists, it would be fantastic if we could reduce this list and get girls into units and maintain Go so it is live and accurate. Please ensure your capacity for your unit is set and that when contact is made, Go updated with the outcome as this does have an impact upon how we work as an organisation and the impact upon funding and future Subscription levels.

I am looking forward to February what with the Pyjama Party and Silent Disco. Also, the start of the Duke of Edinburgh training. Have you booked your space on out county training – looking forward to that in March. Hope to see you at these events!

*Julie*

[Julie.girlguidingcgc@gmail.com](mailto:Julie.girlguidingcgc@gmail.com)



# County Calendar

January – March 2025

Thursday 13<sup>th</sup> February – Singing Circle

Friday 21<sup>st</sup> February – Silent Disco (Abercynon Community Centre)

Saturday 22<sup>nd</sup> February – Pyjama Party Sleepover weekend

March (date tbc) – County Training Day

Wednesday 12<sup>th</sup> March - Duke of Edinburgh Zoom Catch Up

Thursday 13<sup>th</sup> March – Singing Circle

Tuesday 18<sup>th</sup> March – Queen’s Guide Zoom session

Saturday 22<sup>nd</sup> March – Welsh Trefoil AGM (Herenstone Hotel)



# County information

## Subscriptions

It is the time of year where we are starting to think about Girlguiding annual subscriptions which are paid every year in February. The levee for 2025 subscriptions will be £62.00.

Please find the information for the breakdown of the 2025 member subscriptions below:

Girlguiding UK = £33  
Girlguiding Cymru = £20  
Girlguiding Central Glamorgan = £9

Please check with your local commissioner for any further details or if you have any questions regarding paying 2025 subscriptions.



# County information

## County Training Day

A colorful poster for County Training Day 2025. The background is a vibrant, abstract watercolor design in shades of yellow, orange, pink, and blue. At the top left, there is an illustration of a group of people, including one in a wheelchair. At the top right, there is an illustration of a person with their arms raised in celebration. In the center, a large white circle contains the event details. The text inside the circle reads: "COUNTY TRAINING DAY 2025", "SUNDAY 9TH MARCH", "9.30-3.00 - £5", and "DROP IN OR STAY FOR THE DAY". Below this, a URL is provided: <https://tinyurl.com/countytrainingday2025>. Further down, the location is listed: "TON PENTRE JUNIOR SCHOOL, BAILEY ST, TON PENTRE, PENTRE CF41 7EL". At the bottom left, the text "SCAN HERE TO BOOK" is written in large, bold letters, with a blue arrow pointing towards a QR code on the right side of the poster. The Girlguiding logo is positioned at the top center of the white circle, with the text "Girlguiding" and "Morgannwg Ganol Central Glamorgan" below it.

Have you booked your space? A day to learn, share ideas and socialise.

- County training day – Sunday the 9<sup>th</sup> March , Ton Pentre Junior School, 9.30am–3pm.
- There are 3 sessions to book onto. Leaders are welcome to drop in or stay for all 3 and bring lunch!
- We are really wanting to encourage YL to come along too and meet others, get help with a variety of topics and go away with lots of ideas to take back to their units!

**Having trouble navigating GO? Losing sleep over Risk assessments? Wondering what activities you can do with my unit on a budget? Wanting to know more about becoming a Mentor and growing Guiding? Then look no further! We have you covered!** <https://tinyurl.com/countytrainingday2025>



# Get involved

## Gorwelion Clean Up

It's that time of year where Gorwelion needs some Tender Loving Care for it to be a place where we can all enjoy. We need help with the jobs from counting our cutlery, to filling in holes and painting walls. If you can support, it would be appreciated. The more hands-on deck, the easier it is to ensure we have a place to be proud of.

Please contact Donna Jacka - [donnajacka@hotmail.co.uk](mailto:donnajacka@hotmail.co.uk) if you can support the month of cleaning. Mark topic as Gorwelion Cleaning

## Singing Circle

Do you enjoy singing? Do you want to learn new songs? Why not join singing circle!

They meet once a month - contact Annette Stoneham for more details [divcom.garthmaelwg@gmail.com](mailto:divcom.garthmaelwg@gmail.com)

## First response

Thank you to Beth and Jen for the trainings held in November and February. Feedback has been positive. Next training is Sunday May 11<sup>th</sup> in Pontypridd.

Every unit requires a minimum of 1 person who holds the first response qualification. Before you attend the course please complete the elearning on My learning portal. To book your place please contact Bethan Williams - [bethAN316@btinternet.com](mailto:bethAN316@btinternet.com) mark topic as First Response.



# Get involved

## Girlguiding Cymru Street dance workshop



**Date: Saturday, 8th March 2025**

**Cost: £3 per girl**

**Times: 12.30pm to 5.30pm**

**Where: Cardiff City House of Sport, Clos Parc Morgannwg, Cardiff CF11 8AW**



**Brownies, Guides and Rangers  
Street dance workshop**

 **Girlguiding**  
Cymru



# Get involved

## 2025 Mid Glamorgan High Sheriff Youth Awards

Do you know any outstanding individuals or groups deserving of recognition? Whether it's an individual making a difference through community work, an act of bravery, raising money for charity, excelling in sport, supporting their peers, or caring at home. We would be really happy to receive your nominations.

### **HOW TO NOMINATE**

To make a nomination please click this link: <https://forms.gle/ei88fi6HSvMmDoUe9>

If you would prefer a paper copy of the nomination form, you can print one by clicking here: <https://tinyurl.com/9wyywmw8d>. Once completed, please follow the posting instructions attached to the nomination form.

The process is quick and easy, be sure to provide as much detail as possible about the nominee's achievements. The deadline for nominations is **Sunday 16<sup>th</sup> February**.

### **WHO CAN BE NOMINATED?**

Nominations are welcomed for young people aged between 11-21. A group must include 3 or more members and entrants must live in Bridgend, Rhondda Cynon Taff or Merthyr Tydfil Boroughs.





# What have our members been up to?

## Hirwaun and Cwmbach Rainbows

Hirwaun and Cwmbach Rainbows attended their first trip of the new year to see Moana 2 in Aberdare Coliseum. For some of these girls it was their first time attending the cinema experience and they were all amazing!!



# County commissioner visits



Awarding Jen Denham the Chief Commissioner Award for Service to Girl Guiding – congratulations!

Visiting 1<sup>st</sup> Vales Guides to present badges and a Gold Award



County commissioner training



Visiting Porthcawl Rangers to present a Silver award



# Supporting our members

## Fundraising for the World Transplant Games

Ffion a Ranger in Hirwaun, has been selected to represent Team GB at the World Transplant Games in Dresden in August 2025! This young lady spoke at our Annual Review with reference to how she maintained coming to Guides whilst undergoing her transplant.

Ffion had decided to set herself some challenges in order to do some fundraising towards her entry fee and her kit! She had a new INSTAGRAM page where you can follow her progress.

[https://www.instagram.com/ffions\\_fundraising\\_2025/profilecard/?igsh=MWVxaGFsZHMwaWkwaW==](https://www.instagram.com/ffions_fundraising_2025/profilecard/?igsh=MWVxaGFsZHMwaWkwaW==)

And a Just Giving page if anyone would like to support her! Thank you

<https://www.justgiving.com/crowdfu.../ffions-fundraiser-2024>



# Thank you for your support

We are looking forward to seeing you!



Fully Booked 100 participants to "dance the night Away"!

Thank you for your support over 1200 badges purchased and on their way to you. Looking forward to lots of pictures from your events. Please send to [newsletter.girlguidingcg@gmail.com](mailto:newsletter.girlguidingcg@gmail.com)



# Gorwelion grant application

How can you help?

If anyone would prefer to receive the questionnaire in paper format let me know – parents are encouraged to complete questionnaires as well please – many of them were brownies/guides and rangers in days gone by! So please send out to all parents too.

<https://tinyurl.com/gorwelionfacilities2025>

Here is the link, It will take less than 5 minutes but it could make a huge difference to our facilities in Gorwelion if we are successful with our grant application.

## Improving facilities in Gorwelion

We are in the process of applying for a substantial grant from the National Lottery in order to improve the campsite facilities in Gorwelion, so they are more inclusive and can accommodate more members and attract other organisations too.

### Survey

The survey will take you less than 5 minutes, and will really help us!

Either scan the QR code or click on the link to complete

<https://tinyurl.com/gorwelionfacilities2025>

**Girlguiding**  
Morgannwg Ganol  
Central Glamorgan



# Contact us

ALQ coordinators – Bethan Hicks, Jayne Rodgers

[bethalq.girlguidingcg@gmail.com](mailto:bethalq.girlguidingcg@gmail.com)

[divcom.garthmaelwg@gmail.com](mailto:divcom.garthmaelwg@gmail.com)

Booking secretary Gorwelion – Sharon Lima

[bookings.gorwelion22@gmail.com](mailto:bookings.gorwelion22@gmail.com)

Brownie Adviser – Stephanie Horsley

[steph.horsley@outlook.com](mailto:steph.horsley@outlook.com)

County badge secretary – Dian Jones

[Dianjones80@gmail.com](mailto:Dianjones80@gmail.com)

Duke of Edinburgh Adviser – Nadine Thomas

[Nadine.thomas@hotmail.co.uk](mailto:Nadine.thomas@hotmail.co.uk)

First response coordinator – Beth Williams

[Firstaid.girlguidingcg@gmail.com](mailto:Firstaid.girlguidingcg@gmail.com)

Newsletter – Nia Evans

[Newsletter.girlguidingcg@gmail.com](mailto:Newsletter.girlguidingcg@gmail.com)

Outdoor Qualification Verifier – Jen Denham

[1stvaleguidesandrangers@gmail.com](mailto:1stvaleguidesandrangers@gmail.com)

Program and training – Clare Jones

[discom.upperhondda@gmail.com](mailto:discom.upperhondda@gmail.com)

Property adviser – Donna Jacka

[donnajacka@hotmail.co.uk](mailto:donnajacka@hotmail.co.uk)

PR adviser – Emily-Jo Davey

[pr.girlguidingcg@gmail.com](mailto:pr.girlguidingcg@gmail.com)

Queen's Guide Adviser – Sophie Gregory

[qga.girlguidingcg@gmail.com](mailto:qga.girlguidingcg@gmail.com)

Young leaders' adviser – Elli Bufton

[YLadviser.cynonvalley@outlook.com](mailto:YLadviser.cynonvalley@outlook.com)

