

August/September 2014

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It is important to note the differing structures
of UK Scouting in England, Wales, Scotland and
Northern Ireland. However, for ease of reading this
supplement refers to all variations of 'County'-level
groupings simply as County.

You can read Scouting magazine and
Get Active! online at scouts.org.uk/magazine.



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Welcome

Bridging the generations

Scouting continues to evolve with the times, but its
fundamentals remain the same. It's about fun, adventure
and helping young people be the best they can be, and it's
been this way since it began. This issue is all about how
Scouting connects different generations.

While it's exciting to think of all the adventures
ahead, it's sometimes important to take a moment and
look back, connect with our history and remember
those who played an important role in our lives.

My dad was a major influence when I was younger;
he got me to try new things and encouraged me to
have dreams. It's crucial to have role models.

Eddie, an inspirational leader from Bermondsey,
has been a role model to his Scouts for decades, and
is passing on his years of wisdom to young Sam.

Read their story on **page 22**.

Young Scouts provide a unique – and
sometimes hilarious – take on their own
role models on **page 42**, which has to
be seen to be believed!

There's an incredible family on
page 48 who have been enjoying
the adventure through four
generations. It's fantastic to hear
stories of how Scouting can bring
generations together.

As we mark the First World
War's centenary this year,
we reflect on Scouting's
contribution during those
years. Turn to **page 28** and
prepare to be inspired by
some truly heroic stories.

I'm super-excited about
the years ahead and I know
our members will do great
things. If these pages don't
inspire you to have dreams
of your own, nothing will...

Bear Grylls

Bear Grylls
Chief Scout

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exclusive
extras at
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Scouting

WANTS YOU!



Every issue we ask three readers to share their thoughts on the subjects we cover. If you fancy joining our reader panel for an issue, email scouting.magazine@scouts.org.uk to sign up. And keep an eye out for our handy reader panel stamp throughout the magazine.

We asked our readers... What Scouting advice would you give to your younger self?



Samuel Ebdon,
Assistant Beaver Scout Leader, 21st Walthamstow

'I'd tell myself to take every opportunity that Scouting offers. If you have the chance

to take a lead in a Gang show sketch, to try an extreme sport or do an international expedition – take it. I was often not keen to jump into the unknown as a youth member, so missed out on activities I now wish I'd done.'



Lyndsey Johnston,
Beaver Scout Leader, 1st Culbokie (14th Ross and Sutherland)

'Give everything a go, don't let a challenge pass you by. No-one

knows everything about a new opportunity, but that doesn't mean you can't learn! Scouting has given me friends for life, chances to make a difference and the best repertoire of silly songs with actions.'



David Hind, ACSL,
10th Dumfriesshire

'My advice would be to enjoy yourself and take every opportunity to expand your knowledge.

Encourage non-members to experience what we have to offer. Also, stick with it as there may be times when you will become frustrated. Talk to other leaders who may have had a similar experience.'

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Discover new features with Blipper, which unlocks even more extras in this mag via your Smartphone. Download Blipper to your phone, then whenever you see this icon, point your phone's camera at the page and watch what happens on your screen!

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Outwards, upwards and forwards

Chief Commissioner **Wayne Bulpitt** updates us on plans to grow and streamline the Movement

The feedback on Scouting for All, our 2014–18 strategy, has been amazing at all levels both within the Movement and externally. In this issue you can find a pull-out supplement providing extra information outlining what each of us can do.

For me, our continued success is important for the very simple fact that we know Scouting changes the lives of young people and communities. So it's vital to ensure that we make Scouting available to everybody who wishes to benefit from it – especially those who don't yet know what they're missing. We've had an amazing 10 years in which we have added over 100,000 new members; however, in some areas we wish to make greater strides more quickly, something I have previously referred to as making 'step changes'.

The creation of the role of UK Youth Commissioner is one such example. It makes a very strong statement of our commitment to be 'youth shaped in partnership with adults'. The UK Youth Commissioner will work closely with me, the Chief Executive and the Chairman to achieve our ambitions and to ensure that matters important to young people are at the core of all of our decisions and actions.

We've had a phenomenal response and it is great to have had so many applications for the role.

As you will see from the booklet, we



'We're conscious that it's the small things that make an immediate impact'

are continuing to work on a number of other 'step change' actions as well as being in some embryonic stages of other plans. Above all else, however, we are conscious that it is the small things that make an immediate impact in the ability to deliver good local Scouting, and our commitment to continue to improve these remains in our minds.

I hope you've been enjoying the summer. Remember to keep the 'out' in Scouting as you plan your winter programmes too.

IN THE DIARY

Here's where Wayne will be in the coming weeks...

August

- 4** Chamboree Camp
- 5** Wings 2014 Camp
- 10** Norjam Camp
- 11–15** World Scout Conference, Slovenia

September

- 5–8** Gilwell Reunion

ASK WAYNE

Wayne can answer your queries at escouts.org.uk/forum (click on Forum, then Question Time).

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RNIB

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RNIB Read

August/September 2014

upfront

The latest Scouting news and events



MAKING OUR MARK

Scout Community Week 2014 has been improving life across Britain

This year's Scout Community Week saw over 3,000 Scout Groups from across the UK step up and make a


difference in their local areas. Activities ranged from planting new community gardens and assisting at care homes to handing out jokes to passers-by, just to brighten up their day: 'It was great fun to make people laugh as we gave out jokes in the High Street,' said Cub Scout Dillon, from 7th Orphington Cubs.


Scout Groups everywhere got stuck in to make an impact in their communities. 74th Belfast (RBAI) collected food and clothes for local charity Storehouse Belfast to help reduce food poverty locally.


All sections from 32nd Greenock and District Scout Group (West Region, Scotland) worked alongside Wellington Allotments in Greenock on a five-night allotment project.


The entire UK was buzzing.


 **@riddlesdenscout** We Raised £104 for **@SRManorlands** at Keighley gala today **#SCW2014**.

 **Sandra Nichols** 3rd Hatfield Air Scouts collected for the local food bank – we had a great response from local residents who we leafleted.


 **@Belmontscouts** Excellent feedback from the Parish Council for our help at Belmont Scrambles as part of **#SCW2014**. Well done everyone!


 **Martin Clay** You are amazing, 24th Rotherham (Wickersley) Scouts. We are really proud of the effort you are all putting in for **#SCW2014**.

 **@Berkshireccouts** Scouts from 1st Langley spent **#SCW2014** cleaning local war graves. Huge respect for your careful efforts.

 **@abdulmukith** Great work by 8th East London Scout Group! Next year's SCW is going to be bigger & better than ever, & will aim to make a real impact on communities across the UK.



 **25th Beech Hill ISB Scout Group** 25th Beech Hill in Luton helped design and renovate a garden at Downside Preschool Nursery.

 **@WayneBulpitt** Helping others has been in our DNA forever, & is why **#SCW2014** is a great way to celebrate the double benefit.

REUNION 2014



5-7 September, Gilwell Park, Chingford

Get involved: learn new skills

Get inspired: new activities and programme ideas

Get together: with friends both old and new

It won't be the same without you!

**Book
now**



NEWS IN BRIEF



THE AWARD GOES TO...

There's a new way to say thank you to our amazing volunteers: the Commissioner's Commendation Award. It can be used by Counties, Areas, Islands and Regions (in Scotland) to recognise exceptional members and supporters of Scouting. There are no criteria for the award; it can be used to acknowledge and celebrate the fantastic work of volunteers who have gone that extra mile.

The award itself is illustrated by a purple knot to clearly establish it as part of our family of awards. Certificates, cloth emblems and brooches are available from Scout Shops and a template certificate is available to Commissioners at scouts.org.uk/brand.

Richard Butler, Chairman of the Awards Board, comments: 'I am delighted to see this award being introduced across the UK. Saying thank you to our members is an important part of a Commissioner's role and this award gives local Commissioners the tools to do that.'

UNIFORM DEVELOPMENT

The Operations Committee recently discussed the establishment of a Uniform Advisory Group to consider any matters relating to uniform. A draft Committee paper considering the make-up of the group has recently been discussed and further work will be done ahead of submission to a future Operations Committee.



Reunion 2014

Now in its 88th year and taking place from 5-7 September at Gilwell Park, Reunion 2014 is shaping up to be huge. Whether you're new to Scouting, a regular 'Reunioner' or anything in between, there's something for everyone at this year's fun-filled event. The Reunion timetable is packed full of activities, workshops, brilliant live entertainment, practical skills and more.

Event highlights include Friday night's ceilidh, kicking off our Commonwealth Games-themed weekend. You'll get the chance to meet UK Chief Commissioner Wayne Bulpitt and his leadership team at

Saturday's drinks reception and there will be time to relax with old friends and new.

The annual campfire will take place on Saturday evening and then Reunion will rewind back to the '80s with DJ Nev and live music from The Beavers. We're also delighted to confirm that for this year's Reunion we'll be joined by Chief Scout Bear Grylls, who will be dropping in over the weekend to meet, greet and mingle with attendees.

To book and find out more about Reunion 2014 visit scouts.org.uk/reunion – it won't be the same without you.

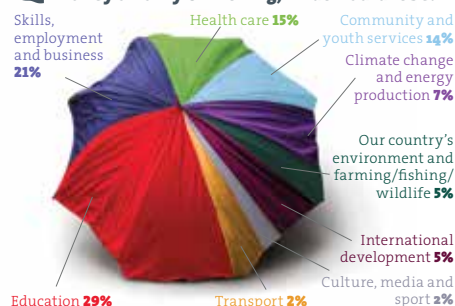
BE... BETTER

The Be... Initiative revealed how young people think we should deliver on the Vision 2018. The research, conducted with thousands of 12 to 25 year-olds, helped shape our Strategic Plan, and we're now putting these plans into action.

Following their feedback, we will now create a National Scout Youth Council – a space for the views of young people locally to be discussed nationally. A UK Youth Commissioner, who will be on the same level as the Chief Commissioner, Chief Executive and Chair of the Trustee Board, will also help lead the way in Scouting. Covering other strands of the Strategic Plan, including inclusivity, growth and community impact, we will look to develop partnerships with other charities including Stonewall,

Scope, Mermaids and the Gender Trust. We will deliver community, adventure and international events for Network members and create a test campaign in partnership with young people to produce messages that appeal to non-Scouts. Read the entire report at scouts.org.uk/2018resources.

Q If you were Prime Minister and could spend money on only ONE thing, what would it be?



THE YEAR OF ADVENTURE

We love hosting group visits, so whether it's for an action packed experience of a lifetime, an inspirational trip or just an excuse for a bit of fun, we'd really like to help you celebrate The Year of Adventure.

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NEWS IN BRIEF



Blipp here to watch our film for this year's London Pride.



JOIN THE 1957 REUNION – LAST CALL

This year marks 57 years since the 1957 Jamboree Indaba Moot at Sutton Coldfield, Birmingham. A reunion event is being organised at Gilwell Park on the Saturday of Gilwell Reunion (6 September 2014), with talks, a buffet lunch and a gala dinner. If you'd be interested in attending this event, please email Dave Andrews at andrews12@btinternet.com, call 01553 672903 or write to him at The Den, Nursery Lane, South Wootton, King's Lynn, Norfolk PE30 3NB, as soon as possible. Separate booking will be required for Gilwell Reunion.



DOWNLOAD FREE NIGHTS AWAY KIT LISTS

Kit lists for your Nights Away and expeditions are now available online at scouts.org.uk/kit-list. As well as a comprehensive list of specially selected equipment, there's space for you add your own items. All items on the list are available from scouts.org.uk/shop.

NEXT ISSUE

Look out for your copy of the Programme, Training and Events Guide 2015!

SCOUT AND PROUD

Over 80 representatives from Scouting attended this year's Pride in London, promoting that Scouting is open to all.

At our sixth year at the event, we invited young people aged 16 to 18 to join adult volunteers and staff members, participating in the parade through central London.

Members all over the UK were tweeting about the event, including @LutnerGarry who tweeted 'I'm proud to be a Scout and proud to support diversity.' Check out photos of the event on our Facebook

page, and our new LGBT guidance in the member resources area at scouts.org.uk/diversity.



Sir Ian McKellen celebrated Pride with Scouting members

A hundred stories

A new book, launching in September, charts the history of Scouting in 100 objects. From a Scout lifeboat to the badge that was taken to the Moon, these objects bring the amazing story of Scouting to life.

'I'm so proud to introduce this really special project,' says Chief Scout Bear Grylls. 'Each item has an incredible story to tell. And together they tell the story of a Movement that has changed the world.'

Many of the objects are taken from the UK Archive at Gilwell Park and will be seen in public for the first time. A History of Scouting in 100 Objects is available from scouts.org.uk/shop in September. Watch the video at scouts.org.uk/100objects.

Object number 27: Model of the Rolls-Royce 'Jam Roll' given to Robert Baden-Powell in 1929 at the 3rd World Scout Jamboree in Birkenhead





SCAREFEST

1-2 NOVEMBER 2014

WHAT

New for 2014 a spooktacular event at the home of Scouting. Featuring a horror maze, amazing entertainment, firework and laser show and white-knuckle activities including 3G swing and Jacob's ladder.

WHERE

Gilwell Park Scout Activity Centre
Chingford, London, E4 7QW


WHO

Scouts, Explorer Scouts, Guides and
Rangers/Senior Section (under 18)

HOW MUCH

£26 young people
£14 leaders/helpers

For bookings and more information
email scarefest@scouts.org.uk.

 /scarefest

 @ScarefestUK



housekeeping

The latest on our membership system and Print Centre

COMPASS CHANGEOVER



The transition to using Compass has begun!

This month, the current membership system is being switched off and gradually all members will start using our brand new system, Compass, for storing all adult, youth and parent information, as well as performing Scouting administration tasks.

Over the next few months, all members in admin-focused roles will start using Compass to perform everyday tasks, and then all members will start using Compass based on when their County, Area or Region has chosen to start. If you fulfil one of the following roles, you will have access

during August/September, irrespective of when your County/Area/Region moves over:

- Appointment secretaries
- Secretaries
- Administrators
- Compass Champions
- County/Regional/Area Commissioners
- All training roles
- District Commissioners
- County/Area/Regional (Scotland) Commissioners
- Network and Explorer Commissioners

Group and Section Leaders who already maintain used data in the current system will also get early access during August and September.

To find out what month your County/Area/Region will move to using Compass visit scouts.org.uk/compass.

Update your details

If you are moving to Compass later in the year, but need to update your details, contact your District Commissioner or District Appointment Secretary beforehand and they will be able to advise you.

Inspiring better communications

There are plenty of resources to help you promote the fun, adventure and positive impact of Scouting available at scouts.org.uk/brand. Here are some recent additions:

• How to have a great sleepover by Noah

A fun introduction to Beaver Scout sleepovers to show to parents and young people, entirely produced and narrated by Noah, a six-year-old Beaver Scout. Download from the Multimedia/ video section of scouts.org.uk/brand.

• Facebook banners

Create your own infographic and other banners suitable for posting on Facebook on the Scout Print Centre.

• World Scout Family infographic

We've created a new poster that allows you to show your own Group numbers, along with your District, County and UK numbers. Why not use it as a way to track your own growth targets? Find it on the Scout Print Centre.

Log into the Scout Print centre at scouts.org.uk/brand using your normal username and password.

Click on the green Print Centre button in the bottom left hand corner. We've made several improvements to the interface to make it easier for you to create your own posters, flyers, banners and other materials. Let us know what you think (and send any other suggestions) at communications@scouts.org.uk.



SHORT-TERM INVESTMENT SERVICES

April 2014

0.020%

0.520%

Interest at the higher rate applies to deposits of £5,000 and above. Contact Frances on 020 8433 7252 (Monday–Friday, 9am–3pm) for further information.

⚡ UPDATES

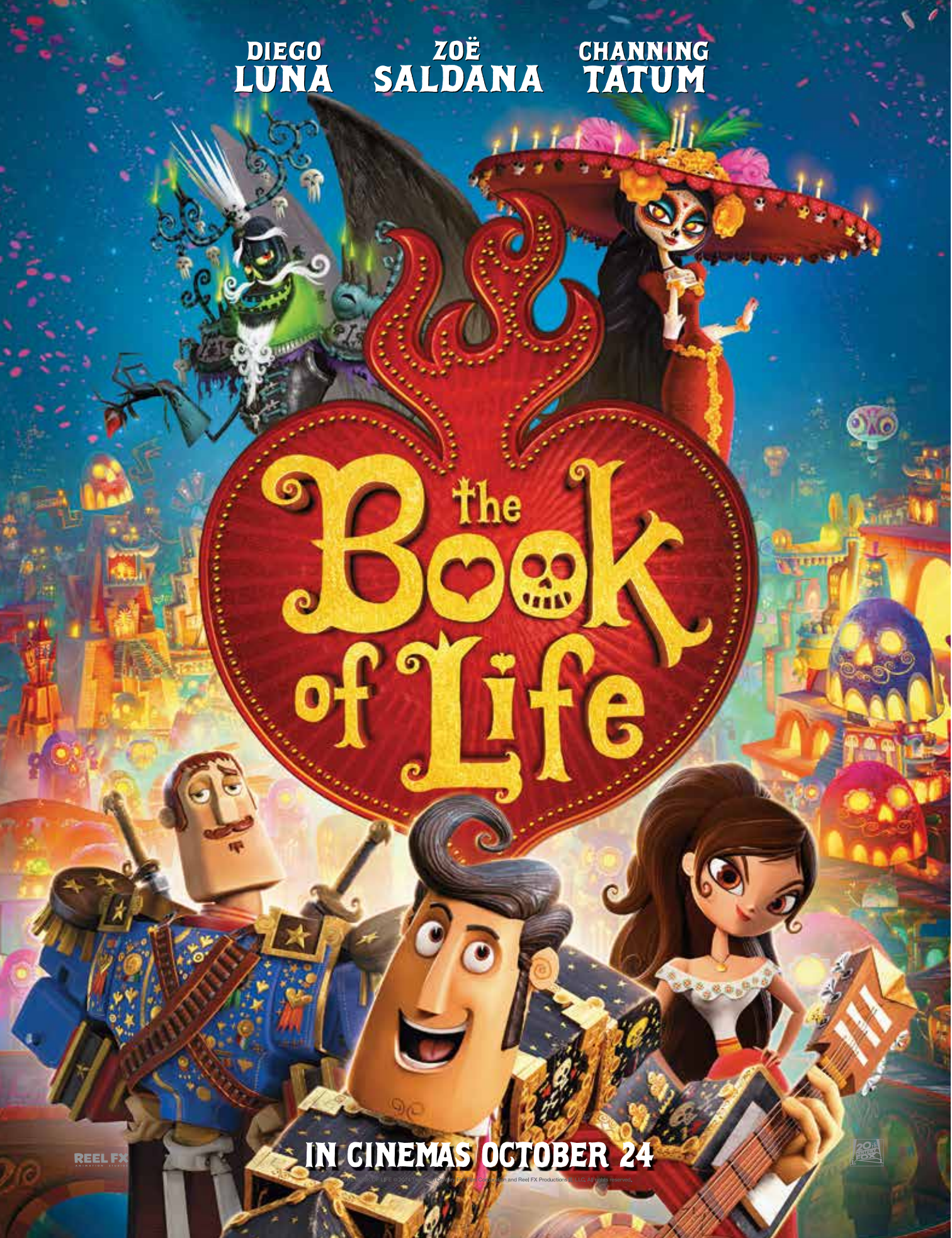
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The Book of Life

IN CINEMAS OCTOBER 24

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ANIMATION



what's on

Dates for your diary this autumn

September



5–7 SEP

Reunion 2014

It's Reunion time at Gilwell Park! Join 2,000 other volunteers for a jam-packed weekend with lots to do, including adventurous activities and workshops, scouts.org.uk/reunion.

12–14 SEP

Intense

An action-packed weekend at Woodhouse Park for Network and senior section guides over 18 years old, Intense is back – and bigger and better than ever – for its 10th anniversary. For info email info@intense.uk.net.



13 SEP

The Scout Association AGM

Keep up to date with Scouting developments by attending this year's AGM at Baden-Powell House, London. The AGM at 11am will be followed by a Scouts Council Conference.

13–14 SEP

Northern Ireland Heritage Open Days

Over 400 heritage attractions open their doors to the public for free this weekend, with special events encouraging visitors and young people to experience Northern Ireland's cultural history and its place within Europe. <http://tinyurl.com/ovgtgty>.

18 SEP

Scotland's Referendum

Scotland makes history today by voting whether or not to gain independence from the UK. And this time 16 and 17-year-olds get to have their say too! To find out more, pay a visit to scotreferendum.com.



October



1–31 OCT

Black History Month

'I have a dream that my children will one day... not be judged by the colour of their skin, but by the content of their character,' (Martin Luther King, 1963). Celebrate our diversity with a calendar of events at blackhistorymonth.org.uk.

11 OCT

Bushcraft Trainer Training

Learn how to train young people in bushcraft at this two-day course at Ferny Crofts Scout Activity Centre. Email fernycrofts.sac@scouts.org.uk.

18–19 OCT

JOTA/JOTI

Jamboree On The Air and Jamboree On The Internet are a fantastic chance for sections to meet online or through amateur radio. Each year, Scouts across the globe take part. To sign up, email jota@scouts.org.uk or joti@scouts.org.uk.

1–2 NOV

Prepare to scare! New for 2014 this spooktacular weekend for Scouts and Explorers at Gilwell Park features a horror maze, entertainment, fireworks and laser show and white-knuckle activities. Email scarefest@scouts.org.uk.



Further ahead

Political party conferences

September and October

The annual season of political party conferences is coming up soon, during which young people will have a chance to air their views with representatives from the major political parties. Get your Scouts involved. Visit theyworkforyou.com.

Bonfire Night

5 November

Get out and celebrate this year's fireworks, perhaps build a Scouting campfire together – but remember to stay safe. Visit scoutinsurance.co.uk for advice and guidance.

First Aid REC

5 December

A two-day Rescue Emergency Care Level 2 course at Yr Hafod Scout Activity Centre, designed for people who use the outdoors for pleasure and instruction. Email yrhafod.sac@scouts.org.uk.



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Ref: 104317

RRP £45.00 **£40.00 each**



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Available in both men's and ladies styles, the Alto fits snugly around the foot giving excellent stability and cushioning for trekking. Ideal for low terrain walking, this shoe is also fully waterproof featuring an aggressive sole pattern for superb grip.

Men's colour: Smokey Brown/ Taupe/Chartreuse

Size (UK): 7 - 13

Ref: 105826

Ladies colour: Desert/Salmon

Size (UK): 4 - 7

Ref: 105827

RRP £45.00 **£39.00 each**



Craghoppers Reaction Lite Waterproof Jacket

Lightweight and breathable waterproof jacket ideal for trekking. Available in both men's and ladies styles featuring reflective detail and adjustable hood. Can be packed away in it's own pocket.

Men's colour: Kryptonite Green

Size: S - XXL

Ref: 105699

Ladies colour: Laguna Blue

Size: 10 - 18

Ref: 105703

RRP £70.00 **£50.00 each**



i.Scout Wicking T-shirt

Ideal to wear on those long summer treks, this wicking T-shirt is suitable for both men's and ladies fit.

Featuring a neoteric textured fabric, this T-shirt will help you stay dry, cool and comfortable whilst active.

Colour: Purple/White, Black/Orange

Size: S - XXL

Ref: 105024

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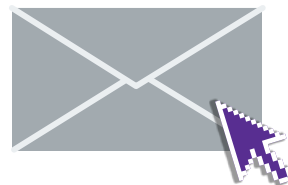


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August/September 2014

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Point Blippa here to see loads more of your wonderful photos.



PHOTO OF THE MOMENT The Force is strong with them

We held a joint Beaver and Cub Star Wars-themed camp at our local Scout Camp Site, Horley (North Oxfordshire). Here they all are getting into the spirit of the camp! The Cubs built this climbing frame in awful rain but this didn't dampen their spirits, and they were rewarded by glorious sunshine that afternoon.

Claire McBride, Beaver Scout Leader, 1st Bodicote Beavers

SCOUTING FAMILY

My husband Andy and I are both leaders at 1st Horton Kirby, and our four children are each in a different section there. Peroni (6) is in Beavers, Corona (9) is in Cubs, Calder (11) in



Scouts and Millar (14) in Explorers. I wondered if there are many families who have children across all sections? **Kathryn Grant, Beaver Scout Leader, 1st Horton Kirby**

Editor's note: Great to see! Read about another Scouting family on page 48.



@merseysidenetwk: 'In matters of style, swim with the current; in matters of principle, stand like a rock' Thomas Jefferson **#QOTD**



@soljam2015:
#selfie at no.10 Downing St with unit mascot Bertie :-D **#japan2015**



Simon Parr: The highlight of Our Scout Community Week was when a train came through. The Cubs flocked to the fence (which they had just painted) and like a scene from The Railway Children started to cheer and wave their neckers. We used 63 litres of paint along 500 feet of fence, and 250 young people got involved.



25th Beech Hill ISB Scout Group: 25th Beech Hill in Luton helped design and renovate garden at Downside Preschool Nursery.

A FOSSIL FIRST

This is six-year-old Thomas Prosser, from 24th Abingdon Beavers, who was the first in the country to be awarded the Collectors Badge. The badge was launched on 1 April this year, and it was on that day that Thomas fulfilled its requirements. He has a collection of fossils and spoke to his fellow Beavers about the Ichthyosaurus skull fragment and an ammonite shell which both form part of his collection.

Helen, 24th Abingdon Beavers



OVERHEARD

The funny things Scouts say

Scout: 'Can we put petrol on the fire?'

Beaver: 'Why is your name Baloo? Can you sing and dance like the cartoon?'

Cub, speaking to firefighter: 'What's the coldest fire you've ever had?'

Explorer, after licking a 6v battery: 'Oh, that tastes really weird'

Asking Cubs:
Who founded the Scouts?

'Yes I know, it's what's his name, that guy... I know it, I know it, it's, it's... Golden Retriever!'

'Lord Bacon Owl'.

'Robert Austin-Powers'.

Tweet us using
#overheardscouts, get in touch via Facebook or email to tell us what you've overheard.

f Adam Gwatkin: We did zombie survival camp last weekend. The leaders spent the whole weekend pretending to be scientists that understood the zombie virus and taught the young people how to survive post-apocalypse. I think we got more involved than they did!



f Carmel Gummett-Kemp: Don't let university students miss out on Scouting. My Beavers have enjoyed having many student Scout leaders over the years. We are a flexible organisation, and there is always room for another leader, but there will be times (exams, dissertations, work placements, vacations) when our students are not available. That's OK. We love it when they can be with us and carry on when they cannot.

t @worchester_scout: Been exploring Ireland on horseback today **#iscout #havingfun**

KNOTS AND LASHINGS



PROJECT A-FRAME SHELTER



FIRELIGHTING TIPS AND TRICKS



STAR LETTER

A Scouting quilt for a Scouting family

Our family has been Scouting for three generations over 65 years. My grandson, Joseph, is carrying on the tradition as a Cub at 1st Charlbury in West Oxfordshire, where my son is Akela. I've made this quilt for Joseph to commemorate his enthusiasm for Scouting and the tradition he is carrying on. Despite being dispersed far and wide, our family ties remain strong, and in the spirit of Scouting we support each other with running camps and other activities for young people. I am proud of them all. **Yvonne Goodwin**



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INSPIRING ADVENTURES EVERY SUMMER SINCE **1974**

**REAL TROOPERS
16TH BERMONDSEY**

The leader: Eddie, 70-something

Role: Group Scout Leader

Scouting style: Full-on, loud,
funny, enthusiastic.

The apprentice: Sam, 24

Role: Soon-to-be Scout Leader

Scouting style: Laid-back, quiet, chilled.



PASSING THE TORCH

What happens when older volunteers hang up their neckers and hand over to younger members? One Group shows how it's planning succession for the next generation...

WORDS LEE GRIFFITHS



Eddie still has bags of energy and enthusiasm and loves his role, but plans to slow down a little

Eddie doesn't sit still for a second. As he's talking to me, he's building a campfire and then stoking the embers in preparation for cooking with the Scouts. Between anecdotes Eddie disappears to chat and lend a hand to the Scouts and leaders as they arrive at their HQ in Bermondsey, London for their regular Friday-night meet-up.

Eddie, who is '70-something', is GSL of 16th Bermondsey and has the energy of a dozen Cubs at camp – enthused, excited and clearly loving every minute of his Scouting. Despite his passion for the adventure though, Eddie's promised himself that he's going to slow down, take a backseat with 16th Bermondsey and eventually pass on the torch.

'I've been Scouting with 16th Bermondsey for about 30 years,' says Eddie. 'I can't do this forever.'

Sam is next in line as Scout Leader

and couldn't be more different from Eddie. Laid-back and taking everything in his stride, Sam radiates calm. The frenetic buzz of a Friday-night Scout Group doesn't seem to faze him, but then, he's used to this environment. 'I've been with the 16th since I was six,' says Sam. 'I've done a lot of youth work and I'm now a teaching assistant and work with young people with autism.'

This is Sam's domain – working with young people and helping them be the best that they can be.

Sam has always been close to his family and grew up mentoring many of his cousins and looking after them. 'It's just something I've always done and I wanted to take this experience to the wider community.'

It's easy to see why Eddie regards Sam as a more-than-worthy successor.

Community hero

'The general pattern in Scouts, at

'It's always sad when a leader moves on, especially if they've had a pivotal role. Succession planning is vital. Having a parents' rota is a good idea: an extra pair of hands is always great but you also get to see if that adult has potential as a leader.'

Lyndsey Johnston,
Beaver Scout Leader



least here, is that leaders are around for about three to four years and then they move on,' explains Eddie. 'It's just mobility – work, housing, university etc – people move away. But now, what with tuition fees, not all young people are going to university and Scout Groups can benefit from that. Sam isn't going to university: he's working locally.'

16th Bermondsey is lucky to have a community hero like Sam; a leader who is passionate about



The young people relate to Sam and respond well to his laid-back, fun presence

‘Eddie has been guiding me since I turned 18’

SAM, GROUP SCOUT LEADER

helping young people and who will be around to help them from Beaver age to Explorers and beyond. And of course, Sam has been lucky to have had a great role model in Eddie.

‘Eddie has been guiding me since I turned 18,’ says Sam. ‘He’s encouraged me to do more with the Group, letting me take the lead when he’s not there and run the evening myself; making sure everyone is getting the most out of it. He has gradually encouraged me to be more involved in shaping the Programme.’

Succession planning

‘We had a chat about the hand-over process and the first thought was for me to just leave and hand it all

over but it’s been more of a gradual thing,’ says Eddie.

‘There’s a lot for Sam to take on.’

Giles, AGSL, has watched the passing of the torch gradually unfold. ‘The transition has been going on for a while. I think that Sam probably underestimated the amount of planning involved in the role. There’s a lot of behind-the-scenes stuff that Sam hadn’t considered. But he has stepped up to the challenge tremendously.’

There’s a lot more to running a Scout Group than conducting a few games on a Friday night, which



Communicating well with other volunteers is key to successful leadership

Sam recently found out. Though Sam’s effectively been running a Troop for about a year now, it hasn’t all gone perfectly. There are things to get used to, like District planning, communicating with other leaders and inevitable paperwork.

‘We’ve talked about his role and the handover and we’ve come up with a list of things Sam needs to do – we call it “Sam’s balls”!’ says Eddie. ‘He basically always needs to keep eight balls in the air at any one time.’

The ‘balls’ in question consist of



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‘Sam never gets angry, but he can make us listen’

MARCUS, 13, SCOUT AT 16TH BERMONDSEY

❖ Sam’s multiple duties as part of his leadership role, including: leading Troop nights; communicating with leaders; running camps and events; Troop admin; Group admin; personal training; getting to know the parents and thinking about the ethos of the Group and where he sees the Group going in the future.

‘He can’t do everything all at once, of course,’ says Eddie. ‘We’ll share some of the responsibility for the time being.’

One to another

Eddie, who is a self-confessed control freak, initially struggled to fully let go of all the responsibility and had to physically remove himself from the Group on Friday nights to give Sam some space. ‘I now leave most Friday nights to Sam; I’ve been going to the ‘pictures’ every Friday night so I get out the way. I go past on the bus and I glance over at the Scout hut and it feels like I’m one of those dads that

has lost custody of his children – I can pass by the house, but I’m not allowed to go inside.’

But Eddie knows his young people are in good hands, as do the Scouts themselves. ‘Sam’s like one of us,’ says Marcus, 13. ‘He never gets angry but when he needs us to listen he’ll get serious.’

‘Sam gets on really well with the Scouts,’ agrees Yeside, 16. ‘Both Sam and Eddie know how to cheer the Scouts up and make them smile.’

By handing over the reins to Sam, Eddie is by no means letting go of Scouting. He’s still frantically busy with a number of roles in the District and he will remain in contact with 16th Bermondsey for the foreseeable future.

‘There’s going to come a time when Sam’s going to have to do it his way – that’s going to happen,’ says Eddie.

‘The aim is to keep it a friendly Group. Keeping it balanced is the key, with all the different personalities,

racess and backgrounds. You can’t just let it drift.’

Sam is more than up for the challenge and feels he’s the right person to take things forward. ‘When I was younger I didn’t really have younger adults working with me – a lot of the guys were way older with their own families and I didn’t really have anyone I could relate to,’ he says. ‘With me, I’ve only just stepped over that line myself really, from being a teenager to an adult; I can still share my experiences with the young people and they can relate to me – so our experiences aren’t that different.’

Watching Sam with the Scouts, you can see that he’s a born leader, and given time, he’ll no doubt take 16th Bermondsey in all sorts of exciting new directions.

‘Will Sam make a great leader?’ I ask before leaving the Group to finish up their evening. Eddie smiles and replies: ‘Sam *is* a great leader.’ ☺

A time to remember

As the country marks the First World War's centenary, we'll be reflecting on Scouting's contribution during those dramatic events

INTRODUCTION MATT HYDE, CHIEF EXECUTIVE

This year, 4 August marks the centenary of the outbreak of the First World War.

It's an opportunity to remember the huge impact that the war had on our communities, and reflect upon how Scouts supported the country during a time of enormous upheaval.

As men were called up to the battlefield, Scouts took their place working in the fields so the country had a steady supply of food. Many Scouts put their first-aid skills to good use by working as stretcher-bearers and assisting in hospitals. Scouts were coast watchers, helping to guide fishing fleets home. They also scanned the skies for attacks from

Zeppelins and sounded their bugles to mark the all-clear. Baden-Powell was enthusiastic about how Scouts could help, encouraging Groups to raise money for ambulances to treat injured soldiers on the battlefield.

At least 16 Scouts received the Victoria Cross, the highest award for military service. One of the best known was Jack Cornwell. He was just 16 years old and served on HMS Chester in the Battle of Jutland. His comrades were killed and he was hit in the chest by shrapnel, but Jack stood at his post until the end of the action. He died two days later in hospital and was posthumously awarded the Victoria Cross for bravery. In his memory, Baden-Powell established the Cornwell

Badge for Scouts who show courage in great adversity. It remains one of the highest accolades a Scout can receive.

As well as remembering the men who lost their lives or health on the battlefield, let's consider all those at home who worked tirelessly to keep communities going in wartime.

Many Scout Groups are researching local history as part of the centenary and discovering how the First World War transformed people's lives. Far from being quiet about our history, I believe we should be very proud of the contribution Scouts made. In demonstrating the Scout Law's requirement to have 'courage in all difficulties' they are an example and inspiration to us today.

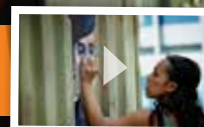




We asked street artist Catherine Howell to recreate this well-known Scouting portrait (originally thought to be of posthumous Victoria Cross recipient Jack Cornwell, but now believed to be of his brother) at an HQ in East London to mark the First World War's centenary



Blipp here to watch this amazing graffiti art being created.





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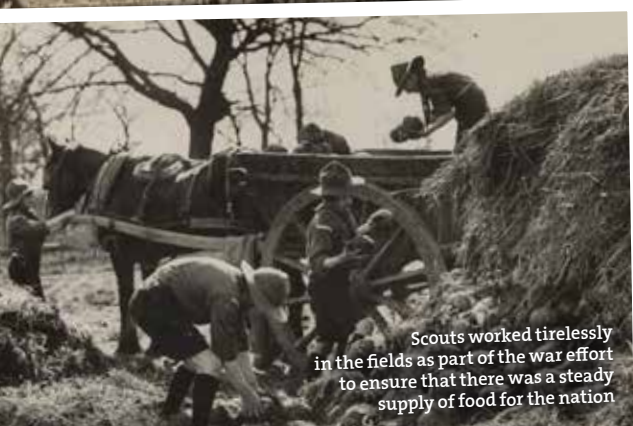
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Scouts worked tirelessly in the fields as part of the war effort to ensure that there was a steady supply of food for the nation



Blipp here to watch footage of Scouts in the First World War.



Scouts commemorate

Scouts across the UK are planning events to commemorate the centenary. Here is just a selection:

- **The Coast Explorer Scout Unit** has been working with the Tynemouth World War One Commemoration project to create a memorial garden at Linskill Community Centre.
- **Scouts in Hampshire** launched a history project to research local Scouting during the war. In May, they attended a commemorative service at Winchester Cathedral, with displays of Scout activities from the era and period music by Scout Bands.
- **Gemma, a 14-year-old Explorer**, inspired the Royal British Legion's Every Man Remembered campaign. She approached the charity after visiting the Flanders battlefields and seeing that some graves had no flowers. Visit everymanremembered.org.

- More than one hundred Scouts planted poppies and wildflowers across **Loughborough** as part of the Loughborough in Bloom campaign.
- **Nina Hoole at 2nd Monkspath Beavers** is planning an exciting programme for her Colony. They will learn wartime signalling with semaphore and Morse code to earn their Communicator badges (check out the semaphore alphabet on page 19 of Get Active!).
- In **Whitwell** Scouts and Guides will take part in well dressing. This local tradition involves taking frames filled with clay and pressing flowers and other natural materials into them to create a picture. The display will face Whitwell's war memorial as a tribute to the centenary.

The UK remembers

- On **4 August** the day will begin with a national service





- commemoration at Glasgow Cathedral, focusing on the Commonwealth contribution to the war. At dusk there'll be an event on the theme of reconciliation at St Symphorien Military Cemetery in Belgium. At 11pm, Westminster Abbey will lead a countrywide candlelit vigil to mark the moment war was declared.
- **Cultural events** are planned across the UK including 888,246 ceramic poppies to be planted at the Tower of London to commemorate fatalities. Visit 1418now.org.uk and 1914.org for more events.
- Two children from every UK state secondary school will be funded by the government to **visit the battlefields** in Belgium and France.
- **Commemorative paving stones** will be laid in the birthplaces of Victoria Cross recipients. Over 600 people were awarded the Victoria Cross, the highest military award for bravery, during the First World War.
- Imperial War Museums has launched **livesofthefirstworldwar.org**, a digital memorial to over 8 million people who served in uniform and on the home front across the Commonwealth. Upload information about your ancestors to contribute to this evolving memorial.
- The BBC is airing extensive coverage of the First World War. Its **World War One at Home** tour has family-friendly events, see bbc.co.uk/ww1.

A memorial for Scouts

A team of volunteers from Birmingham Scout County is raising funds for a Scouting memorial at the National Memorial Arboretum, the UK's year-round centre of remembrance in Staffordshire.

'We want to remember all the members who have given service to Scouting and their community, especially those who have suffered through conflict,' explains Paul Little, project co-ordinator. We want to give

everyone in Scouting the chance to be part of this. We're encouraging leaders to raise awareness of this project and talk about remembrance within their Groups.'

Following a national competition the project team are now finalising the memorial design, which will portray the spirit and vision of Scouting while also being an exciting place to visit and reflect for many years to come. 📍

Programme ideas

There are many ways you and your Scout Group could mark the centenary of the First World War. You could research local history to find out how Scouts from your area were involved. Introduce the First World War centenary into your programme. Find creative activities to use with Explorer Scouts at scouts.org.uk/pol. Search with the term 'First World War.'



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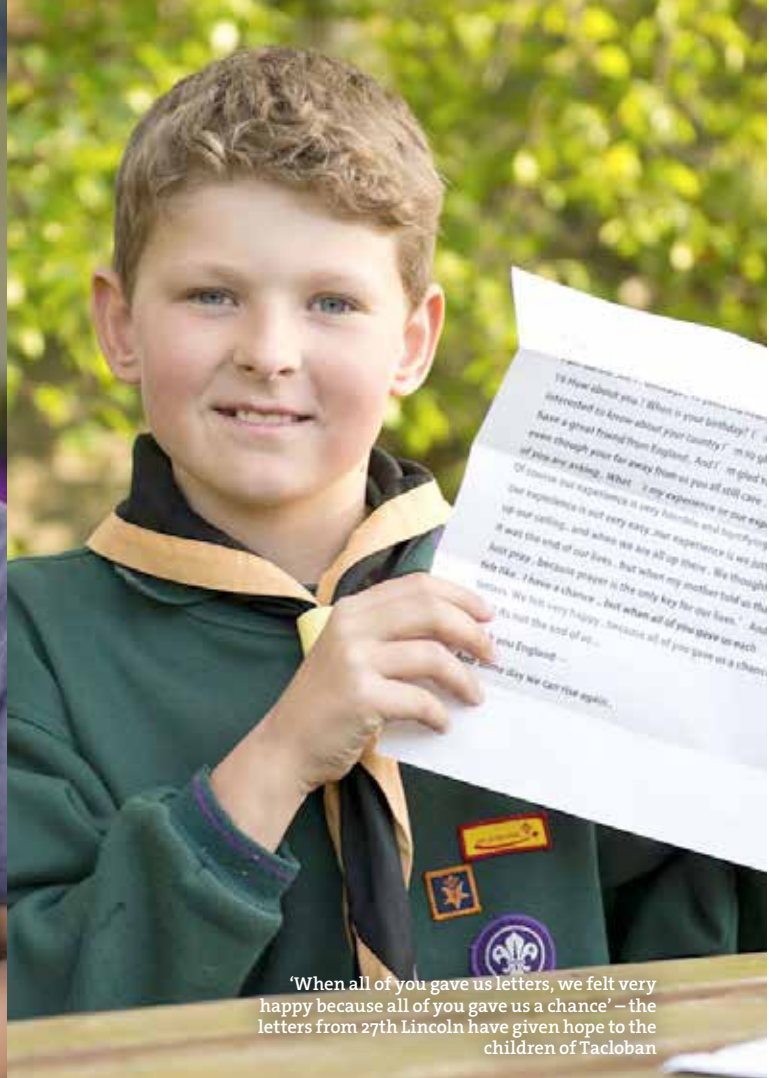
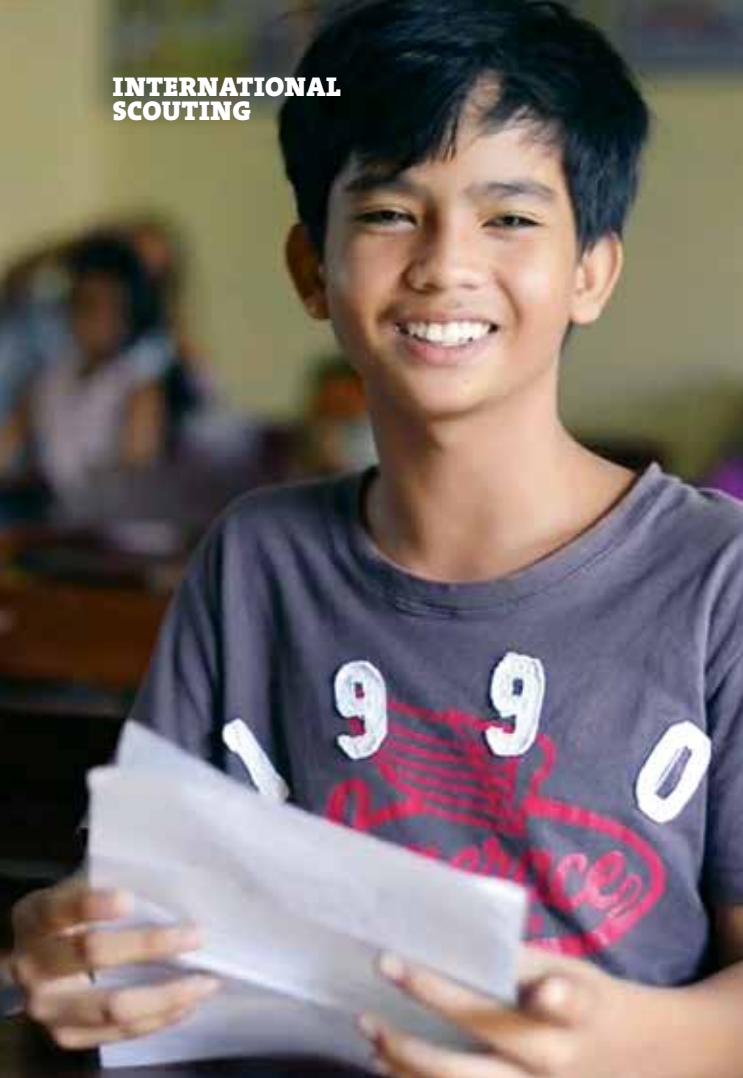




FORGING FRIENDSHIPS

Cubs in Lincolnshire are reaching out to
children affected by Typhoon Haiyan
in the Philippines

WORDS VICKY MILNES



'When all of you gave us letters, we felt very happy because all of you gave us a chance' – the letters from 27th Lincoln have given hope to the children of Tacloban

I'm so glad that I can have a great friend from England. And I'm glad too that even though you are so far away from us you all still care.'

Those are the words of Barbie, 11, who lives in Tacloban – the city in the Philippines where Typhoon Haiyan struck last November. Barbie's friend is Ross, 9, a Cub at 27th Lincoln Thorpe-on-the-Hill. They are friends because of a project set up by the Cub Pack, with the help of charity Tearfund, to make contact with school children in Tacloban.

Ross and Barbie have never met, and with no internet at San José Central School, keeping in touch by email isn't an option. Instead, the Cubs and the school children send each other carefully handwritten letters, telling each other about their lives, families and hobbies.

The letters are delivered to the school by Steve, an international relief manager at Tearfund who is working on development projects in the Philippines.

Tearfund recently produced a moving film of the children at the school reading aloud from their letters to the Cubs. Barbie speaks on-screen about what it was like when the typhoon hit: 'My mother said to us: "Just pray. Because your prayer is the only key for our lives," and I felt like I have a chance. But when all of you gave us each letters, we felt very happy because all of you gave us a chance. That is not the end of us.'

Reaching out

Ellie, an Occasional Helper at 27th Lincoln



Watch a video, made with Tearfund, of Cubs reading their letters.





'I wanted to give the Cubs a feeling of what it's like to reach out and help someone a long way away.'

ELLIE, OCCASIONAL HELPER



Thorpe-on-the-Hill and Ross's mum, explains why she helped set up the project: 'I wanted to give the Cubs a feeling of what it's like to reach out and help someone a long way away. It's been so exciting that they've managed to contact children on the other side of the world.'

'Steve and I used to work together. After he retired he got involved in Tearfund and told me about his work in the Philippines. Steve said to me

that a simple gesture, such as writing a letter, can have a massive impact.'

The friendship with the Cubs has benefited the children at San José Central School in Tacloban, as Steve explains: 'The fact that they realised children somewhere else were thinking about them and cared about them was really powerful.'

Tonight, Steve visits the Cubs to deliver the letters from Tacloban. The letters are often personalised and

illustrated by the children, giving a sense of their experience more than an email could. Hannah, 9, opens a letter which has a vibrant, colourful drawing with the message: 'I am not a VICTIM. I am a SURVIVOR.' Hannah has mixed emotions reading the letter: 'I feel like, happy and sad. I'm happy that they've got the letters and they can read them and know that we care about them, but sad about what has happened in Tacloban.'





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Videos and handwritten letters allow Cubs a deeper connection



Tacloban is still reeling from the typhoon's effects



The Cubs have learned a lot about the Philippines and its Scouting Movement

Powerful words

Evie, 9, reads a letter from Reyner with a poem entitled 'Don't quit.' Reyner's powerful words convey her determination to move forward after the typhoon: 'You never can tell how close you are, it may be near when it seems so far, so stick to fight when you're hardest hit, it's when things seem worst that you must not quit.'

Through this project, the Cubs have learned a lot about the Philippines. Tonight they find out about Scouting in the country through a pairs game. They also listen to a presentation by Steve about the challenges of

life in Tacloban and the devastation caused by the world's most powerful typhoon. Steve tells them that in the school they're writing to, 21 children died. 'That's the same number as the Cubs in this room,' he explains.

In the final activity, the leaders Akela and Badger asks the Cubs to think of items to send to their friends in Tacloban. Working in pairs, they write lists of items such as pens, pencils, rulers and notepads. Many of them also add a teddy bear. Ellie explains: 'At the moment all they have at the school is a classroom and some desks. Since the typhoon they've

had no equipment. All the maps had gone – Tearfund couldn't show them where England was on a map.'

Positive action

The Pack is planning a long-term fundraising effort to support their friends in Tacloban. With help from Group Scout Leader Fran, they will be involving the Beavers and Scouts in their Group. They will raise money to send the items the Cubs have selected to the schoolchildren, and also support projects the school has requested help with. Tearfund will provide help where possible to enable

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The Cubs now understand a great deal more about the devastation in Tacloban

‘Hopefully they will rethink their values and appreciate what they have.’

STEVE, INTERNATIONAL RELIEF MANAGER, TEARFUND

❖ 27th Lincoln Thorpe on the Hill to develop this international friendship.

Ellie looks on proudly as the Cubs are awarded their Global Challenge badges at the end of the meeting. ‘It’s shown each of them how different their lives could be, depending on where they are in the world and the circumstances that come up. The Cubs have demonstrated a tremendous capacity to think about big issues. It’s fantastic that they’ve been able to do something positive for young people in Tacloban.’

Steve adds: ‘It’s great to see the Cubs so enthusiastic about reaching out to people they’ve never met. Through these letters, they understand more about what

happened. Hopefully they will rethink their values and appreciate what they have.’

Following Typhoon Haiyan, over 6,000 people lost their lives, over 28,000 were injured and over 4,000,000 were displaced. In April 2014, there were still more than 1,000 people missing. The storm left millions of people without food, shelter and clean water. The huge scale and impact of what happened is difficult for anyone to fully comprehend. However, by reaching out and showing friendship to San José Central School, as well as offering practical help, the Cubs are making a difference to the children there who are rebuilding their lives. 📧



JOTA-JOTI

Make contact with Scouts across the globe this October. Jamboree On The Air and Jamboree On The Internet (JOTA-JOTI) are annual events that involve half a million Scouts and Guides. Find out more about this great opportunity to forge international friendships at scouts.org.uk/jotajoti.

OUT
THERE

Typography by Molly 8

MY LEADER

We asked Beavers and Cubs to draw their leaders... then photographed the results



Rama (**Graham Corfe**, 50) doing archery
drawn by **Stanley**, 9



Mang (**Will Sherlock**, 44) doing archery
drawn by **Kieran**, 8



Akela Mat adopts the pose from Aaron's masterpiece



Life imitates art: the Cubs supervise to ensure accuracy



OUT THERE

The Cubs take a hands-on approach at the photo shoot

'THE LEADERS OF 1ST NORTH DEVON (BARNSTAPLE)'

by Stanley, Kieran, Joe and Aaron

Leaders: Will Sherlock, Graham Corfe, Andy Dunsworth and Mathew Gard

Mathew says: 'I found the session very enjoyable. It was interesting being directed by the Cubs on where to stand and how to hold my hands. The Cubs all enjoy drawing and it was interesting to see how they imagine us leaders doing activities.'



Owl

Andy Dunsworth, 39 (standing in for Baloo - Bryan Shanley, 49) doing archery drawn by **Joe, 9**

Akela (**Mathew Gard, 34**) at a campfire drawn by **Aaron, 10**

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Alby
(Albert Wilson, 73)

Tim, 10

Laurie, 9

Oliver, 10

Akela
(Debbie Pritchard, 45)

Raphael, 9

Jamie, 10

James, 14

Drawn by Dylan, 6

'COOKING WITH CUBS (AND A SCOUT)'

by Dylan, 6, 1st Stony Stratford Beavers

Leader: Alby Wilson

Dylan says: I thought it was a good idea to draw everyone cooking sausages, because I could see it clearly in my head. Alby is really good at explaining things and I love going to Beavers because I get to see my friends and we have fun!



Hawkeye catches a shark!

By Scarlet age 7



Hawkeye (Kevin Drew, 42)
drawn by

Scarlet, 7

Michael the shark
(as named by Scarlet)

'HAWKEYE CATCHES A SHARK!'

By Scarlet, 7, 11th High Wycombe

Leader: Hawkeye (Kevin Drew)

Scarlet: Hawkeye is really good at leading games (Beavers in, Beavers out is my favourite), so I drew him catching a shark.



MORE AMAZING PORTRAITS

We had some brilliant submissions from young people across Britain - here are some of our favourites:



Over to you

We love receiving your Scouts' pictures, so keep them coming for Mailbox (address on page 19).

Based on an original idea by Dutch designer **Yoni leFevre**, www.yonilefevre.com/index.php/grey-power, and recreated with his permission.

August/September 2014



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VOLUNTEERS IN PROFILE

'Our family's been Scouting for four generations'

Members of the **Turner-Bourner** family talk about their Scouting, spanning nearly 80 years across four generations...



Clockwise from top: Martin, Yvonne, Adam, Sheila and Amy

When Scouting was made available to both boys and girls in 2007, Amy, 8, wasted no time in becoming the first girl to join her local Cub Pack in Berkshire. Though a historical and proud day for the new Cub Scout, Amy wasn't the first of the Turner women to enter the world of Scouting – not by a long shot.

That story started nearly 80 years earlier, when Amy's great grandmother, Sheila, volunteered with a local Wolf Cub Pack as part of her Ranger Guide service in 1936...

The saga begins

'I was 17 at the time,' says Sheila, who now lives in Taunton, Somerset. 'I couldn't give you numbers but I'd say there were very few women involved as leaders back then.'

She continues: 'During my early years in Leicester I started a hospital Cub Pack for children with long-term illnesses. I eventually moved to Taunton in 1959 and was appointed Assistant District Commissioner. After all this time it's now lovely to see my grandkids doing Scouting.'

Amy, now 13 and a fan of camping and outdoors cooking, enjoys looking at old pictures of Great Grandma: 'The Cubs and Scouts looked really different then – Great Grandma wore a dress, whereas now even women Scout leaders wear Scout shirts and trousers.'

Adam, 9, also loves hearing

about Scouting back in the old days. 'Great Grandma tells us lots of funny stories, like when she went on camps she used to peel the potatoes so she got the Scouts nickname "Spuds".'

Four generations of the Turner/Bourner family have so far enjoyed Scouting: Sheila, her daughter Yvonne, Martin Turner (Yvonne's son) and finally Amy and Adam (Martin's children). Plus, there's Martin's uncle, Peter [Bourner], who has kept the Scouting family growing: 'I met my wife through Scouting and our daughters were at Scout camp before they could talk.'

Peter, who was awarded a Silver

Share your story

Send us your own Scout stories: email scouting.magazine@scouts.org.uk





Yvonne (right) caught the Scouting bug from her mum, Sheila, who joined the Movement in 1936



During almost 80 years of Scouting, the family have worn many different Scout uniforms, enjoyed dozens of camps and handed down a love of Scouting through new generations

Wolf 10 years ago, is now a District and County Archivist. 'We have a magnificent collection of wonderful items – like Baden Powell's sideboard,' says Peter. 'It came from B-P's daughter, Betty – who was a good friend of mine.'

The love of Scouting

Yvonne (Sheila's daughter and Martin's mum), was enrolled as a Brownie on Coronation Day, June 2, 1953. 'I used to follow mum around in full Scout mode,' she recalls. 'I just started doing more Scouting than Guiding... My first grown-up thing was going to a Scout jamboree in Devon. I was only 14 and I met my future husband there. I came away from camp in love with Scouting and with Phil!'

And so the Scouting family grew with the birth of Yvonne's three sons, including fervent Scouter, Martin, who eventually joined Yvonne's Cub Pack.

Like his relatives before him, Martin got involved in Scouting from a young age. 'At six weeks old I was at my first Cub camp,' says Martin.

'I spent most of my childhood at a Scout campsite in Taunton, either with Scouts or with Dad. He was a warden there so I'd sit on the dumper truck while he'd work.

'Grandma passed down the love of Scouting and it's gone through the generations,' says Martin.

Some things never change
A lot has changed over 80 years in Scouting, but some things – the important things – have stayed the same. 'The great thing about Scouts is that it has evolved and yet the fundamentals remain the same,' says Martin. 'You have fun and you can do things you wouldn't normally do.'

'I've seen young people change

during their time at Scouts and it makes you feel very proud,' says Sheila.

Peter agrees: 'Watching a young person evolve is great... It's a really nice feeling.'

Adam, the youngest in the family, is clear why Scouts is for him: 'I really love Cubs because I get to go to places where normal people can't go, and people are really nice to me!'

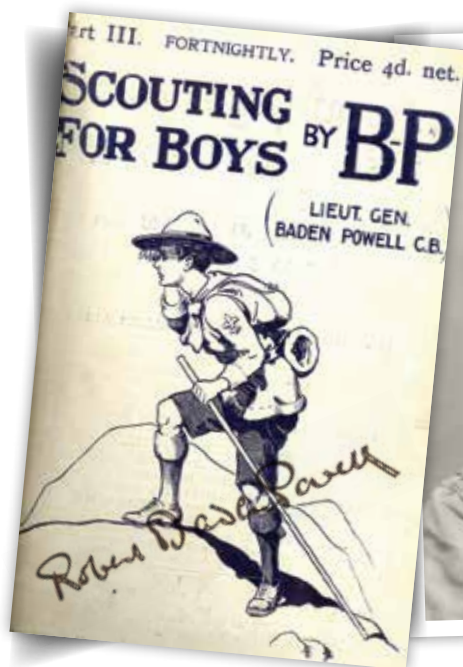
'I started as a Cub in the mid-'70s at 3rd/4th Heywood (Ravenscroft). Unfortunately I didn't move on into Scouts. I got married and had a son who joined the same Group as a Beaver – he had the same leader I'd had, and she remembered me! Once I had some spare time I decided to invest that in Scouting, because it gave both me and my son a good grounding.'

David Hind
Assistant Cub Scout Leader



Your problems [SOLVED]

Whatever your Scouting query, our experts have an answer for you



Our Group owns some first editions of Scouting for Boys, signed by B-P. How can we value and protect them?

Julie Benton, Group Treasurer



Ralph Doe, Unity Liability and Insurance Adviser,

says: Firstly make sure you get their value assessed by an antiques expert

or auctioneer. Special consideration must be given to unusual or valuable items, don't just assume they can be lumped into a general sum insured for your camping equipment. You must make sure that you let your insurance broker know about any such items, as special terms may need to be applied.

How can I engage all members of our Group in the fire safety of our building?

Joe Adeyemi, Assistant Scout Leader



Stuart Carter, Safety in Scouting Co-ordinator,

says: Make fire-risk assessment part of your youth programme.

Practice your fire drill each term, look at the signs and equipment in place and link this to badge work.

Review the fire safety of your meeting place and stores, using the checklist on the website listed below. Any points raised must be passed to the Executive and acted upon. Perhaps get PLs or Explorers to help (with leader guidance). Feedback from everyone will help review the fire safety of your meeting place. Ensure your leaders know the different types of fire extinguisher and how and when to use them. For more advice see scouts.org.uk/safety.





What happens when a young person is ready to move up, but the next section doesn't exist?

Mark Zarins, Pack Assistant



Emma Saunders, Head of Educational Programme, says:

Communication is crucial to the moving-on process.

It's really important between the young person and the section leader, the parents, and leaders in the other sections. When a young person is ready to move on part of the conversation should be about which evening(s) they have available for Scouting and how far they'd be willing to travel.

If there is no further section in their Group, leaders and managers should contact nearby Groups to ask if space is available. Creating a new section is also a possibility. This does take time but can be really fruitful and allow more young people to transition to the next section and have more options available to them.

The big issue

I'm worried some of our new members are struggling with the costs of Scouting. How should I broach the subject with them?

Denise Lynch, Assistant Scout Leader

Samuel Ebdon, ABSL, 21st Walthamstow, says:

It requires a very open approach. We make it clear from the outset that we want our young people to take part in all the activities we run, and that we can provide assistance in cases of financial hardship. We give parents privacy to discuss any issues. Ultimately, it's about creating a culture where parents feel they can approach us and that our support is given with the parent's wishes.



READER PANEL



Mark Tarry, Deputy Chief Commissioner for England, says:

We increasingly come across members with financial difficulties. The challenge is not finding the funds – there are many available – but initiating the conversation with these members in a way that doesn't embarrass them.

People can be very proud even when in need. Raising funds to provide for members can also help, as can having a free-issue uniform store.

David Hind, ACSI, 10th Dumfriesshire/1st

Georgetown, says:

There's no easy way to tackle this issue; it has to be done sensitively to avoid causing offence. Speak to parents in confidence, and explain that your Group could offer help with spreading the costs. Tell them that you want their young person to continue in Scouting, and that Scouts help others out. Your District/County/Region could help with funds for activities.



READER PANEL

Over to you...

Do you have a query about Scouting, or experience you could share as a member of our reader panel? If the answer to either question is yes, email us at scouting.magazine@scouts.org.uk with your questions and advice.



DID YOU KNOW?

Diabetes UK uses the 'Four Ts' to help diagnosis:

- **Thirsty** (extreme thirst)
- **Tired** (feeling lethargic)
- **Toilet** (needing to go a lot)
- **Thinner** (unexplained weight loss)

Diabetes

Find out more about the different types of this condition; who's at risk and what you can do to prevent it

Diabetes is a common health condition that can develop at any age, and is thought to affect over 3.5 million people in the UK. Recent studies suggest that one in three Britons are at risk of diabetes, meaning diagnoses could treble in the years ahead.

It's caused when the bloodstream contains too much glucose – a type of sugar that our bodies create from digesting carbohydrates, as part of the process by which we turn food into energy. This happens when the body cannot produce enough insulin to process it. Insulin is a hormone (produced by the pancreas) that allows glucose to enter cells, where it is turned into energy. But, with diabetes, there's either more glucose around than the insulin can handle, or the insulin is not working properly.

What are the symptoms?

The main symptoms of diabetes include thirst, a need to pass urine, tiredness, unexplained weight loss, slow healing of cuts and blurred vision. When levels

are too high, the body will try to flush glucose out via the urine, so one of the main symptoms of diabetes is needing a wee more often than usual, especially at night – and being excessively thirsty.

The flushing out of too much glucose can result in blood glucose crashes, or hypoglycaemia (a 'hypo') – resulting in shaking, sweating, tingling and nausea. Usually, eating or drinking something sugary will resolve a hypo.

temperature and fruity-smelling breath (like pear drops or nail polish, which only others may be able to smell). This could lead to unconsciousness, coma and occasionally death.

Types of diabetes

There are three main types of diabetes: Type 1, Type 2 and gestational, which temporarily affects pregnant women.

Type 1, also known as insulin-

'Type 1 usually runs in families and mostly affects young people'

Glucose levels can also rise too high, causing a different problem called hyperglycaemia, which is often the sudden onset of a dry mouth, extreme thirst, blurred vision and drowsiness.

If symptoms are ignored, major organs start to become affected, and serious problems are signalled by loss of appetite, vomiting, high

dependent diabetes, is an auto-immune condition in which the body attacks its own insulin-producing cells so fails to produce any insulin. This type can (but doesn't necessarily) run in families; it normally affects young people, and commonly develops in the teens. This type cannot be prevented, but it can be managed by taking insulin injections for

life, in combination with a healthy diet, regular exercise and blood tests.

Type 2 diabetes, also known as insulin resistance, is rising sharply, largely due to changing lifestyles. Most at risk are those who are overweight, over 40 and have high blood pressure. The pancreas either can no longer produce enough insulin, or the body starts failing to react to it. Diet and exercise are often enough to manage this condition (see overleaf); and medication also helps.

How you can help

If you, any of the young people you work with, or anyone else you know experience a combination of tiredness, thirst and/or weight loss for no obvious reason, it's time to see the doctor.

A diagnosis of diabetes, at any age, may leave both sufferers and their families feeling overwhelmed, angry and anxious. If a young person you know is diagnosed, be reassured that they can continue to participate fully in both Scouting and other everyday activities, and need not be kept back from games, camps etc.

However, while they're in your care you'll need to understand their condition. Parents will have been well informed about this, so talk to them about the care plan. Talk to the young person, too, to see how they're feeling and what they need help with. You may need to ensure that medications are administered on time and that appropriate diet is followed – and factor this in to your camp and activities programmes. Your involvement as a Scout leader can really make a difference to the young person's wellbeing; check out the sidebar for one parent's experience.



Diabetes in young people

Many of you will have diabetic young people in your Group.

Lewis, 10, attends 1st Essington Cubs in Staffordshire.

'Lewis was diagnosed with Type 1 diabetes when he was four,' says his mother, Zoe Sherwood. 'He's on an insulin pump 24 hours a day, and also uses a CGM (continuous glucose monitor).'

'There are many misconceptions about Type 1 diabetes and it's often confused with Type 2. Children with Type 1 are recognised as having a disability as defined by the Equality Act 2010.

'The leaders have been absolutely fantastic,' Zoe says. 'His condition can be very challenging and sometimes scary. When his blood sugar is too high or low it can reflect in his behaviour – and low blood sugar is a medical emergency.

'The leaders, James

and Susan, have taken all this in their stride. We gave them a copy of his care plan and talked them through it. They help him count his carbs, prompt him to check his blood sugars and help him treat himself. They give us camp meal plans in advance. His confidence has blossomed thanks to their support and he can take part in activities like any other Cub, such as hiking, biking and camping. The leaders have helped Lewis accept his condition. Their hard work is a massive support for Lewis, and also invaluable to our family.'



More info

Find information and advice at diabetes.org.uk and nhs.uk/Livewell/Diabetes, or head to tinyurl.com/lazan8o for useful member resources.

While Type 1 diabetes is non-preventable, Type 2 can often be managed via a healthy lifestyle without need for medication, so turn the page for some basic lifestyle advice.



Eat right

Good diet and exercise can keep diabetes at bay – as well as a host of other conditions

No food is out of bounds and the odd treat is fine, but for optimum health base your diet around vegetables, fruit, carbs and protein. Include the below every day (though not necessarily every meal) – keep tabs on what you put into your body.

Starches

5–14 PORTIONS A DAY

These are your carbs – such as bread, rice, potatoes and pasta, which break down into glucose. They keep your digestion working and are low in fat. Choose low-GI options, which are absorbed more slowly; basically, brown and wholegrain versions, which won't affect your glucose levels as much and will fill you up for longer.

1 portion = 2–3 tbsp cereal, rice, pasta, noodles or potato, 1 slice of bread or 2–3 crackers

Fruit and veg

5–10 PORTIONS

Packed with nutrients, these protect against cancer, stroke, heart disease and high blood pressure. Fresh, frozen, dried and tinned all count. Eat a rainbow of colours to cover the full spectrum of vitamins.

1 portion = 1 handful

Dairy

3 PORTIONS

Milk, cheese, yogurt, cream and nut/soy milk all keep bones strong and provide protein. Dairy products can be high in saturated fat, so choose low-fat or dairy-free

options, and watch out for added sugar and preservatives.

1 portion = 10z/45g cheese, 1/3 pt milk, 2tbsp yogurt or cottage cheese

Protein

2–3 PORTIONS

Meat, fish, eggs, pulses, nuts, Quorn and soy are all great sources of protein, but some options are healthier than others and most of us eat more protein than we need. Swap processed meats for lean meat or Quorn. Oily fish (ie salmon, mackerel) is excellent for omega oils, which protect the heart. Pulses (eg beans, chickpeas and lentils) are healthy, low cost and low fat.

1 portion = 2–3oz meat/poultry; 4–5oz fish, 2 eggs, 3tbsp pulses

Sugar and fat

0 PORTIONS (IDEALLY)

Your body does not need any sugar or saturated fat, but most of us can't resist the odd treat, and in moderation they can still be part of a healthy diet; the less the better.

SALT, HERBS AND SPICES

Eating more than 6g of salt a day can lead to stroke and heart disease, so limit processed foods. Eat as many herbs and spices as you like – they're more exciting as flavour enhancers, and many have positive health benefits.

10 TIPS FOR OPTIMUM HEALTH

1 Losing excess weight lowers the risk of Type 2 diabetes. Use an online calculator to work out your BMI – a score of 19–25 is ideal.

2 Treat yourself to regular exercise. A daily 20-minute walk can make a huge difference.

3 Check food labels – find out how much saturated fat, sugar and chemicals are hidden in your food.

4 Avoid processed foods. Most of the food on today's supermarket shelves did not exist 100 years ago. Try to focus on natural ingredients.

5 Cook your own meals. It'll taste better, cost less, and put you in control of what you eat.

6 Eat your beans. Pulses are low in fat, high in fibre and protein; they control cholesterol and don't have a big impact on blood glucose.

7 Eat (non-fried) fish twice a week. Mackerel, salmon, sardines and trout are best, but ensure they're sustainably sourced.

8 Monitor your drinks. Alcohol and sugary drinks raise blood glucose levels, though sugary drinks are an excellent treatment for diabetic hypos.

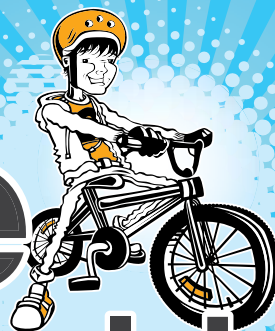
9 Avoid 'fad' diets. They're almost impossible to sustain so won't work long-term. A balanced diet needs to fit in with your daily routine – long-term.

10 Think positive. You'll be amazed at the difference a few tweaks can make to your health, energy, appearance and mood. Go for it!





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*Calls cost 10p per minute plus network extras

TAKE A HIKE | HISTORIC HIKE

The cradle of Scouting



Walk back through time on Brownsea Island, a verdant isle in the arms of Poole Harbour and the birthplace of Scouting

Bridging generations:
4-page history walk special

A Scout's paradise

Baden-Powell chose Brownsea for an 'experimental' camping expedition for his embryonic organisation for boys in August 1907 – making it the birthplace of Scouting. The island also has plenty of natural history worth celebrating, from red squirrels and sika deer to a kaleidoscopic collection of plant, insect and birdlife.

Brownsea is the largest island in Dorset's picturesque Poole Harbour

Picture: Alamy

Brownsea Island: a timeline

9th Century

The island has a population of one: a hermit



1015

King Canute uses Brownsea as a base for a violent Viking raid on Southwest England

11th Century

Bruno, Lord of Studland owns the island. 'Brūnoces ieg' (Anglo-Saxon for 'Brunoc's Island') gave Brownsea its name

1530s

Brownsea passes from Church to Crown after the Dissolution of the Monasteries



Brownsea Island

Map OS Explorer sheet OL15

Distance 3 miles/5.5 km

Total ascent 30m

Start and finish Ferry pier
(SZ 02107 88006)

Doing this island walk is like stepping through a window in time, offering a glimpse of Scouting in its infancy and how things have changed over generations. Lightweight tents now pitch where the first Scouts camped in their heavy canvas shelters in 1907, but activities that shaped the Movement – woodcraft, ropework, archery and wildlife spotting – are still enjoyed here. The landscape has changed over the years, though. Wildfire devastated the woodlands in 1934, and during WWII Brownsea bore the brunt of thousands of German bombs. Photographs from 1963, when Lady Baden-Powell reopened the island to the public, show open views to the sea where large trees now stand.

The route

The adventure starts with a boat ride, ending amid a diversity of terrain from woods and heath to beaches and lagoons.

From the ferry, head west along the tree-lined track. Brownsea Castle is to your left, and a bird hide overlooking Dorset Wildlife Trust (DWT) land is to your right. Turn left just before the church. On your right you'll pass a mulberry tree **(A)** planted by Lady Baden-Powell when Brownsea was reopened to the public in 1963.

Turn right along Portland Avenue, where you can divert down paths and check out the sandy shore **(B)**.

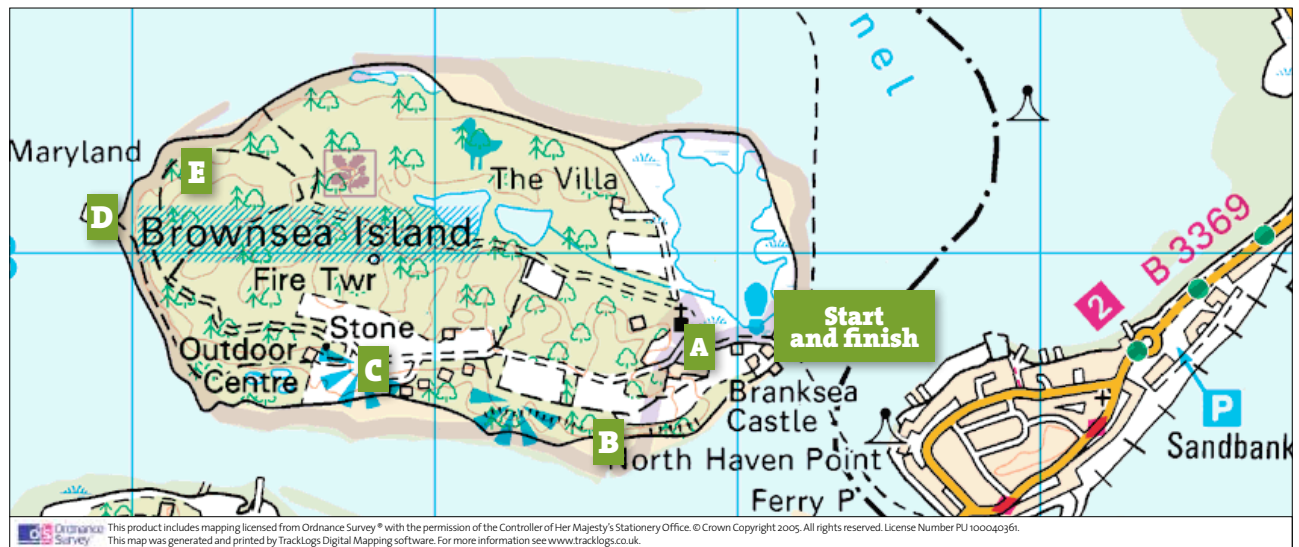
Join Deer Park Road and continue west to the Scout Stone **(C)**, which commemorates the 1907 camp. Wander through the campsite, look across to the Purbeck Hills beyond the flagpole, and imagine daily life for those first Scouts – with B-P waking them at 6am with a blast on his kudu horn.

Back to the future

This September, Brownsea and National Trust will host XPERIMENTAL, a weekend for Scouts and Guides based on B-P's experimental camp. Call 01202 492167 or email brownseagroup.booking@nationaltrust.org.uk.

Trace the shoreline through woods to pottery pier **(D)**, the island's most westerly point. Climb the steep steps to ruined Maryland Village **(E)**, a ghost town destroyed by German bombs in WWII, when Luftwaffe pilots were duped into thinking they were raining explosives on Bournemouth and Poole.

Follow the path east through trees until you join Middle Street, which takes you back to your starting point, enjoying woodlands to your right and the DWT's birdlife paradise (£2 entry) on your left.



1547

A garrison fort is built, to be known as Brownsea Castle

1576

Queen Elizabeth I gives the island to Sir Christopher Hatton (rumoured to be her lover)



1907

B-P chooses the island (owned by a friend of his) for his 'experimental camp' in which 20 boys from both privileged and poor backgrounds spend a week learning Scout skills



1963

The National Trust takes ownership and Olave, Lady B-P, opens a permanent Scout campsite

TAKE A HIKE | LIVING MEMORIES

Our Brownsea

Readers share their memories of Brownsea Scouting...

'My proudest moment in Scouting: this is me, investing three new Scouts on Brownsea last summer. The boy in the middle is my son. What an amazing ceremony and a very special one for me.' **Stephen Gafson**

'I represented Trinidad and Tobago at the Brownsea Island sunrise camp at WSJ 21 in 2007 in England.' **Rishi Ramdeo, Trinidad and Tobago**

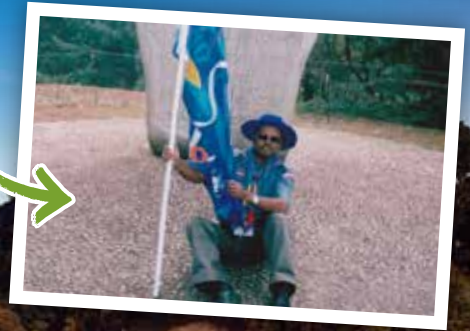
'I was on Brownsea on 2 August 2007, exactly 100 years after B-P conducted the experimental camp there. I felt as a pilgrim while visiting the site of the first camp.' **Ranjit Chakraborty, India**

'This is my husband and our grandson on Brownsea, along with other Scouts from 7th Corby and 1st Corby. The island changes as soon as the last tourist boat leaves – the deer come out, the squirrels chatter and the peacocks strut their stuff.' **Catriona Eaton**

'I visited in 2000 with my fiancé, with some Scouts we were hosting from North Carolina. Our American friends were fascinated that we met through Scouting and got me to re-enact my proposal in front of the Scout Stone. We later visited them in the US on our honeymoon.' **Graham Ince**

Leave a Scouting time capsule!

Wherever you are, why not leave a memory of your Scouting experiences for future generations to learn from? Time capsules are containers filled with clues: photos, crafts, newspaper clippings and objects – that explain what life's like for Scouts in 2014. Use a waterproof container, such as a biscuit tin or ice-cream tub, and bury it in the ground with the date clearly marked, and instructions not to open it until a specified year. You could bury your time capsule near your Scout hut or at a regular camping spot, and leave secret directions on how to find it. Who knows – maybe your own children will be the ones to rediscover it!



TAKE A HIKE | MORE HISTORIC HIKES

Walks through time

Walking over ground shaped by events in living memory is a great way for people from different age groups to connect. Here are a few ideas to kick-start your imagination...

Thames Path, London

The capital is dripping with history from every era, and much of the action revolves around the river. The Thames Path runs 180 miles from the Cotswolds to the Thames Barrier, but the 40-mile London section goes from Hampton Court Palace, through the heart of the city to East India Dock. Walk one section – eg from the Cutty Sark in Greenwich

to the London Eye (7.5 miles) – and discover how the city has evolved. More info: nationaltrail.co.uk/thames-path.

Rail trail rambles

Railways transformed Britain, but in the 1960s the infamous Beeching report suddenly closed down 2,363 stations and 5,000 miles of track, many of which became amazing walking and cycling paths. There are hundreds to explore, including the Cuckoo Trail (East Sussex), the Five Pits Trail (Derbyshire) and the Swiss Valley Trail from Llanelli to Cross Hands in Wales – all offering a great mix of history and wildlife.

The John Muir Way

Muir, a pioneering conservationist regarded as

the 'Father of the National Parks' in America, hailed from Scotland. Newly opened this year, this 134-mile trail celebrates his achievements. A good section to explore is the first 9 miles from Helensburgh – from where Muir sailed to America – to lovely Loch Lomond, see johnmuirway.org.

Treasure trails

Mission-based themed trails are an exciting way to explore historic areas, using clues provided by plaques, monuments and buildings along the way to answer questions and solve a mystery. There are over 1,100 to enjoy around the country, including the Titanic Trail, a two-mile adventure from Belfast city centre to the birthplace of the Titanic. Find maps and instructions at treasuretrails.co.uk.



Blipp here to see Brownsea back in B-P's day



Scouts lead the way

We can all learn from our elders, but one area where the younger generation can teach their leaders a thing or two is in the use of new technology. It may seem that the youth of today are glued to their gizmos, but these devices offer a massive range of apps that can help with planning outdoor expeditions, navigation, recording distance, and supplying fascinating details about areas you're exploring. Why not get your young people to plan a walk to show their elders the way through the technical jungle? Here are some apps to try.



Mudmaps

Uses scale maps and your phone's GPS system to pinpoint your location and access instructions on how to get to your destination. iPhone or Android, mud-maps.com.



RouteBuddy

Topographical, aerial, road and OS mapping, with excellent waypoint functionality. Windows or Mac, routebuddy.com.



MemoryMap

Lets you store maps (1:50 000 and 1:25 000, including topo, marine and even aviation) offline, so no phone signal necessary – and turns your device into a GPS. iPhone or Android, memory-map.com.



Viewranger

Displays topo maps (1:50 000 and 1:25 000), shows points of interest and records your route (even without internet connection). Android, iPhone and Symbian, viewranger.com.



Reader recipe

CASSIE BEST'S

Healthy trail bars

Packed with nutrients, these flapjacks are the perfect pick-me-up to take on a long hike – and younger sections can prepare them in just 10 minutes



About the chef

Cassie Best, Assistant Food Editor at BBC Good Food magazine, has a real passion for baking. 'I love a good flapjack, but was surprised at how much fat and sugar they contain, so I created this healthier alternative. I'm sure you'll enjoy them as much as I do!'

Cassie Best's healthier flapjacks use bananas and apple to bind the mixture, so you can cut down on the fat and sugar. But they're still just as sticky and delicious!

Ingredients

Makes 12

- **Butter** – 50g/2oz, plus a little extra for greasing
- **Smooth peanut butter** – 2 tbsp
- **Honey or maple syrup** – 3 tbsp
- **Mashed bananas** – 2
- **Apple**, peeled and grated – 1
- **Rolled oats** – 250g/9oz
- **Dried apricots**, chopped – 85g/3oz
- **Raisins** – 100g/4oz
- **Mixed seeds**, eg pumpkin, sunflower, linseed – 85g/3oz

1 Heat oven to 160C/140C fan/gas 3. Grease and line a 20cm-square tin with baking parchment. Heat the butter, peanut butter and honey or maple syrup together in a small pan until melted.

2 Add the mashed banana, apple and 100ml hot water, and mix to combine.

3 Tip the oats, the dried fruit and the seeds into

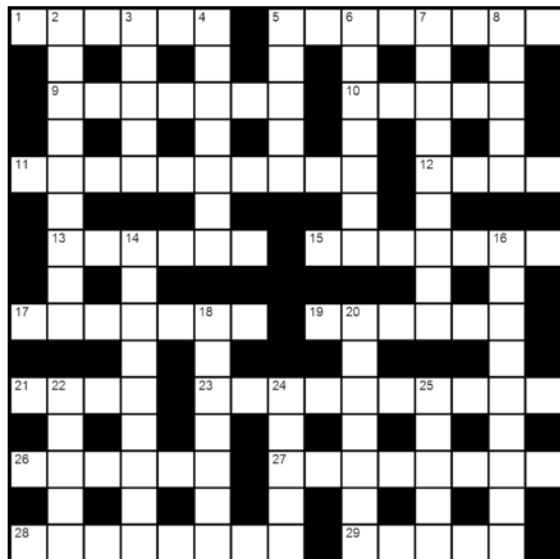
a large bowl. Pour in the combined banana and apple and stir until everything is coated by the wet mixture. Tip into the cake tin and level the surface.

4 Bake for 55 mins until golden. Leave to cool in the tin.

5 Cut into 12 pieces to serve, or store in an airtight container in the fridge for up to 3 days.

FUN and GAMES

SCOUTING CROSSWORD AUG/SEP

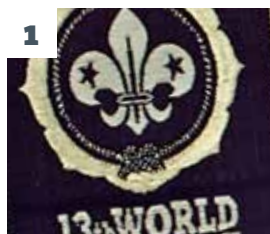


Crossword by Eddie James

For the solutions to last issue's puzzles, head to scouts.org.uk/magazine.

INTERNATIONAL JAMBOREE TEASER

The Movement is already abuzz with next year's Japan 2015 International Jamboree. Every International Jamboree is issued its own commemorative badge – do you recognise the four below? We'll be featuring all of the badges over the next few issues, so test your badge knowledge to see how many you can identify.



Across

- 1 One of them is the Duke of Edinburgh's, like going round hospital section (6)
- 5 See gac.
- 9/5 Do Scouts go in for such a pursuit? Yes and no (7,8)
- 10 Artificial fibre, possibly only neckerchief's top (5)
- 11 Love sprees madly – they involve a night away from home (10)
- 12 Pleasant French city (4)
- 13 Advise Tony if moving (6)
- 15 Spectacular parade requires leaf from book plus insect (7)
- 17 Guards, attendants – and car models (7)
- 19 Town/county in N. Ireland upset Martin (6)
- 21 eg the Scout Promise featured in boathouse (4)
- 23 A lot of hot air associated with this 9/5 ac.? (10)
- 26 Where to learn – about a fish shoal? (6)
- 27 Get Adele prepared to be a representative (8)
- 28 Major bee organisation – next one takes place in Japan (8)
- 29 Fixes, it's said, burrows (5)

Down

- 2 Downloads about tree-covered areas (9)
- 3 Tree I moved – make another knot (2-3)
- 4 Concert cancelled? Behave ostentatiously (4,3)
- 5 Part of flag, re-established? Say yes (5)
- 6 As Inuit replaced African republic (7)
- 7 One who helps freely – never lout, perhaps (9)
- 8 Giant unicorn displays part of uniform! (5)
- 14 Make a really thorough search with it, if it's fine? (9)
- 16 Puts name forward to relocate Minnesota! (9)
- 18 Like orchestra bells, but Raul modified (7)
- 20 Pasta strips: North has lots! (7)
- 22 W. African capital involved in TAC crafts (5)
- 24 Small Brownie group making 'D' in Lego somehow (5)
- 25 Maybe Lancelot's head dropped at this time of day? (5)

WIN!



Diggerland Devon tickets

You could win a group pass to Diggerland Devon, to visit a world of digger-based adventures.



Diggerland is the UK's most unique construction-themed adventure park where guests can drive, ride, and operate earth-moving machinery in a safe and family-friendly environment. The theme park boasts an array of fabulous rides and drives such as Spin-Dizzy, Dig-a-Round, Ground Shuttle and Dumper Trucks, to name just a few. See diggerland.com for more info.

To win a Group trip for 25 to Diggerland worth £500, simply answer the following question:

What is the name of Diggerland's popular ride?

a. Dizzyspin, b. Spin-Dizzy, or c. DizzySpinny

Email your answer to scouting.magazine@scouts.org.uk or enter at scouts.org.uk/magazine.

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CHARLIE MCDONNELL

The YouTube star talks about a different kind of adventure – one that you can try, whatever your age

What inspired you to first start video blogging (vlogging)?

While revising for my GCSEs I just started messing around on my computer for a break. I had a really basic laptop with a webcam and was just doing it for fun, and then kept on doing it for fun for long enough that it just became my job. After about a month or so of making YouTube videos one of my videos was featured on

What would you say to people who want to do what you do?

Technology is at a point where it's easy to get started, no matter what your age. It's not just something that young people do – teenagers could easily teach their parents or grandparents how to vlog. I made my first attempts at filmmaking on my phone. You don't have to think about the theory or go to film school. It's just a case of having

What are your top tips for successful vlogging?

I don't want to dictate how others should vlog, but for me personally the most important thing is to make videos for yourself rather than for an audience. That way it's fun and even if there's nobody watching, you're still having a good time and making something that you're proud of.

'Technology's not just something that only young people do'

the front page of the site so I went from a hundred or so people watching me to a thousand in a couple of days.

What's been the best thing that's resulted from your channel?

Loads of people engage with the videos and comment on them – it's a really great way to connect with others from around the world and share ideas. Specifically though, being a massive fan of all of the Pixar movies, Disney Pixar contacted me and invited me to visit its studios. I met the director of Toy Story 3 and saw the movie before it was finished. That's pretty hard to beat.

Are you at all outdoorsy?

I was a Cub Scout when I was younger. I like walking, a lot; that's always been big, especially on my mum's side of the family. My granddad's catchphrase was 'best foot forward'. But I get around via my vlogging. I'm more of a virtual adventurer these days.

a go, and trying and playing and learning from experience. That's what I did and it's worked out well for me. It's a different kind of adventure, but one that Scouts of all ages can get into. It's also a great way for Scouts to speak to other young people all over the world. You could do a vlogging badge.

What are you working on at the moment?

I'm making a series of five short films at the moment, and have just finished working on my third, Strangers In A Bed, which will be online at youtube.com/charlie very soon.

More info

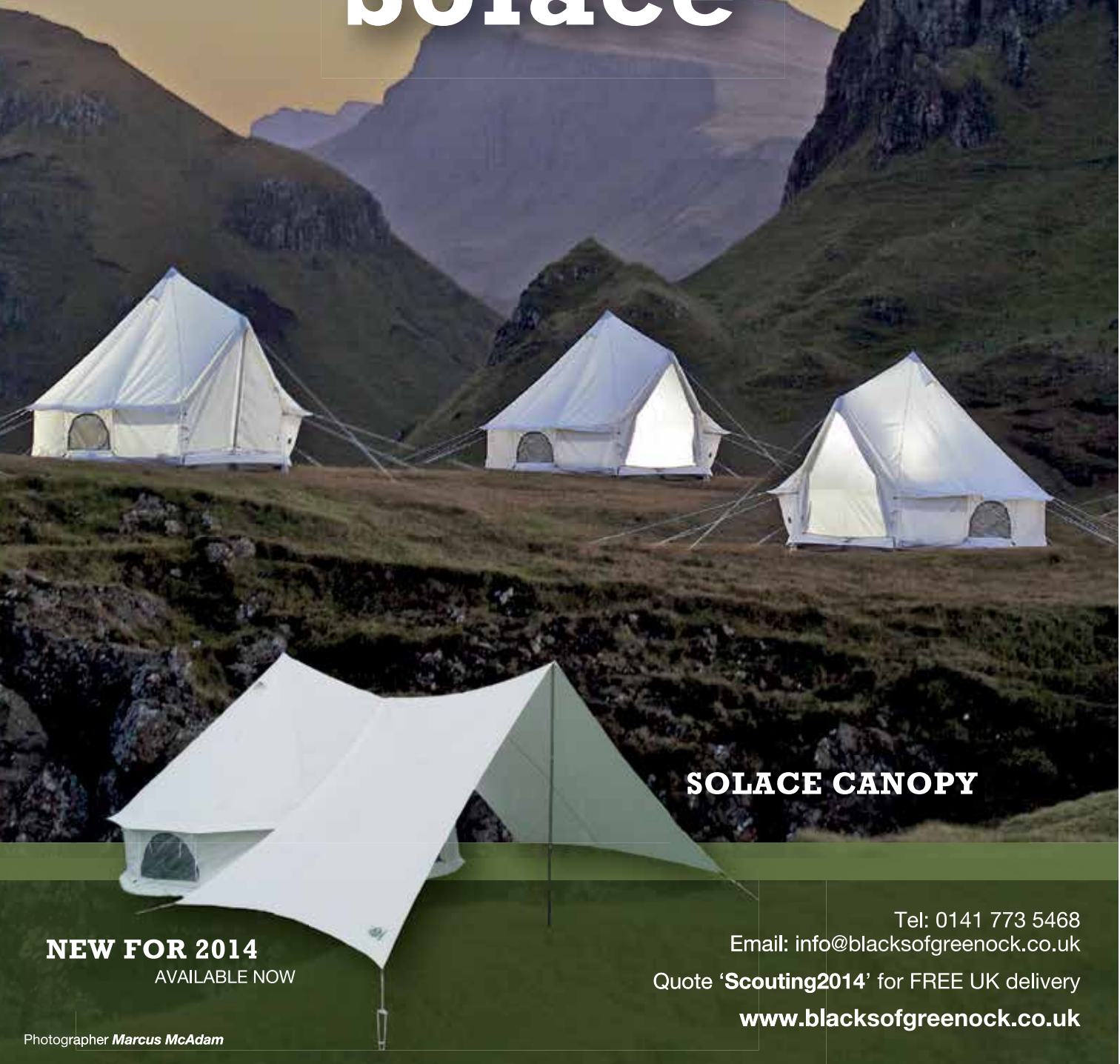
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