



November Newsletter 2020

Welcome to our new County Commissioner ~ Julie Thomas ~

Hi my name is Julie Thomas and it's both an honour and a privilege to be your County Commissioner. I thought I would give you some background information about myself - I am married to Dean and have 2 daughters Nadine and Anneka who are all involved in Guiding. I work full time as an Occupational Therapist - team leader on a Stroke Unit in Cwm Taf Morgannwg UHB.



I have been involved in Guiding since a Brownie and never looked back. Guiding has provided me with so many opportunities which I would never have experienced otherwise and I have made lifelong friends both near and far.

Guiding for me is about the Girl. I personally believe that Guiding and its ethos assists today's girl to grow and develop into tomorrow's woman. Also as our strap line states, "We Discover, We Grow". Even with all that is happening in the world around us, Guiding helps young people to discover more about themselves and their wider community and grow as an individual.

As someone said to me, "there is no I in team" - which I totally believe in. For Guiding to move forward and keep developing we need to work together and support each other. My new team of Assistant Commissioners are Donna Jacka- Porthcawl Division, Jayne Rogers- Garth Maelwg Division and Kelly Dixon - Pontypridd Division. BUT we cannot do it alone if you have a skill that would help us please let us know.

This is challenging times for us all in many different ways. But I consider Guiding has helped me during this time. It has provided opportunities to virtually meet up to do activities, have a chat or a moan with friends. It's difficult for us to get to know each other and meet up at present . But thanks to our virtual world I hope I will be able to get to know some of you and share the Guiding Spirit.



Safe Space training

Time is ticking on for everyone to complete their Safe Space level 1 and 2 plus level 3 for each unit. We really do appreciate the time you give to volunteer with Girlguiding. We know it's a big ask but **PLEASE** could you give up 25 minutes (maximum) for each level on e-learning? For those in charge of units you'll need to book on to do the face to face part of level 3 on zoom. Why not get together with others you know and book the same date for the face to face training?



A new leader recently booked on and after attending her words were, "It was really interesting. I thought it would be long and boring but it was far from it".

Dates for level 3 zoom training with Girlguiding Cymru

Friday 6th November, 1pm-4pm

Tuesday 10th November, 2pm-5pm

Thursday 12th November, 7pm-9.45pm

Sunday 15th November, 2pm-5pm

Monday 16th November, 6pm-9pm

How to book...

Click [HERE](#) to book on the Girlguiding Cymru website

Or you can email;

rachael.cluttonhaines@girlguidingcymru.org.uk

**Don't
delay...**



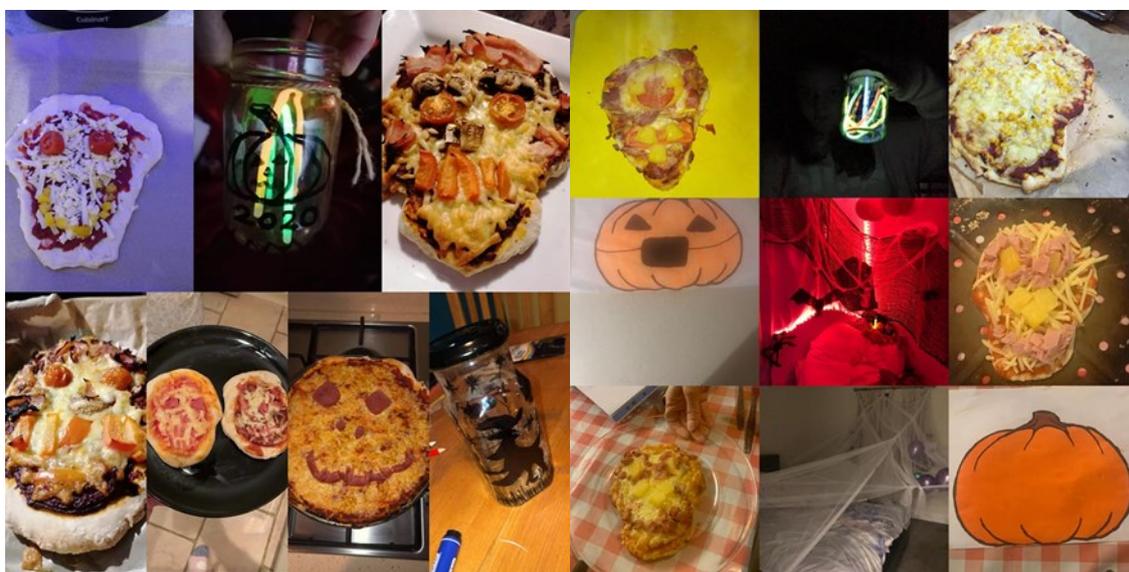
**book
today.**

What Guiding looks like in lockdown...

Cynon Valley Division

Day of the Dead

Cynon Valley Division Guide Units joined together over the half term for a night of activity with the theme of Day of the Dead. They made Monarch butterfly pegs, glow in the dark jars, skull shaped pizza for dinner followed by ice-cream and mars bar sauce. The girls also designed a pumpkin to put in their window as part of the pumpkin trail.



Division zooms

Garth Maelwg Rainbows have teamed up and have been enjoying zoom sessions together. They had a great time taking part in the Disney quiz and really enjoyed playing the Who am I game as well as competing in the alphabet challenge. Brownies have joined forces too, and have been busy on their zoom sessions. Last week was puppet making, the girls had a great time making sock puppets, giving them names and introducing them to the rest of the group!!

Garth Maelwg Division



Llongyfarchiadau

Well done to Sharon Rees Williams, who's a Guide Leader for 12th Aberdare Guides and a schoolteacher in Abercynon. She has received a prestigious award from the Credit Unions of Wales for her devoted



fundraising efforts in aid of children in Gambia. Whilst on holidays in The Gambia in February 2018, Sharon visited a school in Mansa Maru. On returning home she shared her experiences with the children in her class a Ysgol Gynradd Gymraeg Abercynon and from there her fund raising efforts started. Llongyfarchiadau mawr a da iawn wir!!



~ Awards ~



Congratulations

This year, there will sadly be no Annual Review. Julie and her team are so sorry that they won't be able to meet in person this year to present you with your Awards and celebrate all that Girlguiding Central Glamorgan has achieved along with the years service given to Guiding. The Awards are being sent out in the post by Caroline and there will be an online celebration of some sort before the end of this year to say thank you for all that you do for Girlguiding and to congratulate you. So keep a look out for that! If you would like to send Julie a photo of you with your Award that would be great, she would love to see them and be able to share them on our County Facebook page too.

Email: julie.girlguidingcgc@gmail.com

Remembrance Sunday

As we will not be able to get together this year to pay our respects on Remembrance Sunday, why not encourage your girls to wear uniform on Sunday the 11th and stand outside their front door and join together in a 2 minute silence at 11am.



Virtual Panto 2020

Panto Season is almost upon us...oh no it isn't I hear you say...well let me tell you! OH YES IT IS!!

With this amazing opportunity to join in with virtual Panto!

Don't miss out, join in the fun with your unit!

As we find ourselves in unexpected times, with our great festive tradition on hold and pantomimes cancelled. 'Blue Peter' legend Peter Duncan launches Panto Online!! A socially distanced pantomime complete with ingenious sets, fabulous costumes... and even a real beanstalk! The UK's first



pantomime filmed to be watched online by Guiding units and families over Christmas. So why not join in this tradition? We promise you boos, cheers, 'he's behind you', a sing-a-long song and all the classic panto antics that we love. Come and joins us we all need some laughter therapy.

Closing date 10th November to ensure we get the licences back in time for a virtual fun Christmas Tradition. Book today!!

More information from your Division Commissioner or you can check the County Facebook page too. The form you'll need is in the file section on there.

Limited edition Girlguiding Christmas Baubles for sale

A lovely ceramic Christmas tree ornament keepsake available with Girlguiding Central Glamorgan on it. Ideal gift for anyone in Guiding. Yours for only £4.50 + p&p. £1 from the sale of each bauble goes to Girlguiding Central Glamorgan. This is a time limited offer that ends on the 30th of November 2020. To place your order please email Crafty Cottage, they will inform you of payment details.

CraftyCottage19@hotmail.com



Postage 2nd class signed for

1 Bauble £2.50

2-5 Baubles £3

6-10 Baubles £4

11-15 Baubles £5

16+ Baubles £6

Stay up to date!

⇒ Facebook

Are you aware that we have our own county Facebook page? "Girlguiding Central Glamorgan" Here we update what's happening in the County, events and trainings. Send a request to join and be updated!



⇒ Girlguiding Cymru website

There's also lots of really useful information on the NEW Girlguiding Cymru website. Click [HERE](#) to take a look.



⇒ Girlguiding UK website

Why not have a look on the Girlguiding UK website too. There's loads of ideas on activities to do online with your girls and how to adapt Unit meeting activities too. It's well worth a look. Click [HERE](#) to visit their site.



Send us your news

This is your newsletter. Please send items in for us to share. If you'd like to send photos too that would be great! Central Glamorgan is a fantastic county so lets shout about it!!! Please send to:

newsletter.girlguidingcg@gmail.com