

May 2021

The past month has just flown and we are about to embark on a new month full of exciting opportunities. It was great to see so many of you join me in the Virtual Sleepover. I enjoyed taking part and being with you all (even if virtually). Thank you to everyone who made it happen - you are Stars!!

Thank you to those who took up my challenge to do a "Good Turn" or "Donate the Difference" towards the toilet block appeal. Your donation has made a huge difference.

Our first virtual training took place-First Response. This was a bit nerve racking for the team, but they pulled it off! Thank you to the team and to all who participated and gave up their time. The interaction and sharing of experiences and knowledge was great.

Gorwelion - Our Guiding Home- had its working weekend. What beautiful weather we had. Many thanks to everyone who helped. We are one step nearer to reopening the fields initially and having the place filled with fun and laughter once again.

As we move forward in this time of change, it excites me to think of our members getting back together face to face. Please ensure you are ready for this. We as a County team are here to support you!

As Fennel Hudson said " May, more than any other month of the year, wants us to feel most alive". So let's get our Guiding Mojo back!

Julie - julie.girlguidingcg@gmail.com

Virtual Sleepover Fun!!

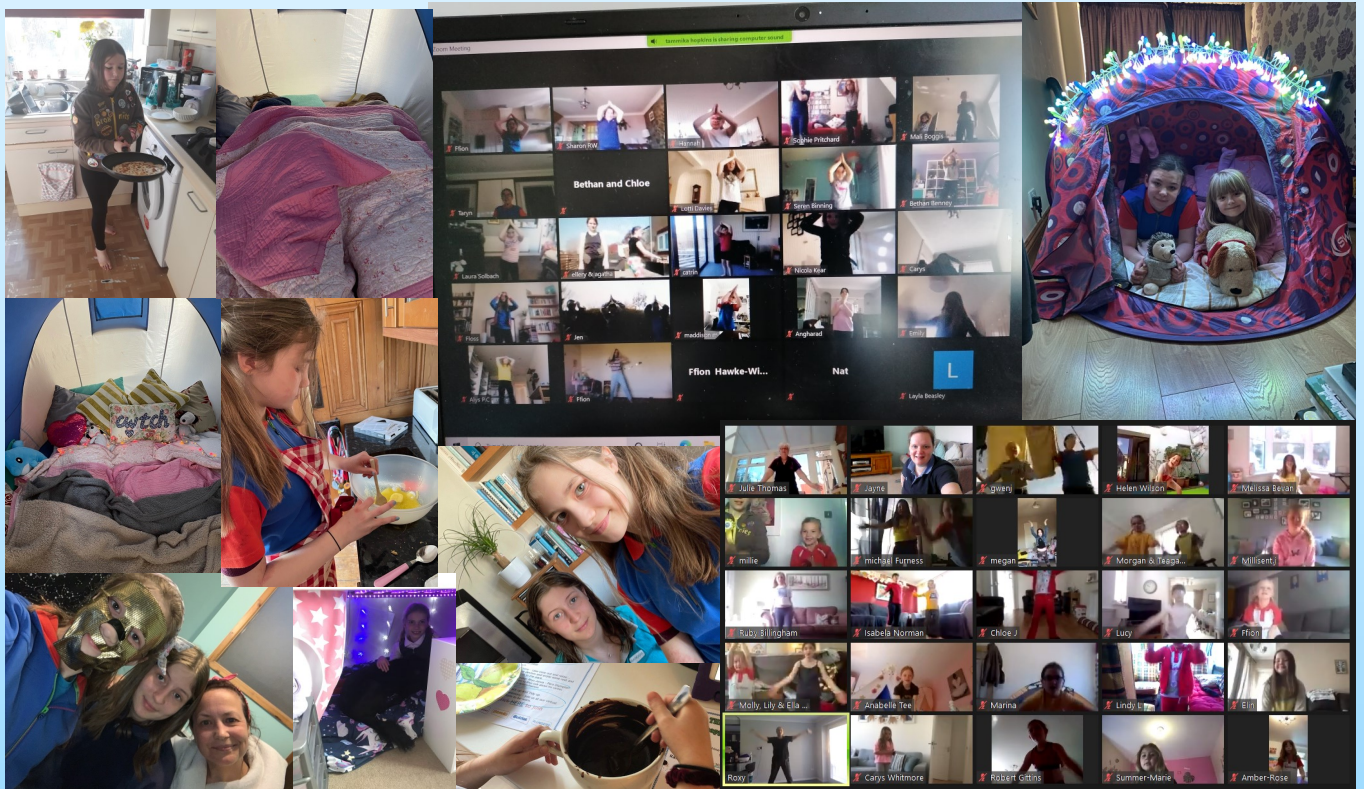
Fun was had by everyone who joined in with the virtual activities. From story time, to dance sessions, baking activities, having some 'me' time and meeting Gill Clay, Baden Powell's Granddaughter, who also joined in with the sleepover. It was fantastic to see so many girls and leaders get involved!!



Thank you for organising such a fun event. We had two Brownies, Rosie and Alice and their little brother, Freddie taking part. They really enjoyed all the activities!

~ Parent ~

~ Parent ~



~ Parent ~



YOur news!

Happy 30th Birthday

30th Birthday Fundraiser!

Bridgend Trefoil Guild celebrated it's 30th birthday on 10th April Lockdown style!!! To celebrate, members were challenged to raise £5 (or more) by any means to help fund the new roof of the toilet block in Gorwelion!!! How is that for a never-to-be forgotten birthday celebration?!!

Activities were varied and imaginative ranging from ringing bells 100 times, making Bara Brith and selling to family members at £1 a slice, to a husband doing a sponsored virtual cycle ride in his utility room!! Some members made donations and, whoopee!!!!, together we raised an amazing £200 towards the roof!

For imagination, enthusiasm and a 'let's have a go' attitude - as well as fun, friendship, support and opportunities to be as active as you wish - join the Trefoil Guild.

Bridgend Trefoil really got the birthday buzz and were delighted to support Gorwelion!

Garth Maelwg Brownies

Garth Maewlg Brownies enjoyed an online dance session led by Young Leader Gigi, to celebrate international Dance Day. Fun was had by all and the girls loved the activity and were able to perform the simple routine by the end of the session.

Steph Horsley



Awards



Silver Dragon Awards

There was a mistake in last months newsletter!!

Huge congratulations to Cerys Parker and Caryn Parker for their Silver Dragon Awards. Very well done and thank you for everything you have done for our County and all that you continue to do!

Well done to Julie Thomas who also received her Silver Dragon Award, a big surprise during her weekly Guide Zoom meeting. Thank you for all your hard work and for continuing to drive our County forward.



Chief Commissioner Award

Kim Helling was presented with her Chief Commissioner Award down at Gorwelion. Many congratulations, very well deserved, thank you for your commitment to Guiding and for going above and beyond.



Well done Nadine Thomas on your Chief Commissioner Award, thank you for all your hard work and dedication to Guiding.

Contact information

Communication is key to ensuring you all know who is able to help and support you in Guiding. Please see the list of emails below.

Division	Commissioners	Contact email
Cynon Valley	Nadine Thomas Gwenllian Rees-Williams	divcom.cynonvalley@gmail.com
Garth Maelwg	Jayne Rogers Laura Evans	divcom.garthmaelwg@gmail.com
Llantwit Fardre	Carolyn Jones Liz Short	divcom.llantwitfardre@gmail.com
Merthyr	Lesley Davies	merthyrtydfil.girlguidingcg@gmail.com
Pontypridd	Kelly Dixon	divcom.pontypridd@gmail.com
Porthcawl	Donna Jacka	donnajacka@hotmail.co.uk
Rhondda	Beth Hicks	divcom.rhondda@gmail.com
The Vale	Sharon Durber Hannah Palmer	divcom.thevale@gmail.com
Y Dderwen	Bethan Williams	divcom.ydderwen@gmail.com

Go Join Us	Sarah Lee	goandjoinus.girlguidingcg@gmail.com
PR	Emily- Jo Davey	pr.girlguidingcg@gmail.com
LQ Co-ordinators	Elaine Healey Sharon Lima Beth Hinks	elainealq.girlguidingcg@gmail.com sharonalq.girlguidingcg@gmail.com bethalq.girlguidingcg@gmail.com
First Response	Bethan Williams	Firstaid.girlguidingcg@gmail.com
Gorwelion	Anna Stevens	Gorwelion.girlguidingcg@gmail.com
Queens Guide	Elaine Healey	Queensguide.girlguidingcg@gmail.com
Awards	Carolyn Jones	Awards .girlguidingcg@gmail.com
Growth & Development	Kelly Dixon Emily-Jo Davey	Kelly.girlguidingcg@gmail.com pr.girlguidingcg@gmail.com
Sports Ed	Caryn Parker	sportsed.girlguidingcg@gmail.com
International	Kim Brown	international.girlguidingcg@gmail.co.uk
Newsletter	Jayne Rogers	newsletter.girlguidingcg@gmail.com
Website	Rhian Edwards	girlguidingcgwebsite@gmail.com

Julie Thomas	County Commissioner	Julie.girlguidingcg@gmail.com
Donna Jacka	Assistant County Commissioner	donnajacka@hotmail.co.uk
Jayne Rogers	Assistant County Commissioner	Divcom.garthmaelwg@gmail.com
Kelly Dixon	Assistant County Commissioner	Kelly.girlguidingcg@gmail.com
Lynfa Hull	Secretary	secretary.girlguidingcg@gmail.com
Anna Stephens	Treasurer	treasurer.girlguidingcg@gmail.com

County Vaccancies

Do you want to be involved in shaping Girlguiding Central Glamorgan? We are a new team and want to involve the whole County. We are friendly, approachable, supportive and a warm welcome will always be given. We are enthusiastic and keen to develop Guiding in our County.

We know Girlguiding Central Glamorgan has loads of hidden talent. The following Vacancies are open so come and join us:-

- ⇒ Outdoor Adviser - Camp
- ⇒ Outdoor Adviser - Indoors
 - ⇒ Peer Educators
 - ⇒ Rainbow Adviser
 - ⇒ Brownie Adviser
 - ⇒ Guide Adviser
 - ⇒ Ranger Adviser
 - ⇒ 18- 30 Adviser

Please contact Julie if you would like to know more about any of the roles above.

julie.girlguidingcg@gmail.com



Gorwelion



Gorwelion Working Weekend

23rd and 24th April

A very successful weekend !! We were able to work on both the house and the flat. We are ready to reopen the flat (self contained accommodation) see opposite .

On the fields and the woodland walk, we were able to complete the tiki hut and the cowshed has now retuned to a light airy space, due to some very hard work to remove all the ivy that covered the entire roof space.

Our Girlguiding volunteers and their families were able to help out.

Again , thanks to all the volunteers that made it on the weekend.

Gorwelion Flat

The flat can cater for 4 people -

Bedroom

One bedroom with two single beds (bedding is not provided - Mattress protector, sheets, duvets, sleeping bags, pillows will need to be brought with occupants)

Open plan lounge dining area and kitchen area

Sofa bed - Double bed size

(bedding is not provided - Mattress protector, sheets, duvets, sleeping bags, pillows will need to be brought with occupants)

Dining table with 4 chairs

Kitchen - Full equipped with electric cooker and microwave / large fridge freezer

Bathroom

Toilet / Shower and wash hand basin

£60 / night

Save the Date (Fingers crossed)

Gorwelion Fun Day

18th September 2021

Opening event for Gorwelion
Launch of Get Your Wellies on for
Gorwelion Challenge

Great News

*We have received two substantial donations
towards getting the fields opened for 2021*

We have received in total £7200.

**You know who you are and we thank you
from the bottom of our Guiding hearts**

Divisional Representatives

Merthyr—Caryn Parker

Cynon—Vacant

Pontypridd—Judith Matthews

Rhondda—Clare Jones

Llantwit Fardre—Kim Holt

Garth Maelwg—Vacant

Y Dderwen—Vacant

Porthcawl -Vacant

The Vale—Vacant

We need your Division represented
on the Committee

Email : chair.gorwelion@gmail.com

Singing Circle Singalong



Thursday May 20th 2021 at 8.00pm

Our County Commissioner's challenge to the County, is to find
a way to raise money for our wonderful home by the sea

~ Gorwelion ~



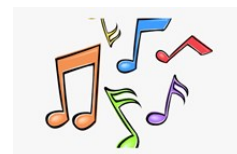
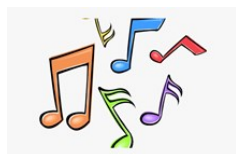
Join us for a singalong on zoom and donate to our worthy cause.

Email Annette on annettestoneham@yahoo.com for the link

Donate by BACS to Central Glamorgan Singing Circle (Thank you!)

Sort Code 20-12-25 Account number 80513180 Ref: Singalong

It will be lovely to see you there!!!

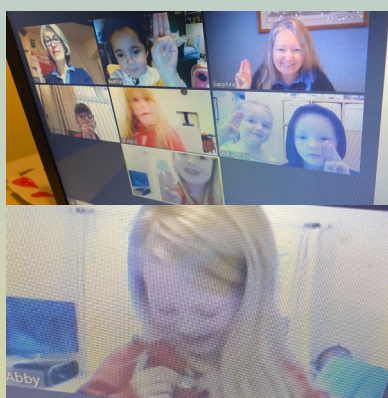


Each month we'll be visiting a different division...
this month Merthyr are in the spotlight!

The Vale

Rainbows from 1st Llantwit Major and 1st Cowbridge Rainbows joined forces after Christmas to hold zoom meetings. They have enjoyed playing lots of new virtual games, and they made colourful lanterns for Chinese New Year.

The Rainbows also learnt all about Fairtrade during 'fairtrade fortnight'.



It was very exciting last week as Abby (who was due to get enrolled as lockdown began last year) finally was enrolled virtually. Mum helped by pinning her badge on and she said her promise beautifully! Well done Abby! We are looking forward to getting back to face to face meetings when we can, but enjoying our weekly virtual meetings.



1st Llantwit Major met outdoors too for the first time!

We had 6 girls turn up for some planting. We planted pansies and some wildflower seeds in pots to decorate our outdoor area. We sang

some songs and by the time that was done it was home time! Was very nice to see all the girls back in uniform and big smiles on their faces.

The Vale

Llantwit Major

The Rainbows and Brownies of Llantwit Major are really looking forward to starting outdoor meetings at the beginning of May.

leaders have been busy getting the materials and activities planned and looking forward to welcoming new girls to our units.

We have reopened the Llantwit Major Guide Unit which sadly closed a few years ago. We have a huge number of 10/11 year olds who we don't want to lose from Guiding so myself and Anna are looking forward to that once we get our heads back into Brownies.

For me, lockdown has really made me realise how much I love being a part of Girlguiding. Just before lockdown a small group of us went to Broneirion for a training weekend and we really enjoyed it. We brought back loads of ideas for our units and then had hardly any time before our meetings sadly had to stop. I've really enjoyed getting back into the Guide Hut for risk assessments and getting all the maintenance sorted. I'm busy printing lots and lots of resources and images to decorate my notice board at the moment.

Ultimately I'm just counting down the days before we're able to meet again, and I just can't wait for us to be able to book our next fabulous Pack Holiday, and introduce a whole new bunch of girls to the fun.

~ Hannah Palmer-Division Commissioner ~

The Vale

Colwinston and Treoes

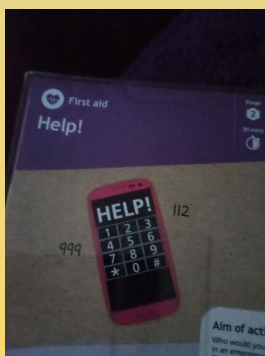
A joint RA for outdoor face to face meetings for the 1st Colwinston & 1st Treoes brownies has been approved which we are starting next week. We plan to do activities outside one of the meeting halls as we will have new brownies joining us and a visit to a cricket club.

In the meantime, we will be starting work on our face to face indoor risk assessments and when approved, we will be able to offer a blended guiding experience of Zoom, outdoor face to face and hopefully, indoor face to face meetings.

Over the last month, both units have recruited girls and we now have between us, 17 - 21 girls, dependent on activity, which is great news.

The 1st Colwinston brownies have also recruited, fingers crossed, a new adult volunteer who will be joining us in September. This means we will be able to take girls from the waiting list and invite them to our brownie meetings, so excited

We have had great fun in Zoom meetings, this week we continued work on our first aid Skills builder badge where the girls learnt how to call 999 and went through the questions they would be asked by the 999 call handler which was played by Brown Owl. We have done germ busting, made crafts, origami, St David's day activity and an Easter activity arranged by our Young Leader and made fajitas.



~ Sharon Durber-Division Commissioner ~

Leader's in training

Are you aware that the process to register a new leader in training has changed slightly? Hopefully over the coming months we can encourage more leaders to be involved, so here's the process.

Leader in charge of the unit where the individual volunteers to speak to Division Commissioner about registering them for ALQ.



Division Commissioner to contact ALQ co-ordinator.
There are a team of 3 covering different areas in the County.

Sharon Lima
Y Dderwen
Porthcawl
The Vale

Elaine Healy
Pontypridd
Cynon Valley
Merthyr

Beth Hinks
Garth Maelwg
Llantwit Fardre
Rhondda



ALQ co-ordinator to assign a mentor and notify the Division Commissioner

Division or Unit to purchase ALQ book



After completing, mentor to sign off the Award and pass on to Division Commissioner.



Division Commissioner to pass on to County verifiers.



County verifiers sign off the Award, order certificate/badge and hand the book and certificate/badge to Division Commissioner. County verifiers to contact ALQ co-ordinators to update GO.



Division Commissioner to arrange to present/give the Award to the individual Leader.

Who's who ~ALQ

There are 3 ALQ and mentor Co-ordinators in Central Glamorgan and they are responsible for different divisions.



Sharon Lima

Sharonalq.girlguidingcgc@gmail.com

Y Dderwen

Porthcawl

The Vale



Elaine Healy

Elainealq.girlguidingcgc@gmail.com

Pontypridd

Cynon Valley

Merthyr

Beth Hinks

bethalq@girlguidingcgc@gmail.com

Garth Maelwg

Llantwit Fardre

Rhondda

County verifiers

Sylvia Scarf: sylvia.scarf@btinternet.com
01443 226925

Dian Jones: dianjones1000@gmail.com
01656 660235

Becoming a mentor

We are on the look out for more mentors across the County so that we can support and encourage our future leaders.

Are you interested in knowing more?

Would you like to become an ALQ Mentor?

Could you support and guide leaders through their ALQ?

Are you friendly, approachable and patient?

Do you want to help others reach their potential?

Do you want to grow Guiding?

Want to share your Guiding knowledge with other volunteers? Why not become a mentor?

Guiding needs mentors to support other members through many different qualifications.

Who can become a mentor?

A mentor does not need to be a fountain of all knowledge - just a friendly face who has achieved a Girlguiding qualification and would like to help others do the same! If you're a leader you can support other leaders who need help to complete their leadership qualification. Could you help them by talking through how you achieved yours?

How much will it cost?

Being a mentor will cost you nothing except your time. Expenses will be paid at a local level for meetings and other visits, and for your training.

What training will I receive?

Our mentoring e-learning covers the skills and knowledge you'll need to become a mentor - including needs assessment, communication and relationship-building.

Your ALQ co-ordinators will be able to tell you what local training is available.

If you'd like to know more, or are interested in becoming a mentor in our County then please get in touch with either Sharon, Elaine or Beth for a chat.

Sharonalq.girlguidingcgc@gmail.com

Elainealq.girlguidingcgc@gmail.com

Bethalq.girlguidingcgc@gmail.com

You can also click [HERE](#) for more information on becoming a Mentor too!

Dates for the diary

First Response training-online

Monday 24th May and Wednesday 26th May 2021

Each session 19:00 to 21:00 hrs Via Zoom

The 1st Response Training is a 6 hour training that will be undertaken via Zoom.

There are now 3 parts that will need to be undertaken in order to complete the full training as follows:

Online 1st Response Training - this you need to complete yourself online before submitting the booking form and sending payment

Zoom session - 2 x 2 hour session on this occasion as outlined above

Face to face session to include CPR and initial assessment - 2 hour session (date TBC)

The course will be run at a unit cost of £5.00 per head which is a unit cost.

If you would like to book a place please email asap:

firstaid.girlguidingcgc@gmail.com



**Get your Guiding
mojo back!!**

**12th of June,
Gorwelion 10-4**

Book now via our website
www.girlguidingcentralglamorgan.co.uk/ourevents

**Limited places available at this
outdoor event, so don't miss out!!**

**Enjoy the activities, enjoy the
company and enjoy the view!**



**Risk Assessment
Online support session**

May 6th @ 7.30pm


**Would you benefit from chatting to leaders
who have completed risk assessments?
Would you like to ask any questions relating to
returning face to face?**

Do you have queries you'd like answered?

**Email: julie.girlguidingcgc@gmail.com
for the Zoom link**

This will be an informal session, please come along.

Leaders in training-support sessions



Leader in training online get together
20.5.21 @ 7.30pm
Do you need support?
Do you have questions?
Would you like to meet other Leaders in training?
Have you nearly finished but need help to complete your ALQ?

Meet the new team of ALQ co-ordinators and have a chat. Here are the details:
Join Zoom Meeting
<https://us04web.zoom.us/j/79164957160?pwd=UldhWXJ6cU5oeGtUTd0cHhIMzQxQT09>

Meeting ID: 791 6495 7160
Passcode: Ezm7JE



ALQ discussion sign off session
15.6.21 @ 7.30pm
Do you need to sign off discussion modules?
Do you have any questions?

We know it's been difficult to complete clauses of the ALQ over the past year. We are still here to support you! If you have discussion modules to sign off join this session.

Join Zoom Meeting
<https://us04web.zoom.us/j/72902223890?pwd=NVPiRTZaYnNBbIRhdXRaZHZzMjJidz09>

Meeting ID: 729 0222 3890
Passcode: cXew9Y

Online sessions

- ⇒ Girlguiding Cymru are offering Safe Space level 3, as well as Account training that are on Zoom, please click [HERE](#) to book.
- ⇒ There are also a huge number of really useful webinars you can sign up to by logging on to GO and going to the Learning Opportunities tab at the top of the page. There are trainings on how to complete risk assessments before returning to face to face Guiding, games and programme ideas ensuring that social distancing is maintained and much more!! Have a look below at how to access these.

Online Webinar training

Did you know you can join lots of different webinars, covering a variety of topics from Risk Assessment to activity ideas and loads more. GO can sometimes be difficult to navigate, so if you're not sure how to access these really useful sessions and would like help booking on, you can take a look at our Webinars Help File. This help file will talk you through the sign-up process, checking the software and how to join the webinar on the day. Click [HERE](#) to go to the document.

Latest Covid Guidance

FACE-TO-FACE GUIDING INDOORS-Updated 04/05/2021

As of Monday, 3rd May 2021 organised activities for children and young people aged 18 and under are now allowed indoors. We know many of you are looking forward to seeing your girls again and to get back to some normality! We understand not everyone can do this and at present we are encouraging a blended approach. Some may want to mix outdoors, indoors and virtual guiding over the summer period.

IMPORTANT INFORMATION

The rules about social distancing for children aged under 11 outside their household or extended household have been relaxed.

Guides, Rangers & volunteers are required to socially distance and wear a face covering indoors.

There is no limit to the number of girls and volunteers but for girls 11 and over social distancing does apply so your meeting space will need to comply.

Rainbows and Brownies - no restrictions on numbers and social distancing has been relaxed. Please note volunteers will still need to be mindful and stay 2 metres (3 steps) away from others. We understand there may be circumstances and activities that may require you to be close to your girls.

Guides and Rangers - no restrictions on numbers but your indoor space will need to accommodate social distancing 2 meter rule.

Some things you MUST do: Click [HERE](#) to read all the latest guidance.

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 let's shout about it!!! Please send to the email address below by May the 28th.

newsletter.girlguidingcgc@gmail.com