

April/May 2015

# Scouting

Scotland

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Page 60

# BEARLIES GRYLLS

The UK Chief Scout tells us all about  
his love of adventure



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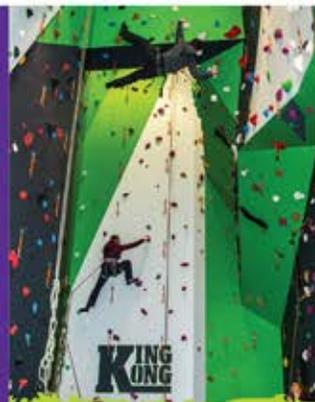




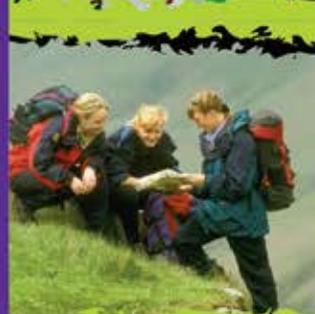
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#### Scouting Editors

Abbie Cavendish, Lee Griffiths, Vicky Milnes and Kevin Yeates

#### Scouting Scotland Editor

Addie Dinsmore

**With thanks to...** Jagz Bharth, Ralph Doe, Bear Grylls, Graham Haddock, Eddie James, Hannah Kentish, Stephen Lewis, Samantha Marks, Justin Mullender, Mike Newman, Terry O'Neill, Charlotte Ord, Emma Saunders, Rupert Shanks, Pete Stillman, James Stuttart, Jay Thompson, Trail Magazine, Yeji Yeti Yun

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**Email:** [scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk)

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**Tel:** 01383 419073

**Website:** [scouts.scot](http://scouts.scot)

**Facebook:** [facebook.com/scoutassociation](https://www.facebook.com/scoutassociation)

#### Please send all contributions to:

[scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk)

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**Editor** Alex Drew

**Art Editor** James Daniel

**Designer** Dean Purnell

**Project Manager** Celia Beale

**Director of Immediate Media Branded Content**

Julie Williams

**IMMEDIATE  
MEDIA  
BRANDED  
CONTENT**

#### ADVERTISING

**Advertising Manager** Jamie Bolton

**Email:** [jamie.bolton@immediate.co.uk](mailto:jamie.bolton@immediate.co.uk)

**Tel:** 0117 314 7356

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# Welcome

Join, share and get involved at



## Adventure for all

Scouting ensures that young people have access to adventure – it's been that way since the beginning. We have always encouraged young people to get outside, make friends and start creating their own adventures. This issue of Scouting showcases just some of those adventures. On **page 20** you can read about a Group of surfing Scouts in Cornwall and the leaders who are making sure everyone can have a go – no matter what.

Scouting has always opened young people's eyes to the world of promise and possibilities around them. On **page 41**, you can read about the very first adventures of some of our members; even though they took place in the last 50 years, the spirit of adventure and excitement hasn't changed a single bit.

For young Scouts the simplest adventures can make the most powerful memories and can lead to the most incredible opportunities. How many of you remember climbing hills as a kid; feeling like you were on top of the world as you ran (or rolled) back down them? That's how members of the Hampshire Mountaineering Team got started – you can read about their latest trip to Scotland, where they hone their winter mountaineering skills, on **page 34**.

You can read about how I developed my taste for adventure on **page 26**, where you'll also find an exciting bit of news about my future as Chief Scout.

Of all the things that Scouts do and learn, for me, there are two that stick out: following your dreams and looking after your friends. Each and every story in this issue is a fantastic example of both of these qualities, and I hope you find them as inspirational as I do.



**Bear Grylls**  
Chief Scout



# Scouting WANTS YOU!



We asked the UK Youth Commissioner Team to tell us about their most memorable adventures. We also want to hear about your exploits, so head to our Facebook page to share them and email [scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk) to sign up to our reader panel.



**Hannah Kentish – UK Youth Commissioner**

'I first started having adventures as a 10-year-old Scout. Rock-climbing was one of the first things I did and I loved it; I also got to go on my

first summer camp shortly after joining and didn't want to go home! This summer I will be off to the Philippines to complete my Scouts of the World award after the Jamboree – I'm so excited!'



**Jay Thompson – Deputy UK Youth Commissioner**

'Having grown up on the Isle of Man, I've been lucky enough to have plenty of outdoor adventures on my

doorstep. My most memorable adventure has to be travelling to Tuvalu, in the South Pacific, when I was 18. I had the challenge of taking the Scout spirit of adventure to somewhere it had all but disappeared, and it was one of the most rewarding things I've ever done.'



**Jagz Bharth – Deputy UK Youth Commissioner**

'I can't remember a time when I wasn't a Scout and I've tried to go on as many adventures as possible – some obvious

stand-outs being leading a Group on our Queen's Scout Award expedition to Peru and the World Scout Jamboree in Denmark where I made friends who I'm still in touch with. I love exploring beyond where I live – I'm trying to make sure the Cubs and Scouts I lead get to have as much adventure as I did!'

# Contents

## The adventure issue

### UP FRONT

- 9 News**  
The latest from Scout HQ
- 15 What's on**  
Unmissable dates for your diary
- 17 Mailbox**  
Your letters, emails, tweets, posts and pictures

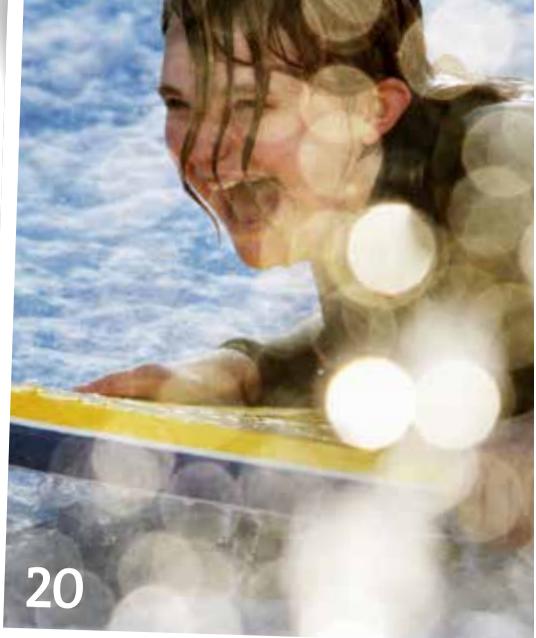
### FEATURES

- 20 Surf's up!**  
Cornish Scouts are hitting the waves and you can too!
- 26 A taste for adventure**  
UK Chief Scout Bear Grylls shares his love of the outdoors and all things Scouting
- 34 From Scotland to the South Pole**  
Our guest writer is put through her paces by a group in training for an expedition to Antarctica
- 41 First time adventures**  
Scouting members share their fond memories



### REGULARS

- 6 Wayne's word**  
This issue's message from the UK Chief Commissioner
- 66 Last word**  
Read about the Meek family who gave up the daily grind for everyday adventure



20

## THE KNOWLEDGE

- 49 Volunteer**  
DC Ben Scholes shares his love of adventure
- 51 Advice**  
Your questions answered by our experts
- 54 Health**  
Add exercise to your day with our top 10 tips
- 56 Walk**  
Not for the faint-hearted, this 24-mile walk over the Yorkshire Three Peaks will put older Scouts through their paces
- 60 Games**  
A bumper issue of games to keep you entertained!
- 62 Food**  
For a fail-safe campfire treat, try these caramelised apples



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# Everyday adventure

It attracts hundreds of young people to Scouting every year, but our brand of adventure offers so much more than exhilaration alone, says the UK Chief Commissioner

**W**hether you're talking about a Beaver's first nature walk or a Cub's first hike, adventure is at the core of Scouting's popularity. I certainly remember some of my own first adventures with Scouts as a boy, as well as leading my Patrol in some of their early adventures – whether that was on an overnight rowing expedition on the River Hamble or a hike across the South Downs as a Venture Scout.

By supporting these youth-led activities, we are building on our ambitions to be shaped by young



Our young people will learn teamwork, leadership and resilience from Scouting's brand of adventure

**'We will put the outdoors, adventure, teamwork and leadership at the very core of our refreshed youth programme'**

people in partnership with adults. And it is these adventures – and the growing awareness of Scouting's particular brand of everyday adventure – that encourages young people to join our Movement. It is also the means by which we provide the opportunities for young people of all ages to learn a variety of invaluable life skills: teamwork, leadership and resilience to name just a few.

That's also why we're kicking off Cubs 100, our centenary of Cub Scouts with the Year of Adventure this year. Here we will put the outdoors, adventure, teamwork and leadership at the very core of our refreshed youth programme, ensuring that a whole new generation of young people continues to learn by doing through the medium of our particular brand of everyday adventure.

## IN THE DIARY

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

### APRIL

- 10–11** UKCC Team
- 17–19** County Tyrone, Northern Ireland  
Isle of Man
- 25–26** Operations Committee  
National Queen Scout  
Celebrations, Windsor

### MAY

- 1–2** Pembrokeshire/South Wales
- 3** The Big Camp, Yorkshire
- 9** Oxfordshire Awards Day
- 16–17** Jamboree all adults weekend,  
Gilwell. Merseyside Youth  
'On Tour', Gilwell
- 16–27** Warwickshire Get In 2015
- 20** Northern Ireland SGD Awards
- 22–24** NE Scotland, Shetlands, Orkney



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5 JUNE 2015

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April/May 2015

# upfront

The latest Scouting news and events



Head to any one of Scotland's three National Activity Centres to unleash the adventure

## ALL ABOUT ADVENTURE

This month's message from Scotland's Chief Commissioner

**E**veryday adventure is one of the phrases that we use to tell the world what Scouting is about. Almost every survey of our young members undertaken by Scouting in the recent past has put camping and doing things outdoors as favourite activities. Those of us in Scotland are very fortunate to have some superb opportunities for our young members to experience adventure in Scouting. Almost every Region and many Districts have their own outdoor activity centre or campsite; Scouts Scotland has three National Activity Centres at Fordell Firs, Meggernie and Lochgoilhead.

This year marks the 50th anniversary of the establishment of Lochgoilhead as our water activity centre. Our Centres offer excellent opportunities for Beavers, Cubs, Scouts, Explorers and Network members to camp, to try new activities and revisit some old ones. When did you last take

your Section away for the weekend or for an evening of activity at one of these Centres or campsites?

This year is also the Cub Scouts' Year of Adventure. This affords the Cub Scout section an additional incentive to embed everyday adventure into its programme.

Additionally, this summer will see some of our Explorer Scouts embark on one very significant adventure, and one that does not happen every day. Some 250 Explorer Scouts and leaders from across Scotland will be heading to Japan in July to attend the World Scout Jamboree. I am sure that you will all wish them well in this adventure, and will look forward to hearing about their experiences when they get home.

*Graham*

**Graham Haddock,**  
Chief Commissioner  
of Scotland



### AWARDS GLORY

Liz Wilson, DC for East Lothian, has received the prestigious Lifetime Achievement Award at the 2015 National Youth Worker of the Year Awards. Organised by YouthLink Scotland, the Awards celebrate and recognise the outstanding commitment, service and performance of youth workers, role models, partners and managers within the youth work sector in Scotland.

Nominated initially under the Uniformed Youth Worker of the Year category, the independent panel of judges were so impressed by the commitment and achievements of Liz that they decided she deserved even greater recognition.



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For the Cubs 100th year anniversary, Kingswood want to help your pack, district or county celebrate with residentials packed full of action and adventure!

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# ACCESS THE ADVENTURE

There are amazing opportunities aplenty available to Scouts in Scotland

**A**dventure and Scouting are synonymous with each other and the first thing that often springs to mind when people mention adventure is a Nights Away experience. This can be a first sleepover as a Beaver Scout or an international camp or expedition as an Explorer Scout, but if you don't yet have a Nights Away Permit, you can still help young people to have a Nights Away experience.

Sign up for one of the many activity camps that happen across Scotland every year where Scouts are either supervised by sub camp staff or can safely participate with a Nights Away Event Passport. If you are looking to get a Nights Away Permit, you should contact your District Nights Away Adviser to get started.

However, adventure doesn't have to involve a night away. Our three National Activity Centres – Fordell Firs, Meggernie and Lochgoilhead – can offer day and evening activities, space to self-cater and programme and fully residential packages. If these are not convenient, there are campsites and activity centres run by Regions and Districts that offer exciting activities

too. Scotland is very fortunate to be surrounded by locations for adventurous activities. These can be delivered by external providers, or Scout-led, as long as an appropriate permit or qualification is held. Personal permits allow members to take part in

adventurous activities in the company of other personal permit holders or young people and adults can also gain permits to lead and supervise others. If you are looking to gain an adventurous activity permit, we recommend taking the following steps:

## Five tips for adventure:

- 1** Training and assessment for Nights Away Permits are available in your District.
- 2** Activity camps and Nights Away Event Passports are an option if a Nights Away Permit holder is unable to attend.
- 3** National Activity Centres offer tailored options for residential experiences and adventurous activities.
- 4** Funding is available from Scouts Scotland for Scout Permit training and assessment and qualifications to deliver adventurous activities.
- 5** Adventurous Activity Permits can be given for specific locations as well as unrestricted.

- Look at the rules and requirements for Scout-led adventurous activities;
- Read the appropriate Assessment Checklist and compare your skills/experience;
- Complete any training necessary to fill any gaps in your skills/experience;
- Speak to an assessor to discuss your experience and agree the best method of assessment;
- Apply for funding from Scottish Headquarters to offset the cost of any training and assessment;
- Consider a site specific (restricted) permit if you only need a limited area/location;
- Take the assessor's recommendation to your District Commissioner who can issue a permit;
- Have fun and be safe offering exciting and unusual activities to our youth members.





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Soar at INTU Braehead, Renfrew, PA4 8XQ

# PROMOTE THE ADVENTURE

A wide range of materials is now available to help you promote Scouting's life-changing adventure. New templates for meeting place signs, featuring the updated section branding, are now available in a choice of sizes and colours. A range of inspirational posters based on artwork from the new Prepared book can now be ordered and you can also create personalised Challenge Award certificates for young people in Scouting. There are also car sticker designs available for your back window and to fit inside your old tax disc holders! Log in at [scouts.org.uk](http://scouts.org.uk) and click on 'Print Centre' to get started. Don't forget to order your new programme materials from [scouts.org.uk/shop](http://scouts.org.uk/shop).



## FEEL THE PRIDE

Volunteers will hit the streets of the capital again this year to celebrate diversity. Scouts took part in a fantastic London Pride celebration last year – the sixth year that we've attended this LGBT event – and for the first time, we were joined by young people between the ages of 16 and 18.

To get involved in this year's event, being held on 27 June, visit [scouts.org.uk/pride](http://scouts.org.uk/pride) or email [pride@scouts.org.uk](mailto:pride@scouts.org.uk) to find out how you can celebrate Pride in your community.



## A NEW ERA

From September 2015 onwards, Scouting magazine will be printed four times a year instead of six. This follows a year-long review with senior volunteers and staff at operations committee level and takes into account the results of last year's reader survey. Producing the magazine four times a year will also reduce postage costs so we can better deliver the 2018 strategy. The new and improved magazine will still contain all your essential info from HQ and plenty of activity ideas aimed to inspire and inform you in your daily Scouting. We're still keen to hear more of your opinions on the magazine, so our June/July issue will include a short reader survey where you can share your views.

# fundays

Spring into Summer!

20-21 June 2015

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at Woodhouse Park  
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Gilwell Park



[scouts.org.uk/fundays](http://scouts.org.uk/fundays)

  
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**scouts**  
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# what's on

Exciting dates for your diary

## May



## 2 MAY

### #ScotShape

Over 100 young people from across Scotland are gathering together in Perth to share ideas, make decisions and shape the Scottish youth involvement strategy. Contact [youthinvolvement@scouts.scot](mailto:youthinvolvement@scouts.scot) for more info.

## 15-17 MAY

### Parent and Cub Camp

An opportunity for Cubs and their parents to share the fun of Scouting at Meggernie National Activity Centre! Call **01887 866231** or email [warden@meggernie.org.uk](mailto:warden@meggernie.org.uk).



## 26-28 MAY

### Archery GB Instructor Award

Head to Great Tower in the Lake District to learn how to teach archery over this weekend-long course. Food and accommodation are also included in the £190 fee. Email [greattower.sac@scouts.org.uk](mailto:greattower.sac@scouts.org.uk).



## June

## 14 JUNE

### Scottish Awards Day

Scotland's national event recognises and rewards outstanding achievement by Scouts and outstanding service by adult volunteers. This year the event will be held at Paisley Town Hall.



## 20-21 JUNE

**FUNDAYS**  
Spring into Summer

Spring into summer with the action-packed activities for Beavers, Cubs, Rainbows and Brownies at Gilwell Park and Woodhouse Park. Find out more by visiting [scouts.org.uk/fundays](http://scouts.org.uk/fundays).

## 27 JUNE

### Media and Communications Workshop

Learn how to spread the word about Scouting at Woodhouse Park. Email [communications@scouts.org.uk](mailto:communications@scouts.org.uk) for details.



## 27-28 JUNE

### 24-hour pedal car race

This race for human-powered cars is perfect for Scouts, Explorers and Network. Held at Shenington Airfield near Banbury, the race runs from midday on Saturday to midday on Sunday. Visit [shenington24.com](http://shenington24.com) for more info.



## Further ahead

### Gilwell 24

#### 10-12 July

Enjoy a jam-packed 24 hours of exhilarating adventure at Gilwell Park, exclusively for Explorers. An event-branded T-shirt is included in the ticket price. For more information, visit [gilwell24.info](http://gilwell24.info).

GILWELL  
**24**

### Peak 2015

#### 25 July-1 August

This unique Scout and Guide camp is held at Chatsworth Park in Derbyshire just once every five years. There will be over 65 activities (including hill walking, bushcraft and caving) for ticket-holders to participate in. Learn more at [peakcamp.org.uk](http://peakcamp.org.uk).

### CamJam 2015

#### 15-22 August

The international camp for Scouts, Explorers and Guides returns to Huntingdon Racecourse for yet more action and adventure. Visit [camjam.org.uk/internationalevents](http://camjam.org.uk/internationalevents) for a full list of our international events.



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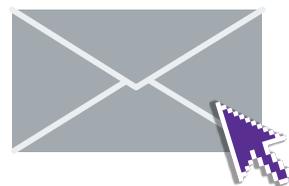
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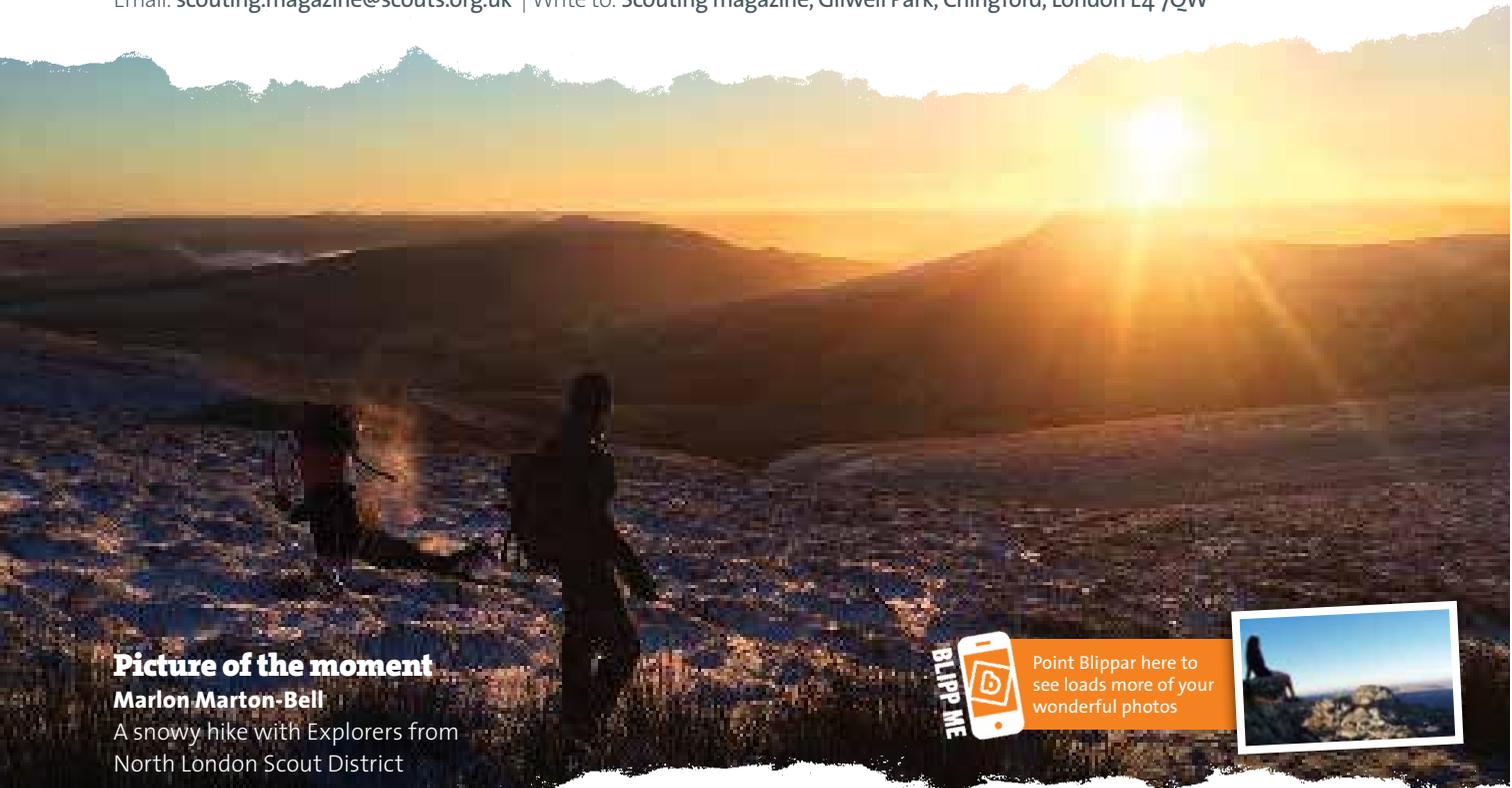
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## Picture of the moment

**Marlon Marton-Bell**

A snowy hike with Explorers from North London Scout District



Point Blippar here to see loads more of your wonderful photos



**f David Stokes** Durham Scout County is now using the County Commissioner's Commendation to recognise good service from Young Leaders. We'll recognise our first recipients at the County award day in September – and would like to think that other Counties will follow our lead and do something similar. As our ACC (Cub Scouts) says 'Young Leaders are the best thing since sliced bread...'

**✉ Ian Henery** A 15-year-old schoolgirl has made history by being the first girl in Sutton Sea Scouts to gain the coveted Chief Scout's Platinum Award. Jennifer has not only gained her Duke of Edinburgh's Bronze Award, but also then went on to gain her Chief Scout's Platinum Award – the highest



Jennifer is the first female Sutton Sea Scout to receive the Chief Scout's Platinum Award

possible award for a Scout under the age of 16. In order to qualify for the Award, Jennifer had to commit herself to a range of activities including camping, running programmes for younger Scouts on the theme of Chinese New Year, completing her Duke of Edinburgh's Bronze Award and spending an extra three months on skills challenges, which included public speaking.

Huge congratulations, Jennifer!

**f June Jfs BrownOwl** I think the expedition challenge will be the biggest challenge my son will face in Scouting on his quest to achieve his Chief Scout's Gold Award. With his additional support needs it will have to be well thought out. I'm so glad he has



such wonderful leaders who include him and encourage him to join in and be the best he can be!

**f** **Yew Tzen** My first Scouting adventure was hiking up the trail to Mount Jerai – the tallest peak in the state of Kedah, Malaysia, on a four-day, three-night expedition. I was only 13 at

the time and didn't even have a tent! I am really very grateful to my seniors who made sure we humped that trail and got safely to our destination and back! The waterfall was super COLD!!! And canned food with a hot drink tasted GREAT!!!

**★ STAR LETTER**  
**Our Vision**

Youth-shaped Scouting has to be one of the Movement's most positive and important ideas so far. Here in Easingwold District, a mainly rural part of North Yorkshire, it has immediately struck a chord with young people and adults alike. We have the advantage of a brand new District Executive formed to embrace Vision 2018 and build on the successes of 104 years of Scouting in the area. With invaluable guidance from regional development officer Peter Thorp, our four Groups are making good progress.

Involving young people in every area of planning is less problematic, and more transformative, than some of us feared. We have only just started on the journey but already we have a 17-year-old Explorer Scout as a member of the District Executive and a 14-year-old in one Group Executive and taking an active role in a District Sub Committee set-up to plan



community impact events. Their participation has undoubtedly changed our meetings for the better. The focus on young people's ideas in section planning is already making waves too. We arranged a leaders' skills training evening (section meetings were cancelled that week to reduce the burden on adults' time) to ensure that everyone is on board with what we want to achieve. The next week, one leader reported she'd been stumped by a request to create electronic circuits, and turned to the District to request a skills audit of volunteers and parents to find people to help. Youth-shaped Scouting threw up an opportunity, a problem and a solution all at once.

Vision 2018 will certainly be a challenge but with youth-shaped Scouting at its core, in Easingwold District at least, it feels genuinely achievable.

**Gerard Tubb**

# OVERHEARD

The funny things Scouts say

A Scout on camp when entering his tent: 'Where's the light switch?' Mia Dory Mackinnon

On camp last year we were discussing leader ages with the Scouts and one of them asked 'Was that when the world was in black and white?' Alan Wilding

We asked Beavers where they thought they could find taste buds, after a few moments of questioning looks a hand shot up... 'Sainsbury's?'  
115th Scout Group



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



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# SURE'S UP!

Scouts in Cornwall  
take their adventure  
to the waves... ❖





## ‘It’s such a confidence boost for young people – the look of excitement on their faces is incredible.’

SIMON VILES, DISTRICT EXPLORER SCOUT COMMISSIONER

**T**hough early spring isn’t nearly warm enough for most people to venture into the waters of Cornwall, Explorer Scouts from throughout the District have gathered at Harlyn Bay beach on a chilly afternoon in February to brave the waves.

Surfing is a side of Scouting we rarely see, but watching the Explorers enthusiastically sprint to the waves with their boards in tow, you can see why this is an activity that’s surely set to become a Scout classic.

‘Surfing is a unique Scout activity. It clears the cobwebs. Sitting out on the waves is an amazing feeling – there’s nothing quite like it.’ Simon Viles is District Explorer Scout Commissioner for Stenek Ha’n Mor District in Cornwall and he’s keen to spread the word about surfing. Simon’s the kind

of leader who’s into the bigger activities and though he admits to being thrilled by every aspect of his Scouting, his true passion lies in outdoor adventure and he’s keen to pass as much of this enthusiasm on to his Explorers as possible.

### Something different

Surfing is an alternative challenge for young people, delivering a real sense of accomplishment. Leaders and volunteers all over Cornwall are set on making Surfing a Scouting favourite.

Sally Bartlett, a former Beaver and Cub parent, Scout leader and then finally, member of The Scout Association’s Regional Development Service (RDS), is now very much part of a Scouting family in Cornwall. Surfing is something she’s passionate about sharing. She’s even been known to tread the waters herself.

‘I’m not a seasoned pro – I sort of

body board and scream! I’d never gone into the water in England as I grew up in Venezuela, but I was challenged to go and have a few surfing lessons. By the second lesson I managed to stand on the board. My love of water has grown so I now go in once a month – I love it. My son now also has the surfing bug and goes in all weathers.’

Sally’s son, Harry, developed a passion for surfing through Scouts and is now keen on anything outdoors related. ‘I started to surf at surf camp – it was one of my first Scout camps and we stayed at Nine Ashes in Bodmin and travelled to Harlyn Bay,’ says Harry. ‘We had two days of surfing and I loved it from the minute we started.’

Now Harry is older and can drive, he and his friends chase the waves throughout Cornwall, travelling to the north coast to surfing hotspots like Polzeath, Perranporth or Hayle. ❖



Sally Bartlett discovered surfing through Scouting years ago and hasn't looked back since



## REAL TROOPERS



Sally's son, Harry, has likewise caught the surfing bug and now chases waves all around the Cornish coast



Whether paddling out into the sea or testing their mettle on a simulator, Scouts gain so much from surfing





Blipp here to see if your Group would enjoy paddling out



To introduce some Scouts to the world of surfing, Simon recently took a group of Scouts to Retallack Spa and Resort in Cornwall to experience the FlowRider wave simulator, which gives everyone the chance to surf all year round. Well and truly making surfing accessible to all, facilities like this sidestep the various

❖ ‘Riding a great wave all the way onto the beach is ace, as is meeting new people and making new friends,’ says Harry. ‘I’ve also had some great opportunities being able to travel and I’m now making a career of the outdoor adventure sports industry.’

‘It’s such a confidence boost for young people,’ adds Simon. ‘The look of excitement on their faces is incredible. Seeing someone stand on the board for just a few seconds is an amazing sight. They’re so proud and they’re buzzing all day from it.’

### A Scouting essential

Though surfing may seem like an idyllic luxury for Scouts in Cornwall, it’s also a necessity.

‘Cornwall is stunning, but living in such a rural peninsula has its problems,’ says Simon. ‘For us to go anywhere is an epic journey – if we ever wanted to go to Gilwell 24 in London for example, the travel costs are really expensive.’

While most people think of Cornwall as being picturesque and idyllic, the county contains some of the most deprived areas in the UK, containing pockets of deprivation that are in the top 5% of the country – comparable to inner-city London, Manchester and Birmingham.

‘There’s not a lot of money down here at all – it’s not all beautiful harbours and beaches,’ says Simon. ‘But this is when something like surfing can be really important to young people. You can buy a relatively cheap second-hand board and a cheaper wetsuit and then that’s it – you just need to get to the beach. We also run surf events for £15 and the young people get all the equipment they need.’

### Surfing for all

Simon makes sure that everyone can have a go at surfing, no matter what their ability. ‘A surf school instructor, for example, will take out a young person with additional needs and accompany them on the water. Everyone can experience this kind of fun.’

‘What’s great about Cornwall, is with the inland rivers, the transitional stages from Beavers to Cubs to Scouts are really easy to navigate when it comes to water activities,’ adds Sally. ‘You have the indoor pools for the younger Scouts – so they get that first feeling of what it’s like being on the sea and what being on a boat feels like in complete safety and in a less intimidating environment.’

restrictions with surfing in the ocean, such as weather, safety or lack of waves.

And it’s not just Cornwall that offers the chance to surf. There are facilities all over the UK that offer water adventure, from indoor wave simulators to full-on surf schools. There are schools in Wales, Scotland, Northern Ireland and the north of England and surfing opportunities can be found in the most unlikely places. ‘I’ve surfed in north Scotland, south-west Wales and I know people that have surfed in Bournemouth,’ says Simon. ‘I’ve even surfed in Scarborough!’

Anyone and everyone can have a go at surfing and the rewards from getting out onto the water are seemingly endless.

‘There’s definitely something special about surfing,’ says Sally. ‘There’s nothing quite like it. You can really lose yourself and nothing else matters. It’s also amazing fun!’ 🌀

Special thanks go to Harlyn Surf School ([harlynsurfschool.co.uk](http://harlynsurfschool.co.uk)) and Retallack Resort ([retallackresort.co.uk](http://retallackresort.co.uk)) for allowing us access for the purpose of this feature.

### Share your stories

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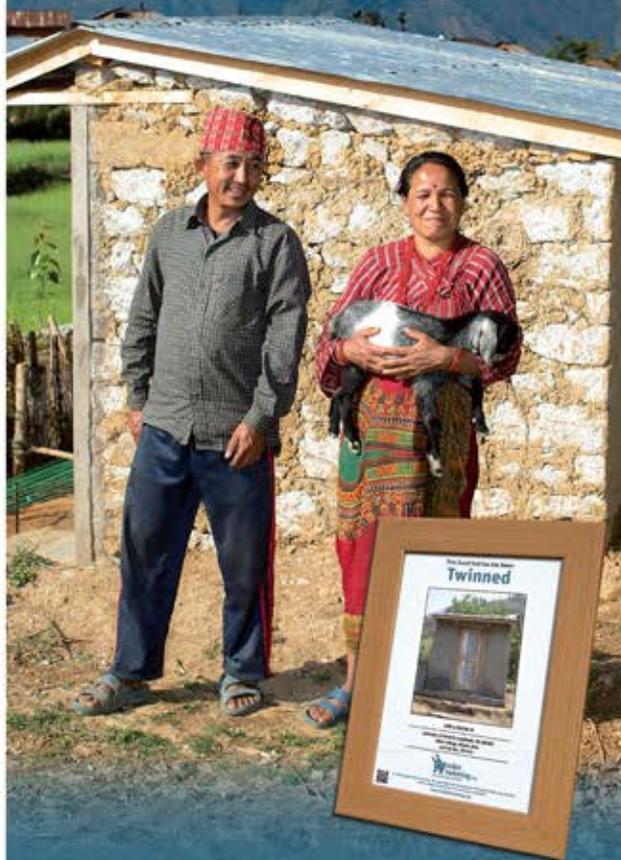
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# A TASTE FOR ADVENTURE

The Chief Scout talks about his inspiration, his passion for the outdoors and his love of all things Scouting



Witness Bear at his very best by Blipping here



BEAR  
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# TURIE



**T**he very first adventure I ever had was when I was about four or five; I slept out under the stars. I had to sneak out without telling my parents, with only my sleeping bag for warmth. That moment felt really special; there was such a sense of achievement, of doing something new, exciting and life enhancing. It was amazing, but I did get in trouble the next day.

'Some years later, my own son, Jesse, had a go at doing the same thing; camping just outside our back door. He was absolutely determined to camp despite the freezing conditions, but by midnight his fingers looked distinctly blue and he had to abandon ship.

'My kids are all into adventure now though – it's great actually, because they push me out of my comfort zone too. Huckleberry was nagging me to go snowboarding recently, and it's

not one of my favourite activities. But as soon as he sensed he was losing the battle, he reminded me how I always tell him how important it is to step out of your comfort zone and sure enough, we went out in the snow that morning.

### **My inspiration**

'So, where did my own sense of adventure come from? I can say without a doubt that it was my dad who gave me my taste for adventure. I grew up on the Isle of Wight and have great memories of learning to climb on the sea cliffs and making rafts with him. He was truly inspirational. He always told me not to be afraid and taught me it was OK to take risks. In his eyes, failure was just a stepping stone to success.

'As well as igniting my adventurous spirit, my dad also encouraged me to be a good friend to people. Making friends, keeping

friends, having fun with your friends... It's a message that has stayed with me throughout my childhood and into my adult life and career. This naturally led me to Scouts I think; we give young people the chance to make lifelong friendships and nothing does this better than adventure – and believe me, nothing solidifies a relationship like a heart-pounding moment in the outdoors!

### **Not enough hours in the day**

'I still get as excited and energetic about adventures as I did when I first snuck out of the house all those years ago. It doesn't seem to matter where I am – I experience such a feeling of belonging when I step outside to get my teeth into something new. It's hard to pin down what that is exactly, but, at the heart of it I think, the outdoors is free. Your imagination can inspire the greatest adventures. Scouts may have changed since I was a kid, but the principle is still the same: providing these great adventures to any child who wants them. That's why I love being Chief Scout and that's what I love about Scouts.

'I love that you don't have to know everything at once – you've just got to show up and give it your all. There's something special about being surrounded by people of exactly the same mind set – it doesn't matter whether you're camping on a mountain or receiving your Queen's Scout Award, the atmosphere is exactly the same: optimistic, ambitious, friendly and proud.

'I also love the electric atmosphere of hundreds – even thousands – of Scouts enjoying an adventure together. I was lucky enough to go to Sweden in 2001 for the Jamboree and see 40,000 young people from around the world working together

## **'My dad gave me my taste for adventure – in his eyes, failure was just a stepping stone to success.'**



Bear inherited his love of adventure from his dad and makes sure he passes this passion on to his own children



BEAR  
GRYLLS

i Scout!  
By Ms. G (Chief Scout.)



‘There’s something special about being surrounded by people of exactly the same mind set.’

❖ — it really was a sight to behold. I’m absolutely gutted I can’t make it over to Japan for this year’s Jamboree, but if anyone reading this is lucky enough to be going, take it from me, my spirit will definitely be with you.

‘Thankfully I’ve had plenty of chances beyond the Jamboree to meet Scouts and it’s been an absolute blast. My Bear in the Air adventures, for example, gave me the chance to hop on a helicopter and travel around the UK meeting lots of Groups while getting involved in some great activities with them all. If there were simply more hours in the day, I’d visit every Scout Group on the planet. The count currently stands at meeting around 100,000 of you in the UK in the last five years. And it still feels like the best part of my job!’

### More adventure

‘I know how many of you share my passion and conviction in the importance of offering outdoor adventures to our Scouts and it’s thanks to you that we’re able to offer kids the opportunities of a lifetime –

I’m overjoyed that the recent programme refresh reflects this.

‘The refresh is packed with loads of activity badges for all sections and places more emphasis on getting out there and experiencing outdoor adventure. This is music to my ears and gives us the chance to keep Scouting exciting for a whole new generation of young people (as well as the leaders!).

‘I get so much pleasure from teaching my boys the outdoor skills you learn at Scouts, from watching them have fun, and they get so much from the adventures we have together. It’s funny, talking about all of this makes me think of a photo of me and my dad; the two of us together in this little boat – it’s so reminiscent of photos of me and my boys today. It’s obvious to me that the adventures we had together inspired my passion for the outdoors, and that’s what we’re able to give to each and every young person who comes through Scouts.

‘It’s been an amazing journey so far and I can’t wait to get started on the next adventure together.’

## CONGRATULATIONS, CHIEF SCOUT!

We’re delighted to announce that Bear will continue in his role as UK Chief Scout beyond the usual five-year term to help us achieve our 2018 vision and he’s super excited about it! Bear said: ‘I am so proud that the largest youth movement on the planet has asked me to stay on as its UK Chief Scout. Between now and 2018 I plan to do all that I possibly can to help the Movement to continue to grow, become more reflective of the communities in which we work and change the lives of even more young people. In addition, I really want to give young people a powerful voice at the very heart of the Movement so they can actively help shape and develop the future of the Movement for the next 100 years.’





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# FROM SCOTLAND TO THE SOUTH POLE

Guest writer **Polly Bennett** braves the biting winds of the snow-capped Scottish mountains to meet some of Scouting's boldest pioneers



Pictures: Rupert Shanks



Check out Polly and HSX in action by Blipping here







'This week is ideal training for Antarctica' – the conditions on the Cairngorms give HSX (and Polly) a taste of things to come

**O**oof...' I fall flat on my face for the twentieth time, my head resting on a patch of ice while my legs are buried under a pile of snow. Sighing, I untangle my limbs and launch myself back up the hill, but the wind has other ideas. With unbelievable force it slams me to the ground again. The rest of the group are already small dots high up the slope, but I have only walked 700m. I can still see the van in the car park.

A hand grabs the top of my rucksack, keeping me steady as I start again. This is just one technique that 21-year-old Joe Doherty uses to get me up the mountain. He's very patient, never making me feel weak for struggling to hike just two miles.

But this is no ordinary hike. We're in the Cairngorm mountains in Scotland and the February wind is beating down the slopes at 60mph, so I don't feel too guilty about needing so much help from Joe. After all, dragging me up this mountain is nothing compared to the unbelievable endeavour that he is here to train for: skiing to the South Pole and back as part of the first Scout-led expedition to Antarctica in 2018.

### Practice makes perfect

I'm spending a few days with Hampshire Scout Expeditions (HSX) – a group that specialises in taking Scouts, Explorers and adult members on adventurous trips in the UK and abroad. They spend a week in the Cairngorms every year, practising winter mountaineering skills. As well as being essential preparation for big expeditions like Antarctica, the trip introduces younger Scouts to new activities and experiences.

On this, the group's first day, we head for a corrie nestled within a crease of the mountain. Carved into

dramatic lumps of granite by ancient glaciers, the Cairngorms are an ideal location for winter expeditions. Steep snow fields are the perfect place to practise using ice axes and crampons.

'This week is ideal training for Antarctica, physically and psychologically,' Joe tells me as we continue our ascent. 'We want to undertake an expedition that has never been done within Scouting and to do that we need as much experience of winter conditions as possible.' On the slope above us, Dave and twin brothers Ollie and Tom, also members of the Antarctica team, are already practising their mountaineering skills.

### School of survival

After much huffing and puffing, Joe deposits me with the rest of the group. There's cheery applause as I slump against a bank of snow, grinning at having finally made it to our outdoor classroom. Today is dedicated to lessons, or a re-cap for some, in basic winter mountaineering. Wasting no time,



Polly completes her two-mile hike... just in time for the real training to begin!



Nick teaches the group about ice axe arrests, a technique that could save their lives if they slip in Antarctica

## ‘We want to undertake an expedition that has never been done within Scouting’

JOE DOHERTY, SCOUT

we gather eagerly for our first task: ice axe arrests.

Ice axe arrests are one of the most fundamental mountaineering skills. They can stop your fall if you find yourself sliding down a mountainside. In short, they can save your life. Nick, a seasoned mountaineer and HSX member since 1988, shows us the technique. We take turns to slide fast down the slope, on our backs, our fronts, head first and feet first, in order to practise. It's incredible fun and an element of friendly competition encourages everyone to perfect their skills.

### Feels like family

The close-knit group of 13 are a truly friendly bunch and range from 15-year-old Scouts on their first trip to Scotland, to leaders in their 20s

preparing for Antarctica, to the HSX founders (age carefully not divulged) leading the way.

Russ, a qualified mountain leader and retired police officer, founded HSX in 1985 after Hampshire Scouting began a county-wide initiative to organise overseas expeditions. He's taken Scouts, Explorers and older members to Nepal, Belize, Gambia, Sri Lanka and many more countries on six-week expeditions. As well as big adventurous challenges, such as trekking to Everest Base Camp, all expeditions involve a community project, such as building a school or re-painting a monastery, and working with a local Scouting Group where possible.

However, Russ is proud that HSX doesn't just give young people

### Antarctica 2018

Six members of the HSX team, lead by Quarter Master Tom Robinson, will attempt to ski to the South Pole and then kite-ski back, all completely unassisted. During this expedition, the team will cover a total distance of 2,300km, carry 100kg of food, fuel and equipment, and face temperatures as low as -50C and wind speeds of up to 80 miles an hour, all in 24-hour daylight. Follow their progress at [hsx.org.uk](http://hsx.org.uk).



The founders of HSX believe these excursions teach Scouts invaluable life skills, helping them go on to become leaders and organisers

fun experiences but trains them to become expedition leaders and create a Scouting family that will provide lifelong support to its members. 'We've taken around 600 young people through our programme, many of whom have stayed on in a leadership role or who come back periodically, like Nick this week, to train the younger members in certain skills.' Russ was awarded an MBE in 2009 for his services to Scouting.

It's this camaraderie, as well as technical training, that sets HSX and its members apart from others and gives them the experience and resources to organise ambitious expeditions such as Antarctica 2018.

Over lunch on the mountain, Joe tells me more: 'We've done a lot of great things, but we've never been to Antarctica and so we decided to

be the first Scout team to ski to the South Pole and back, unsupported.'

### Just the beginning

For the rest of the day we carve into the mountainside with our axes to make bucket seats and use various techniques to climb near-vertical sections of the slope.

Josh, a 16-year-old Scout from Hampshire, has a great time hurtling down the hill. He's gotten pretty good at ice axe arrests after the morning's training. He's been a member of HSX for two years and is candid in describing his experiences so far: 'I went to Nepal with HSX on their 2013 expedition because I loved the idea of going to Everest Base Camp.' He continues: 'I think I was quite immature before that trip, but being in HSX made me grow up. The training for Nepal taught me that if you're childish then you might hurt yourself or someone else. I've since organised a training weekend in the Brecon Beacons for the group.

I had to do the accounts, get everyone there – it was a real learning curve.'

'I can't wait to get back...' he continues before he and I are both knocked to the ground again, the wind seemingly adamant that even the hike back down the mountain won't be easy. Laughing and dusting the snow off his rucksack Josh carries on: 'I just can't wait to get back out here tomorrow.'

As for me, I too am itching to get back out on the mountain. Despite the wind and cold and how tough the going has been, it's been an amazing experience and I've learned so much. In terms of Antarctica, however, I think I'll leave that to the HSX experts! 📍

### Join the adventure

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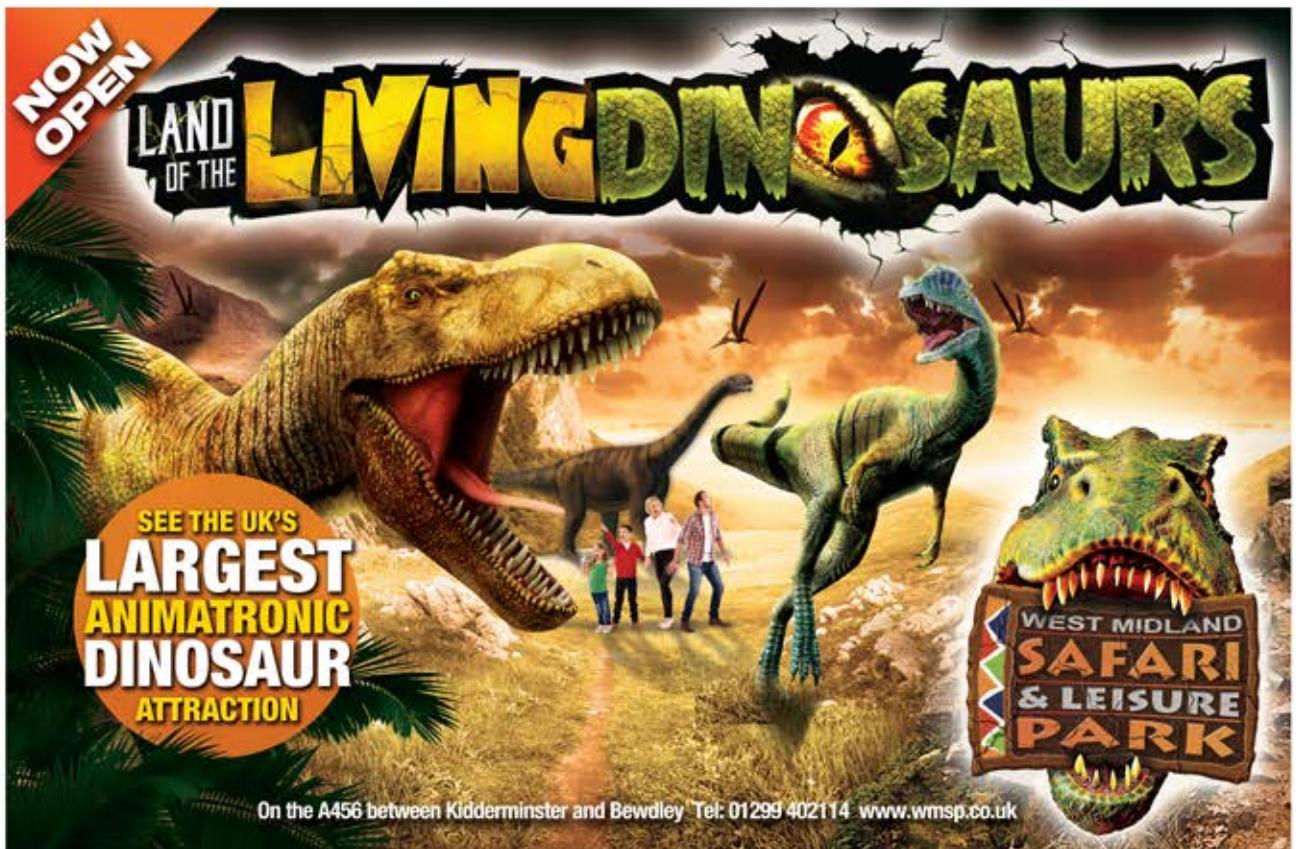
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First

TIME



From making a cuppa for the Queen to canoeing around a campsite, these exciting exploits just go to show there's no limit to the experiences Scouts can have

Illustrations: Yeji Yeti Yun

WORDS: ABBIE CAVENDISH

## Adventure Down Under

'In 1957 we took the steam train from Brisbane, Queensland, to a little town in the country. We hiked over the Great Dividing Range – Australia's largest mountain range – and made it to the Obi Obi Gorge. It was my first Scout camp, and the memory will live with me forever.'

**BRYAN BROWN**

## Braving the chill

'We braved the snow to sleep in shelters we built from rope and a plastic tarpaulin, did backwoods cooking on a little fire and managed to do the whole thing with a group of Scouts we'd never met before. It certainly threw me in at the deep end – I was totally new to Scouting – and I was cold, hungry and out of my depth. Twenty-four hours later I had lit my fire, met new people and couldn't wait for my next adventure!'

**ALEX PEATFIELD**



## The Family way

'My first Scouting adventure was at a Beaver sleepover at a winter Camp with my son. I was eight months pregnant at the time, so getting into the top bunk was a bit of a challenge! My newborn daughter joined us on the next camp aged eight days, and is now in her second year of Beavers!'

**KAREN CAIRNEY**

## Tea with the Queen

'When I was eight, I made tea for the Queen in Buckingham Palace – she even sipped a bit! I was a Cub at the time, and I remember fighting our way up to London and joining some other Cub Packs sitting on the gravel to watch the Changing of the Guard up close. We were led inside the palace and taken to a little room where we were given advice on how to make and pour the tea, before being taken to an enormous room with sofas at one end, where the Queen was sitting. We were given lots of compliments on the tea before being whisked off to explore London!'

**JON NORMAN**



## Messing about in boats

'My first adventure was also at my first Scout camp at West Warwickshire Millennium camp in 1999. The camp was entirely flooded out – people were forced to canoe from one end to the other. It was great!'

**SAMANTHA SMITH**

## The more, the merrier

'I was at university about 30 years ago when I had my first Scouting adventure. One of my housemates was a Cub Leader, and she asked me to come along and help on a weekend hike. I can't remember how many miles we were hiking for, but we carried everything with us and ended up setting up our tents in a farmer's field. Totally shattered by the time we came home, but what a weekend!'

**KATHRYN BAGNALL**

## An unexpected excursion

'When I was 11, our leader told us we were doing a sponsored hike. He was new to the Troop, and when we set off we were expecting a canal walk. In actual fact we found ourselves climbing one of the ridges in the Black Mountains in Wales – clearly our leader wanted us to have as many new experiences as possible! Twenty-five miles later, with blistered feet and sore shoulders from my new rucksack, I was one tired but happy Scout!'

**MIKE GIBBS**

## A mobile unit

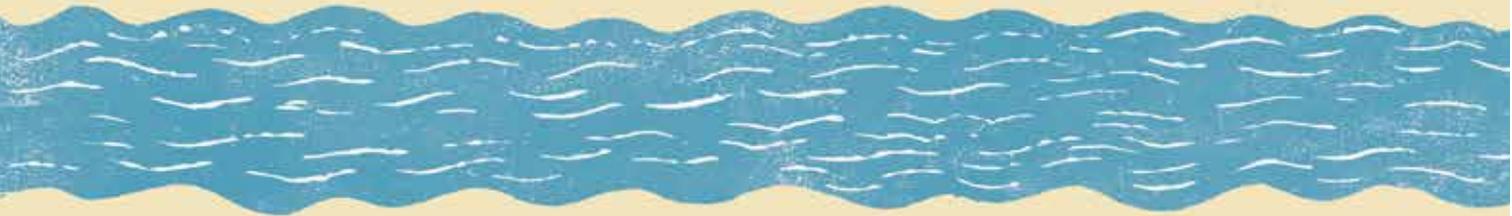
'My first adventure was when we went to a Scout Camp in Llandegla, in Wales, from our hut in Crosby. One of the Troop's fathers had a proper furniture lorry, and we were allowed to camp in the back of it with all of our kit! When we got to our destination, we used a full-size handcart to push and pull our gear to the field we were camping in, which was a mile away.'

**CHRIS DODD**

## Into the wild

'My first adventure with Scouts was when I went on a camp to Sweden aged 13. We spent a week camping in the woods in a real back-to-basics style: cooking on altar fires, felling trees and swimming in the lake! We hiked to a secluded location where we built shelters and spent the night under the stars by the lake. It was incredible, and before my adventure to Sweden I had not been abroad without my parents.'

**ABI BOUSFIELD**





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# Cheeky Monkey's marathon challenge

children  
with  
cancer UK



## Calling all Units!

**Fundraise for your unit and help save young lives!**

Open to all Beavers, Cubs and Scouts, Cheeky Monkey's Marathon Challenge is a fantastic fundraiser based around the number 26 - the number of miles in a marathon. In addition to raising vital funds for Children with Cancer UK, you can also choose to keep up to 50% of what you raise to support your own unit.

### About Children with Cancer UK

Children with Cancer UK is the leading national children's charity dedicated to the fight against childhood cancer. The money you raise helps to fund life-saving research into the causes, prevention and treatment of childhood cancer.

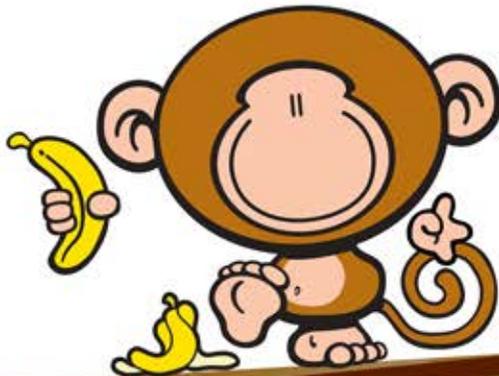
### How your unit can benefit

- You can have an amazing amount of FUN. You can relate your activities to badges.
- Your unit will receive fabulous and exclusive Cheeky Monkey and friends souvenirs for their efforts.
- You can choose to keep up to 50% of the money you raise to support your own unit.

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[www.childrenwithcancer.org.uk/cheekymonkey](http://www.childrenwithcancer.org.uk/cheekymonkey)



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## What sort of Challenge could your unit do?

Here are a few ideas that you could relate to one of your badges. Remember, you can also do something just for fun! For more ideas, visit: [childrenwithcancer.org.uk/cheekymonkey](http://childrenwithcancer.org.uk/cheekymonkey)

- Be an interpreter - learn to say "hello" in 26 languages.
- Be worldly-wise - list 26 signs, symbols or traditions linking children around the world.
- Be creative - make a Cheeky Monkey collage using 26 recycled items.
- Be agile - devise and complete 26 different exercises.

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In addition to a fantastic fundraising pack with everything you need to fundraise successfully, we will send every participating child a special sticker to say thank you. If you raise over £100 for Children with Cancer UK, we will send a goody bag of exclusive Cheeky Monkey and friends souvenirs for the children to share:

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Simply return this slip to us in the post (details in BLOCK CAPITALS please) to  
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**YES WE WOULD LIKE TO TAKE PART! PLEASE SEND US A FUNDRAISING PACK.**

Register online at [www.childrenwithcancer.org.uk/cheekymonkey](http://www.childrenwithcancer.org.uk/cheekymonkey), or simply complete this form (in BLOCK CAPITALS please) and return to:  
Cheeky Monkey's Marathon Challenge, Children with Cancer UK, 51 Great Ormond Street, London WC1N 3JQ

Contact name	
Full name of Beavers/ Cubs/Scouts unit	Number of children taking part
Address	
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# the knowledge

Advice and know-how to inspire and inform



## VOLUNTEER IN PROFILE

# 'Adventure just means stepping out of your comfort zone'

**Ben Scholes**, Deputy Commissioner for Adventure is all about upping the game...

**I** was in Cubs, Scouts and Ventures when I was younger and part of the 2nd Haxby and Wigginton Scout Group in York. Keeping me busy was essential to keep me out of trouble! I loved it and still do.

**I manage an awesome team of volunteers** who work hard to help other adult volunteers deliver adventure to Scouts. The team includes dedicated technical advisers who are specialists in their chosen activities, so you're in good hands.

**There are tonnes of opportunities available to Scouts** and with the recent Programme refresh, with an emphasis on young people experiencing adventure, there's never been a greater time to up your game and take on something new and exciting. At Scouts, adventure just means stepping out of your comfort zone and is different for everyone. For some it might be playing an instrument on the stage; for others it's climbing to the top of the climbing wall. That feeling of excitement or the unknown is only the start of a great adventure. Scouting is the perfect tool to give those experiences to young people.

**I've experienced loads of adventures with the Scouts**; the most memorable was my Explorer Belt expedition in Poland. I was 16 and, partnered with a great friend, we set off to walk 100 miles in Poland over 10 days and undertake 10 challenges, which included milking a Polish cow and having our hair cut by Polish barbers!

**We can make sure all young people experience adventure**, big and small, by giving them plenty of opportunities to take part in different activities, events and outdoor learning – there will always be an activity or programme idea that will get them hooked on something. Once you've worked out what makes a young person tick, keep feeding them with inspiration and ideas and watch them grow. There's an army of Beaver, Cub, Scout, Explorer and Network leaders all over the UK, each delivering quality experiences and adventures to over half a million young people. Now *that* is truly awesome!



### Share your stories

Tell us about your own adventures:  
[scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk)

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# [ Your problems SOLVED ]

I'm taking my Group camping for four nights. There's so much advice out there – is there one good source I can refer to?

**Kerry Sullivan, Scout Leader**

From kit and camping queries to how to bring adventure to your Scout Group, our panel of experts is here to answer your questions

## Should I buy leather or fabric hiking boots?

**Marianne Dagger, Explorer Scout Leader**



**Steven Lewis, Scout Shops Sales Office Manager, says:**

People are attracted to fabric boots thinking leather boots are heavy

and stiff; this is not the case anymore. It is worth taking a fresh look at leather boots – have a look at Scout Shops outdoor equipment section at [shop.scouts.org.uk](http://shop.scouts.org.uk). Generally leather boots are known for ruggedness and greater weather protection due to waterproofing treatments, whereas the breathability of fabric boots makes them most suitable for hot and dry conditions. Many fabric boots incorporate breathable waterproof membranes such as Gore-Tex™, but the outer fabric still requires treating with a waterproofing agent.



## How can I take better photos in order to promote our Scout Group?

**Rajan Nadaraja, Media Development Manager**



**Justin Mullender, Head of Communications, Strategy and Planning at The Scout Association, says:**

If you carry a smartphone, use it to take photos and video clips of your everyday Scouting and select the best images and clips that tell a good Scouting story. Share them directly from your phone via social media, emailed to a Scout website or newsletter, or directly to journalists with a press release. Don't forget to take photos and video that promote our brand values: everyday adventure and challenge, fun and friendship, positive impact.

You can also help to promote Scouting positively by getting your subject to wear a Scout scarf, activity gear or an item of i.Scout clothing. For further ideas check out the tips at [scouts.org.uk/videtips](http://scouts.org.uk/videtips) and [scouts.org.uk/images](http://scouts.org.uk/images).



**Samantha Marks, National Development Officer (Safeguarding), says:**

As well as resources like the 'Nights Away' and the practical and planning advice that staff at UKHQ can offer, don't forget that we can also offer advice on planning for the social and emotional aspects of going away. Having new experiences and adventures means leaders need to prepare young people (and themselves) for the emotional impact, as well as how they think about the interests and wellbeing of young people while away. We're here to help you make sure our yellow card can be put into practice at all times.



The staff at UKHQ can provide advice, support and guidance for your camping trip

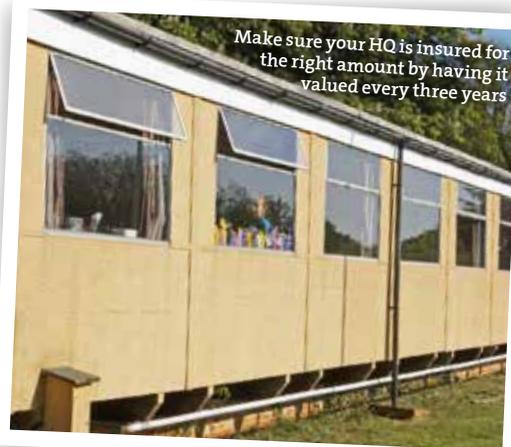
## How do I know whether my Scout meeting place is insured for the right value?

Rhodri Jones, Group Scout Leader



**Ralph Doe, Unity (Scout Insurance Services), says:**

You should insure your building for the full cost of rebuilding it. You should have it valued every three years and produce an inventory. Unity (Scout Insurance Services) can help by providing a free buildings estimation service and personal site visits for complex cases. Call Unity on **0345 040 7703** or visit [tinyurl.com/mheea45](http://tinyurl.com/mheea45) for more information.



## The **big** issue

### How can I bring adventure to my Group?

Gary Osborn, Group Scout Leader



**James Stuttard, Programme Development Project Lead, says:**

The revised programme is crammed with adventure because it's what leaders and young people said they enjoyed most about Scouting. Some of the highlights in the new Activity Badges for Beavers include the Sport and Camp Craft Badges; the Cubs have the fantastic Pioneering and Backwoods Cooking Badges, and the Scouts and Explorers can enjoy the new Geocaching and Survival Skills Badges. Not to mention the exciting range of Staged Activity Badges now available. Fifty percent of the changed programme should be done outside, where Scouting is at its best. An adventure doesn't have to be an expensive trip. When we spoke to Cubs as part of the programme review we were struck by how much they enjoy the simple things – playing a game outside in the dark with torches was enjoyed just as much as crate stacking! Talk with your young people, and plan an adventurous programme you'll all enjoy. With 147 new awards to choose from, it's going to be a fun 2015!



**Emma Saunders, Programme Team Leader, says:**

Remember that adventure means something different to everyone and so gives the opportunity for a wide range of activities to be offered to members of all ages. You don't have to take on Everest to provide adventure; you can offer an activity in a new way that can be equally adventurous. There are loads of resources available to support you, so head to Programmes Online ([scouts.org.uk/pol](http://scouts.org.uk/pol)).

As part of the programme updates there are new Outdoors and Adventure Challenge Awards to achieve along with a wider selection of Staged Activity Badges and updated Activity Badges. A great way to start these is to introduce young people at a basic level to grow their skills and confidence, we know that progression is key and so you can start with skill activities in the meeting place before getting outside and being more adventurous.

Across the country there are hundreds of activity centres, campsites and Scout Active Support Units, as well as individuals who are equipped to support this part of the programme. Find out who in your area can offer support or get ideas for new activities at [scouts.org.uk/a-z](http://scouts.org.uk/a-z). As with all Scouting activities, good planning, working with parent/carers and being flexible and creative will help to support the inclusion of all young people, regardless of ability.

### 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](mailto:scouting.magazine@scouts.org.uk) with your questions and advice.

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# 10 TOP TIPS TO HELP YOU GET FIT

Are you struggling to keep up with your Scouts? Now you can boost your energy levels with our easy fitness tips from personal trainer **Charlotte Ord**

**S**queezing exercise into your packed routine can be difficult, but there are some really effective and simple ways to ensure that physical activity becomes a daily feature for you. The benefits of exercise extend beyond being able to keep up with young people. Regular exercise conditions your cardiovascular system, boosts your strength and endurance, keeps your bones strong, helps you maintain a healthy weight, and protects you from a myriad of health conditions and diseases. It also releases mood-boosting endorphins, reduces stress levels, promotes better sleep, prevents cognitive decline and increases your confidence. But above all it inspires others, including your Scouts, to lead healthy, active lives, too.

Here are 10 top tips on how to make exercise a part of your daily routine:

## 1 Schedule it in

Whether you're a gym bunny, runner, fitness-DVD follower, cyclist or walker, booking time to exercise in your diary – just as you might an ordinary appointment – vastly increases the chances of you actually doing it. Be realistic and remember that short, frequent bursts of exercise are generally better for you than longer stints with less regularity.

## 2 Remind yourself

When you're juggling daily life and Scouting, exercise can be easy to forget. There are some fantastic phone apps available to remind you to complete health-boosting tasks throughout the day. For example, FITRA is a free app that's individually tailored and offers motivation, guidance and support in all areas of your health.

## 3 Rise and shine

Not everyone is a fan of getting up early, but going for a walk, run, cycle or swim before work or before breakfast on camp is a fantastic way to start the day. It also means that whatever the rest of the day brings, your workout is already in the bag and won't be skipped if you feel too tired or when something more pressing comes along.

## 4 Walk it out

Going for a brisk walk during your lunch break is an easy way to fit activity into your day and is also fantastic for your posture, particularly if you spend a lot of time sitting down. Prolonged periods of sitting can result in short, tight and weakened muscles that frequently contribute to bad backs, head and neck pain, so get up and move as often as you can during the day.

### 5 Take the active route

Simple swaps such as regularly taking the stairs rather than the lift can dramatically increase the amount of movement you get each day. You could also get off the train or bus a stop early and walk the rest of your way to incorporate additional activity without going out of your way. Why not try cycling, walking or even jogging to your Scout meetings? Small changes can make big differences.

day. The internet is also full of home and gym training programmes that are proven to achieve great results and are time efficient. An example is my own training programmes at [roarresults.com](http://roarresults.com).

### 8 Sleep

There are times in life when good sleep can be hard to come by, when you're on camp with 40 excited Scouts for example, but getting a proper night's sleep means that you'll be fresher and

pumping and your body moving! There are loads of new programme materials and badges that include these activities, so why not give them a go?

### 10 You are what you eat

We all know it's hard to eat well when you're constantly on the go – particularly when you're working around Scout meetings or when you're on camp – but try to support your exercise endeavours with good nutrition. A clean, natural diet, free from processed foods, will help you feel energetic and enjoy everything that Scouting, and life, has to offer!

**‘There are some really effective and simple ways to ensure that physical activity becomes a daily feature for you.’**

### 6 Get support

There are lots of options available to help you feel supported and stay motivated, from personal trainers to reputable bootcamps and gym classes. Having an exercise buddy to train alongside can also help you stay on track. Why not join a class or a club with some of your fellow leaders? That way, you can motivate and support each other along the way.

more energetic to lead your Group. Sleep is also really important for muscle repair and regeneration after exercise and helps to regulate your cortisol levels, which have a direct impact on your body's propensity to store excess fat.

### 9 Have fun

Doing exercises and activities that you really enjoy is one of the most effective ways of ensuring that you stay consistent, so incorporating exercise into your Scouting is a great place to begin. Remember that being fit doesn't have to mean doing traditional workouts; you can dance, climb, swim, bike, box, skip or do anything that gets your heart

#### Tell us your tips

If you have fitness advice that could help other leaders, share it by emailing [scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk).

### 7 Try some TV

Fitness DVDs are a great way of working out at home and there are a number available that provide 10–15-minute workouts that you can fit in around your

#### Charlotte Ord

Charlotte is the owner of the Charlotte Ord Academies in Godalming and Guildford, and was named UK Personal Trainer of the Year in 2010 and 2014. She works with a wide range of clients, from complete beginners to international athletes.



TAKE A HIKE

# THE YORKSHIRE THREE PEAKS



The perfect challenge for older Scouts and Explorers, this 24-mile walk makes for a truly memorable endurance test



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# The Yorkshire Three Peaks

A long test of mettle and a feast for the eyes, the Yorkshire Three Peaks Challenge is a continuous journey over moor and summit. It's a walk of three climaxes, namely the Dales high points of Ingleborough, Whernside and Pen-y-ghent. A thorough workout for navigation and stamina, aiming for the 12-hour goal is a great notch on anyone's life list of challenges.

## The route

The climb up Pen-y-ghent builds slowly and is a perfect warm-up for the miles ahead, so take your time and find your rhythm gently. **(A)**

The Brackenbottom Path joins the Pennine Way at a shoulder overlooking Fawcett Moor, **(B)** after which the gradient steepens and a series of craggy steps are encountered, which may require hands for balance. The summit of Pen-y-ghent is crossed by a drystone wall, which aids navigation and offers some shelter on windy days. The route follows the Pennine Way a short distance off Pen-y-ghent then leaves it after the first steep section. A new engineered path aids the crossing of Horton Moor, which in the past has suffered badly from erosion and is very boggy. **(C)**

A new footpath diversion and footbridge carry the Three Peaks route around the north side of the farm at Nether Lodge. This action was taken to avoid disturbing farm activities. The last section up the Ribble Valley to Ribblesdale is unavoidably by road. On weekdays traffic is moderate but on weekends it can be very busy with fast traffic – bikers use this route as an unofficial circuit. Ribblesdale is also used as a start for the Three Peaks walk. There is parking if you get here early enough, and frequent train services. The Station Inn is very walker-friendly, offering food, drink and accommodation. **(D)**

The route traces the historic Ribblesdale viaduct. The viaduct is 32m/104ft high and 402m/1,320ft long, and is made up of 24 arches and is one of the great civil engineering feats in Yorkshire. The route passes beneath on the Dales high way onto the north-eastern flank of Whernside. The ascent of Whernside is mostly well-graded. **(E)** Like Pen-y-ghent, the summit is crossed by a wall, which aids navigation. Near the summit trig point is a substantial curved shelter. The route crosses the summit and descends steeply (though not by the old, direct path to the left a couple of hundred metres beyond the summit; this is badly eroded and is

but nowhere near as steep as it looks and the path up it is very good, making the going a tad easier for tired legs. Ingleborough summit is littered with numerous archaeological remains in the form of a fort, cairns and walls – and it's well worth a look around if you have both the time and energy. The summit is marked by a big cairn with an adjacent trig point and cross shelter. **(G)**

It is surprisingly easy to become disoriented on Ingleborough's flat summit, even in good conditions, so make sure you take a bearing to clear it in the right direction and avoid frustrating errors. The extensive moorland and limestone pavement

## 'A long test of mettle and a feast for the eyes, this is a continuous journey over moor and summit.'

generally avoided) between Brunscar and Broadrake to the B6255. **(F)**

The Old Hill Inn in Chapel-le-Dale has been the downfall of many a Three Peaker. Its welcoming refreshments can easily seduce tired walkers into a longer stay: you have been warned! The shelved approach across the limestone of Southerscales Scars leads easily onto the northern flanks of Ingleborough. Don't be put off by its awesome sight – from this side Ingleborough is steep,

of Sulber offers possibly the greatest opportunity for navigational error on the Three Peaks walk. There is a bewildering crossroads of paths, bridleways and sheep trods, and if you pick the wrong one you could easily end up way off route with a lot of extra walking to do when you least need it. The correct alignment is along the feature of Sulber Nick **(H)**; but again take a bearing if you are in any doubt, as it is not that clear from the start.

**Map** OS Explorer Sheet OL2

**Scouting classification** Terrain Two with some routes containing Specialist Terrain. Navigation requires particular attention, the ground can be boggy and there are steep sections that may require the use of hands.

**Distance** 24 miles

**Total ascent** 1500m

**Start and finish** Horton in Ribblesdale SD807725

Turn the page to see the route...

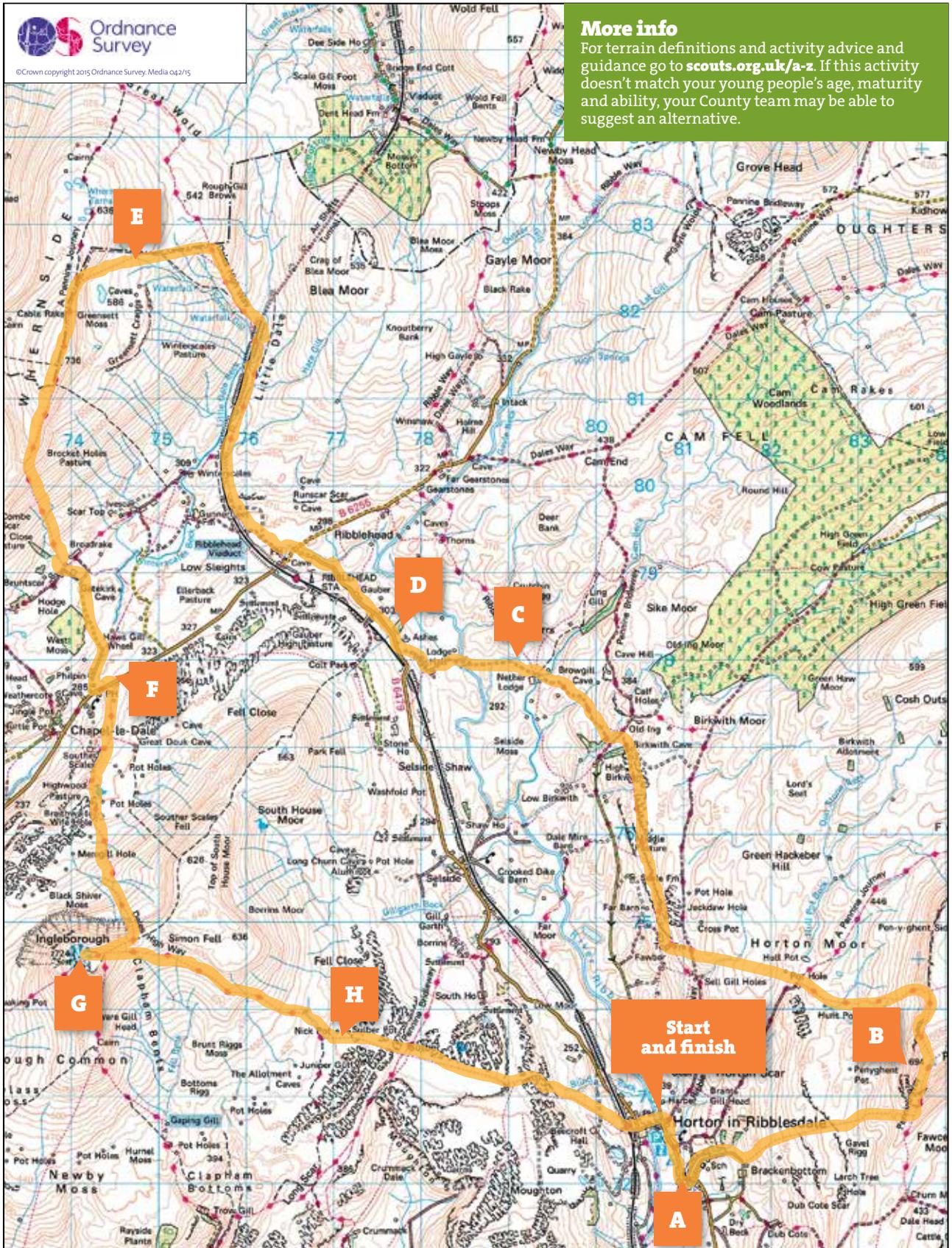




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**More info**

For terrain definitions and activity advice and guidance go to [scouts.org.uk/a-z](http://scouts.org.uk/a-z). If this activity doesn't match your young people's age, maturity and ability, your County team may be able to suggest an alternative.





**Badge**



# Perfect partners

## Scouts can look forward to some exciting new resources thanks to **Victorinox**

The Scout Association is working in partnership with global brand Victorinox, makers of the iconic Swiss Army Knife and suppliers of essential tools for millions of adventurers and pioneers around the world.

Swiss Army Knives and Scouting go hand in hand, and are essential tools in every Scout's survival kit. Victorinox is proud to be sponsoring the Scout Survival Skills Badge, which educates Scouts in how to be prepared for emergencies during life's everyday adventures. Discovering the outdoors in a safe way is an ethos shared by The Scout Association and Victorinox. The partnership aims to emphasise and educate young people on the importance of knife safety, giving them

the opportunity to learn about responsible ownership when using a knife in Scouting.

Now available to download is a new resource that been developed with Victorinox and Scout Leader bushcraft experts. It aims to give Scouts all the information and guidance they need when working towards their Scout Survival Skills Badge; including knife safety, how to build a fire and shelter from natural resources, administering emergency first aid and signalling for assistance in a survival situation. Two resource packs will be launched online each month until June, covering eight key topics. The final part of the badge requires Scouts to create their own survival kit, as well as plan and take part in an overnight survival expedition.



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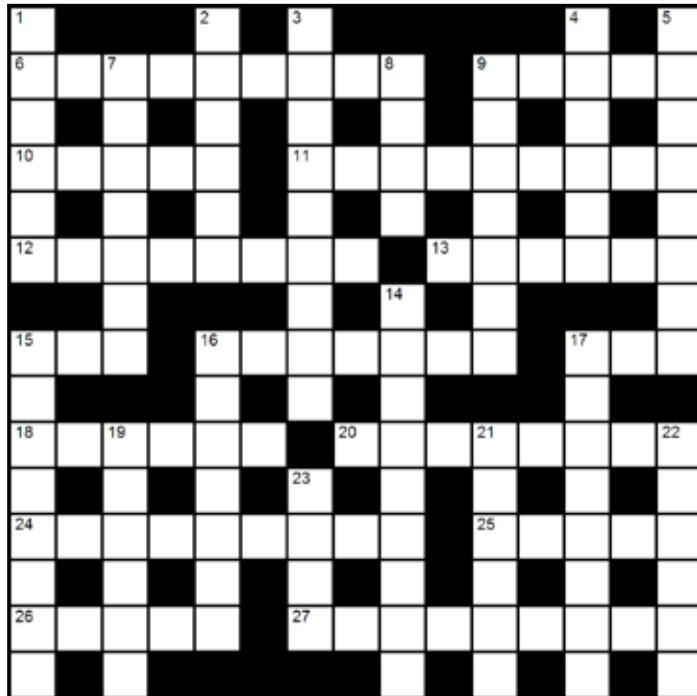
### More info

Victorinox sponsors the Scout Survival Skills Badge. Resources are downloadable from [scouts.org.uk/victorinox](https://scouts.org.uk/victorinox). Also check out [facebook.com/victorinoxuk](https://facebook.com/victorinoxuk), [@Victorinox](https://twitter.com/Victorinox) on Twitter and [Instagram.com/victorinox](https://Instagram.com/victorinox) for ideas, competitions and to share your survival skills activity. A range of Victorinox Swiss Army Knives are available at [scouts.org.uk/shop](https://scouts.org.uk/shop).



# FUN and GAMES

## SCOUTING CROSSWORD APRIL/MAY



Crossword by Eddie James

For the solutions to last issue's puzzles, head to [scouts.org.uk/magazine](http://scouts.org.uk/magazine).

### Across

- 6** Maybe Reg showed bushes lining country lanes? (9)
- 9** Amusement with US soldiers' mushrooms etc (5)
- 10** Indigenous people of Greenland and other northerly regions (5)
- 11** A Beaver Activity Badge – one of Alice's? (9)
- 12** \_\_\_ sunglasses cut out glare (8)
- 13** Outdoor meal is partly telescopic – nice! (6)
- 15** Hi-tech navigational device – doctor's? (3)
- 16** Scouting activity: erecting boards and posts round boundary? (7)
- 17** In brief I believed a small lie (3)
- 18** Odd story about Guide finally getting this shellfish (6)
- 20** Ready to respond, as Scouts will be (8)
- 24** Forestry skills, possibly of word/act (9)
- 25** Some carpenters go in (5)
- 26** Emblems such as the Scouts fleur de lis (5)
- 27** Scouting Movement member adapted rigid luge (4,5)

### Down

- 1** Small crustacean held by Bush Rim platoon (6)
- 2** Possibly no term for one who advises and guides a junior colleague (6)
- 3** Which may be given via the Scouts Campfire Circle (9)
- 4** One after another, rebuilding NT ruin (2,4)
- 5** Young animal and fierce junior scout? (5,3)
- 7** Isle of Man town forged USA gold (7)
- 8** Rescue – and hold on to your cash! (4)
- 9** Financial backing has an entertaining start (7)
- 14** Like, eg the swallow moving between Africa and Britain (9)
- 15** Benevolence, kindness of gold owl I trained (8)
- 16** Outer layer clothing items – swindles! (7)
- 17** Might need to administer this if dart is going adrift! (5,3)
- 19** Wash bag item – no pegs, sadly (6)
- 21** Solemn promise – to put leader of pack on shelf (6)
- 22** Brownsea Island is in this county (6)
- 23** Close group of entertaining Scouts on the stage? (4)

## THE YEAR OF THE SCOUT

We've raided the archives to bring you a selection of vintage issues of The Scout magazine, but can you guess from which year these issues originate? Remember, they're all from the same year... Send in your answer to [scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk) and we'll send you a high resolution PDF of one of the covers for your Scout HQ.



# INTERNATIONAL JAMBOREE TEASER

As Japan 2015 draws ever closer, we have yet another batch of our Jamboree badges to keep you guessing



## WIN 20 tickets to Alton Towers!

Treat your Scouts to a day out they will never forget at Alton Towers Resort! With over 50 rides and attractions there is something for everyone to enjoy, from pure adrenaline-pumping rollercoasters such as the world's first 14 looping rollercoaster, The Smiler, to gentle thrills such as Ice Age The 4D Experience and Sharkbait Reef by SEA LIFE.

Scout Group benefits to the Alton Towers Resort include exclusive prices of £28 per adult and £24 per child plus one free leader for every five paying primary school-aged children and every 10 paying secondary school-aged children.

For your chance to win, simply answer the following question:

Q: How many loops does The Smiler have?  
A: 13 B: 14 C: 15

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**Scouting Magazine,  
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or email your answer to [scouting.magazine@scouts.org.uk](mailto:scouting.magazine@scouts.org.uk)

### Terms and conditions

1 The prize is for up to 20 free tickets to the Alton Towers Theme Park. The prize is non-transferable and there is no cash alternative available. 2 Tickets will be valid from 1 June to 8 November 2015. 3 All other chargeable items are not included in the prize.

SIDE SPLITTER What type of tree will keep you warm? A fir.



**Reader recipe**

# Cinnamon campfire apples

Bolton Scout Leader **Sarah Cavanagh** shares one of her Troop’s favourite recipes, perfect for cooking on the campfire after a long day of exploring



**About the chef**

Sarah is a Scout Leader from 16th Bolton Scouts. Her Group loves this sugary recipe – you can see why. She says they are usually so keen to get munching, they don’t bother with step 6 at all!

**Ingredients**

Serves 12

- **Cooking apples** 12
- **Tinfoil**
- **Sugar** 12 tsp
- **Cinnamon** 6 tsp



**Method**

- 1** Wrap each apple in a piece of tinfoil.
- 2** If using a campfire, move back large burning embers to expose hot coals, and lay the apples directly on the coals.
- 3** Roll over after five minutes so both sides

can bake, leave for another five minutes, then carefully remove from the campfire and allow to cool slightly.

- 4** Place the sugar and cinnamon in a large bowl and mix well.
- 5** Being careful not to burn your fingers,

unwrap the apples and keep the tinfoil. Remove the skin from the apples and roll the peeled apples in the sugar and cinnamon mixture.

- 6** Re-wrap and replace on coals until the sugar and cinnamon have caramelised, or skip this step and enjoy straight away!

# SCOUTING DIRECTORY

Appropriate Scout Association authorization is required by leaders and adults running activities and events, even when using products and equipment supplied by commercial companies. Inclusion in this listing does not imply endorsement by The Scout Association

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# THE MEEK FAMILY

Tim, Kerry, Amy and Ella rejected the daily grind and set off on a full-time adventure...

## Tell us how 100 Family Adventures came to be

**Tim:** 'As the girls got older, we started to think about making the most of our time, so we thought we'd have a year of doing adventures. We didn't have disposable income so a lot of them were free. We started with 52 ideas – one a week – but we decided to turn this into a list of 100 to keep us motivated. We told the local press about us sleeping in a tree tent for our hundredth adventure. An article was written and we got a bit of publicity. We then wrote the book together as a family.'

## And now you're continuing the adventure full-time...

**Kerry:** 'It was a case of escaping the rut. We were just slotting into a routine that didn't feel natural. Initially, when the girls were younger, we just tried doing things differently, so instead of going the normal route to school, we'd leave 20 minutes earlier and go a different way.'

**Tim:** 'The barriers were our house, our jobs and school. We got rid of the barriers and reinvented ourselves as teachers and learners through adventure. In September we left to travel around the UK in a caravan.'

'Our girls were in Cubs and Scouts – they loved it and now we get to take that Scouting spirit and do it full-time. I think kids should feel cold, tired and hungry now and again – it makes you more resilient.'

'Scouts is great because it is about getting the kids outdoors and encouraging them to do things on their own – trying any new experiences.'

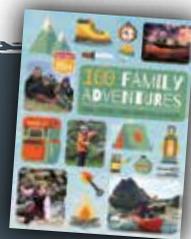
## Why is being outdoors important?

**Kerry:** 'When the kids joined the Scouts they were immediately going outdoors and doing things. At the time we were swamped with work but dedicated time to going outdoors at the weekends. We all feel so much better when we've been outdoors; we're happier and we feel invigorated. The health benefits are extraordinary – both mentally and physically.'

## Want more?

100 Family Adventures by Tim, Kerry, Amy and Ella Meek (Frances Lincoln, £14.99).

Read more about the Meek family at [scouts.org.uk](http://scouts.org.uk) and check out their micro adventures at [dotrythisathome.com](http://dotrythisathome.com).



## Do Amy and Ella miss school?

**Amy (age 11):** 'You find your weaknesses when you're outdoors and overcome them and expand your comfort zone. It makes you feel alive. I don't think you really get that from being sat inside school or playing on a computer game at home.'

**Ella (age 9):** 'You learn to look after yourself and be independent when you're outdoors. You enjoy it so much that you want to do it again and you learn even more. At school it's more about safety and in the outdoors you get to do more – you learn things that will help you later on in life.'

'Now we get to take that Scouting spirit and do it full-time.'





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