

December/January 2015

Scouting

BRITISH SCOUTING OVERSEAS

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Groups around
the world

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all abilities

5 STUNNING SENSORY EXCURSIONS

Visits for
everyone
to enjoy

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**How Scouting is making itself accessible
to each and every person who wants to join**

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...

How can leaders ensure that their Groups are open to all?



Graham Coulson,
Specialist Adviser

The Group Scout Leader is the key. Good personal support from a Group Scout Leader, coupled with quality training – both internal

and external – will lead to adults and leaders having a better understanding and less of a 'fear of the unknown'. It will make them more comfortable when working across the additional-needs spectrum.



Kay Hill,
Specialist Adviser

Have a whole group committed to it; think about the image you portray in publicity – if we only sell ourselves on action/adventure,

does this put off people with disabilities or those who think they might not be able to afford to join in?



Sharn Race,
Specialist Adviser

Through planning for inclusion and diversity. Look at who isn't in the room and ask some simple questions when

working up your development plans. Note down your answers and work them into your plan. If you don't have the answers, don't worry – there is a wealth of support available to help you develop open and inclusive Scouting. Contact the Information Centre or email diversity@scouts.org.uk.

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Lee Griffiths, Vicky Milnes and Kevin Yeates
With thanks to... BBC Countryfile Magazine, Alan Burnham, Jon Challicom, Caroline Gunning, Eddie James, Rebecca Lupton, Brook McAllister, Steve O'Brien, Phil Packer, Pippa, Filip Parulski, Michael Randle, Kate Reid, Graham Rothery, Emma Saunders, Anna Scrivenger, Michael Shanks, Jenny Steven, Pete Stillman, Laura Thorner, Roland Turner, Kerie Wallace, Anna Weekes, Dan Woodhouse

The national magazine of The Scout Association ISSN 0036 – 9489

© 2015 The Scout Association

Registered Charity Numbers:

306101 (England and Wales) and SC038437

Published by The Scout Association,

Gilwell Park, Chingford, London E4 7QW

Tel: 0845 300 1818

Fax: 020 8433 7103

Email: scouting.magazine@scouts.org.uk

Website: scouts.org.uk/magazine

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Please note that the views expressed by members and contributors in the magazine are not necessarily those of The Scout Association.

**IMMEDIATE
MEDIA
BRANDED
CONTENT**

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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.



116,700 average UK circulation of Scouting (1 Jan–31 Dec 2013)

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Welcome

Scouting for all

The experiences you can have through Scouting are amazing and life-changing. And they should be available to every single young person. Making sure there are no barriers to taking part in Scouting is something I am passionate about. In this issue, we look at how Scouting really is open to all.

Volunteers are doing incredible work to make sure that Scouting includes everyone. On **page 24** we visit 1st Bournville, a Group that welcomes young people with additional needs, young carers and young people in care. The leaders work hard so that young people have the best possible experience of Scouting. There are so many Groups doing similar things, whether they meet in hospitals, schools or their local HQ.

For example, a Group in Glasgow made an exciting international experience available to young people with disabilities. On **page 36** they tell us how they made it happen and share their tips for making international trips accessible. We also find out what it means to be inclusive from inspiring volunteers all over the UK on **page 31**. These include a Group that's ensuring Scouting welcomes young people from the Polish community.

Volunteers and young people from all walks of life can get involved in Scouting and this makes us a fantastic, diverse Movement. We might have differences but what we all share – and what brings us together – is our commitment to the greatest youth Movement on the planet.

B.G.

Bear Grylls
Chief Scout

Join, share and
get involved at
 The Scout Association





A youth-shaped Movement

This issue, UK Chief Commissioner **Wayne Bulpitt** is even more excited than usual about the future model of Scouting

I'm feeling excited – I know, I often am – but this is for an even bigger, better reason than usual. Over the past month or so I've begun to fully appreciate, even more than before, the unlimited potential of a Movement shaped by young people in partnership with adults.

On **page 9** you can learn about our amazing UK Youth Commissioner, Hannah Kentish, and her two deputies, Jagz Bharth and Jay Thompson, selected from 105 applicants and from 19 shortlisted for interview. Just meeting these young adults, listening to their Scouting stories and ambitions is so inspiring and working with Hannah and her team for a short time gives me even greater confidence for the future. And yes, I appreciate there will be challenges as we test our own comfort zones.

Meanwhile, our Community Impact Group, which also had over 100 applications, has been meeting with the best from the 70 leading charities that showed an interest in partnering with Scouting to deliver community impact projects across the UK. They've managed to select six, but more about that another day.

What has made me particularly excited for our future are the processes we followed. Both the UK Youth Commissioner search group and the Community Impact Group are youth led, with over 75% of the membership



Hannah Kentish, 21, has been appointed to The Scout Association's senior leadership team

'Our job is to offer guidance, but not with a casting vote.'

(and votes) being members under the age of 25, and the balance being those of us with a few more years behind us. Our job is to offer guidance, advice and support as members of the groups, but not with a golden or casting vote.

As we develop such models, just imagine the potential locally to capture the energy and enthusiasm our young people have to make a difference, and how they value a little help and support along the way.

IN THE DIARY

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

January 2015

- 9** Northern Ireland awards
- 9–10** UKCC Team meetings
- 24** Operations Committee
- 31** Activity Centres workshop

February 2015

- 1** Romford District
- 7–8** Youth Shaped Scouting conference
- 27/28** Merseyside County

ASK WAYNE

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

December/January 2015

upfront

The latest Scouting news and events

(L-R) Jagz Bharth,
Hannah Kentish
and Jay Thompson
– the UK Youth
Commissioner team



Meet the new Youth
Commissioner team
by Blipping here.

LEADING THE ADVENTURE

Twenty-one-year-old Hannah Kentish has been appointed to lead adventure for over 400,000 young people at The Scout Association

In the new role of UK Youth Commissioner, Hannah is tasked with making sure that UK Scouting listens to young people's voices and delivers what they really want. Working alongside Chief Scout Bear Grylls, Chief Executive Matt Hyde and UK Chief Commissioner Wayne Bulpitt, she will help the Movement achieve its ambition to be even more youth-shaped.

Hannah has been involved in Scouting for many years and took on her first leadership role at 16. She says: 'Being part of Scouts changes lives forever; it certainly changed mine, giving me confidence I never knew I had. I look forward to working to give even more Scouts the opportunity to be heard and, ultimately, to experience Scouting to the fullest.'

Hannah will be supported by

two deputies during her three-year appointment: Jagz Bharth, 18, and Jay Thompson, 21. On 7 February the team will be holding an event in London for young people (aged 14–25) to share their views on how Scouting can be youth-shaped and how the National Youth Council will be run. There are limited places so check Facebook and Twitter for details and encourage young people you know to apply.

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NEWS IN BRIEF

JAPAN IN A BOX

The World Scout Jamboree next summer isn't just for the 3,000-strong UK contingent; Japan in a Box is a great resource that gives every Scout the chance to experience the Jamboree. Download the free activity pack from tinyurl.com/pjve9l3 or ask your local Jamboree Unit to run a jamboree night for you.

FREE NIGHTS AWAY KIT LISTS

Kit lists for your 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 to add your own items. All items are available from scouts.org.uk/shop. Check out Scouts video reviews at youtube.com/user/vangotents and tell us about your Nights Away adventures by emailing scouting.magazine@scouts.org.uk.



CELEBRATING ACHIEVEMENT

On Sunday 26 April we will celebrate UK Scouting's achievements at Windsor Castle. The day will recognise Queen's Scouts who have attained the highest youth award in Scouting – members nominated for their bravery, heroism and meritorious conduct and the outstanding contributions of adult volunteers. To find out more and volunteer at the event, please visit scouts.org.uk/windsor or email windsor@scouts.org.uk.



BETTER PREPARED

We've launched Better Prepared, an exciting initiative to transform young people's lives in the UK's 200 poorest areas. We believe that the benefits of Scouting should be available to all young people, whatever their backgrounds. To invest in these communities, we need the support of decision-makers, businesses, funders, media and – most importantly – adult volunteers like you.

We need your help to set up more Groups, work with communities and help young people thrive in the UK's most challenging areas. You can help us by securing commitment from your local decision-makers to support us with funding, recruitment, places to meet and positive press coverage. Email BetterPrepared@scouts.org.uk to get involved. Find out more at scouts.org.uk/betterprepared.

SCOUTING'S FUTURE LEADERS

We've agreed our first ever strategy to identify Scouting's future leaders. This will help Scouting at all levels to manage all of the talented people in the Movement and fill a range of leadership roles from Group Scout Leader to National Commissioner.

The Future Leaders Strategy will emphasise the importance of mentoring and coaching in developing great leaders. It will also help to track and identify talent within everyday Scouting, using the existing review and appointments processes and the membership system, Compass. For more information about the strategy, email Becky Alexander at rebecca.alexander@chch.ox.ac.uk.





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NEWS IN BRIEF



THANK YOU!

A huge thank you to everyone who contributed ideas to the Big Idea initiative during 2014. We received some brilliant suggestions from self adhesive badges to a bring-a-parent week. However, the overwhelming request was for more ways to share ideas, facilities and expertise between members of the Movement. We've listened to this and it will be a central theme in The Scout Association's forthcoming digital strategy. Watch this space for more updates.

THE SCOUTS' CHRISTMAS ALBUM

A limited-edition album featuring 10 seasonal classics, three original songs and over 1,000 talented Scouts is available to buy now. Bright Sparks founder Tony London of BRIT-winning group Liberty X scouted for talent in an online competition to discover vocalists, musicians, choirs and directors. The judges awarded the winning Scouts the opportunity to record a track on an album, The Bright Sparks Project – Christmas, which was released in 2013. A new special-edition release of this album called 'The Scouts' Christmas Album, is available from scoutschristmas.com and <http://amzn.to/1yoGo8E> for £5. All profits are returned to Scouting.

PROGRAMME REFRESH

We're making some updates to the Scout programme in January. While it's still the same great programme as it was before, there are some differences, including alterations to the Chief Scout Awards and the removal of the Partnership Awards and Programme Zones. There will be a transition period lasting until September 2015 in which to switch to the refreshed programme; special guidance will be provided for those young people who are working towards their Chief Scout Awards. The review of the Scout Network finished in July 2014 and the changes to the programme and structure will be available

soon. There will also be changes to the adult training scheme. Further information can be found on the Member Resources pages of scouts.org.uk.



SAVE THE DATE!

Scout Community Week 2015 will take place
Saturday 3 October – Sunday 11 October 2015

Scout Community Week 2014 saw some amazing examples of community impact projects offering challenging fun for young people. We want to support you and build upon this success and make a bigger impact next year by focusing on four specific social issues with a range of resources and tools available. We will share more information early next year that will help you make a positive impact in your community, prepare our members to be active citizens and embrace and contribute to social change.

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Brand updates and the latest Compass progress

COMPASS IS LIVE

Compass is now live and all members of Scouting in the UK with an email address will have received an email invitation to register and set up personal log-in details for the system



If you have not yet set up a new username and password for Compass, register now and check all your details are correct. You will need your membership number and the email address we hold for you, as well as a few other personal details in order to complete your registration.

You can find your membership number on your appointment card (we also remind you of this in your registration email invitation), or you can ask your local managers/appointment secretary to help you. Your log-in details used for the old membership system will no longer work.

Register now by heading to the Members area of scouts.org.uk and click on the Compass button in the top right corner.

Youth members and their parents

Counties/Areas/Regions (Scotland) have been arranging local plans for getting all youth information onto Compass. There are template spreadsheets provided for you to enter your youth information into, which means you can upload them onto Compass in one go. All young people need to be on Compass by the time we run the 2015 census from Compass. Speak to your Compass Champion or local Commissioner if you are unsure what is happening locally and want to find out more about getting your young people on Compass.

Scouting tasks and administration. Visit scouts.org.uk/compass to view user guides, ask questions via the user forum and watch the Compass video (also featured below), which provides more information about what Compass can help you do. If you have any questions and queries you can contact your local Compass champions (their details can be found on the 'About' page of scouts.org.uk/compass) or contact the Scout Information Centre (info.centre@scouts.org.uk or 020 8433 7100/0845 300 1818).

Support for using Compass

We hope many of you have already been using Compass to manage your



New to Compass?
Blipp here to watch
a handy video.



Your questions answered

Q How do I get to the log-in/registration page for Compass?

A To access the log-in/registration page for Compass, please go online to scouts.org.uk and click on the Members Area button and follow the instructions printed there.

Q Why do I need to use Compass?

A Policy, Organisation and Rules requires that all member data must be stored on Compass. It will enable the annual census to be undertaken and can be used by Group,

District, County/Area/Region and nationally to look at trends, and to identify areas for development. It has been developed to make Scout admin easier to manage. It has also been developed to help you keep your Scout records and data safe, and is compliant with the Data Protection Act.

Introducing the family

Now's an exciting time to be in Scouting – we're growing, becoming more youth-shaped and more visible in our local communities. Now we're capturing this excitement and youthful spirit in our refreshed section brands

In early 2015 we will be launching a revised programme and new suite of resources to support it. At the same time, we will launch refreshed and revised brands for the five youth sections (pictured right).

Why the changes?

In March 2013 we spoke with 1,200 volunteers and 500 young people about their section brands. In both the Beaver and Cub sections 70% liked their section branding, while the majority also said they needed 'some tweaking'. Meanwhile the majority of Scout leaders said they disliked their brand and thought it needed a 'major rethink'. In the Explorer section, opinion was more diverse, although 75% of those who responded asked for 'some change.'

The new approach

Where brands were liked, we have not changed them significantly. Where there was a clear call for a rethink, we have responded with a fresh approach. The brands were developed and tested closely with young people themselves.

'All of our Scouts liked the green for the new section logo,' said Giles Page, a Scout Leader, 'as that is our traditional

Meet the family

Check out our new-look section brands



colour. We also liked the fleur-de-lis as it is the one overriding symbol of Scouting that is recognised worldwide and joins each of the sections together.'

Using the new brands

Advice, artwork files and templates will be available on the Scout Brand and Print Centre from January. Visit scouts.org.uk/brand to get started.



There is no fixed date for the current section brands to be phased out; materials should only be updated when they naturally come up for renewal, but we hope you will be inspired by the revised brands and want to use them. There are no major changes to The Scout Association's corporate brand, but a small refresh of the guidelines will also be available from January.

OUR NEW SECTION BRANDS ARE

- More recognisable as a family of brands
- Easier to reproduce both digitally and in print
- More flexible and easily personalised
- Shaped by young people themselves

what's on

Dates for your 2015 diary

January



9-11 JAN

Wintercamp

This exhilarating weekend at Gilwell Park and Hawkthirst Activity Centres will see Guides, Rangers, Scouts and Explorer Scouts trying their hands at a range of amazing activities. Head to wintercamp.org.uk for more information.

16-18 JAN

Brass Monkey Camp

Brass Monkey 2015 is an extreme winter camp held at Fordell Firs National Activity Centre, packed with a variety of fun and adventurous activities. Email warden@fordellfirs.org.uk for further info.



25 JAN

Burns' Night

Teach your Scouts about legendary 'bard' Robert Burns, his poetry and his contribution to Scottish culture. Share his most famous piece, Auld Lang Syne, and ask them to pen their own poems.

February



14 FEB

Valentine's Day

Celebrate this romantic holiday by making cards with your Group. And why not reinstate the Scout Post for this special day?



17 FEB

Shrove Tuesday

Many Christians observe this day as the last day before Lent, but everyone can use today as an opportunity to celebrate a love of pancakes! Whether you like them thin or fat, sweet or savoury, break out your frying pan and give them a go.



19 FEB

Chinese New Year

Also known as the Spring Festival or the Lunar New Year, encourage your Group to find out more about this Chinese holiday with the activities at scouts.org.uk/pol.



21-22 FEB

Scouts Speak Up Scotland

This course gives Scotland's Explorer Scouts media and public-speaking skills so they can act as spokespeople for the organisation. Email shq@scouts.scot for more info.



22 FEB

Founder's Day

Happy birthday, B-P! If the father of Scouting were still alive today, he'd be a whopping 158 years old! Celebrate this special day by reflecting on the origins of Scouting and what our Movement brings to the world. Tweet your messages using [#myscouthero](https://twitter.com/myscouthero).



Further ahead

Endurance 80

7-8 March

Fancy embarking on a 50-mile hike? How about doing it across the Chilterns in just 24 hours? Explorers, Scout Network and adult volunteers are eligible to take part in the ultimate extreme stroll. Find out more at endurance80.org.uk.



International Women's Day

8 March

Get involved in raising awareness about women's rights and gender inequality around the world. Pay a visit to internationalwomensday.com for events, resources and International Women's Day news.

Camp Craft Practical Skills course

18/19 April and 9/10 May

Network members and adults can master useful camp skills on this great course at Woodhouse Park SAC on 18/19 April and Downe SAC on 9/10 May. To book your place, send an email to sac@scouts.org.uk.



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



With flying colours

Peter Wilson @altruisticjack:

Great weekend with Co. Down Explorers

#colourrun #iscout @wsjni_2015

Majo Rivas Vera: I believe that my feminism is inextricably linked to me being a Scout. When we say that we want to create a better world we must create a better world for everyone: men and women and people of all genders, races, religions and abilities. A Movement that is not inclusive and does not actively promote gender equality cannot be called a Scout Movement.

@3rdwashscouts: We're **#superproud** of all our young people receiving their Chief Scout Award **@durhamscouts #iscout**

Natalie Weatherstone: I was an Assistant Cub Leader for several years. I left to have a baby thinking I wouldn't go back. No matter what,

3rd Washington Scouts celebrate receiving their Chief Scout Awards

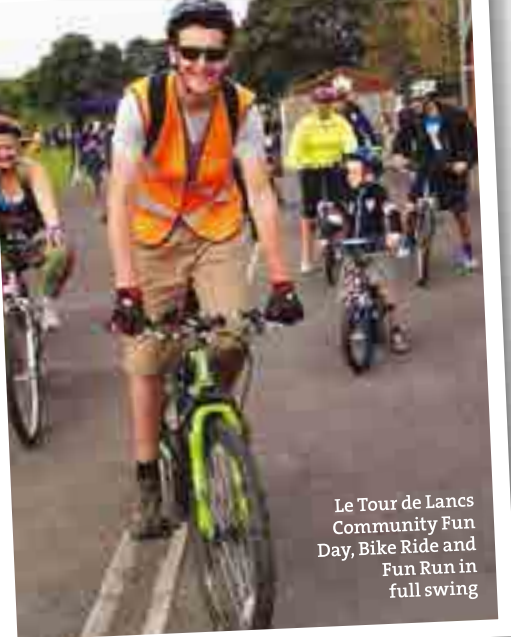


I always thought of Scouting. Now, nearly six years later, I've returned as an Assistant Beaver Leader. So yes, once a Scout, always a Scout.

Alex Peatfield When I was at uni, I found a local Group who were very welcoming, supportive and it led to four fantastic years of fun and adventure with them. Made great friends young and old and the best part is I'm still in contact with them now after graduating and moving back home! My advice when heading off to uni is GO FOR IT! You never know what you might find!


Claire Rothwell: 1st Clayton le Moors All Saints Scout Group hosted Le Tour de Lancs Community Fun Day, Bike Ride and Fun Run on 14 September.





Le Tour de Lancs
Community Fun
Day, Bike Ride and
Fun Run in
full swing

Approximately 100 people took part in the four bike rides (15km, 9km and 2 x 5km) and fun run on the day, with many more enjoying the fun day with bouncy castles, bouncy boxing, archery and various stalls. The total raised by the event is currently £1,700, but we are expecting more to come in. Money raised from the event is to be split three ways, with a third going to fund a defibrillator for the community of Clayton le Moors, a third to Derian House Children's Hospice and a third to All Saints Scout Group.

 **Sarah Snell-Pym:** I saw your recent call out on Twitter asking what inclusivity means to Scouting members and this is what it means to me:

Inclusivity is not judging
It is finding a way
Sharing and caring
About the adventure
Knowing that no one
Is left behind
It is experiences made
A hand extended
Calling to those ignored
Opening doors that have been
Locked too long
Seeing how hope can build
Self esteem
In you, me, us and them
It is seeing that there is only
A 'we'
Giving back
A thousand fold
It is what should always
Have been
For everyone
A Builder of bridges
Cementing those dreams
Inclusivity Includes

OVERHEARD

The funny things Scouts say

'Where do all the lost scarves go?'
Jack Abrey

'Will my torch still work if the generator is switched off?'
Lel Watson

'Does chocolate milk come from brown cows?'
David Powell

'What would happen if I brushed my teeth continuously for 60 minutes?'
Daniel Mercer



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



★ STAR LETTER Beaver in training

You are never too young to Scout. These pictures are of our six-week-old daughter, Amelia, modelling the 'Beaver in training' hoodie and a special dress made by one of my Beaver parents at 56th Upton to match our neckerchief. She also has a special necker that has been adapted to fit her.

Claire Baxter



WRITE IN TO WIN

Our ★ **STAR LETTER** writer wins a copy of the Outdoor Adventure Manual: Essential Scouting Skills for the Great Outdoors. Available from scouts.org.uk/shop at a special price of £14 (RRP £21.99).





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A man with a beard, wearing a black helmet and a black life vest, is kayaking on a river. He is holding a paddle with a colorful blade. The river is surrounded by lush green trees, and the water reflects the surrounding foliage. The text 'It's about what you CAN DO' is written in a large, white, cursive font across the top half of the image, with a thick white brushstroke underline. Below this, the text 'not what you Can't do' is written in a similar white, cursive font.

It's about what
you CAN DO

not what
you Can't do

The leaders at 1st Bournville are determined that young people and adults of all abilities can enjoy the best of Scouting

WORDS: VICKY MILNES



Do you struggle to read?

Or know someone that does? Blipp here or visit soundcloud.com/ukscouts to listen to an audio version of the feature.



REAL TROOPERS 1ST BOURNVILLE

Members: 40 Beavers, 24 Cubs, 35 Scouts, 20 Explorers, 14 leaders, 2 Section Assistants and 1 Group Scout Leader.

Did you know?

The Group celebrated its centenary in 2013.





1st Bournville makes
Scouting possible
for young people of
all abilities

‘Coming to Beavers has made an amazing difference to Chloe,’ says her carer and special guardian, Lisa. Chloe, 7, had a traumatic start in life and has emotional, psychological and behavioural difficulties. The benefits of Scouting at 1st Bournville, near Birmingham, have been huge for her: ‘Before coming to Beavers, Chloe found it hard to trust adults. She’s learnt to feel safe around adults here. She used to have problems interacting with other children,

but at Beavers she’s got used to socialising and has made some really good friends,’ says Lisa.

Chloe now loves hiking, camping and rock climbing. She took part in lots of adventurous activities at the Group’s weekend camp in Walsall, with Lisa coming along to provide support for her.

Chloe’s positive experiences are down to the Group’s welcoming ethos. Lisa recalls how the leaders responded when Chloe joined just over a year ago: ‘She was still in nappies at the age of six but they

accommodated her. They’ve taken on board everything I explained about her background. They’ve made adaptations to activities so she can take part – absolutely nothing is too much trouble for them.’

Unique opportunities

At the heart of 1st Bournville is a commitment to inclusion. The Group welcomes young people and leaders with a range of additional needs and none. Group Scout Leader Ruth Tanner explains: ‘I believe that Scouting is for all. My own three children have additional needs so over the years I’ve had to find information and support. It’s been a learning curve, but it’s so important that Scouting includes everyone. For a lot of young people with additional needs, this is the only social group they have access to. They get the opportunity to try activities they wouldn’t elsewhere, and Group camp is a great chance for them to do this.’

Ruth and the leaders make it work in a number of ways. With the County’s support, they have developed a buddy scheme. This is when a leader is assigned to support





'People are really friendly and everybody just accepts people for who they are.'

MARTHA, EXPLORER SCOUT

a young person with additional needs and help them with activities. At camp, the Group's leaders worked with the activity centre staff to support the young people from all sections to try climbing and kayaking. The Group also has a special approach for when the young people move between sections. Ruth explains: 'If they have additional needs they might not be ready to move sections at the usual age. We make the transition smoother by letting them spend time in their own section and the one above. Their buddy will support them through this and they will move up to the next section when they're ready.'

Accepting everyone

Mary is a leader in the Beaver and Scout sections. When she first joined the Group six years ago, she was a

buddy to an 11-year-old Scout with Asperger syndrome: 'He was really struggling with socialising and playing games. We built a bond over our shared interests in sci-fi. If the activities got too much for him, we'd take a break and have a chat about Star Wars. When he moved up to Explorers, I went to his first meeting to see how he was getting on. He'd settled in perfectly and I was a bit sad that I wasn't needed any more!'

The leaders are clearly inspired by Ruth's approach, as Mary explains: 'Ruth is the driving force in making 1st Bournville what it is. She's passionate about accepting everyone into the Group and she encourages us to do the same.'

It's this dedication that has resulted in the Group's young people learning to accept and welcome

their peers with additional needs. Ruth talks about a Cub with Down's syndrome, who attended the Group a couple of years ago: 'The other children didn't bat an eyelid, because they were so used to children with additional needs. They all learnt to sign their promise in Makaton. They did that every week so that he could join in and feel part of the Group.'

Similarly, at the Group camp, the young people were keen to help each other tackle the activities. There was a warm, welcoming atmosphere with everyone encouraged to join in, whatever their age or ability. Parents of the Beaver Scouts later praised

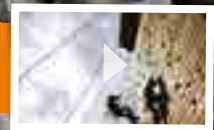




1st Bournville offers a fully supportive environment so that all their Scouts can achieve their goals



Blipp here to see behind the scenes at 1st Bournville.



‘They don’t let additional needs stop a young person from taking part and achieving.’

SHIRLEY, SCOUT MUM

✦ the Explorer Scouts for helping their children to take part at camp.

Martha, 16, is an Explorer Scout with epilepsy. She takes a break from an energetic game to explain how 1st Bournville has made an impact on her: ‘The leaders make sure I can do as many things as possible, like climbing and water sports. People are really friendly and everybody just accepts people for who they are.’

Holly is a 12-year-old Scout with a visual impairment. She has had an equally positive experience with the Group: ‘They really support me here. If we’re doing map skills, a leader will come and help me read the map and use the compass so I don’t feel excluded.’ Her mum Shirley agrees: ‘Here it’s about what you can do, not what you can’t do. They don’t let additional needs stop a young person from taking part and achieving.’

Strong support

As a truly inclusive Group, 1st Bournville also has leaders with additional needs. Young Leader Ben, 17, has found that the Group is very welcoming: ‘I have dyspraxia so in a noisy environment I might not hear certain things. Sometimes instructions need repeating. So if we’re doing a high ropes exercise, they will show me how to do it, then they show the others and if I need more prompting they will show me again. There’s always someone on hand to help out.’ Ruth explains how she will be soon working with a Cub Section Assistant who has additional needs: ‘We’ll make sure that he’s able to use his talents but we’ll support the areas where he needs extra help.’

It can be a challenge to include young people and adult volunteers with additional needs, but there is

a lot of support out there. ‘Don’t be scared and don’t be worried,’ Ruth says. ‘Parents are a good source of information. UKHQ can provide support and signpost organisations. Open up Scouting to as many young people as you can!’ For Ruth, and all the young people and adult volunteers at 1st Bournville, this is just the way Scouting should be. 🌟

More info

Check out scouts.org.uk/diversity for details on how to support young people with additional needs. There is information on a range of conditions in the additional needs directory. Contact the Diversity and Inclusion team at UKHQ for guidance at diversity.inclusion@scouts.org.uk. Find out more about the language programme Makaton at scouts.org.uk/makaton. There are grants available towards the cost of equipment to support members with additional needs to access Scouting. Contact dgb@scouts.org.uk for more information.



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Tesco launched its Farm to Fork trails for Beavers and Cubs in the last issue of Scouting magazine. Since then we've seen hundreds of Groups sign up for their chance to secure a slot next year.

Trails are available from January and are free and fun, as well as being an exciting way to learn about where food comes from. There are lots of things to do on the trail, including tasting new cheeses, smelling new fish and going behind the scenes to feel the chill of the freezers. It's guaranteed to be an exciting session away from the meeting place.

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Farm to Fork

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More info

Tesco is also offering the Farm to Fork Badge for Beavers and Cubs that get involved. To find out more visit scouts.org.uk/eathappyproject.



Dyslexia-friendly
font

What does being inclusive mean to you?

We spoke to volunteers all over the UK about how we are ensuring Scouting is available to all and how we can be even better at being a fully-inclusive Movement



Do you struggle to read?

Or know someone that does? Blipp here or visit soundcloud.com/ukscouts to listen to an audio version of the feature.





Watch a video

Blipp here to see Ridgewood Scout Group in action.



'It's about bringing everyone together'

Kate Reld, Regional Development Officer for the North West, tells us about making sure Scouting is available for all young people, no matter what their abilities.

'Ridgewood Scout Group was set up in an additional needs high school in Burnley

as part of the Youth United project. We decided it would be a good idea to test this in a school – we piloted a Group as part of their enrichment programme, which is about providing opportunities within the curriculum that will help with their studies, but aren't necessarily a traditional form of learning – Scouting fulfils this.

'To see young people from all backgrounds get involved and have the chance to Scout is amazing. You can see

how much they benefit from it. We have a responsibility to open our doors and make sure Scouting is for everybody.

'There are 150–200 children in the school and we've set up a Scout Troop of 17. They don't wear traditional uniform – they wear T-shirts and neckers. They have all been properly invested and are working towards various badges. The school is up for trying anything; you have children in wheelchairs, young people who can't speak, and children with behavioural difficulties – they just get on with it.





Scouting
for all

Photos of Ridgewood Scout Group by Rebecca Lupton

‘Making sure Scouting is available to all’

Jenny Steven, Regional Commissioner for Highlands and Islands, helped bring the adventure to isolated communities.



Isle of
Muck

‘There are only six children on the Isle of Muck and five of them are now in the Movement, but there are certainly challenges in bringing Scouting to such a remote location. Up until last year they didn’t have mains electricity and money is scarce as the only income is tourism. But it’s crucial to make sure that Scouting is available to all.’

‘This project is about integration; we’ve already attached some of the children to a local Group and they go along for the occasional afternoon or to camp. Initially we set up a separate Group, but we also wanted to bring everyone together, which I think is what being inclusive is all about. It’s one of the most rewarding projects I’ve been involved in.’

‘My advice would be don’t be afraid of trying new projects like this. Find the right people to help. Give it a go – if it doesn’t work, it doesn’t work, but at least



'Being as diverse as our communities'

Graham Rothery, District Commissioner for Burton-upon-Trent, helped Scouts meet the needs of the local Polish community.

'A community of Polish and Latvian families has grown in our area and there are now Polish young people that want to be part of Scouting, but there are challenges. We had 18 young people that didn't speak English; one bilingual Scout had to translate as there weren't Polish-speaking adults in the Group. We'd like adults from the Polish community to help us run the Programme, rather than just bridge the language barrier. The reality is we are the community and the community is us.'

'Being inclusive is making sure that Scouting is accessible to all, ensuring that both the young people and adults within a Group have an understanding that 'it is okay to be different'. It is also about creating opportunities for fun, challenge and excitement in a safe and open environment where everyone is valued for who they are and the skills they bring.'

Graham Coulson,
Specialist Adviser



'I'm a Beaver leader and I try and make my programme as flexible as possible so that boys and girls, the confident and not so, and the few I have with learning difficulties can all achieve the same badges so no-one is left out. I also encourage parents to talk to me as much as possible.'

Amy O'Keefe

Accessible design

This feature takes into account the visual stress experienced by some dyslexic people and attempts to facilitate ease of reading by...

- Using dark-coloured text on a light (not white) background.
- Avoiding white backgrounds for paper, computer and visual aids. White can appear too dazzling. Use cream or a soft pastel colour. Some dyslexic people will have their own colour preference.
- Font size should be 12–14 point.
- Avoiding text in block capitals.
- Using left-justified with ragged right edge.
- Avoiding green and red/pink as these are difficult for colour-blind individuals.
- Using a dyslexia-friendly font. You can download this font free from opendyslexic.org.



'Helping all Scouts feel the same'

Kerle Wallace, District Commissioner, New Forest North District Scouts, ensured one of his Explorers achieved the Chief Scout's Award despite being in a wheelchair.

'Joe was born with Congenital Talipes, which means he can occasionally function out of a wheelchair, but it's very painful. He's been in and out of hospital all his life and has had about 20 operations.

'He's come up through all the sections, taking part in as many activities as possible, but there have been occasions when we've faced difficulties. The same applied to his Chief Scout's Expedition – it seemed unlikely it would actually happen – but this time it did.

'Despite some unexpected environmental challenges, Joe completed the Chief Scout's Award with the rest of his Group and he was over the moon. You've got to think beyond what you normally do. You need to make all Scouts feel like they're the same as others in the Group – they're just like everyone else.'

'Inclusive Scouting means that everyone has the opportunity to join in no matter what their difference may be. It means that we need to understand what our responsibilities are in creating open and inclusive Scouting. It means that we have an organisation that meets the needs of all individuals and that every person is valued.'

Sharn Race,
Specialist Adviser



'Ensuring anyone can participate'

Pippa, a Scout Network member tells us how Scouting helped her coming-out experience.

'I've been a part of the Scout Movement since I was 14 and openly bisexual within Scouting since I was 16. Being inclusive means that anyone can participate regardless of where they grew up, the colour of their skin or their sexuality or gender identity; they are welcome without judgement or question.

'My experience with Scouting has been so positive that I can't imagine it being better. I think when I was younger it would have been nice to know about FLAGS (Fellowship of Lesbians and Gays in Scouting) and maybe even have something that helps younger people within Scouting.'

More info

Let us know what being inclusive means to you and your Group by commenting on our Facebook page.



Do you struggle to read?

Or know someone that does? Blipp here or visit soundcloud.com/ukscouts to listen to an audio version of the feature.



AROUND THE WORLD

ADVENTURE FOR ALL

Michael Shanks, Group Scout Leader at Glasgow Disabled Scouts, tells us how he organised a fun-packed fortnight in the Netherlands

Our expedition to the Netherlands in 2013 was the first such trip for more than 20 years. We felt that the time was right to organise a trip abroad and we also wanted to mark the Group's 80th anniversary with something great. It was quite a big operation – involving 40 youngsters (aged 12–25) with physical disabilities (including about 30 in wheelchairs), 60 volunteer helpers (Explorer Scouts, mostly Young Leaders) and leaders.

Choosing and researching the destination

We decided on the Netherlands because Scouting is very popular there. It's also very accessible for people with disabilities. The landscape is fairly flat, which is good for wheelchairs. It took about three years to plan the trip and raise funds for it.

Through Facebook, we made connections with Scout Leaders in the Netherlands who helped us a lot with the planning and logistics. We had to check all kinds of things such as the door widths and the toilet facilities for anywhere we planned to visit. A group of four leaders went across to the Netherlands to check the accommodation and activities and they made initial bookings.

'We decided on the Netherlands because Scouting is very popular there. It's also very accessible for people with disabilities.'

The logistics were the biggest challenge. We took a lot of our minibuses with us, but we needed to borrow some more when we were there. We found that people were very willing to accommodate us. We took the overnight ferry from Hull, which worked really well. P&O Ferries were great and very helpful.

Planning the support and fundraising

We had to raise about £100,000 to fund the trip. Everybody paid a fee to go, but that didn't come close to covering the cost of the trip. We visited all the young people at home and spoke to their parents and carers to get information about their additional needs. Some of the young people have severe epilepsy, or feeding tubes into their stomachs.

At our Group's regular meetings, Explorer Scouts support the young people one-to-one. The young people spend all their lives being looked after by adults. Here, the young people are supported by someone not much older

than themselves, so there's a more natural connection there.

Finding great facilities and meeting local Scouts

During the first week we all camped at Scoutcentrum Zeeland, a place by the coast in the south of the Netherlands. We had campfires with the local Scouts (including Scouts with disabilities) and had a good sing-song. There was a wheelchair-friendly beach nearby, which was brilliant. There are boards underneath the beach and a layer of sand. The vast majority of the young people had never been on a beach before so this was a real highlight of their trip. We did quite a lot of swimming – an outdoor swimming pool was quite a novel thing for us coming from Scotland.

The second week we stayed in indoor accommodation at Scoutcentrum Buitenzorg near Amsterdam. The young people took the train into Amsterdam for the day and went sightseeing. In a lot of

The trip gave 40 young people with disabilities the chance to embrace new experiences

Michael's Top Tip

It's important for leaders to ask for help and advice, either from their local adviser or Assistant Commissioner for special needs or inclusion, or from UKHQ. Leaders can assume it's going to be too difficult to take a young person with disabilities on a trip, and they don't realise that it's achievable. Find out more about how Glasgow Disabled Scouts achieved it here: glasgowdisabledscouts.org/2013-holland.





'Taking young people with disabilities abroad takes more planning, but the rewards definitely make it worthwhile' says Michael



This trip gave young people with disabilities the chance to be supported by someone nearer their own age



rollercoaster was a new experience for a lot of our young people.

A fantastic trip for all

Scouting is all about giving young people opportunities. While taking young people with additional needs abroad might make planning more difficult, it's definitely worthwhile! Many of the young people had never been abroad before. Sometimes their parents didn't have the means to take them on holiday overseas. It's great to see the excitement on a child's face when they're presenting their passport. I think the young people got so much out of it and it was a brilliant life experience for them. It also meant that their parents and carers got a valuable respite from care, when they might not have had a break for years.

Our Group is aiming to go abroad every five years. Organising the trip to the Netherlands really strengthened our leadership team as we were working towards this goal for three years. The trip was such a success and we're really excited about planning the next one! 🇳🇱



Scout Groups when they go on camp, they have an hour of free time here and there. Due to the young people's disabilities, that wasn't really possible on our trip. We had a full programme all day, every day.

We went to Efteling, which is the largest theme park in the Netherlands. We visited beforehand to check whether it would be suitable and asked how many of the rides were wheelchair accessible. They surprised us when they said, 'All of them!' Going upside down on a

First steps

Arrange a meeting with the young person's parent/ carer to find out about the young person's needs and plan accordingly, making any reasonable adjustments.

Check out Member Resources at scouts.org.uk for details on accessibility and additional needs, including information about Nights Away for Scouts with additional needs.


Contact the Diversity and Inclusion team at HQ for guidance. You can email the team at diversity.inclusion@scouts.org.uk.

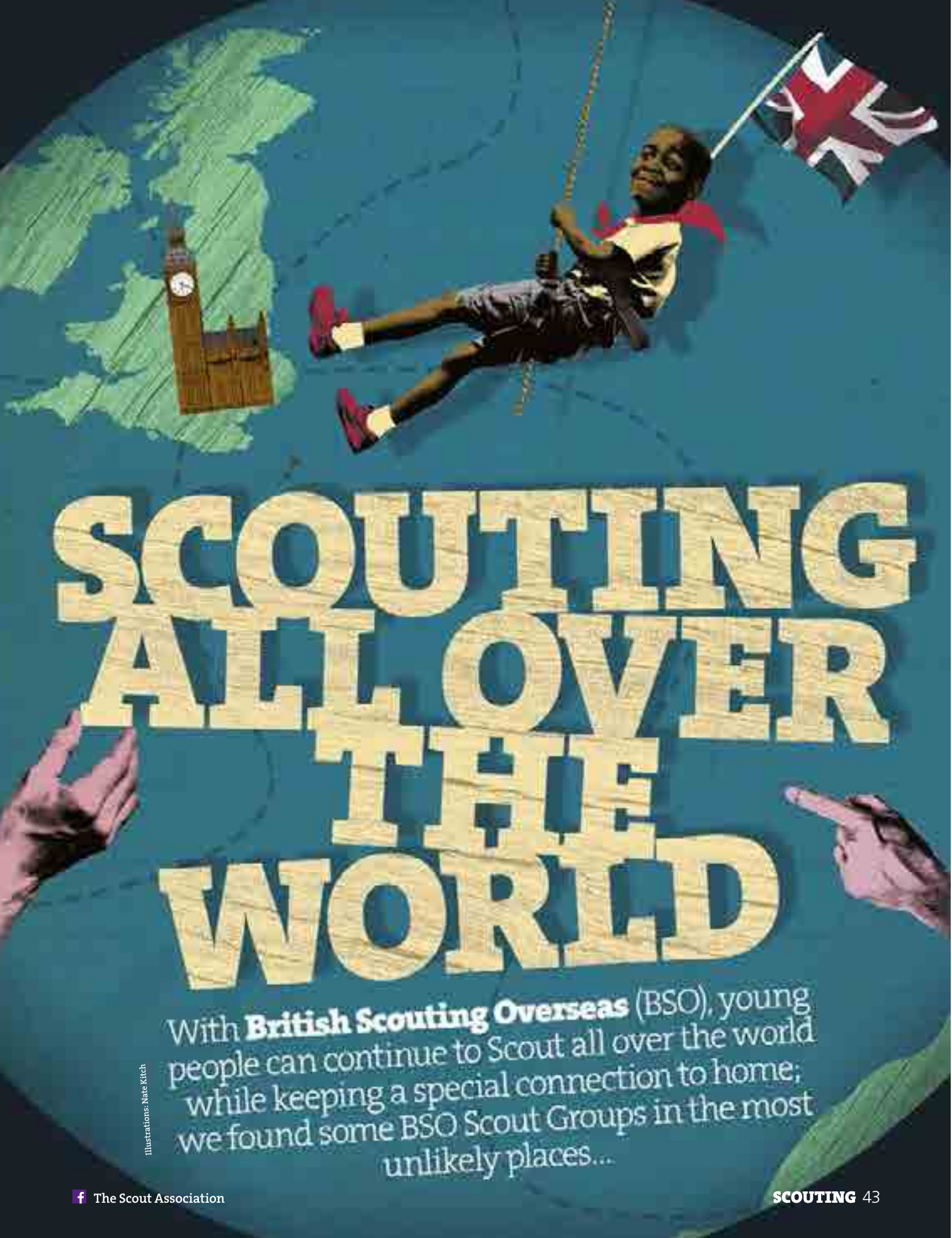
Remember that there are grants available towards the cost of supporting adults or young people with disabilities to access events. Contact dgb@scouts.org.uk for more information.

There is also a Headquarters International Fund to enable adults and young people in hardship to take part in international trips. Find out more at bit.ly/1nAuyqZ.

Finally, contact your County to obtain a Visits Abroad pack.

Insurance

Scouts with  Unity (Scout Insurance Services) has developed travel insurance specifically for Scouting. Under this policy, a Scout with a disability or a medical condition would be covered if their doctor confirms they are fit to travel. For information, call Unity on 0345 040 7703.



SCOUTING ALL OVER THE WORLD

With **British Scouting Overseas** (BSO), young people can continue to Scout all over the world while keeping a special connection to home; we found some BSO Scout Groups in the most unlikely places...

Illustrations: Nate Kitch

SWEDEN

1st Djursholm is the only BSO Group in Sweden and while the Scouts can often feel isolated, there have been many highlights since the Group started, including a visit from the Duchess of Cambridge who presented them with their Jubilee Badges.

The Group tends to run only during term times as everyone goes back to their home countries during the holidays so camps have to be fitted into the busy summer term.

Despite the language barrier, 1st Djursholm try to get out into the community, especially at Christmas, when they sell glögg (like mulled wine) and pepparkaka (ginger biscuits) at the local market.

LUXEMBOURG

The Telstar Scout Group in Luxembourg strives to get members integrating with other local Scouts while promoting international Scouting.

Meetings currently take place in St. George's International School in Luxembourg, though the Group is on the lookout for its own premises.

While their to-do list includes standard activities such as hiking and pioneering, the Group also regularly embrace the local culture. Last year was also a highlight for the Explorer Unit as they obtained three MériJeunesse Luxembourg Gold Awards; the MériJeunesse organisation is chaired by Prince Guillaume and endorsed by the UK Duke of Edinburgh Award.

ASCENSION ISLAND

Scouting on Ascension Island, which is located in the South Atlantic Ocean between Africa and South America, is a unique experience. Not only do the young people share their home with an oceanic active volcano, they are also neighbours with hundreds of green sea turtles, which nest on all 32 sandy beaches.

Unlike Scouts based in the UK, Ascension Island Scouts get to enjoy a warm climate all-year round, enjoying all activities outside while dressed in their customised, lightweight uniforms. They also get to do wide games halfway up a green mountain and enjoy community work by cleaning up some of the breathtaking beaches.

CZECH REPUBLIC

Two former UK leaders set up Scouting on the outskirts of Prague after discovering many British and International English-speaking schools in the area with pupils from expat families who couldn't easily join Czech Scouting.

Set up at Riverside International School, the Group welcomes young people from all nationalities and includes Scouts from the UK, the USA, Serbia, Libya and Russia. Not only is the Scout Group the only BSO Group in Prague, it's also the only one in the whole of Eastern Europe, so there's a huge catchment area to contend with!

SPAIN

With a large number of expat British children attending the local international school in Sotogrande (Andalusia), Spain, Mike, a former BSO Scout Leader in Hague, Netherlands, saw the opportunity to set up Scouting in his new hometown with his wife. The Group started in April and has already grown from six to 25 members.

'We find that the young people joining Scouting in BSO are mostly challenged by living in a 'foreign' environment,' says Mike. 'The families have often relocated due to work, which can cause additional emotional stress. We find that the young people often need extra care and support due to these factors, which we try to build into our programme.'

More information

British Scouting Overseas (BSO) has approximately 2,500 members across the globe and provides UK Scouting to UK citizens (and in some cases other nationalities) who are living overseas. Find out more about BSO and discover where Scout Groups are located all over the world by visiting britishscoutingoverseas.org.uk or heading to [Facebook/britishscoutingoverseas](https://www.facebook.com/britishscoutingoverseas).



CHINA

Based in Nanjing, a thriving industrial city in Eastern China, Nanjing 1st Scout Group meet in a transient community where families from all over the world stay for as long as their employment lasts. Despite fluctuating numbers, Scouting is alive and well for British Scouts.

Set in the grounds of the British School of Nanjing (BSN), security is a big issue for the Scout Group. But while most activities are undertaken in the guarded and gated school, the grounds are leafy and spacious, allowing plenty of opportunity for outdoor activities.

Caroline, a part-time teacher at the BSN, helps run the Scout Group: 'Many Brits work overseas and British Scouting Overseas (BSO) offers a connection to home. Scouts can be seen as a key cultural component in a child's life.'



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VOLUNTEER IN PROFILE

‘Sometimes people just see the disability and not the person’

Michael Randle talks about how Scouting has helped him triumph over adversity

I am the District Explorer Scout Commissioner for Stourbridge as well as a Nights Away Advisor, First Aid Trainer, and I also help out with health and safety in Scouting. Just because I can't see, it doesn't mean my brain has packed up.

I try to do everything that keeps me active. I used to be a very active person, but when you lose your sight your life changes dramatically. I was sitting at work one day about 20 years ago and I had a massive headache and passed out. I had a brain clot, which totally took the sight in my right eye. I carried on with life but then the sight in my left eye started to deteriorate. A couple of years ago I went completely blind due to acute glaucoma. After numerous operations I can see light and dark but I'm registered blind; I can't see details so I can't read or watch TV. I'm still adapting and I'm still having treatment to give me the light and dark as long as they can.

During the first year of losing my sight I was really down but I've accepted it now and got used to it. It's not going to stop me Scouting! I have a talking computer so I can read

and write. I've got a big-button phone so I still organise the admin for the DofE – emails, forms, documentation – all that kind of stuff.

Some people see disability as a barrier. People are frightened. The most annoying thing is when people talk to the person standing next to me because they think I can't hear either. They'll say 'Is Mike alright?' Why not ask Mike? Sometimes people just see the disability and not the person.

The biggest challenge when I'm Scouting is that I have to be with someone. I've lost a lot of confidence but I'm okay as long as I'm with someone who I know is looking out for me. I go on expeditions and other leaders rally around to help. The kids are great – they know my issues and they work with me. We're all just keen to get on with Scouting!



Share your stories

If you have remarkable Scouting tales to tell, email us at scouting.magazine@scouts.org.uk

Your problems [SOLVED]

Our panel of experts answers your inclusion questions

'I have mobility issues – how can I find holiday accommodation that will allow our family to go away together?'

Tessa Marshall, Assistant Scout Leader



Caroline Gunning, Trustee/Director of The Holiday Homes Trust and GSL 1st Appleby-in-Westmorland, Cumbria, says:

As a leader with mobility issues I know how important it is to relax away from home while sleeping under the stars! That's why I was keen to support the Holiday Homes Trust, which provides wheelchair accessible static caravans on holiday parks around England. We recognise that family time is as important as Scouting time, so seek to keep a well-maintained fleet on family friendly parks. From the start of the new season in 2015, we will offer members of Scouting a 10% discount. Please visit holidayhomestrust.org for more information.

'What would your top tips be for ensuring your camp is suitable for all?'

Tariq Patel, Scout Leader



Dan Woodhouse, Scout Activity Centres, says:

There are lots of ideas out there to help you make your camp programme inclusive but it's also important to think of some of the practical aspects that will make your site suitable for your Group. Start the process by thinking about what people can do (rather than

what they can't) and apply this to each layer of your planning. For instance, an individual with impaired mobility may be able to move unaided on flat ground but struggle on an incline. This will help to dictate which site you pitch on, as you'll need a suitable route between there and the toilet block.

Choose equipment that will be enabling too – for example, visually impaired young people might benefit from using brightly coloured guide lines etc. The most important tip is to involve the Group in the planning process – you'll get a whole different perspective on potential problems, and a matching set of solutions you might not have thought of.



Blipp here to watch Dan Woodhouse's practical camping tips

'How can I make sure our HQ is safe for people with visual impairments?'

Steven Wilson, Group Scout Leader

Michael Randle, District Explorer

Scout Commissioner, says: If it is for a specific person, the best way is to consult with them and find out their needs. These will vary depending upon the level of their sight loss. You can then make a plan of improvements for everyone's safety. If you require further guidance contact the Safety in Scouting Coordinator in your County or at UKHQ.



The big issue

How can I plan festive activities that include everyone in my Group?

Helen Watson, Assistant Cub Leader



Laura Thorner,
Programme and
Development Adviser
(Diversity and Inclusion)

Exploring different faiths and beliefs is an important part of Scouting. To respect and value the diversity of Scouting, it is important to recognise, celebrate and explore the meaning behind a wide range of religious occasions throughout the year. This month, as well as Christmas, an important celebration for Christians, there is Hanukkah, the Jewish 'festival of lights'. In 2014, Hanukkah takes place from 16–24 December. A key consideration in planning any activities is ensuring everyone is included, feels comfortable and is valued.



Kay Hill. Specialist Adviser, says: Rather than thinking about specific celebrations

why not think in themes? For example winter brings a festival of light in many religions. Explore them all and help young people recognise the similarities and celebrate diversity. It's also, for many, the end of one year and the beginning of a new one.



Emma Saunders, Head of Educational Programme

Are you stuck for festive programme ideas? Why not try making a Pony Bead Dreidel? A dreidel is a four-sided spinning top that children play with during Hanukkah. This is just one activity that can be found on Programmes Online, our web-based programme planning tool to help leaders plan activities for young people. For full instructions and a range of other ideas, including an activity for Beavers to make a wish star for Hanukkah, visit **scouts.org.uk/POL**.

Join the conversation

There are lots of helpful discussions taking place on our Facebook page right now. Make sure you don't miss the chance to have your say – head to The Scout Association's Facebook page to share ideas, discuss important issues and receive advice from other Scouting volunteers.



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.

Talk about it

Help raise awareness and challenge stigma by discussing mental health with your Group

Facts and figures

Mental health is an issue that affects many, but lots of people are afraid to talk about it. According to the Time to Change campaign, England's biggest programme to challenge mental health

stigma and discrimination, one in four people in the UK are affected by a mental health problem in any given year. One in 10 under 16s has a mental health problem, with teenagers more likely to be affected than younger children.

Despite the prevalence of mental health problems, nine out of 10 people affected experience stigma and discrimination. Nearly three in four young people fear the reactions of friends when they talk about their mental health problems.

Mental health issues include:

Depression Depression is different from just feeling down or sad. People with depression may feel constantly tired or lacking in energy, feel hopeless, be self-critical and lose interest or pleasure in things they used to enjoy.

Obsessive Compulsive Disorder (OCD)

OCD is an anxiety disorder, involving repetitive unwelcome or distressing thoughts, and strong compulsions to repeat particular actions, such as hand washing, counting or checking things.

Anxiety Symptoms include regularly feeling worried, panicky and frightened. People may feel constantly on edge and unable to concentrate. Panic attacks are when you feel extremely anxious and may have heart palpitations, sweating and disorientation.

Self-harm Self-harm is when someone inflicts pain on themselves. This may include cutting or burning themselves. People who self-harm may feel anxious, depressed or stressed. They use self-harm as a way of dealing with their feelings and find it to be a release.

What you can do

You can make talking about mental health a part of your Group's programme and help young people to realise having



One in 10 under 16s has a mental health problem...

a mental health problem is nothing to be ashamed of. You don't have to be an expert. There are many organisations that provide support and advice.

The Time to Change campaign says that discussing mental health with young people can be really helpful: 'It breaks down taboos. It enables young people to look after their own mental health, reduces the stigma around asking for help, and allows them to support their peers too.'

Create an open, supportive and trusting environment at your Group, so that young people feel able to talk to each other and adult leaders about mental health issues. The Time to Change website has lots of activity ideas, information sheets and videos for youth workers available at bit.ly/1rgYjwE.

Support for young people

The following organisations provide support to young people with mental health issues, so make your Scouts aware of them. Also remind them to speak to their GP if they have any concerns. Childline is a free, 24-hour helpline for young people. Call 0800 1111. Find out more at childline.org.uk.

Get Connected offers free, confidential help for young people under 25 via phone, text, email and web chat. More information can be found at getconnected.org.uk.

Samaritans provide support to people of all ages in distress. Call 08457 909090, email jo@samaritans.org or find out more at samaritans.org.

Support for leaders

Check out our guidance on life issues facing young people, including substance use, emotional wellbeing and eating disorders. Find out more at scouts.org.uk/lifeissues.

For information about children's mental health, contact the charity YoungMinds or check out their website at youngminds.org.uk. If you're worried about a young person (aged under 25), you can call 0808 802 5544 or email parents@youngminds.org.uk.



A Scout's experience: Elizabeth, 17, Explorer Scout

'Since the age of 13, I've had depression and anxiety. I coped with this by self-harming. My problems caused me to become very isolated. I was paranoid about what people thought of me and didn't want to leave the house. I was exhausted and struggling to cope, especially as only a few people knew how I was feeling.'

'I felt like a weight was lifted when I attended Scout meetings. My friends in Scouting have always stuck by me, and they have never treated me differently because of my illness. Going hiking or camping was a huge source of comfort, as I felt I could escape the places that constantly reminded me of the pain I was going through.'

Scouting gave me great opportunities to develop as a person and never let me hide within myself as I was inclined to do during my worst periods

'I felt like a weight was lifted when I attended Scout meetings'

of depression. I always felt safe, comfortable and accepted.

'There is a stigma about mental health and I'm trying to change that. I have had experience of friends (who didn't know about my self-harm) saying things like 'cutting is so stupid.' Mental health problems are greatly misunderstood. Many people view them as a weakness of character whereas, in fact, to live with mental health problems and never give up takes astronomical strength.'

TAKE A HIKE

KIRKBY STEPHEN

Follow a lost railway from the enchanting Eden Valley into the wilds of the Pennines



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Arriving at Kirkby
Stephen station (rather
than Kirkby Stephen
East) will ensure you
enjoy stunning views
of the Dales before your
walk even begins

Map: OS Explorer Map OL19

Scouting classification: Terrain zero.

Mostly follows solid pathways suitable for all abilities and wheelchairs.

Sections of the return journey along the riverside path may be muddy in winter and can be avoided by following the road through Kirkby Stephen to the station.

Distance: 4 miles (7 km)

Time: 1.5 hours

Start and finish: Kirkby Stephen station: NY 761 066

During the Victorian era, the market town of Kirkby Stephen became a thriving railway hub. In 1861, an ambitious line opened across the Pennines, connecting the Durham coalfields with new iron-ore smelting plants at Barrow. The Stainmore Line skirted the town to the east, passing over two grand stone viaducts at Merrygill and Podgill, to reach Kirkby Stephen East station.

The route

A From the station, take the footpath that runs parallel to the A685 through open fields and, after about 700m, at Halfpenny House, take the lane north to the southern extremity of the town. Here, the old Kirkby Stephen East station houses a heritage centre, buffet and shop.

(B) A short walk away, the new Skenkrith Millennium Footbridge, with its exhilarating view of the River Eden below, brings you on to the disused trackbed of the Stainmore Railway. The entire section around Kirkby Stephen has been transformed into a walking- and cyclepath, overarched by trees.

(C) After 3/4 mile (1.2km), you cross Podgill Viaduct and a magnificent view opens out, with the town on your left and the open fells to your right. A side path drops to a viewing point below the arches and you can clearly see how the bridge was doubled in width when a second track was added.

(D) After the Merrygill Viaduct, another 350m further on, drop down to the lane and follow it north through the pretty village of Hartley. After about 500m, take the left-hand lane to Kirkby Stephen. This follows the Hartley Beck to where it meets the River Eden 500m to the west. Cross the river into the town centre, which has plenty of cafés and shops to stop for refuelling.

(E) Return to the station via a delightful riverside walk. Recross the Eden at Lowmill Bridge and take the footpath south along the river's east bank.

(F) After about 750m, the footpath leaves the river on a track – follow this with the hedgerow to your left for an alternative view below the old railway and of the bridges that span the valleys. Ignore all side routes and after 800m you'll reach the old railway path just 250m east of Skenkrith Millennium bridge. From here, retrace your steps to the station.

For information on running safe activities visit scouts.org.uk/activities



5 sensory experiences

Delight the senses with these stimulating excursions



1. TRELISSICK GARDEN NEAR TRURO, CORNWALL

What: Formal and informal gardens with a sensory garden at their heart.

Why: The garden is famed for its displays of rhododendrons, azaleas, hydrangeas and camelias while palms add a tropical feel. The small enclosed sensory garden has been specially planted with herb and flowers selected for their fragrance and textures.

How: nationaltrust.org.uk/treliissick-garden; 01872 862090



3. ROYAL BOTANICAL GARDENS KEW, LONDON

What: Glorious gardens and tropical hothouses that provide entrancing scents and colours.

Why: Kew Gardens offers a wonderful sensory journey but the greatest intensity can be found in the great glasshouses.

Head to the Princess of Wales Conservatory, which recreates 10

different climate zones, each with their own cast of flora – and sometimes fauna.

How: kew.org

2. SINGING RINGING TREE, WAYSIDE ARTS TRAIL BURNLEY, LANCASHIRE

What: A 5m-high, wind-powered sculpture that creates eerie sounds from the top of a hill.

Why: Burnley's Wayside Arts Trail is a blend of landscape and sculpture, but the highlight is undoubtedly the Singing Ringing Tree.

Made from steel pipes, Mike Tonkin and Anna Liu's sculpture takes the form of a windblown tree and harnesses the Pennines' wind to create a choral sound.

How: visitlancashire.com/things-to-do/the-wayside-arts-trail-p387700

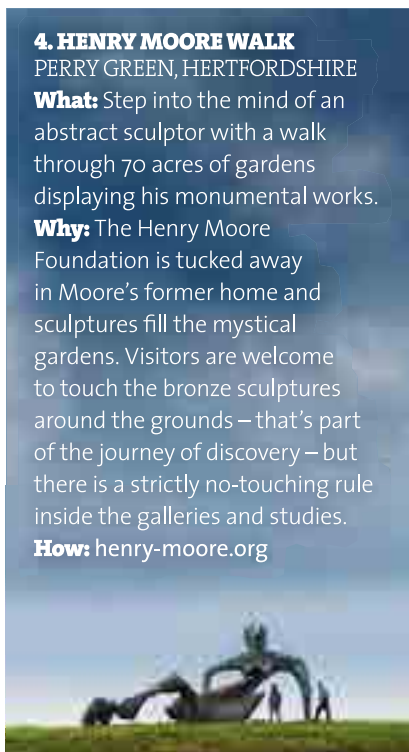


4. HENRY MOORE WALK PERRY GREEN, HERTFORDSHIRE

What: Step into the mind of an abstract sculptor with a walk through 70 acres of gardens displaying his monumental works.

Why: The Henry Moore Foundation is tucked away in Moore's former home and sculptures fill the mystical gardens. Visitors are welcome to touch the bronze sculptures around the grounds – that's part of the journey of discovery – but there is a strictly no-touching rule inside the galleries and studies.

How: henry-moore.org



5. GRIZEDALE FOREST SCULPTURE TRAIL CUMBRIA

What: Eighty beautiful and thought-provoking sculptures dotted through 8,000 acres of forest.

Why: Some of Britain's top artists have created sculptures that sometimes move, make sounds or are optical illusions to challenge walkers in this wonderful, wildlife rich forest. Some are permanent installations, others are moulded from natural materials and gradually reclaimed by the forest – finding them is all part of the fun.

How: grizedale-sculpture.org/index.php/sculpture



Words: BBC Countryfile Magazine; Pictures: Alamy, Thinkstock



Camp canapés

If you're organising a Scout shindig this Christmas, make these tasty, toasty treats for the ultimate party food

Whether you're on camp or at a Christmas gathering, crostini are ideal for your Group to devour. Not only are these tasty bites extremely versatile, cheap to make and easy to mass-produce, but they're also basically just fancy toast. And what could be more fitting for a Scouting soirée?

Ingredients

Serves 8

- **French stick or ciabatta loaf** 1
- **Garlic cloves** 5–6, peeled and halved
- **Olive oil**
- **Salt and pepper**

1 Cut your bread into 1cm slices and grill them on one side until they're light brown.

2 Rub the toasted side with a piece of garlic and brush or drizzle olive oil over the top.

That's it! But the making of your crostini is in the toppings you create. Here are some ideas to get you started. Mix and match a few flavours for a delicious range of Christmas canapés.

Toppings

- Roughly mash 100g **broad beans**, 75g **feta cheese** and a squeeze of **lemon juice** together with a fork and spoon onto your crostini. Add **salt and pepper** to taste.
- Spread each crostini with a small amount of **pesto** before scattering them with chopped **sundried tomatoes** and flaked **parmesan cheese**.
- Make mini cheesy toasts by sprinkling each crostini with equal measures of grated **cheddar** and **gruyère** before dousing with **Worcestershire sauce**. Grill until golden.
- Generously apply **cream cheese** to your base before sprinkling over crisp **bacon bits** or **lardons**.
- Pan-fry **mushrooms** in **butter** with crushed **garlic**. Drain the excess liquid. Pile on toasts with a little chopped **parsley**.

CHRISTMAS FUN and GAMES



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THE FESTIVE QUIZ 2014

1 Name the diner/diners

A) Consuming milk by-products perched perchance on a hassock or ottoman.

B) Preferring the less presentable porcine pastry treat, with, or is it in, a greasy spoon?

C) Vegetarians, who having dined, apathetically did not want to go home.

D) Extract of malt, please, but hold the honey and acorns.

2 You might need a night with the tiles to solve this year's cipher

19 42 12 101 110 13 32 51 31 17 16 44 15 41 16
82 13 18 11 14 11 102 81 21 16 22 11 19 32 42 17
13 18 19 33 11 18

3 Link the following

A) Dad's Army to Napoleonic weaponry.

B) A lieutenant in the 95th Rifles to a watery camel's mouth.

C) What vague connection may our

Chief Scout have with a donkey wheel?

D) Sopchoppy, Willaston and Blackawton.

4 Identify a Scout associated with hiking but not legally.

B) And which Scout superseded White Feller?

C) And where does Asparagaceae, subfamily Scilloideae fit into Scouting history?

D) And how come Scouts were given an arrowhead badge prior to 1907?

5 What was a mutt called Esmeralda's claim to fame?

A) Who was number 452?

B) Who was number 2 in Section 2?

C) Who are a red 2-6-0 number 5 and a blue 4-4-0 number 2?

D) And what has 1701 to do with 65 and 6?

7 **A)** Swinford and Whitney-on-Wye – what do they have in common?

B) Link Lancaster University and Warboys?

C) How does Heckington beat Sibsey beat Alford?

D) Link Edinburgh and Bedgelert.

8 **A)** Where in the Hebrides is the rather tongue-in-cheek 'holding point Charlie'?

B) Langley's book about Aladdin's son. Find a UK location of the same name.

9 An outing is planned. One person wants to take William and Richard. Another suggests taking Matilda and yet another suggests Dorothy. Someone else wants to bring Ceallach. What are they doing?

10 **A)** What do apples, cherries and butter beans have in common?

B) What do apples, tomatoes and

PHIL PACKER

Scouting ambassador **Phil Packer MBE** tells us what inspires him...

You're an inspiration to many, but who inspires you?

I have been fortunate to meet a lot of inspirational figures. For me, it is the young people I meet who, very quietly and very humbly, choose to live their lives when they are suffering from illness, medical conditions or a disability, rather than to just survive. Their bravery inspires me and instills in me the drive and determination to do more for other young people who are finding life with trauma overwhelming and a struggle.

to choose next to challenge yourself and what can you do to help others?

What would you say to someone that says they 'can't'?

If someone is finding themselves in that situation and they need help it is important to understand why they feel that way. This is the time to listen, understand and, if appropriate, to encourage and to assist. We all have limitations and it is vital that we manage our own and other people's

volunteers who young people put their trust in. We need to continue to attract these exceptional characters who have the ability to bring out the very best in young people. These adults make UK Scouting possible and this is the reason to become involved.

'Learning from the experience is what really matters'

How has Scouting helped you?

When I was younger, there were difficulties with domestic violence at home. Scouting offered a sanctuary where I felt protected, as well as excitement through the many activities available. Since becoming a UK Scouting ambassador I am delighted that there is more emphasis on inclusion and I feel honoured to be part of our family. Scouting is a forward-thinking organisation and it's great that there are more opportunities available for young people who live with disabilities.

expectations. Taking part or giving something a go is the real adventure; learning from the experience is what really matters.

Why should more adults get involved in Scouts?

Supporting young people in a safe and secure environment is essential to their education, experience and confidence. UK Scouting offers the structure, ethos and guidance to deliver this. Integral to this is the calibre of adult

How can Scouts help young people?

We have superb adult leaders who are selfless and wholeheartedly committed to providing opportunities for young people. Scouting is a lifestyle choice that offers an extraordinary list of opportunities throughout the whole of a young person's life. My question to any young member is, 'What are you going



Phil with "Poppy" who will be both an Assistance and PAT (Pet As Therapy) Dog



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