

October/November 2014

Scouting

Scotland



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It is important to note the differing structures of UK Scouting in Scotland, England, Wales 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.

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

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Welcome

Community spirit

Scouting is all about getting outdoors, learning something new and finding that next adventure. Sometimes though, that 'something new' can be on your own doorstep and that awe-inspiring adventure can be on the corner of your street. Your own neighbourhood can often provide the most rewarding experiences. Community spirit is at the heart of Scouting, and it's this rousing enthusiasm that jumps out from the pages of this issue.

We look back at this year's Scout Community Week on **page 28** and focus on the projects that aim to make a long-term impact all over the UK. From battling family poverty to combating cuts in local funding, Scouts continue to get stuck in and make the world a better place, one community at a time.

Scouts are at it again on **page 22**, working their magic on an area in south London and giving young people great opportunities that they might not otherwise enjoy without Scouting's help.

Eleanor Parker truly embraces Scouting adventure and takes that all-important community spirit all the way to India with the International Citizen Service. Find her amazing story on **page 34**.

There's also adventure, mystery and wonder aplenty on the doorstep of Scouts as we take a look at the spookiest campsites and Scout HQs in the UK over **on page 41**.

So enjoy this very special issue of Scouting magazine – I hope you feel as proud to be a part of this fantastic Movement as I am.

Bear
Grylls

Bear Grylls
Chief Scout



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...

Why are Scouts so important in the community?



Martin Steers,
National Scout Active Support Manager

Scouts provide a great service to communities, from developing young people into responsible

members of society, to working on projects such as community gardens and assisting the elderly. These projects may be highlighted in Scout Community Week, but they happen all year round.

Sam Hankin,
Assistant Scout Leader

Scouting helps create one big local community without discriminating against anyone because of their gender, culture, ability or background. Scouting is unique as it gives all young people, no matter who they are, the chance to have amazing experiences that they cannot get anywhere else.



Vicky Hosken,
Beaver Leader

Involvement in Scouting encourages young people to become active members of the community, and they are the community's future. It's important that young people are given a sense of community spirit and a feeling of responsibility and pride. Scouts have the ability to improve their communities in many different ways.

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The Scouting double whammy!

When Scouting unites with the community, amazing things happen, says the UK Chief Commissioner

They say many hands make light work, so have you ever stopped and thought what one million hands could achieve together? That's just one of the questions we posed potential partners for our community impact aspirations as part of our strategic plan, Scouting for All (scouts2018.org). We have received over 60 expressions of interest from leading charities to work with us! Led by 11 young people in Scouting, the Community Impact Group will develop partnerships to help us make even more of an impact in communities throughout the UK.

I was lucky enough to see the double benefit we seek in community action – that it is good for young people as well as the community – when I joined Scouts at several projects in west and east London during Scout Community Week 2014.

As you can see on pages 28–33, the comments from young people, organisers and community leaders sum it up: young people feel a sense of pride in helping others; organisers can achieve so much more with Scouting's help and community leaders see the benefits of bringing their communities together. There is something for everybody when we get it right – the Scouting double whammy!

If we add an international element, we can make that a triple whammy; by taking the skills we learn in



Wayne visited Scout Community Week projects to see first-hand the amazing impact young people were having on their communities

'Organisers can achieve so much more with Scouting's help'

Scouting and working overseas we can experience many cultural differences from language to customs. As volunteer Eleanor explains on page 34, the focus is the long term; making a lasting or sustainable difference. She also explains how, by working with other agencies or partners, the achievements can be even greater, which is very much what we hope to achieve with our community impact initiatives and innovative invitations for potential partners.

IN THE DIARY

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

October

- 11** DC Support Day, Gilwell
- 18** Scouts Wales AGM

November

- 1** Volunteers Service and Silver Wolf reception, Westminster Abbey
- 2** London CC meeting
- 8** Scouts Scotland AGM
- 11** Parliamentary Reception Westminster
- 15** County Officers Conference
- 22** Northants County Day. Leicestershire County Day

WHAT WOULD YOU WEAR ON YOUR HEAD?

DESIGN A HAT, HAVE IT MADE!

The UK's No1 technical sock brand, Bridgedale, is launching its new hat and gloves range this autumn. With 100 years of knitting heritage behind it, Bridgedale has put its expert knowledge into creating a new range of products, each of which is warm, soft, dries rapidly and is very comfortable. A Bridgedale hat will keep you toasty even in the harshest conditions thanks to its blend of merino and synthetic yarns, which transfers excess moisture away to keep you warm and dry.

Bridgedale is offering the chance for one Scout to win a hat made in their very own design. And not only will they win one for themselves, but also one for every member of their Scout Group!

So get sketching for your chance to win this great prize for you and your Group.

For more details on how to enter, the Ts&Cs, and to download the competition entry form, visit bridgedale.com/scoutingcompetition.

Rules The competition will run from 1 October 2014 to 1 December 2014



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Association of Language Travel Organisations



ADVENTURE ACTIVITIES
LICENSING AUTHORITY
Watersports



October/November 2014

upfront

The latest Scouting news and events



COMMUNITY MATTERS

A message from Scotland's Chief Commissioner, Graham Haddock

One of the key pillars of our strategy for developing Scouting both in Scotland and across the UK is community engagement. We have an ambitious target to have our members involved in approximately 650 community projects in Scotland each year by 2018. One opportunity to engage meaningfully with your community is through Scout Community Week. Now is the time to start thinking about what your Group plans to do for Community Week next year and to put plans in place. Once you know what you're doing, consider whether your local newspaper might be interested and let us know at SHQ. I hope as many of you as possible

will register to attend our AGM and Council in conference in Perth on Saturday 8 November, 2014. Craig Turpie, UK Commissioner for Programme, will be in attendance and will reveal the details of the changes to the programme of all five sections being rolled out at the start of 2015. More than 30 workshops on over 20 topics will be on offer. You will also have the opportunity to meet our new Honorary President, Chris Tiso!

Graham

Graham Haddock,
Chief Commissioner
of Scotland



SCOUTS.SCOT

Scotland now has its own internet domain and Scouts Scotland was one of the first 60 organisations in the world to register one of the new .scot addresses.

We can now be found online at scouts.scot. Email addresses for SHQ volunteers and staff are also switching over to the new domain – but don't worry, the old addresses will still work.

Fellow .scot pioneers include the Scottish Government and NHS Scotland.

CREATE CHRISTMAS CARDS TO WIN

Each year we produce a Christmas card to send to supporters, partners and other stakeholders and this year we'd like you to design the cover image! We're looking for a photo or illustration that represents Scouting and is suitably festive! Email entries to shq@scouts.scot, by 31 October and Graham Haddock will pick the winner who will receive a £100 voucher towards outdoor equipment. More info and Ts&Cs at tiny.cc/xmascomp.



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New Honorary President

We are delighted to announce that Chris Tiso was unanimously approved by the Scottish Council as our new Honorary President at the Extraordinary General Meeting (EGM) held at Blair Atholl on Saturday 26 July.

Chris has led the growth of the Tiso Group from five shops to its current position as Scotland's leading outdoor clothing and equipment retailer; and has both participated in, and led, expeditions all over the world. He is a passionate sailor, experienced mountaineer, enthusiastic road biker and skier.

Tiso has sponsored our Zodiac Awards since they were created almost 20 years ago and remain a popular part of the programme for our Scouts.

After the announcement, Chris said: 'I was honoured to be nominated as Honorary President for Scouts Scotland. I'm a passionate believer in

the work that the Scouts do for young people, particularly encouraging them to have fun and adventure in the outdoors. I'm looking forward to working with the organisation over the next few years.'

Moray Macdonald, Chair Scottish Board, said: 'After a long process of considering candidates and meeting with Chris, it was clear that he was the perfect choice for our new Honorary President – a passionate advocate of outdoor education and a successful business leader. I'm really looking forward to working with Chris as we continue to drive forward delivery of our strategy for Scouting in Scotland.'

We are sure that Chris will be given a warm welcome from all in Scouting, and that members will take the opportunity to meet him at the Annual General Meeting in November.



REVISED CONSTITUTION APPROVED

A number of changes to the constitution were approved by the Scottish Council at the recent EGM and these took effect from 1 August 2014. These include:

- **The adoption of Scouts Scotland as the principal name of the organisation**
- **A restructured Board that will ensure an appropriate Trustee skill mix**
- **The creation of two Board Committees – a Programme and Region Support Committee and a Business Committee – with Chairs from Elected Members of the Board**
- **The alignment of the Statement of Purpose with the updated Purpose of Scouting contained in the current POR**

You can view the revised constitution and bylaws on our website:
scouts.scot/news/revised-scouts-scotland-constitution-approved.aspx.





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NEWS IN BRIEF



DISCOVER SCOUTING'S HISTORY

A History of Scouting in 100 Objects is out now! In the book, Scouting's history comes alive as you discover extraordinary items from the Scout Heritage Collection and beyond, from a Scout board game to the first World Scout Jamboree. Find out what other treasures are waiting in the book at scouts.org.uk/100objects. You can buy A History of Scouting in 100 Objects now from scouts.org.uk/shop.

GET WITH THE PROGRAMME

The revised Scouting Programme is on its way! Work has been taking place for over three years and volunteers have been key in helping to shape and develop it. Detailed information about the revised Programme, specifically new badges and their requirements, will be released early in 2015. There will be a transitional phase that will enable young people to complete badges and awards that they have started. It will also mean that you can continue to run any programmes you have already planned, with the option of slotting in any of the new badges that your section would like to try.

The Educational Programme Team would like to extend a massive thank you to everyone that has given their time and been involved in this project. Watch this space for further news.



THE SCOUT KNOT MUG

Practise your knots with the new Official Scout Heritage tin mug by Ginger Fox (£10, scouts.org.uk/shop). The included two pieces of cord and simple step-by-step instructions make those essential knots easy to achieve. Lightweight, durable and illustrated with classic knots, the tin mug is the perfect gift for Scouts and outdoor enthusiasts alike.

MAKING THE WORLD A BETTER PLACE

Derek Twine, former CEO of The Scout Association, has been honoured with a Bronze Wolf Award at the World Scout Conference in Slovenia. The Bronze Wolf Award is bestowed by the World Scout Committee (WSC) to acknowledge 'outstanding service by an individual to the World Scout Movement'.

Derek commented: 'It's moments like this, receiving a recognition from our World Movement, that bring home the real global impact of what we do. From our local Beaver Colony to reaching into countries torn by war or poverty, we try to empower young people to make a better place. I'm heartened that new generations are spreading this work even wider.'



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housekeeping

Print-centre updates and the latest Compass progress

LOVE SCOUTING? SHOUT ABOUT IT!

We're constantly adding new products to the Scout Print Centre, the online tool that allows you to create personalised, on-brand materials. As well as being able to create your own posters, flyers, banners and signage, the following is now available:

- **Scout bunting**

Thinking about holding a fundraising or community event? Then why not order some Scout bunting, either in purple and green only or in other brand colours. Branded balloons and

invitations are available too.

- **Scout bike stickers**

We think that there are over 400,000 bicycles out there being ridden by our members in the UK. What a brilliant advert for Scouting if we all branded our cycles with these stickers? You can even add your own wording.

- **Large-format waterproof stickers**

From a canoe to a surfboard, or even the front door of your meeting place, how could you use these new stickers



to help raise the profile of Scouting in your community?

- **Facebook image creator**

Create your own online advert for Scouting with this versatile tool; import your own image and add your wording and branding.

Head to scouts.org.uk/brand to download these great tools!



CHECK YOUR COMPASS!

Compass is now starting to roll out to Scouting members across the UK. You will receive an email when it is your turn to register a username and password for Compass. To register, you will need your membership number, which can be found on your appointment card, on the address cover sent with the magazine, or you can ask your local managers/appointment secretary to help you. Your old log-in details will no longer work.

As Compass goes live the focus of activity for many members will be uploading their young people's

(and parents') information into the new system. If you are not sure what needs to be done, it is best to contact your Compass Champion or local Commissioner who can explain the process for uploading youth information in your local area.

Support is available at scouts.org.uk/compass to help all members using



Compass. User guides with step-by-step instructions on how to perform tasks, FAQs and a member forum to help each other with questions is all available to assist with any queries you may have. If your queries are not answered by the website you can call the Scout Information Centre on **0845 300 1818/020 8433 7100**.

SHORT-TERM INVESTMENT SERVICES

July 2014

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

WINTERCAMP

Welcome to the sub-zero adventure

9–11 January 2015



what's on

Dates for your diary this autumn

October



Listen to what our Chief Scout has to say about this year's JOTA-JOTI

5 NOV

Guy Fawkes Night

Remember, remember... Celebrate Bonfire Night in style with our top fireworks locations on page 58 and if you're organising your own event be sure to visit scoutinsurance.co.uk and hse.gov.uk for guidance.

14-16 NOV

Network TAG Camp

A great weekend of fun activities at Lochgoilhead National Activity Centre for Network members. For more info, contact grant@lochgoilhead.org.uk.

18-19 OCT

Jamboree On The Air and Jamboree On The Internet (JOTA-JOTI)

All sections can head to Gilwell Park and Fordell Firs for this international event, or you can get involved in events closer to home. Head to scouts.org.uk/jotajoti to find out more.

November



9 NOV

Remembrance Sunday

This day commemorates the signing of the Armistice, which marked the end of the First World War. Search Programmes Online for Remembrance Day activities and don't forget to observe the two-minute silence at 11am.

31 OCT - 2 NOV

Meggernie Almost Haunted

Explorers can enjoy fun and frights at Meggernie with Halloween-themed activities. Set deep in a Highland glen, it will soon feel spooky! Email warden@meggernie.org.uk for info.

28-30 NOV

BASP Emergency first Aid Course

Suitable for outdoor workers, instructors and enthusiasts, a certificate, valid for three years and recognised by MLTB, BASI, BCU and other NGBs will be gained. Email warden@meggernie.org.uk.

30 NOV

St Andrew's Day

Saint Andrew has been the patron saint of Scotland since 1320. Celebrate his patronage by learning all about his life, holding a ceilidh, or getting some haggis, neeps and tatties on the go. You can even Saltire yourself here: scotland.org/whats-on/standrews-day/

December



1 DEC

World AIDS Awareness Day

Today, people around the world are uniting in the fight against HIV. Find out how you can get involved at worldaidsday.org/index.php.

Further ahead

Fordell Firs Brass Monkey Camp

16-18 January 2014

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.

Scouts Speak Up Scotland

21-22 February 2014

This course is designed to give Explorer Scouts media and public-speaking skills so they can act as spokespeople for the organisation. This year's event will be held at Fordell Firs National Activity Centre. Email shq@scouts.scot for more info.



AQUILA

Be prepared... for
an eruption of facts
and fun!

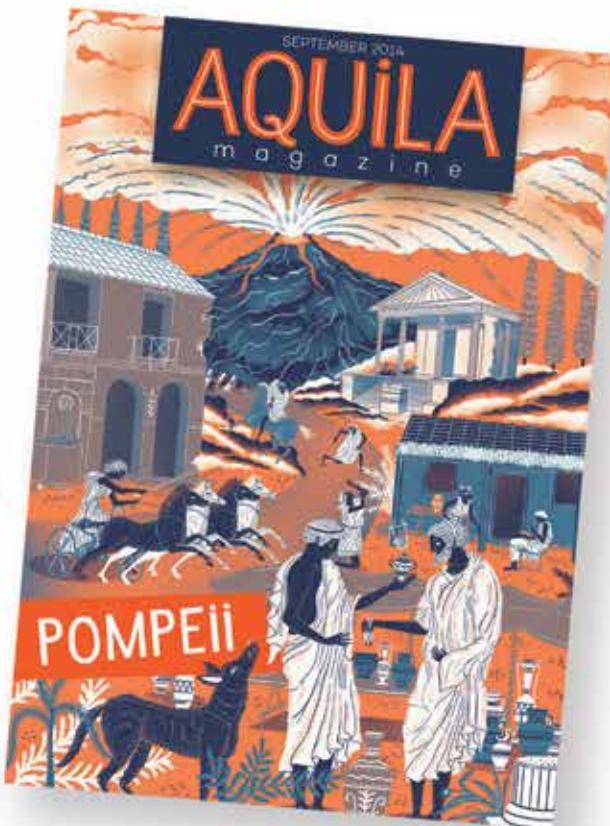


AQUILA is the ideal magazine for active youngsters who are interested in science, history and how the world works. Every issue provides an enjoyable feast of intelligent articles, fun puzzles, stories and news: a thoughtful mixture which will keep lively young brains tuned-up and still wanting more.

- ✓ Exciting new topic every month
- ✓ Encourages reading and writing
- ✓ Inspires creative minds

Why is AQUILA different? Unlike other magazines aimed at this age group **AQUILA** has serious educational intentions behind the fun style - all the content is fact-checked and written by authors that are highly qualified in their field. It comes recommended by parents and teachers worldwide.

Coming up: Fascinating Fungi, Mechanics of Music, Robots, Horses, Humour, Invisibility, Statistics.



September issue: POMPEII

Sit at a Roman dinner party in Pompeii 70 AD. PLUS hot facts from the edge of Mount Vesuvius!

SCOUTS' SPECIALS

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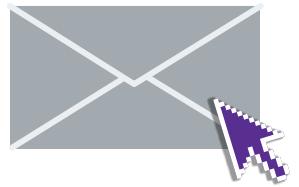
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October/November 2014

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



PHOTO OF THE MOMENT Scouts on skis

[1st Hersham Troop B](#)

Some pics from the mountain
#troopBAT #iscout

[Simon Carter @Scoutsscarter](#)
[MT @dannylevick: @BandQ](#)
#ScoutCommunityWeek breaking down generational barriers in Shiregreen, [@syscouts #do1thing](#)



MAINTENANCE DAY

Brighton Hill Scout Group in Basingstoke had a fantastic maintenance day at our HQ a few weeks back. Parents turned up and one who is a plumber had chatted to one of his suppliers who turned out to be one of our Group's original Scouts and promptly donated everything to fix some bits in the kitchen. We found some amazing stuff in the back of cupboards, too! It's a great way of bringing parents, leaders, young people and the community together.

Matt Warmington, Brighton Hill Scout Group

[David @dr_dyb 19h](#)
Greasy hair. Sunburned face.
Bizarrely altered elimination. Random

hand burns. Incessant tea drinking.
Must be camp day 3. **#iscout**

CYCLE FUN

1st Shrewsbury Cubs had great fun on their last meeting before the summer doing their Cyclist Badge and reenacting the Tour de France.

Katie Russell, 1st Shrewsbury Cubs





CAMP CAPERS

This is our summer Cub camp, which had 60 Cubs from five packs around the country. The photo was taken on the first night, following a campfire, where the Cubs were introduced to the theme of the camp.

Tom Oldershaw, GSL, Putnoe and Holy Cross Goldington Scout Group

WWI CENTENARY

On 19 July, the Tiptree Scout Group held a campfire on Windmill Green, Tiptree to commemorate the 100th anniversary of WW1. The campfire was well attended by the public with over 60 in attendance singing songs, and reading WW1 poems and prayers.

Dennis Mannina, Chairman, Tiptree Scout Group

f **Toni Bywater** Would like to say thank you to all you Scout leaders, committee members and everyone else who is involved from across the globe for donating your time to this wonderful organisation – may we keep spreading Scouting across the world.

BORN IN THE USA

I'd just been diagnosed with a brain tumour and my life was turned upside-down. While in America, I joined a BSA Troop who treated me so well – we can't thank them enough. They took me into their Troop and made me one of their own. I just wanted to share the wonderful generosity that I received.

James Carpenter, 4th Wallington Scouts



STAR LETTER That Scouting spirit

Nathan was in Cubs at 25th Barnsley (Barugh) Scout Group when he was diagnosed with leukemia, aged nine. It was the start of three years and three months of chemotherapy. He missed out on lots of activities, but when he was well enough he would be welcomed back at Scouts. It was important to be able to socialise and do a range of activities at a place he felt safe – and we felt he was safe too. He managed to go camping and attend meetings throughout treatment, but even after missing lots of meetings he was welcomed back whenever he was well enough.

It is hugely important for kids with cancer to keep active, keep up with their peers and do 'normal' activities in an environment where people understand the need to keep them safe. Nathan would like to encourage other children with disabilities/illnesses to join or continue with Scouts. **Tracy (Nathan's mum)**

OVER HEARD

The funny things Scouts say

At AxeJam 2014, from the Explorer running laser tag while watching the Cubs' tactics...

'It takes me back to my childhood.'
He's 18!

When doing health and safety, a Beaver said...

'Don't leave a plug in water, all of the elect-tricks will get soggy.'

On a survival evening, one of my Scouts asked...

'Is rabbit made of chicken?'



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WRITE IN TO WIN

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HEART OF THE COMMUNITY

A strong and successful District development project is helping Scouting to improve people's lives in Lewisham

WORDS: VICKY MILNES



Be it at home or at school, the positive change seen in 6th Deptford's young people is undeniable

The Riverside Youth Centre in Deptford, South London, is a hive of activity on this warm evening. Scouts, Cubs and Beavers are busy playing ball games on the outdoor court in the sunshine, from simple games of catch to shooting hoops. Surrounding the centre are the apartment blocks of Pepys Estate. This is the inner-city community that 6th Deptford serves, and from their homes nearby, local residents can see the fun and excitement Scouting has to offer.

REAL TROOPERS 6TH DEPTFORD

Members: 14 Beavers, 19 Cubs, 2 Scouts and 8 Leaders

Did you know? The Riverside Youth Centre, where the Pack meets, was opened by boxing legend Sir Henry Cooper in 1969.



Parents watch from the edge of the court, enjoying the spectacle of their children having fun. Bukola tells me: 'My two daughters, Ladi and Yinka, love everything about Beaver Scouts. It's really helped their attention and communication skills. I've been telling lots of other parents about it.'

Yinka, 7, says her favourite thing about going to Beaver Scouts is 'making cookies', while Josephine, mum of Francesca who has been going to Cubs for two years, says: 'Francesca looks forward to it every week. She particularly enjoys the arts and crafts.'

Garry is one of two Development Officers tasked with helping Scouting grow and impact on the community in Lewisham: 'We did some research and spoke to local people. They were keen to have some structured activities on this estate. There wasn't a lot for young people to do around here and budget cuts had affected facilities.' A high proportion of local families in the area are on low incomes, but the adventure of

Scouting is available to all regardless of ability to pay.

In 2011, Garry met with the head teacher of Deptford Park Primary School and persuaded him to let a Scout Group meet there. In February 2012 the Colony opened with 15 children following a school assembly and taster sessions in the school playground. In September 2013, a Cub Pack opened to accommodate the children who were moving up from Beavers. The Colony continues to meet in the school, but in May the Pack took the opportunity to move to the council-run Riverside Youth Centre.

Inspired to join

Many of the Group's volunteers are completely new to Scouting. Beaver Scout Leader Tamika says: 'My daughters joined and I went along to see what they got up to. I really enjoy helping out. It's great for the children and it helps bring the community together.' Tamika's family has been inspired to join too; her Mum is a Cub



'It helps bring the community together'

TAMIKA, BEAVER SCOUT LEADER

Scout Leader at the Group and her sister is a Young Leader.

Assistant Cub Scout Leader Hayley helped at other Groups before 6th Deptford opened right on her doorstep: 'Now that we're meeting in the Riverside Youth Centre, a lot of games happen in the outdoor area and local people can see what's going on. They walk past, notice the children's uniforms and ask us about Scouting.'

She continues: 'The Cubs are really learning how to be in a team and they get to try lots of different activities.'

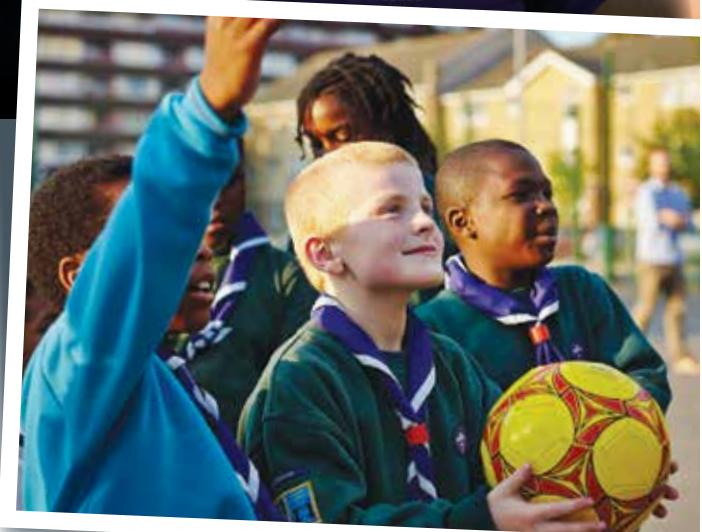
Recently Hayley and some of the Cubs took part in Race for Life 10k to gain their hiking badges. Shanice, 10, says: 'It was great. I walked and ran and did cartwheels!'

It's evident that Scouting is helping

the children at 6th Deptford to develop and learn, as Garry explains: 'We've heard from teachers at the school that children who attend

Beaver Scouts are becoming better behaved in class. There's a child in the Group with attention deficit hyperactivity disorder, at first he didn't want to take part at all but he's become more confident and tonight he's happily playing with the other children.'

For Assistant District Commissioner, Jamie, the Group is definitely making an impact in the community: 'It offers something different for young people and it definitely fills a gap. They get to do badge work; they can go to our



campsite in Croydon and enjoy the greenery and space. For some of them it's the first time they've been out of Deptford.'

The development team are working hard to get the word out about Scouting. Reese, who works as a Development Officer, says: 'We went to Lewisham People's Day, it's a community event where we met local people and told them about Scouting. We needed to change perceptions, as there are still some people who think Scouting is just for boys.' The day was a huge success



'It's working because the projects are managed by people who know the community'

TOM, DISTRICT COMMISSIONER

for Lewisham Scouting, with 20 volunteers recruited and over 100 enquiries from young people.

Growing fast

Lewisham is proud to be the fastest-growing District in Greater London – membership has grown 25% over the last three years. Back in 2005, Scouting was struggling and membership had fallen by 44% over a decade. So, what changed?

In 2008, the District secured funding from a variety of sources (including The Scout Association's Development Grants Board) for a Development Officer to grow Scouting across Lewisham. Tom, Lewisham's District Commissioner, explains: 'We were determined to turn Scouting around. It's great that we've received the resources to put a fantastic support structure in place.'

Financial support from Lewisham Council has been integral to Scouting's success. The council has embraced Scouting and recognised that it has much to offer the local community. It recently awarded

the District a one-off grant of more than £60,000 for the development of Scouting.

Mervyn, a manager at the council's youth service, explains Scouting's appeal: 'It delivers structured activities in an efficient way and allows young people to learn skills; it benefits young people long-term and brings together parents, volunteers and the wider community. If we can help Scouts encourage more young people to achieve and be good citizens, it's a win for the young people, for the volunteers, for the community and for us!'

Big ambitions

6th Deptford is just one of a range of projects that the District's Development Officers are working on. There are plans to open a Group in Forest Hill for those with severe special educational needs. This will address the fact that in Lewisham Scouting 10% of the young people have special educational needs. The District also set up a Group at Lewisham Islamic Centre.

Tom explains the secret of the development project's success: 'It's working so well because the projects are managed by people who really know the community and are passionate and ambitious about how Scouting can improve things here. I'd love to see even more children in Lewisham involved in Scouting. At the moment it's about 1,500. I wish we could spread Scouting to every corner of the borough.'

With the strong support in place and the enthusiasm of the people involved, Tom's ambitions are sure to be fulfilled. ☈

'We regularly run "bring a friend" evenings at Scouts to make sure we are opening up our Scout Group to all young people in the local community. We're particularly keen to target young people that haven't tried Scouting before.'
Sam Hankin, Assistant Scout Leader





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A LASTING IMPACT

This year's Scout Community Week was our biggest ever, with over 200,000 Scouts making a long-term difference. Here are some of our favourite projects...

WORDS: LEE GRIFFITHS



Blipp to check out the Scout Community Week launch!





PROJECT: Helping at a local food bank

The food bank is the result of many volunteers' hard work and 61st Leicester Scout Group were proud to take part

61st Leicester LEICESTERSHIRE

Last year, Leicester was declared a city 'on the verge of emergency' when a report revealed that 26,000 children are living below the poverty line, according to national figures. The level of child poverty in Leicester is 32% across the city; the national average is around 22%.

Volunteers in Leicester took note of this city-wide disaster and decided to do something about it.

'We looked into the need for a food bank in Leicester and we found that certain areas in our borough are some of the most deprived in the country, which really shocked us,' says Chris Huscroft, a volunteer with the local Lions Club charity, who helps run the food bank.

'We didn't know what the response was going to be,' says Chris. 'We started with 50 bags, containing food donated from around the community

'We started with 50 bags, containing food donated from around the community and on the first night 54 people walked through our door.'

CHRIS HUSCROFT, LIONS CLUB VOLUNTEER

and on the first night 54 people walked through our door.'

After discovering the serious problem in their own community, Leicester Scouts were quick to do something to help.

'There's been a lot in the news about food banks and about how people are struggling,' says Nikki Bruce, Assistant Scout Leader at 61st Leicester Scout Group. 'A lot of our Scouts didn't even realise there was a poverty issue in Leicester.'

Indeed, the Group were shocked to hear about poverty on their own

doorstep: 'They learned that there are people out there who have to pick mould off of bread in order to be able eat it,' says Nikki.

With the help of the Lions Club, 61st Leicester made this project their number-one priority for Scout Community Week and set about raising awareness, not only of the bank itself, but also how it can help fight poverty in the area.

A perfect partnership

'The Lions Club chatted to our Scouts about what they did and why food



Below: Lions Club volunteer, Chris Huscroft, is committed to making a difference in Leicester

banks are so important,' says Scout Leader, Clare. 'We then came up with ways to get food donations with the Scouts. They designed posters for schools and they also did a presentation to younger sections in the Group and got them to bring in some donations.'

The young Scouts took the community by storm and made sure that everyone knew about the food bank and how it could help. They orchestrated leaflet drops and collected food donations from local members of the community. They also went to see exactly how the food banks work and how they help.

Spreading the word

'The Cubs and Beavers were really engaged. They also raised awareness in schools and encouraged their classmates to donate food,' says Nikki. 'It opened their eyes to the fact that there are people with serious need in their own community.'

Chris has big plans for the food bank and other community projects, giving Scouts the opportunity to help make a lasting difference.

'We want to extend the food bank and do so much more – and Scouts could help us achieve this,' says Chris. 'We now have a volunteer from the local library that offers free books to members of the community. We were also able to obtain some second-

hand school uniforms from local schools to help families struggling to make ends meet.'

He continues: 'We're aware that some people may not necessarily know how to cook with the food we provide. The Salvation Army has offered kitchen facilities locally and we'll get a professional cook to come along and teach people how to cook a few dishes.'

The Scouts were a welcome addition to this large-scale community project

**PROJECT:**
**Overhauling
Pinewood campsite****1st Crystal
Palace**
CROYDON, LONDON

Scouts got stuck into the 'Go Wild With Us' adventure project to improve facilities in Pinewood campsite. They hope to boost site usage by locals and enable more young people to experience outdoor adventure.

Meike, an Occasional Helper at 1st Crystal Palace and Community Partnership Officer, says: 'For some of the young people it was the first time they had experienced the outdoors in this way. This can have a huge impact – it reduces stress and anxiety, helps them to better deal with difficult situations, and improves their ability to learn.'

The project also offers the local school training workshops, aimed at teachers, early year practitioners, youth workers and parents, improving lives across Croydon.

Stevenage Scouts

STEVENAGE,
HERTFORDSHIRE

When council cuts meant that a local playground wouldn't be fit for purpose, Scouts in Stevenage took the reins. The Scouts worked tirelessly to make it usable for everyone in the community for years to come.

Stuart Leacy, Assistant District Commissioner (Cubs) Stevenage, said: 'It will be a lovely resource for the community to use as a whole, as well as for Scouting. Over 125 youngsters helped out with this project from across the District and about 50 adult volunteers.'

The young people learned how to work together; laying paths through the woods and clearing rubbish. 'It's now open to lots of community groups, including after-school clubs,' says Stuart.

**PROJECT:**
**Regenerating a
local playground**

BEST OF THE REST

Scouts across the UK tackle Scout Community Week head-on

PROJECT: Preserving a heritage railway

1st Loughborough & 1st Nanpantan LOUGHBOROUGH

Beavers and Cubs at 9th Loughborough and 1st Nanpantan Scouts were involved in a number of projects based at the Great Central Railway at Quorn, Loughborough: a local heritage railway line completely managed by volunteers.

To maintain and preserve this iconic community area, the Scouts litter picked and painted the 500-foot long fence that runs alongside the tracks. It took a week to complete and the Scouts used 63 litres of paint.

Richard Bruce, station master at Quorn, said, 'The Scouts worked really hard completing the project. It has taken them a week to complete painting the fence where it would have taken our volunteers a few months to complete.'

More info

Next year's Scout Community Week is set to be even bigger and better, so email community.week@scouts.org.uk with any questions or ideas for your project.



Point Blippar here to see Chief Scout Bear Grylls conveying his thanks to SCW participants



MAKING A DIFFERENCE

Former Scout Leader Eleanor Parker travelled across the globe to India to make a positive change in an underprivileged community

Picture: Vipin, Thinkstock

WORDS: LEE GRIFFITHS



AROUND THE WORLD



Check out Eleanor's
message from India
by Blipping here.



It rains a lot – that's something I wasn't expecting!' Eleanor Parker, a 22-year-old graduate and former Scout Leader, sits outside her temporary and modest home in a small village in Karnataka, South India, about 6,000 miles from her hometown of Newcastle. While this doesn't sound like the most glamorous place to be, Eleanor is beaming, clearly loving every minute of her placement with this International Citizen Service – a once-in-a-lifetime opportunity to really make a difference.

'It's been an amazing experience so far,' says Eleanor. 'All Scouts need to do this.'

Made for Scouts

The International Citizenship Service (ICS) is a government-funded volunteering programme for 18–25-year-olds, giving young people the chance to enjoy amazing experiences all over the world while making an impact on communities in need. Tied with charities like Raleigh International, which is a sustainable development charity that encourages young people to help communities living in poverty, the ICS is something almost tailor-made for Scouts.

'I've done lots of volunteering with young people through Scouts so I wanted to explore more of this,' says Eleanor. 'Having a Scouting background definitely helps. I gained fundraising experience through Scouting, which helped with the ICS project and I developed all kinds of skills through Scouting, which has helped me take this big step.'

ICS programmes aim to bring about three things: volunteer personal development; project impact; and creation of active citizens. Eleanor certainly has an advantage coming from a Scouting background.

'I became an Explorer when I was 14,' says Eleanor. 'I then became a Cub Leader and I've been a young spokesperson as well. It definitely influenced me to apply to ICS.'

The adventure begins

The ICS programme involves many steps, from applying and training to attending an international placement for 10–12 weeks. The international placement can be anywhere in the world, from India to Nicaragua.

'You get allocated to a charity early on,' says Eleanor. 'I was allocated to Raleigh International and a project in Southern India.'

Raleigh International has volunteering projects all over the world. In India, with a growing population of over a billion people, an estimated 72% lack access to sanitation facilities and many live below the poverty line, which makes this a crucial place for volunteering projects like ICS. It's certainly no picnic, but it's the kind of challenge that excites and motivates Scouts who are always keen for that next adventure and are passionate about



Preparation for the international placement then follows. A volunteer support co-ordinator assists with sorting out vaccinations, visas and insurance etc before you fly to your destination. Once you reach the country, a two-day training event takes place before you make a start on the project.

'You go out to somewhere like India and you begin by surveying the place, finding out what exactly a community needs,' explains Eleanor. 'You work with local charities to work out what is the most

'You're not digging a ditch for the sake of digging a ditch – you're actually doing something worthwhile.'

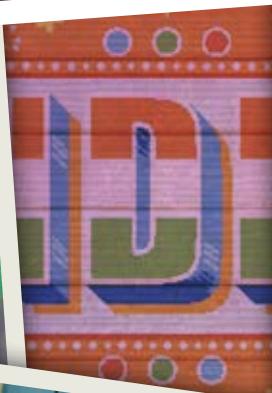
pushing themselves to the limit.

'There's an interview process,' says Eleanor. 'You have an assessment day so you do group tasks and then there's a one-to-one interview. You then have a fundraising target for the international placement. This is adapted to your own situation and your own income and more to do with social development; giving you some experience with fundraising and publicising the programme.'

appropriate project to do. The focus is putting the wheels in motion and thinking about the long term. It's not about doing something and then just leaving.'

Rising to the challenge

Eleanor's project was related to sanitation in the village of Ranigate in South Karnataka. Sanitation is a huge issue in Southern India, where half the population don't have access





'The focus is the long term. It's not about doing something and then just leaving.'



to clean water or toilets.

The project moves through various phases throughout the 10–12-week placement. Having moved in with an Indian family, Eleanor's first port of call was the research phase, which involved 'household surveys' to gain a better understanding of the village. This was followed by an awareness-raising phase. For this, Eleanor and her team performed an awareness-raising skit for the village focused on the importance of hand washing.

And then the real work begins. As part of a team of 17 – nine members from India and eight from the UK – Eleanor was responsible for constructing 15 leach-pit toilets in the village, which was hard work, but wholly satisfying.

'The physical challenge of construction was exhausting – I've not dug many ditches or carried many big bricks before,' says Eleanor. 'But you're not digging a ditch for the sake of digging a ditch,' she adds. 'You're actually doing something worthwhile. This isn't just a random gap year.'

Long-term changes

When the international placement is over and the project is complete, the final part of the ICS programme encourages you to take your experience back to your own community as part of the Action at Home stage of the programme. This gives you the chance to use the skills and experience gained

on the placement to bring about positive social change in your own community, helping you to change even more lives back on home soil. Eleanor has definitely been inspired to keep up the good work.

'I did ICS and went to India with an open mind and realistic expectations – it was completely different from anything else in my life.'

Eleanor continues: 'Scouts should do ICS because you will learn a lot and gain both career and personal skills. You meet great people and it makes you question yourself and gives you new perspectives and makes you think differently about your situation.'

Find out more about Eleanor's adventures and read other inspiring Raleigh ICS blogs at raleighinternational.org/ri-blogs.

More info

Do you want to become an ICS Scout? Find out how by visiting volunteerics.org/scouts.

Scouting teams up with Tesco to learn all about food

This exciting new partnership will see Scouts heading into stores to take part in The **Tesco Eat Happy Project**

Suitable for **Beavers and Cubs**

The Tesco Eat Happy Project is a long-term commitment to help children have a healthier and happier relationship with food. To make this change, Tesco is working to give young people the tools they need to live a healthy life and make better decisions about what they put on their plates.

The first initiative from The Eat Happy Project is Farm To Fork – young people are invited into stores or to nearby growing sites on a Farm To Fork Trail where they can learn all about how their food is grown or produced. Online field trips also allow children to visit growing sites around the globe, so they can be better informed about the origins of their food than ever before.

And now The Tesco Eat Happy Team is thrilled to be embarking upon a

very exciting partnership with The Scout Association. Tesco wants to embrace Scouts' remarkable desire to experience new things, work outside of their comfort zone and explore every adventure they can. From January 2015 your Group will have the opportunity to spend some time with a Farm To Fork Trail guide in one of Tesco's stores for an exclusive Scouts Farm To Fork Trail. Beavers and Cubs will get to see behind the scenes of a Tesco bakery, taste some wacky types of cheese and learn how to gut a fish! There will also be fun and engaging activities to support your Group on their Farm To Fork food-discovering journey.

To make the experience even more exciting, a Special Occasion Badge will be available to all of those who complete their Farm To Fork food adventure.

More info

To find out more about The Tesco Eat Happy Project, visit tesco.com/eathappyproject, and to learn more about the Beaver and Cub Special Occasion Badge, visit scouts.org.uk/eathappyproject.

New partnerships

'Scouting is all about encouraging young people to live active, healthy lifestyles. That's why The Tesco Eat Happy campaign is a great fit with Scouting. We know that visits are popular, as is support for good programmes. The partnership will enable leaders to access a wealth of in-store benefits and to work with Tesco locally to deliver great new programmes.'

Wayne Bulpitt
UK Chief
Commissioner



Part of the
TESCO
Eat Happy Project

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“It was
a dark
and
stormy
night.”

Spines will tingle as we take a tour through
Scouting's spookiest haunts

Illustrations: Charlotte Farmer

the haunted home of Scouting

The home of Scouting may be picturesque by day, but when the sun goes down, Gilwell Park becomes seriously creepy. If you do find yourself in the grounds after dark, you may want to steer clear of Walter's Urn behind the Chapel, where it is said the ghost of Margaret Chinnery wanders in search of her lost children.

The Chinnery family lived at Gilwell in the early 1800s. Tragedy struck when both of the children, Walter and Caroline, died. They were buried in Paris, though their remains were brought back to Gilwell in 2002 and Walter's Urn and Caroline's Column were installed in their memory. The sightings of Margaret apparently stopped when she was reunited with her children, though some say she still occasionally wanders Gilwell...



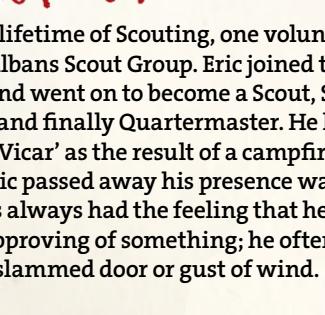
Godfrey & the Saracen Lady



Templars' Park Scout Campsite near Aberdeen has a rich history dating back to the 13th century. One particular favourite is the tale of a brave Knight, Godfrey, and the mysterious Saracen Lady, whose relationship ended in tragedy when Lady Saracen took her own life after Godfrey was murdered. Both their bodies were laid to rest at Templars' Park and it is said that on the anniversary of their deaths, the apparition of a Knight can be seen galloping around the grounds while she glides through the nearby woods.



'THE VICAR' OF ST ALBANS



After a lifetime of Scouting, one volunteer couldn't quite let go of 3rd St Albans Scout Group. Eric joined the Group when he was just a Cub and went on to become a Scout, Senior Scout, Rover, Scout Leader and finally Quartermaster. He had acquired the nickname of 'The Vicar' as the result of a campfire sketch long ago. Even after Eric passed away his presence was still felt at the HQ. Leaders always had the feeling that he was right there, approving or disapproving of something; he often made his feelings known with a slammed door or gust of wind.

Nine Ashes & the Beast

The Beast of Bodmin Moor is one of Britain's great stories, but the myth has become reality for a number of leaders during stays at the nearby Nine Ashes campsite. Reports of the types of sounds associated with a large animal moving through the nearby copse, as well as guttural growls reverberating around the campsite, came to light during one summer camp. One leader even heard the awning area of his tent being ransacked by what sounded like a wild beast and ventured out the next morning to find his kit scattered across the porch.

Yorkshire Terror

East Riddlesden Hall is a notoriously haunted Tudor stately home in Keighley, Yorkshire, and home to East Riddlesden Scouts. The Hall was built in the 1630s and eerie occurrences and reports of ghostly goings on, including strange sightings of children and animals, are fairly standard. Perhaps the most infamous ghost is the Grey Lady: there are many tales about her demise, one of which suggests that her husband caught her *in flagrante delicto*. He sought his revenge by boarding up her room while she was still inside, so that she starved to death. Staff working at the Hall often arrive to find that items have been moved while the property has been locked up overnight and some rooms are avoided completely because of the oppressive atmosphere within.



THE GHOSTLY GIRL OF EALING

The home of 8th Ealing Scout Group sits right next to a cemetery and has seen more than its fair share of bizarre phenomena. Moans and groans can often be heard coming from across the cemetery wall, while there have also been several sightings of a young girl playing in the back storeroom. The storerooms are set in a bunker, which was built as an air-raid shelter during the Second World War. Back then, the Scout hall served as a rest centre for people whose homes had been bombed in Ealing and some say that the girl is looking for a lost relative.

Turn over for the most haunted Scouting location in Britain ➔



The ghosts of Lapwing Lodge



Just the mention of Lapwing Lodge will send shivers down the spine of many a Scout. Now a thriving outdoors centre just outside of Glasgow, the site was once a sanatorium for Coats Mill workers. From 1910 to 1955, patients came to 'take the air' with varying degrees of success.

Today, the Lodge still houses many ghosts. Doors open and close by themselves; voices of children at play can be heard when there's no one there; the apparitions of children appear and disappear in various places on the site; there's the ghost of the man in the boiler room, where the morgue used to be situated, as well as the ghosts of the west wing; but perhaps the most famous is the ghost of the White Lady, the beloved sister of a woman who was murdered nearby, and who roams the front and back fields.

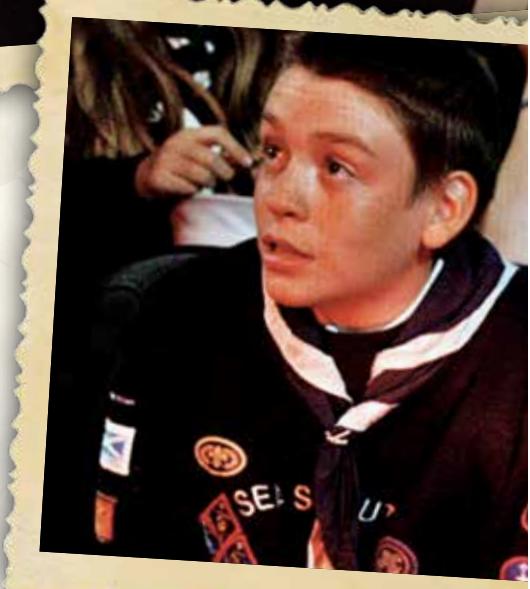
Download your very own Lapwing Lodge ghost story from the brand centre at tinyurl.com/o2988up.

A big thank you

We would like to thank Pam Edmonds, Blair Ross, Tony Burns, Viv Pepper, Daniel Mosby and Martin Truss for telling us their truly terrifying tales.

More info

Do you have a spooky story? Share it with us by emailing it to scouting.magazine@scouts.org.uk.



Inspire your Group to tell their own stories with Rory's Story Cubes (£10, scouts.org.uk/shop). Just roll the cubes and let the images spark the imagination!



British Heart
Foundation

GREAT EVENTS

for your Group to enjoy

The nation's heart charity has two fun activity-based fundraising events that your Group can take part in.

Jump Rope For Heart

For 5-13-year-olds

A popular skipping event that encourages children to learn skipping skills as individuals, in pairs or in groups. Skipping is great fun and a superb way to get kids active.

11 skipping ropes, activity cards, posters and sponsorship forms are provided, as well as an organiser's guide, which is packed full of helpful hints, tips and ideas.



Ultimate Dodgeball

For 7-18-year-olds

A great way for boys and girls of different ages and abilities to have fun and get active. Just choose your teams, create a team identity and organise your own fun event.

Three dodgeballs, teaching resources, posters and sponsorship forms are provided, as well as an organiser's guide, which is packed full of helpful hints, tips and ideas.



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VOLUNTEER IN PROFILE

'It meant so much to win'

At the helm of a Group that's won six community awards in six months, Christine Costello talks about the amazing achievements of 1st Stockbridge

I've been Group Scout Leader at 1st Stockbridge since it opened in January 2014. I'd never been involved in Scouting before. I put my hand up and volunteered, without knowing much about it. It's definitely worked out for the best as I really enjoy it! My grandson is 10 and comes to Cubs. He's one of the reasons I got involved. One of the best things is that I get the opportunity to meet lots of like-minded people, all the volunteers are new to Scouting and we didn't know each other before.

I only moved to Stockbridge village 18 months ago. It's a fantastic place to live. I used to volunteer for the safari club – a youth club – on Saturdays. That's why I was asked by The Scout Association's Regional Development Service to run the Group. I also volunteer at a local food bank, something which is really needed in this community. I have a part-time job and look after my grandchildren and mum. I've got a very busy life!

We try our best to do anything the young people want. We've been to Cadbury World with the Beaver

Scouts; we do lots of art and creative activities. In April we took the Cubs camping for the first time – they really loved it.

Before this Group started, there was no Scouting in the area for years. It's having a massive impact. It's amazing that the Group has won six Stockbridge Village Community Awards. Local people nominated and voted for us for this so it means so much to win.

We've had a lot of support in the community. We secured extra funding from the local housing association so that the Group are able to give the young people snacks and a drink before the meeting. Some of the families around here find it really hard to make ends meet. I'm excited about the future of 1st Stockbridge. I hope that even more people will get involved at the Group and it will continue for a long time.

More info

If you know a Scout volunteer who's a community hero, email us at scouting.magazine@scouts.org.uk.

Christine is a relatively new resident of Stockbridge, having moved there only 18 months ago





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Your problems [SOLVED]

This issue, our experts answer your Guy Fawkes Night questions



We're planning a bonfire event to raise funds for our Group – do we need extra insurance cover?

Dev Singh, Group Scout Leader



Ralph Doe, Unity Scout Insurance Services, says:

You'll be pleased to know you're already covered for public liability for injury to the public or damage to their property. But you may need money cover for cash you raise and event cancellation. Call us on 0345 0945 703, or head to this website for full details scoutinsurance.co.uk/cover_firework.html.

How can I make bonfire night safer by involving our young people?

Cathy Solomon, Cub Scout Leader



Stuart Carter, Safety in Scouting Co-ordinator, says:

Here are a few things that are definitely worth bearing in mind:

- Unity (Scout Insurance Service) has a really helpful page on firework displays, scoutinsurance.co.uk/cover_firework.html linking in turn to the HSE's superb guidance documents (HSG 123 & HSG124).
- Think carefully about how you dispose of the remains of your bonfire or fireworks afterwards.
- We all know that pets can be affected by fireworks and the RSPCA has a page dedicated to this, which makes a good programme resource – tinyurl.com/o5aveyl.

There are plenty of resources to help you plan your fireworks event

Is there any information to help with planning a fireworks event?

Toby Bateman, Assistant Scout Leader



Owen Ward, Scout Information Centre Adviser,

says: Safety is always the main concern. There are a few guidelines that need to be followed. The RoSPA and HSE guidelines can be found online at saferfireworks.com and hse.gov.uk/explosives/fireworks/using. Publications are also available from the HSE. The two main books are called Giving Your Own Firework Display and Working Together On Firework Displays. The first being for most displays, the second being for displays that include category 4 fireworks.





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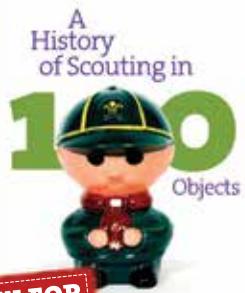
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The big issue

What are your tips for getting Scouts noticed in the community?

Kerry Rotherham, Scout Leader



**Justin Mullender,
Internal Communications
Executive, says:**

Keep members informed and communications flowing and you'll help develop Scouting. Think about whom you want to reach and tailor your communications to their needs: ask them whether they prefer reading and responding to print, email or social media and create regular, relevant communications aimed at them.

A good piece of communication can be just as relevant in a newsletter, on a website, in social media, on email as well as in media coverage. Most stories have a 'moment in time' and you can generate stories, photos and videos that work before, during and after this fixed point. Find lots more guidance and tips at scouts.org.uk/membercommunications and scouts.org.uk/brand.



**Vicky Hosken,
Beaver Leader, says:**

Be out and about in the community, mix and integrate as much as possible. When people see Scouts having fun and helping in the community it has a much bigger impact than posters and leaflets advertising the Group. The Group that I belong to takes part in community fêtes, carnivals and beach events. We explore local areas, have fun in the woods and always try and say a friendly 'hello' to people we pass when we are out.



**Rosalie Russell, Local
Media Relations Support
Officer, says:**

Being visible to the local community through the media is easy! In Scouting we are spoilt for choice with stories to share. Focus on activities and events that help you, your Group and your community to develop and shout about them.

Get to know local journalists. Regularly tell them your stories, backed up with a good quality press release and images, and soon your community can enjoy being informed and inspired by your Scouting adventure.



Blipp here to hear Martin Steers talk about how Scout Radio is a great way to get the word out.



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.

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COLDS AND FLU

AND THE DIFFERENCE BETWEEN THE TWO

One third of Britons think flu is just a bad cold* – here we show you why they're wrong

THE COMMON COLD

What is it? A cold is a viral infection of the upper respiratory tract caused by any one of 200 viruses. Rhinoviruses, however, are the most common.

Symptoms: A blocked or runny nose, sore throat, sneezing and/or a cough will develop over one or two days, but colds rarely last longer than two weeks.

How you get it: Cold viruses are at their most contagious in the first three days and are transmitted through hand-to-hand contact, as well as airborne droplets.

Now you've got it... Sadly, there is no cure for the common cold, but you can treat your symptoms. Use eucalyptus or menthol vapours to clear blocked noses and paracetamol to bring down your temperature, but the best remedies are rest and staying hydrated.

How to avoid it: The only way to avoid the spread of colds is by eliminating germs, so wash hands regularly, dispose of used tissues immediately and wipe down any surfaces they've come into contact with. Have you blown your nose since your last hand wash? Then wash them again.

Myths: 'You'll catch your death...' The idea that exposure to cold weather will lead to a cold is not entirely unfounded. There are some strains of the cold virus that occur more frequently during cold or wet weather, but the reason for this hasn't been conclusively determined.

More info

The NHS recommends that you should see a doctor if you have flu-like symptoms and you: are 65 or over; are pregnant; have a long-term medical condition, or you have a weakened immune system. If you're concerned about your symptoms, always contact your doctor or call the NHS 111 service.

*Statistic NHS Choices; pictures: Thinkstock, Alamy

FLU AKA INFLUENZA

What is it? Influenza comes from the Orthomyxoviruses family of viruses, the symptoms of which bear some similarity to the common cold in the early stages, but which become far more severe through the duration of the illness.

Symptoms: A sudden fever of 38–40°C (100–104°F), achy muscles, sweating, extreme fatigue, severe headache, chesty cough and/or sneezing.

How you get it: Influenza is spread by airborne droplets that are released when sufferers cough or sneeze. It is also spread by hand-to-hand contact. Someone with flu is at their most infectious from the day before their symptoms present themselves for up to six days.

Now you've got it: Bed rest is essential. If you have flu your bed may be the only place you can stand to be. Be sure to stay warm and well hydrated and take paracetamol or ibuprofen to relieve your aches. Antiviral medication can be prescribed, but needs to be administered in the early stages of illness to be truly effective.

How to avoid it: The flu vaccine is available for certain groups of people (eg children, pregnant women), but if you're not eligible for it you can reduce your chances of catching it by washing hands, wiping down surfaces, catching coughs and sneezes in tissues and disposing of them immediately.

Myths: 'Take your vitamins...' Many people think that taking vitamin C supplements will prevent them catching influenza, but there's no evidence to prove this. Similarly, it has no effect on reducing the likelihood of you catching a cold.



Blip here to take our True or False cold and flu quiz and put your knowledge to the test!



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November 2014		
2-6, 9-11, 16-20, 23-27, 30	HK\$800.00	HK\$900.00
1, 7-8, 21-22, 28-29	HK\$1,100.00	HK\$1,200.00
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* Scout Members are requested to present Scout Identity Card upon check-in.

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Recipe

Oli Blanc's spicy lime corn on the cob

Cook this delicious twist on corn on the cob under your campfire coals



About the chef

Oli Blanc (son of chef, Raymond) developed an app starring his new creation, Henri Le Worm, who is loosely based on his father and encourages healthy eating in young people. Download at henrileworm.com.

Corn is a domesticated plant native to Central and South America. It's known as sweetcorn because of its high natural sugar content, but it's also rich in fibre, vitamins A & C, folate and other nutrients.

Ingredients

Serves 4

- **Corn cobs** 4
- **Limes** 2, cut into quarters
- **Sea salt** 1 tsp
- **Cayenne pepper** $\frac{1}{2}$ tsp
- **Water** 2–3 litres for soaking the corn

1 Gently peel back the outer husk of the corn without removing it, then pull away the silk without detaching the outer husk at the base.

2 Rewrap the corn in its husk and place it into a bucket of water to soak for 30 minutes.

3 After 30 mins, retrieve the cobs and shake to remove excess water. Pull back the husks and rub each corn with a wedge of lime, replace the husks, then roll each corn in a sheet of foil and seal securely.

4 Use a spade to dig beneath the open fire and place the wrapped corn on the exposed coals. Then cover the corn with additional coals and leave to cook for 15–20 mins. Meanwhile mix the cayenne with the sea salt.

5 Remove the corn with tongs, carefully peel back the foil (it will be very hot) and discard. Remove the husks and sprinkle the spice mixture over corn cobs and serve with a wedge of lime.

TAKE A HIKE

DARK TOWER

The modest slopes of Moel Famau in North Wales offer fantastic views at whatever time of day you're scaling them



Moel Famau has, since 1985, been classed as an Area of Outstanding Natural Beauty

Moel Famau, North Wales

Map OS Explorer 265

Scouting Classification Terrain Zero – mostly well-beaten tracks and bridleways, and footpaths through farmland. Good navigation and extra care needed if tackling in the dark and consideration of young people's ability and stamina!

Distance 9km (6 miles)

Total ascent 340m

Start and finish Moel Famau car park (SJ171611)

Approaching Wales over the River Dee from north-west England, Moel Famau is the first proper mountain you hit. It's hardly Nanga Parbat, but there is still plenty of fun to be had on its modest slopes, plus it's accessible from cities like Liverpool and Chester in under an hour.

The route

Leave the car park at SJ171611 (**A**) and proceed up the trail marked with a noticeboard, keeping the stream to

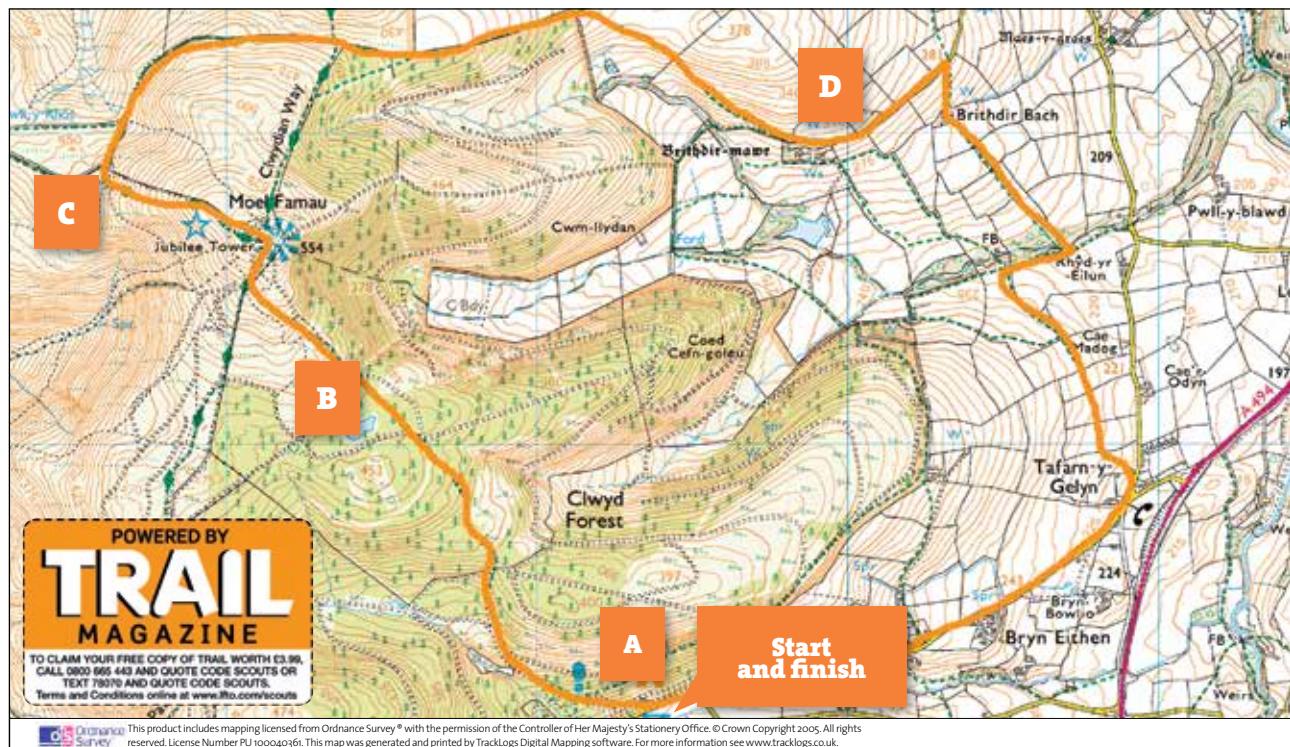
your left, into a gentle ascent through the forest. Passing a bridge on the left, after about 300m the path starts to bear right and narrows out, the rate of ascent increasing. The trees start to peter out, opening up views to the north-east of Chester and the Wirral.

(**B**). After a short ascent you reach a stile, over which the Jubilee Tower looms. Head north-west down the mountain on a steep slope signed Prestatyn. This brief stretch ends at a cycle track, where you bear right to a gap in the wall.

Go through the gap (**C**) then proceed, keeping the wall to your left. After 300m or so, you come to a junction of walls; go right, keeping a wall to your left and the forest to your right, and follow the well-beaten track through a gate and onwards. This brings you to a stile in a wall to the right. Cross the stile, and proceed over open field roughly south-east, the dark bulk of Ffrith mountain to the left. A track leading to

an access road runs along the bottom of this field – if you hit the stream, follow it left and you'll find it.

(**D**) Follow the road for about 350m, eventually reaching a gate on the right signed Brithdir Bach. From here on you're on farmland, so be sure to shut all gates. The footpath leads down past the farmhouse, to a gate marked with a yellow sign. Go through the field keeping left, and you come to two gates in an L shape; take the gate on the left, and continue downhill, through another gate. The last field sometimes has bulls in it, so be careful. Keep left to the bottom corner of the field, where the path becomes well beaten as it passes over a little ford and joins a trail junction. At this, turn right, pass through a gate, and over a stile to the left. The route now follows over a series of stiles, eventually bringing you out on a road where you turn right, and right again, and follow the main road back to the car park.



All fired up

Whether you're cooking in the coals, toasting marshmallows on a stick or simply sitting in a circle telling tales of adventure while watching flames dance around logs, a good bonfire can make any camping experience complete. Here's our pick of six great sites to set the night ablaze



1. CRAWFORDSBURN SCOUT CENTRE, COUNTY DOWN, NORTHERN IRELAND

What A camping spot on the Down coast where a huge range of activities can be enjoyed by day, and boasted about by night while cooking around a camp fire.

Why An all-weather activity centre on the shores of Belfast Lough, Crawfordsburn offers Scouts and Guides the chance to experience everything from backwoods cooking on open fires through to canoeing, raft building, orienteering, archery, abseiling and a whole lot more. Camping and indoor accommodation available. Facilities include fireplaces, toilet block, hot water and equipment provision.

How For bookings call 01247 853307 or email crawfordsburn.sac@scouts.org.uk.



2. GILWELL PARK SCOUT ACTIVITY CENTRE, LONDON-ESSEX BORDER

What A 108-acre outdoor base on the edge of Epping Forest.

Why Since 1909, leaders of the Scouting Movement have received training for their Wood Badge here, before becoming members of 1st Gilwell Park – the world's largest Scout Group. As you sit around a roaring bonfire in the ceremonial circle, consider those who've warmed their bums here before – even B-P himself. Activities include horse riding, archery, go-karting, canoeing, shooting, climbing, hiking, photography, aeroball and more. Indoor accommodation and camping available.

How For bookings call 020 8498 5300 or email gilwell.sac@scouts.org.uk.



3. LONGRIDGE ON THE THAMES, BUCKINGHAMSHIRE

What Perched on the beautiful banks of the Thames, Longridge is a member of the National Association of Scout & Guide Centres, a centre for water-based activities and a camping arena where fires are permitted.

Why The large site caters for organised groups, and the spacious campsites are located on river meadows – with some on Taylor Island only accessible by boat. Each site has a fire-pit for that all-important bonfire, around which you can recount tales from the river after enjoying activities like canoeing, kayaking, rowing and sailing. Facilities include taps for each site, parking, showers and toilets.

How For bookings call 01628 483252, email bookings@longridge-uk.org or explore longridge.org.uk.





4. HIGHTERTOWN FARM AND WEST COOMBE SCOUT CAMP, CORNWALL

What Highertown Farm is an eco-campsite within easy walking distance of lovely Lansallos Cove. West Coombe is an associated site nearby, available for exclusive use by Scouts and Guides.

Why These National Trust-run sites are fire friendly, and there's no better way to share stories from a day spent exploring the smugglers' caves of the southeast Cornish coast than sitting around a fire-

pit. Views of the coast are fantastic and there's easy access to attractions such as the Lost Gardens of Heligan and the Eden Project. Facilities include solar-powered hot water, compost toilets, barn, freezer.

How For bookings call 01208 265211 or 01726 870146 or email hightownfarmcampsite@nationaltrust.org.uk.



5. WICKEN FEN, CAMBRIDGESHIRE

What An eco-friendly, alfresco gathering ground in the midst of one of Europe's most important wetlands, where wildlife is abundant and fires are allowed in the wild-camping area.

Why There are four open-fronted shelters at this National Trust-run site, each sleeping eight people. You can light a bonfire in the fire-pit, and compare notes about creatures spotted during the day – some 8,500 species call this place home, including muntjac deer, many birds and enormous dragonflies. Highland cattle and Konik ponies graze nearby. People are encouraged to arrive on foot or by bike. Bicycle hire and boat trips are available.

How £25 to hire the whole site per night. See nationaltrust.org.uk/wicken-fen.

6. BRITCHCOMBE FARM, OXFORDSHIRE

What In the heart of England's sensational South Downs, Britchcombe Farm is a popular spot for campers who love cooking on open fires.

Why Because it's a special spot with great views, right next to White Horse Hill, complete with Neolithic chalk horse and accompanying myths and legends. The site's charismatic owner, Marcella Seymour, comes around with firewood daily and gives lessons on how to light the perfect blaze. By day explore the Oxfordshire countryside and speculate on the mystical origins of the white horse, by night cook up a storm. Facilities include toilets, water and Marcella's cream teas.

How For bookings call 01367 821022 or explore britchcombefarm.co.uk.



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1. SCOUT TRAVEL MUG (£6.95)

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Surf safely

Teach your Group how to stay safe online with the help of Disney's Club Penguin

Suitable for Beavers and Cubs

The internet is an important part of life for young people in the UK, with 90% of under 10s now online. However, this generation of digital natives, who are often more at ease with new technologies than their parents, are not always as savvy when it comes to keeping themselves safe online.

As the number one virtual world for children, Club Penguin is working with key safety organisations to empower young people to spread

positive behaviour online. The internet safety campaign, **It Starts With You**, has reached hundreds of thousands of parents and children worldwide. With its new activity packs designed for Cubs, Club Penguin is excited about inspiring even more young people to protect themselves online.



The packs include fun activities to get Cubs thinking about their online behaviour and inspire them to use the internet responsibly. The Club Penguin activity packs are available to download at scouts.org.uk/clubpenguin.

Protect your personal information

IT STARTS WITH YOU

The Club Penguin activity pack guides Cubs through the three online safety rules:

Be Cool

Respect others and treat them how you would like to be treated

Be Heard

Speak out if you see anything that makes you feel uncomfortable

Be Safe

Keep your personal information private

Digital treasure hunt

To test their online safety knowledge, Club Penguin will be throwing a digital treasure hunt for Beavers and Cubs. Willing treasure hunters can join the online adventure on clubpenguin.com by choosing the server '**Arctic**' and heading to **The Forest** (on the map) on the following days:

Saturday 4 October – 3pm
Saturday 11 October – 3pm

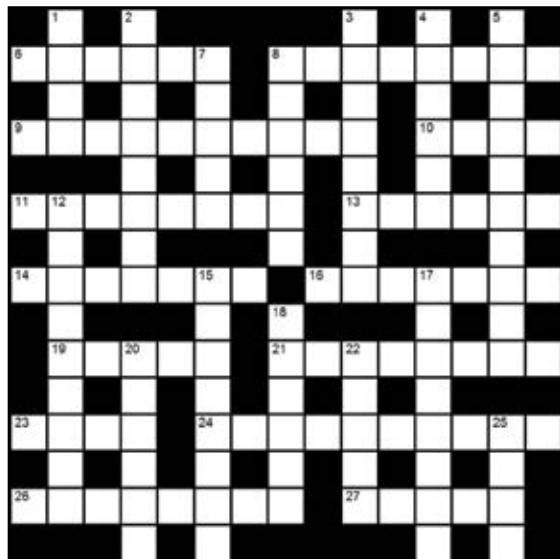


More info

Club Penguin is a virtual world for kids guided by an unwavering commitment to safety and creativity. Visit clubpenguin.com/safety for more online safety resources, tips and information for young people and parents. A free account will be required to access the virtual world. Parental permission is required to play.

FUN and GAMES

SCOUTING CROSSWORD OCT/NOV



Crossword by Eddie James

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

INTERNATIONAL JAMBOREE TEASER

We're positive loads of you rose to last issue's Jamboree commemorative badge challenge. Here's the next instalment of cryptic pictures to keep you on your toes. Good luck!



Across

- 6** Crab, bittern, hiding another creature (6)
- 8** Scouts' outdoor social activity? Upsets bear cub (English) (8)
- 9** Bear would be his first as our leader! (5,5)
- 10** Stag possibly reverses stiff grass (4)
- 11** They offer simple protection from the elements (8)
- 13** Distant (3,3)
- 14** Turfed enclosure made from odd pack (7)
- 16** Mountaineer (7)
- 19** Gaping hollow ... in bivouac has materialised (5)
- 21** Strive to maintain the right course to get an Activity Badge? (8)
- 23** Sporty bike held by squadrons (4)
- 24** One who initially treats wounds etc. as dirt fire, oddly (5-5)
- 26** Sci-fi series starter changed by tail end of Cub Pack (4,4)
- 27** Tree involved in popular challenge (5)

Down

- 1** Trail: leader of patrol gets different hat (4)
- 2** Let oneself down in negotiating a rockface? (8)
- 3** On Scout's honour, you should be this (8)
- 4** A guiding role (6)
- 5** Our president unravels knot (UK feed) (4,2,4)
- 7** Scout at first enters art gallery for flavour (5)
- 8** Guide's wear, so blue perhaps (6)
- 12** It helps keep track of each member of a group (principal teacher and nobleman) (4,5)
- 15** A glowing centre of nocturnal Scout Group's activities? (8)
- 17** Large Italian lake producing Omega rig (8)
- 18** Nerdish hooded waterproof jacket? (6)
- 20** Venomous things, they reckon (6)
- 22** Essential Ali is involved with TV (5)
- 25** Reverberation in cave, Chorley (4)



SplashMaps for your Group!

Calling all cartographers! You could be one of three lucky recipients of this great prize – SplashMaps for your Scout Group. SplashMaps are the washable, wearable, all-weather fabric maps, perfect for any outdoor adventure. To enter, all you need to do is get your Group to design their own map. It can be of wherever you like – your street, your local community, even your Scout HQ! The best three maps will win four SplashMaps each.

Send your entries to **Scouting Magazine, The Scout Association, Gilwell Park, Chingford, London E4 7QW** or scan and email them to scouting.magazine@scouts.org.uk.

Terms and conditions

- 1 Entries to the competition will be made on behalf of the Group rather than the individual with one map accepted from each Group.
- 2 All entries must be submitted by 1 December 2014 and will be judged after this date.
- 3 The maps will be judged on the basis of cartographic style, imagination, innovation and ease of use.
- 4 The top three Group entrants will receive four maps each, which will focus on their location and contain their Group name and insignia.
- 5 SplashMaps reserves the right to use images of the winning map in publicity materials including any images taken at any prize-giving event.

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RAYMOND BLANC

The world-renowned chef wants to change the way we eat...

Teaching young people about healthy eating is something you're passionate about...

Absolutely. I was given the very best food when I was growing up. We were living in a very organic part of the world and my father had a huge garden. I was given a deep understanding of food. While my friends were playing football, I was tending the garden. It's about enjoying food; enjoying the process of growing and cooking, and eating with your family. We rarely eat around the table these days – we have busy lives and eat badly.

'We often see food as guilt, but it really should be celebrated'

Why is it important to get the word out there?

Fast food, intensive farming, cheap products, chemicals in processed food... we've created a health problem consisting of diabetes, cardiovascular disease and malnutrition. We have an odd attitude to food. We diet and then we indulge again. We often see food as guilt, but it really should be celebrated.

Your son, Olivier, created an app, Henri Le Worm, which is about healthy eating...

I was very proud of my son because he created a lovely app, which truly connects children with food. It invites young people to go into the garden, into the forest and understand what's going on out there in a fun

way. It's a wonderful way of passing on information. Hopefully the next generation of young people will save us – they will question and understand where their food comes from.

How can we start re-educating young people?

It starts with the parents, then school. We need to teach the young people about seasonality. The produce of the season must be local to you, in your garden or local shop – better quality food with nutrients. All the goodness

plants; you need to nurture. Start to understand the sheer miracle of that little seed turning into a beautiful salad. It's completely amazing – like a newborn baby. It's about a life force. It's great what Scouts do and the world is about to change because of these young people. I was a Scout a long time ago, and as a Scout you have a connection with the outdoors – go to a farm, to a garden and help grow food and help your parents and leaders to eat better.

is lost in the food that's imported. This leads to millions of miles of a carbon footprint, pollution and the cost of cleaning up the pollution.

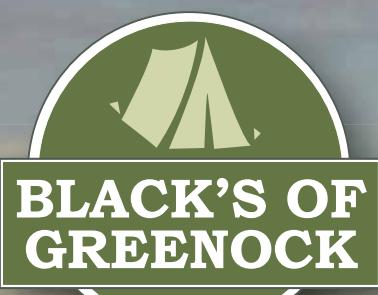
Is there any advice you can offer to Scouts?

Start to grow your own food at home. It's so satisfying. Even if you don't have a garden, you will have a windowsill to grow food on. Grow your own herbs – they are really easy. Cultivating food will also teach children how to care for

More info

The Henri Le Worm app is available on IOS and Android. Find out more at henrileworm.com





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