



Spring 2021
Issue No: 661

Trefoil News



Activities

Training Zone

Healthy Minds Edition

Support

Badges



Trefoil News



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ABOVE: Tir na nÓg Guides showing off their pancake-flipping skills on Pancake Tuesday. Well done girls!

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Submit your articles, photos or queries to
trefoil.news@irishgirlguides.ie

Congratulations flooded in after Irish Girl Guides won the **European Citizens' Prize** - check out these tweets and read more on the back cover.



Editor's Note...

Dear Leaders,

With support from the ESB Energy for Generations Fund, our focus this edition, and indeed this year, is on promoting and maintaining healthy minds. Inside, you'll find lots of healthy mind activities, from laughter to yoga and from feelings to our enigmatic self. You'll also read about Leaders avoiding lockdown lows.

We offer details of healthy minds training opportunities for Leaders. For starters, see details and the Eventbrite link for the Healthy Mind Interest Badges training for Leaders on 25 March (page 9).

In the Guide section, Orla O'Neill shares some learnings about Development Education from a recent course with Trócaire and NYCI. Some of the activities and games featured may be suitable for all Branches (pages 26 & 27).

Enjoy!
Claire de Jong
trefoil.news@irishgirlguides.ie

From the Chief Commissioner



Dear Leaders,

I hope you are all keeping safe and well as we head into spring which is a time of regrowth and new life. It can be an unpredictable time which is exactly how we are living now but, regardless of how long it takes or how patient we must be, it's still beautiful when the regrowth of spring happens.

"There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter."
Rachel Carson

We are all aware of the stresses and strains on us and that all of our journeys have been different even though we were living through similar or the same stresses and strains.

It is a time for us all to:

- be present in the here and now
- be connected to our family and friends
- be curious about how our sense of self impacts our emotions and reactions
- be motivated and apply some simple changes to our everyday life
- be kind as we never know what the other person is experiencing

It is very hard to look for the positives in the past number of months, and we may have to dig deep to find them, but, as we emerge from the darkness of winter, now is a good time to reflect and to look for the positives, however small they may be, and hold on tightly to those thoughts.

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It is a time to look for what it is you need to support your own health and well-being. For me, that's small prompt cards placed around the house with some positive phrases and getting out for some fresh air, noting what is around me whether this is simply in the garden or on a walk. I like to use this technique to support me in the here and now. I acknowledge:

- five things that I can see
- four things I can touch
- three things I can hear
- two things I can smell
- one thing I can taste

This phrase is on the wall above my desk and I've decided to share it with you:

*Be gentle with yourself.
You are doing the best you can.*

Yours in Guiding,

Amanda
chief.commissioner@irishgirlguides.ie

ON THE COVER: A member of Lucan Ladybirds with her well-earned Covid-19 and 2021 World Thinking Day badges; and members of St. Brigid's Brownies, Limerick, and North Longford Guides busy at home, in uniform, on A-wear-ness Day and World Thinking Day.



New Staff at IGG

Valeria Lorenzi Programme Officer



New to the team at IGG is Valeria Lorenzi, Programme Officer. Valeria has an MA in Human Rights and has been working in the charity sector for over 10 years in Ireland and abroad - Italy, UK, Ghana and Israel - working in a variety of roles. She is passionate about gender equality and social justice and is currently studying for an MA in Counselling and Psychotherapy.

In her free time, Valeria likes playing on the beach with her two-year-old son and her dog, studying, travelling with the family to discover new places and watching movies. She is quickly learning all about IGG, our programme and OGM, and she looks forward to meeting you all very soon.

Anne L'Hénoret Operations Manager



Anne L'Hénoret is delighted to join IGG as Operations Manager. Anne has a varied background, having started out as an IT Project Manager. After becoming involved in volunteering in her spare time, Anne moved to the community & voluntary sector and never looked back. She spent 10 years leading, training and supporting volunteers in Oxfam shops and five years as the Development Manager in the National Office of Youth Work Ireland. She has qualifications in economics and in non-profit management & leadership. To help her support IGG volunteers and staff as best she can, she is now studying for an HR Award and a Social Value Certificate.

Anne's hobbies include practising and teaching yoga, hill walking, music, and sustainable fashion. Anne is very excited by IGG's ethos and priorities such as women's empowerment, climate justice, democracy, and resilience. As you can probably tell, she would have loved Guiding but sadly never had the opportunity. She is looking forward to meeting as many of the volunteers as possible very soon.

We present to you...

The **winning postcards** from the International Postcard Competition...

Our biggest thanks to everyone who submitted a postcard design - we can see that lots of time was spent working on the creations and we enjoyed seeing them all!



Erin Dagg | Woodland Ladybirds



Leah Brady | North Longford Brownies



Phedra Kingston | Rathfarnham Guides



Emer O'Connor | MacEgan Senior Branch



DATES FOR YOUR DIARY

MARCH	14	Mother's Day
	16	Engineers Ireland Comp-E-tition Series 2nd challenge
	17	St. Patrick's Day
	20	Executive meeting
	20	International Day of Happiness
	25	Healthy Mind Interest Badges Training
	27	Earth Hour
APRIL	2-5	Easter Camp at Home
	7	World Health Day
	9	Globetrotter's Challenge closing date
	10	Patrol Leaders' Afternoon Training
	10	Senior Branch hosted online event
	22	Earth Day
MAY	8	P&T meeting
	10-17	National Good Turns Week
	15	Senior Branch hosted online event
JULY	31	(to 2 Aug) Octagon 2021

Trainings and events are added regularly to the IGG calendar on our website. Be sure to keep an eye on it!

IGG Newsletters

Leaders and Senior Branchers!

Are you receiving the fortnightly email IGG Newsletter?

If the answer is no, you are missing out on all the latest news about IGG's events, trainings, initiatives and competitions and useful links to resources, trainings and events from other organisations too.

It's easy to sign up! Simply drop an email to Fiona at communications@irishgirlguides.ie asking to be added to the IGG Newsletter subscriber list or go to the Leaders' Email Newsletter page in the Leader Area of the IGG website - <https://bit.ly/2KBBiY4> - where you can sign up and read previous editions too.

IGG ON PINTEREST



Calling all Pinterest users! Don't forget to follow us at [@irishgirlguides.ie](https://www.pinterest.com/irishgirlguides) and share any suitable arts and crafts and other activities with us.
Thanks!

National Good Turns Week

We hope all our youth members and volunteers will take part in National Good Turns Week, which will run from **10-17 May** this year. We know you all do Good Turns each day but National Good Turns Week is a good opportunity to share on social media photos of you doing some of your Good Turns. Be sure to share with the hashtag **#GoodTurns** and to tag us!

By doing this, you will help create a wave of goodwill and kindness that will reach across the country and will hopefully encourage the wider public to engage in acts of kindness too.

Here are some suggested Good Turns:

- video recordings of singing for residents in nursing homes
- cards for residents in nursing homes
- thank you card or craft for school staff
- walk for a charity
- baking for frontline workers - or for all the class including the teacher

Spread the kindness!



Healthy Minds Training Zone

In September 2020, Irish Girl Guides received funding from the ESB Energy for Generations Fund to support our Healthy Minds Training Zone. In the absence of face-to-face meetings and trainings, this will be delivered via an online training for Leaders in March and Healthy Minds programme resources in each *Trefoil News* in 2021 and on OGM. The fund will also provide free Healthy Mind badges for the first 3,000 members to complete the relevant Interest Badge.



The Healthy Minds Interest Badges in our programme enable us to improve mental health and well-being, strengthen emotional competence, and give girls the ability to cope with their own personal difficulties in a direct move toward suicide prevention. In 2018, Ireland had the highest rate in Europe for young girls taking their own lives, so it is imperative that IGG, as part of the largest female youth Movement in the world, acts on this. With Covid-19, we have all borne additional stress and anxiety. By focusing on developing healthy minds, IGG will support our members and we are grateful to ESB Energy for Generations Fund for their support.

PROUDLY
SUPPORTED BY



ENERGY FOR
GENERATIONS
FUND

In the international edition of *Trefoil News*, we introduced the idea of Brownies discovering their own unique potential as unique and special individuals and, in making a Clearsphere, older girls were asked to look at their different feelings and discuss the effect of them on their vision.

In this edition, there are lots of activities under each Branch to help you deliver the Healthy Minds Interest Badge programme via Zoom or in activity packs. There are also details of online courses you can do to further your own knowledge and to help you support others.

In the next edition, which will be for all our members, there will be more ideas and activities shared. During Octagon, there will be specific activities on the topic and, in the autumn, we will follow up with further supports.



Irish Girl Guides Healthy Minds Interest Badges

Ladybird Healthy Mind

Aim: To develop a happy mind

1. Identify five things that make you special.
2. Identify the IGG tagline.
3. Demonstrate relaxation exercises.
4. Discuss what feelings are and how to express them appropriately.



Brownie Healthy Mind

Aim: To practice having a positive mental attitude

1. Outline how you are special and unique.
2. Identify your own good qualities.
3. Identify three different relaxation techniques.
4. Practice one relaxation technique that you particularly like.
5. Identify four different feelings and describe ways to deal with them.
6. Identify the IGG tagline.



Guide Healthy Mind

Aim: To develop and practice having a positive mental attitude

1. Identify personal qualities, strengths, interests, limitations and abilities.
2. Give positive affirmations to others in your Unit and accept them in return.
3. Give examples of different feelings and strategies for dealing with them.
4. Learn positive communication skills, both speaking and listening.
5. Identify what stress is, how it is caused, and signs of stress in ourselves.
6. List ways of dealing with those stresses, and reflect on how talking can help you cope with stress.
7. Identify the IGG tagline.



Senior Branch can work with a younger Unit to mentor them in doing the badge or earn the badges for themselves. Collecting all three is a goal to help develop their leadership skills as well as their own knowledge and forms part of the Pathway C option in the Senior Branch programme.





7/11 Breathing

How does 7/11 breathing work?

It does its magic on the autonomic nervous system - when we breathe in we get a burst of adrenaline and when we breathe out we relax. So, when we make the outwards breath last longer than the inwards breath, we automatically send signals to the brain that we are calming down. Then, when we start to relax, our rational thinking comes back.

What does 7/11 breathing involve?

Breathe in with your mouth closed for the count of **7**



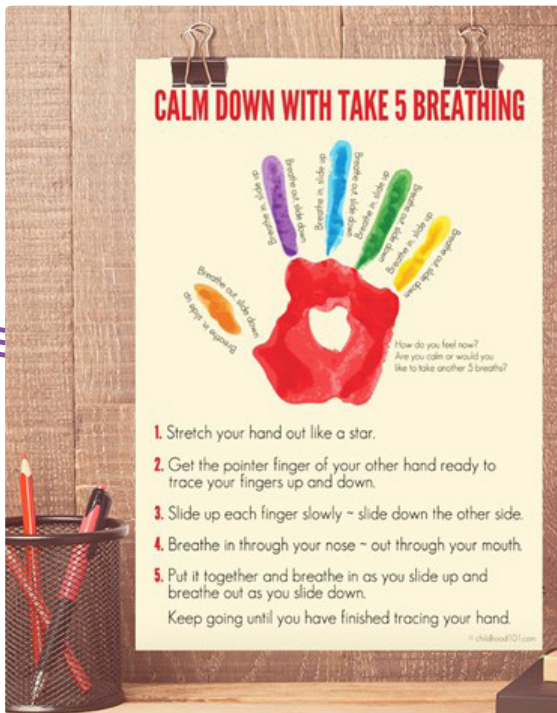
Breathe out slowly with your mouth slightly open for the count of **11**

Continue until you feel calmer and more grounded.



Is that it?!

Yes, it is as simple as that and you can do it discreetly so that nobody knows.



Take 5 Breathing

This Take 5 Breathing Exercise is a wonderful way to switch off the stress response. It brings the body back into balance, slowing and deepening the breath and slowing down the heart rate, while harnessing the need to move with an action that requires focus and provides sensory feedback to our brain. Best of all, Take 5 Breathing is simple, enjoyable, free, and you can use it anywhere, anytime.

Source: www.childhood101.com

Balancing Breath and the Brain

Alternate Nostril Breathing is an exceptionally relaxing, integrating practice that visibly settles the nervous system.

Known in India as Nadhi Sodhana (purifying breath), this Alternate Nostril Breathing is the traditional way to help balance the left and right brain hemispheres. It increases oxygen to the cerebral tissues, helping to lower blood pressure and quiet the mind. It is known as one of the best exercises for reducing stress, anxiety and insomnia.

Try doing five to ten minutes of Nadhi Sodhana before bed, or if you wake up in the middle of the night.

- Sit in a comfortable upright position with your back straight.
- With your right hand, gently close your right nostril with your thumb.
- Inhale through your left nostril, and then close it with your ring finger.
- Exhale through your right nostril, then inhale through the same.
- Close your right nostril, open your left, and slowly exhale.
- Repeat

This is one round. All breathing should be gentle and not forced.

Once you feel comfortable with this, count how long you take to inhale and double the count for your exhale. So, if you inhale for four seconds, exhale for eight (or gradually increase to this if it's not possible initially). Repeat up to 12 rounds or up to 10 minutes.



Gratitude Journal

'Three good things' is a classic gratitude exercise where participants are asked to write down three good things from their day, whether big or small. Practicing gratitude regularly has been shown to increase positive emotions and improve well-being.

A study that combined results from 51 randomised controlled interventions found

that people asked to do positive intentional activities, such as thinking gratefully, optimistically or mindfully, became significantly happier (Sin & Lyubomirsky, 2009).

Source: Emily Fletcher, Ziva Communications - 'Come to your senses' - <https://www.youtube.com/watch?v=ynzHRz2hciQ> - You can find lots more about mindfulness and meditation from Emily on YouTube.

Healthy Mind Interest Badges Training Session

25 March 2021 - Online

Link to register: <https://www.eventbrite.ie/e/healthy-minds-badge-training-session-tickets-141753591809>

Shortened link: <https://cutt.ly/YlgCSH5>

This session will identify the key aims of our Healthy Mind Interest Badges, resources to support Leaders planning to complete the badges with members, and look at a number of key techniques that we can all use to support our own healthy minds. All Branches will be covered.

FREE Healthy Mind Interest Badges

The first 3,000 Healthy Mind badges earned in 2021 will be free from 1 March. They can be ordered from the Distribution Centre and only the postage cost must be paid.



IGG in the Media



Spotted on Social Media...



...and making the Headlines...

IRISH EXAMINER
16 FEBRUARY 2021



The launch of the Europe badge in 2019.

Girl Guides receive Citizen's Prize

Irish Girl Guides (IGG) has been chosen to receive the European Citizen's Prize, in recognition of its achievements in promoting awareness of the European Union (EU). Since launching its Europe programme in May 2019, 2,957 of IGG's youth members have earned a Europe badge. To earn the badge, girls and young women take part in activities that help them gain an understanding of the EU and how it affects Irish citizens. The European Citizens' Prize is given to organisations and individuals that contribute to European cooperation. The other Irish recipient was Family Carers Ireland.





How Leaders are avoiding the Lockdown Lows

by Jessica Woods,
Communications Chair

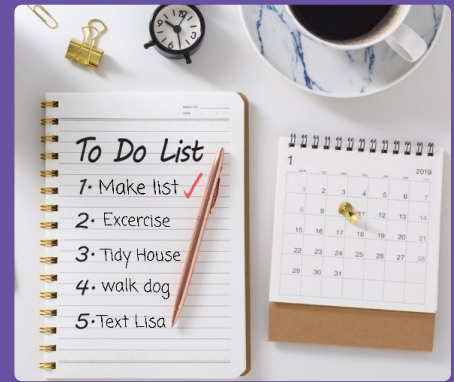
We have faced a year like no other - stuck at home, wearing masks, staying apart. It has never, in our living history, been so important for us as Leaders to look after our mental health. We believe in the promises to do good and be kind and, when the pandemic arrived, we automatically stepped up. Leaders took on the responsibility of helping others in any way we could. We have done shopping for those cocooning, written cards to those in hospitals, and supported our youth members through a terrifying global pandemic.

But what about OUR mental health? We used to 'have a chat' with the other Leaders at weekly in-person meetings. We would call to each other's homes with the best intentions of planning meetings but it would, inevitably, turn into a social evening! We used to laugh and tell stories around campfires. We used to hug. How do we keep that 'essence' of sisterhood when we can't meet anyone?

Louise is a Bohola Brownie Leader in Mayo. She explains, *"It is very rural here, so WhatsApp is essential for keeping in contact. I try to restrict my exposure to the news and I control what information I consume. Also, getting outside every day for a walk, even a short one with my two-year-old, is a win. Best advice I got was having one small thing to look forward to each week i.e. a bath, reading a few chapters of your new book, watching a good movie."*

Eve is a Ladybird Leader in Lucan. She tells us: *"I'm really lucky to be great friends with the other Leaders. When Guiding stopped doing face-to-face meetings, I was quite nervous that I'd lose the friendship aspect of Guiding, not seeing the other Leaders every Monday. The Unit turned to Zoom online meetings with premade craft packs throughout lockdown. We would log on ten minutes before the meeting just to have a chat and a catch-up. Those ten minutes, just to chat as we normally would have had while setting up, really helped with my mental health and kept a bit of normality in my life. Now, I look forward to the meetings and the chat."*

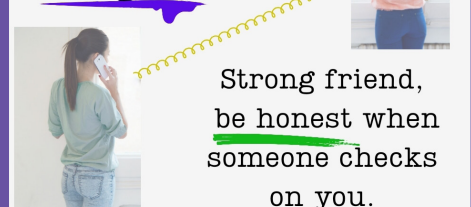
Senior Branch member and Leader Abigail reminded us: *"While technology has made lockdown life easier in many ways, it is also important to take breaks from social*



media. Studies have proven that spending too much time on social media can increase your stress and anxiety levels. Here are some things you can do instead of going online: get some fresh air, exercise, learn a new skill or write a letter to a fellow Leader telling them how important they are to you."

The most important thing you can do is look after YOU. Make small plans each day. Just by planning, you can give yourself direction. Then, accomplish the easiest task on the list first - this will help you feel motivated to do more items on your list. Lockdown can be a very lonely time, so remember to check in with other Leaders. We will all come out stronger if we take care of each other.

Don't forget to check on your strong friend.



Strong friend, be honest when someone checks on you.

IGG's Counselling Service

IGG members can avail of three free one-hour counselling sessions with Rioghnach Cantwell by phone/video call. This service may be accessed using the following number 087 9664363.

These sessions are available for all members of Irish Girl Guides and staff over 18 years of age. If a member wishes to avail of further sessions, they can pay an IGG discounted rate of €30 per session.

Rioghnach is a Relationship/Parent Mentor, offering one-to-one counselling. She was a member of IGG for 15 years and brings a wealth of experience as the provider of IGG's Confidential Counselling Service.

Grant Application Form for Financial Assistance for Units

(formerly known as Special Needs Grant)

Financial assistance funds should be used by Units to enable your members to participate fully in your Unit activities e.g. help with purchase of uniforms and payment of membership fees. Where possible please consider improving your own Unit's facilities and equipment and holidaying locally to save money.

Please ensure that your application is absolutely necessary - apply if you think it will really help to keep a girl involved in your Unit who may otherwise be having difficulties.

If you wish to avail of this grant, complete the form below and send it with a cover letter to your Regional Commissioner by **31 October 2021**. You'll find Commissioner names and contact details on OGM under 'My Support Network'. Applications received after the closing date will not be considered.

Grant Application Form for Financial Assistance for Units 2021

UNIT NAME:

AREA: REGION:

UNIT CONTACT PERSON: PHONE NO.:

ADDRESS:
.....

PURPOSE FOR WHICH MONEY IS REQUESTED:
.....
.....

NO. OF MEMBERS FOR WHICH MONEY IS REQUESTED:

AMOUNT REQUESTED PER MEMBER:

TOTAL AMOUNT OF MONEY REQUESTED:.....

Payment by: CHEQUE OR ONLINE BANKING *(please tick one)*

ACCOUNT NAME:

ACCOUNT ADDRESS:

IBAN:

(this can be found in the upper right hand corner of any bank statement)

**Last date for receipt of completed Application Forms is 31 October 2021.
Forms and cover letter to be sent to your Regional Commissioner.**



Trócaire
Working for a just world.

Sustainable Development Goal (SDG) Resources

Trócaire has a wealth of Sustainable Development Goal (SDG) resources that are perfect for online meetings and for all age groups. These include:

**SUSTAINABLE
DEVELOPMENT
GOALS**

- Development Education active methodologies and lessons
- Development Education games
- Development Education videos
- competitions
- podcasts
- photo packs

Visit: trocaire.org/our-work/educate/all-education-resources

Be sure to check out Trócaire's resources on SDG 13 to celebrate Earth Day on 22 April. The 'Problem & Solution Tree' is a great activity (see below) to help girls figure out what small changes they can make to combat climate change.

Source: Trócaire

Problem/Solution Tree

Using the image below as a guide, task small groups with developing their own problem/solution tree.

The tree trunk represents the issue, climate change. Each cause of climate change should have its own roots. Encourage the girls to explore the actions that feed into that root cause.

The branches represent the solutions, which can be personal, local, national or global. To make the actions more specific, you might add leaves to represent the different actions that could be taken to contribute to the solution.

At the end of the activity, ask the group to add two or three 'fruits' - these could be the impact of the overall solution and the actions taken.

Fruits: Some of the impacts of action being taken to achieve the solution.

Branches: What are the solutions to these root causes? Think of different stakeholders, such as young people, communities, businesses, governments.

Leaves: What small actions can be taken to contribute to the solutions?

Trunk: The issue - climate change



Roots: What are the human actions (root causes) contributing to climate change?

Problem/Solution Tree Discussion Questions:

1. Have you considered why human actions are causing this problem?
2. Which causes are getting better, which are getting worse and which are staying the same?
3. What is the most serious cause? Which causes are easiest to address? Which are the most difficult to address?
4. Which solutions are already being tackled? Which ones are not being addressed at all?
5. Which solution will have the biggest impact for young people in Ireland and overseas?

Top Tip: On Zoom, the whiteboard (which enables everyone on the call to doodle on the screen) in the share-screen option is great for this activity. Draw a tree and let the girls fill in the fruits, branches, leaves, trunk and roots.



Healthy Minds Training Zone & Support

Zero Suicide Alliance offers a **free online training** for any member of the public. Originally written and developed by Jane Boland, suicide prevention expert and Angela Samata, former Chair of the Survivors of Bereavement by Suicide charity, this 20 minutes training has been completed by over 1.4 million people. Ohana Zero Suicide are a team of ordinary people creating something extraordinary, a world with an open heart, ready to listen, equipping people to respond, support and help.



Further information is available <http://www.ohana.ie>

"We are a group of like-minded individuals from all over Ireland. We come from various walks of life and ages. Our goal is to reduce the suicide rate by promoting, protecting and preserving life. We understand there are many excellent charities that perform incredible work in this regard. We wish to neither replace nor replicate their admirable endeavour. Our focus is primarily on changing the conversation around suicide in this country and beyond. We provide education that will enable the participant to identify the signs that someone may be suicidal, to employ the correct language in asking the appropriate questions and to ultimately direct that person to the appropriate help."

It can be summarised as **'Show you Care, Ask the Question, Make the Call'**.



Minding Your Wellbeing from the HSE Ireland

A new video-based mental wellbeing programme is now freely accessible. Brought to you by the HSE, this evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.

As we continue to adapt our lifestyles to deal with Covid-19 and are faced with different challenges, Minding Your Wellbeing aims to provide simple tools and guidance to develop and maintain a positive outlook by looking after our mental health and wellbeing. This programme focuses on the promotion of mental wellbeing, and has been adapted from a face-to-face programme into a series of short online videos for the public at this time. It's free to access anytime so why not try one of the videos and go from there.

The programme consists of five video sessions of about 20 minutes each:

1. Practicing Self-Care
2. Understanding Our Thoughts
3. Exploring Emotions
4. Building Positive Relationships
5. Improving Our Resilience

Further information on www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html





Healthy Minds Training Zone & Support

Mental Health Inclusion Course

Girlguiding UK have an online course aimed at volunteers. This e-learning course will help you support those who are struggling with mental health difficulties. It also talks about managing wellbeing during times of crisis, like the Covid-19 pandemic we're all experiencing.

Using practical scenarios, the course will help you create an inclusive environment in your Unit. It covers what to do if you're worried about a member, how to offer emotional support, and how to make adjustments for someone struggling with their mental health. It will also give you information on where to go for more support if you have a safeguarding concern. Some of the references refer to the UK process for safeguarding. Please remember, if you have any concerns contact safeguarding@irishgirlguides.ie in IGG's National Office.

This course takes around 35 minutes to complete. This e-learning has been developed in partnership with Maudsley Charity and is free to access and requires no logins or passwords.

<https://www.girlguiding.org.uk/making-guiding-happen/learning-and-development/mental-health-and-inclusion/>



Support Services for Young People

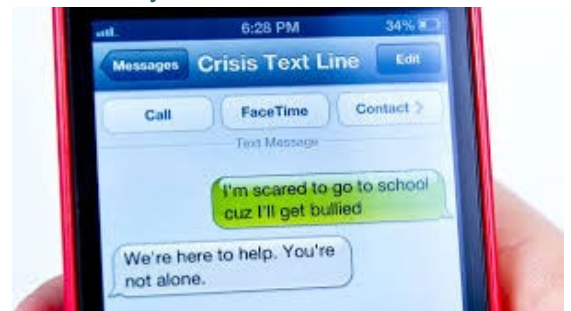


The Irish Society for the Prevention of Cruelty to Children (ISPCC - www.ispcc.ie) is Ireland's national child protection charity. **Childline** can be contacted by any child or young person by **calling 1800 66 66 66, texting to 50101** or chatting online at www.childline.ie 24 hours a day.

CRISIS TEXT LINE IRELAND TEXT 50808

Confidential messaging support service providing immediate support for anyone going through a mental health or emotional crisis – big or small. Crisis volunteers are available 24/7 for anonymous text conversations. Standard message rates apply.

Text 50808 to start the conversation.



Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634. Email: info@teenline.ie Website: www.teenline.ie



LADYBIRDS



Dear Leaders,

Welcome to the spring edition of *Trefoil News*. We hope everyone is keeping safe and well. Hopefully with the brighter days ahead we can all get out and about more. This edition focuses on healthy minds. No matter what age we are, we all need to look after our own minds and look out for each other too, at a safe distance. In this edition of *Trefoil News*, we have included activities for Mother's Day and St. Patrick's Day. We would love to see some photos of the Ladybirds having their own individual St. Patrick's Day parades. Photos can be emailed to communications@irishgirlguides.ie

Yours in Guiding,
Ladybird Branch

Laughter is the Best Medicine



It is extremely important to look after our minds, now more than ever. And sometimes laughter can be the best medicine. Why not plan 10 minutes into your Zoom meeting for some laughter.

It's time to laugh out loud! For this activity ask each Ladybird to make up a joke. One by one, each Ladybird must take a turn to tell their joke to the group. When all the Ladybirds have shared their joke, you could ask them which joke they found the funniest. You could start off the round of jokes with "How do you start a cuddly toy race? Ready... Teddy... Go!" I bet your jokes are better. Write down the joke that people laughed at the most.



Understanding Happy and Sad Feelings



Materials:

- question list (available on OGM)
- blank paper/card
- colouring pencils or crayons

Introduction:

This activity encourages Ladybirds to explore feelings.

Instructions:

- Ask the Ladybirds to draw a smiley face on one side of the page and a sad face on the other side of the page. They can colour in the faces if they wish.
- Over the Zoom meeting, the Leader asks the 'how do you feel' questions from OGM, or you can add your own questions to the mix.
- Let the Ladybirds discuss their answers.

Source: Original idea found in *Tune in to Well Being, Say No to Drugs: Substance Abuse*.
GSUSA, 1985

Spring Chicks Egg Carton • Easter Craft

Materials:

- egg cartons
- paint & brush
- glue, scissors, marker
- construction paper



Instructions:

1. With their parent's help, or other supervision, let the Ladybirds cut apart two egg holders from a used carton and trim off the excess from the edges.
2. Using the glue, they place the egg holders one on top of the other.
3. Using whatever colour the Ladybirds wish, let them

paint their chick and allow them to dry.

4. When the carton has fully dried, let the Ladybirds add the beak and some eyes.

As an extra treat, or as a gift for a loved one, the Ladybirds could fill the inside of the chick with some chocolate or sweets. As there is glue and paint involved, you could use mini pieces which are individually wrapped. This would be a cute gift for the Ladybirds to brighten up someone's day.

Mindfulness Yoga

Yoga is an act of self-love. The essence of love is in acceptance, understanding of all.

In yoga there are always poses that we gravitate towards and there are those we avoid. What could we potentially learn about ourselves if we stay open-minded, accepting and interested in exploring, even when it pushes us out of our comfort zone.

Children are wonderfully naturally curious, like sponges, soaking up all the juicy goodness of trying things, playing, moving their bodies etc. so we have included some yoga moves here that we sourced from www.cosmickids.com which encourage love of others and for self. It might be nice to have a mindfulness online meeting with your Ladybirds to help unwind and relax their minds after all that we have been through. Here are some helpful poses:

Butterfly

1. Ask the Ladybirds to sit on a mat or a cushion on the floor, to lengthen their spine and to bring the soles of their feet together. They can let their knees drop to the sides.
2. Next, ask the Ladybirds to hook their hands around their feet, or their fingers around their big toes, before opening the soles of their feet like a book, while keeping their back straight.



Happy Baby

This pose is sure to make the Ladybirds laugh.

1. Ask the Ladybirds to roll onto their back and bend their knees into their chest.
2. Keeping their elbows inside their knees, ask the Ladybirds to wrap their hands around the outside of the soles of their feet.
3. See if they can move their knees in towards their armpits.
4. This might be difficult but remind the Ladybirds to try to keep their tailbone flat on the floor.
5. Let the Ladybirds enjoy rocking around, side to side, forwards and backwards.

Cat/Cow

1. Ask the Ladybirds to come to all fours, toes untucked, flat on the floor, fingers spread wide.
2. Starting with their back nice and flat in a neutral position, when the Ladybirds inhale they must round their back and bring their head down so that they are looking in towards their tummy.
3. When they exhale, they lift their chest, their collarbones and their tailbone.
4. Do this move a couple of times to loosen out their backs.



Silly Dancing

This is true freestyle!

1. Ask the Ladybirds to ensure that they have a clear space around them and that they won't be able to fall or break anything (this is very important for when they are at home).
2. Now what the Ladybirds have to do is move like nobody is watching. They can wriggle, jiggle, swing around, shake their legs, their arms, jump, crawl etc.
3. You could add music to this or the Ladybirds could sing along to their movements.
4. The biggest lesson here is that the Ladybirds just need to feel free.

Relaxation

Before you send the Ladybirds back to their parents, hyper as if they have eaten 10 easter eggs, it is important that they relax and bring their minds and bodies back to the present.

1. Ask the Ladybirds to lie back and let their body go.
2. With heavy arms and legs, let them drop and drop again into the earth.
3. Ask the Ladybirds to close their eyes, to stay like this for two or three minutes and to breathe as normal.
4. Let thoughts come and go; just be.



There is more to be found at <https://cosmickids.com/10-kids-yoga-poses-for-self-love/>



Hyacinth Flower Mother's Day Card

Are you looking for a simple and gorgeous Mother's Day card idea to make this year for the Ladybirds' mums or grannies? This Hyacinth flower card is super simple to make with the help of our flower template. The best part is that these flowers won't wither after a few days so Mum or Granny can keep this beautiful Mother's Day card as a keepsake for years to come.

Materials:

- Hyacinth flower template (available on OGM)
- white, blue, green and purple or pink card (or colour white card with paint or crayons)
- scissors
- glue stick

Instructions:

1. Download the Hyacinth flower template or email it to the Ladybirds' parents.
2. Print the leaves and stem page on green cardstock.
3. Print the flower page on purple or pink cardstock.
4. Fold your white card in half. Cut out a rectangle from your light blue card and glue it onto the front of your folded white card.
5. Cut out the pieces of the Hyacinth flower template. Assemble the flower petals. To do this, use your glue stick to add glue to the end of one of the flower petal rectangles. Bend the rectangle into a circle so the two ends are glued together.
6. Glue the flower stem and flower base onto the light blue card on the front of the Mother's Day card.
7. Fold the leaves in half and then bend the top down a bit to add texture. Glue them onto the sides of the stem on the front of the card.
8. Add a dot of glue to the bottom of the flower petals and glue them onto the flower base.
9. Allow the glue to dry completely and then write a special message on the inside of the card.

Source: <https://iheartcraftythings.com/hyacinth-flower-mothers-day-card-idea.html>



We have also added this Mother's Day colouring page to OGM that you could also send to the Ladybirds to colour in for Mother's Day.



Easter Zoom Sing Along

What a fun idea... to have a campfire session over Zoom for Easter. You could pass around these lyrics to Bunny Cokey...  ...and get the Ladybirds to sing along on Zoom. If you know other Units who are holding Zoom meetings, you could perhaps join up for Easter and make a bigger campfire session.

Bunny Cokey

You put your bunny ears in
You put your bunny ears out
In, out, in, out and shake them all about
You do the bunny cokey
And you hop around
That's what it's all about

Ohhhh the bunny cokey
Ohhhh the bunny cokey
Ohhhh the bunny cokey
Knees bent
Arms stretched
Bounce, bounce, bounce

.... You put your bunny nose in
.... You put your bunny tail in
.... You put your bunny paws in





Newspaper Seed Pots

These pots are not only recycled and biodegradable but also fun and easy to make. The finished pots are quite sturdy while the seeds are growing, but they'll break down quickly once they've been planted in the soil, meaning you don't have to transfer them.



Materials:

- old newspaper, one that parents have finished with
- a small, glass jar (you could use an old candle jar)

Instructions:

1. Ask the Ladybirds to lay a full sheet of black and white newspaper flat. Coloured paper may contain heavy metals that could drain into your soil.
2. Next, ask the Ladybirds to fold the paper in half, lengthways, twice to form a long, narrow strip of folded newspaper.
3. Next, lay a small, glass jar on its side and place it on one end of the strip of paper. Roll the newspaper around the jar. The jar is used only as a form to roll the paper around. About half of the strip of paper should overlap the open end of the glass.
4. Push the ends of the paper into the open end of the jar. This step doesn't have to be neat and tidy; just stuff the overlapping newspaper into the jar.
5. Pull the jar out of the newspaper pocket so you have the newspaper pot in your hand.
6. Push the bottom of the jar into the newspaper cup, squashing the folded bottom to flatten. This step will seal the bottom of your pot. Once the pot has been filled with soil, the bottom will be secure.
7. Pull the jar out and you have a finished paper pot, ready to grow seeds in.

Source: <https://www.edenproject.com/learn/for-everyone/make-your-own-newspaper-seed-pots>

Rainbow Rain Stick • St. Patrick's Day Craft

Materials:

- kitchen towel tubes
- paint or coloured paper
- paintbrush
- glue & scissors
- tinfoil
- rice
- black card
- gold bells
- gold pipe cleaners or string (yellow wool is an option)
- cotton balls/wool
- gold glitter
- masking tape

Instructions:

1. Ensure each Ladybird has a kitchen towel tube.
2. Ask the Ladybirds to cut squares of tinfoil large enough to wrap around the end of the tube and apply masking tape to the ends of the tube
3. Next, the Ladybirds should glue the foil in place and secure it by wrapping the masking tape around one of the ends of the tube.

4. Next, it is time to add the rice. Ask the Ladybirds to add 2-3 spoonfuls of rice to the tube. Repeat the steps above to seal the other end of the tube.
5. When the tube is sealed at both ends, it's time to start decorating the rain sticks. Ask the Ladybirds to cut a piece of black card, long enough to wrap around the end of the tube. They will also need to cut a circle out of the black card to cover the bottom of the tube (covering the foil). Glue the circle first and then glue the card over the end of the tube.
6. Using the colours of the rainbow, the Ladybirds can either paint their rain stick or glue coloured card to the tube. If the Ladybirds are painting the tube, ensure that it is completely dry before moving onto the next step.



7. The Ladybirds should prepare the cotton wool balls by slightly ripping them apart to make them less puffy. Using glue, the Ladybirds can decorate the top of their rain stick with the cotton balls.
8. Let the Ladybirds glue around the top of the black card. Before the glue dries, they need to stick on the gold pipe cleaner or wool. If they have more than one piece, they can layer up to make it appear like there is more gold at the end of the rainbow.
9. Now that the rain stick is finished, they can shake it and show it off.



BROWNIES



Dear Brownie Leaders,

We hope you are all keeping well and safe this spring time. In this edition of *Trefoil News* you will find some activities based on the Brownie Healthy Mind Interest Badge. Following on from the last year, the Healthy Mind Interest Badge would be a great badge to complete with your Brownies to help them learn about and express feelings and emotions that may have come up for them over the last year in particular.

You will also find crafts included for Mother's Day and Easter. These crafts use egg cartons which would be readily available to the Brownies at home.

Stay safe and thank you for all you are doing with your Brownies.

Brownie Branch

Our Good Qualities

Materials:

- template of girl
- pencil/pen

Introduction: This activity can be used for the Brownies to identify their own good qualities.

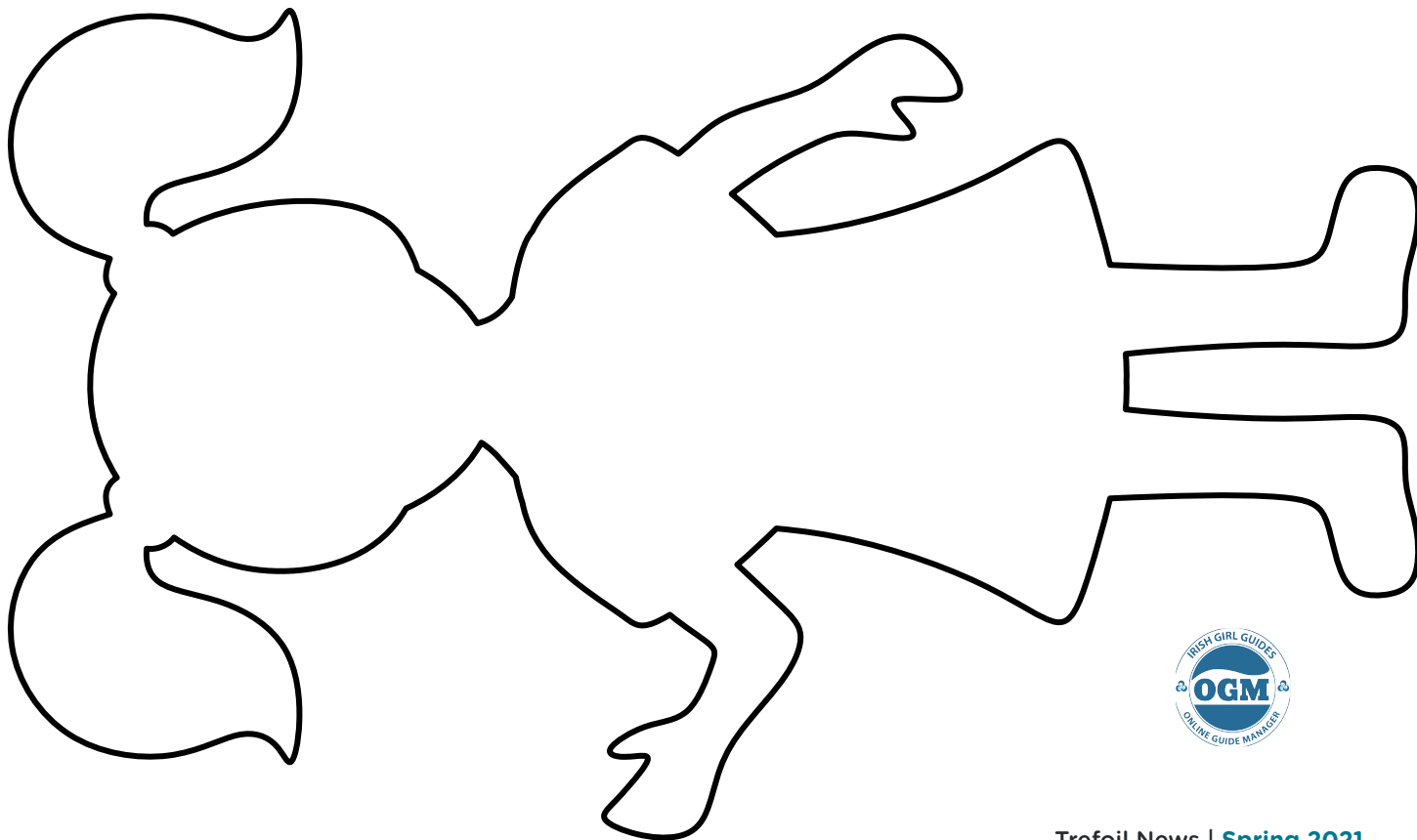
Instructions:

1. Give each Brownie a copy of the template and something to write with.
2. Ask each Brownie to think of their own good qualities.
3. The Leader can make some general

suggestions if Brownies are having difficulties e.g. likes to help people at home/school, includes everyone in games, is a good friend.

4. Give the Brownies time to think and ask questions.
5. Brownies should write their good qualities inside the template of the girl.
6. The Leader should encourage Brownies to have three or more good qualities if possible.

Badge link: **Brownie Healthy Mind Option 2**
Source: <https://patternuniverse.com/download/girl-pattern/>



Colour my Feelings



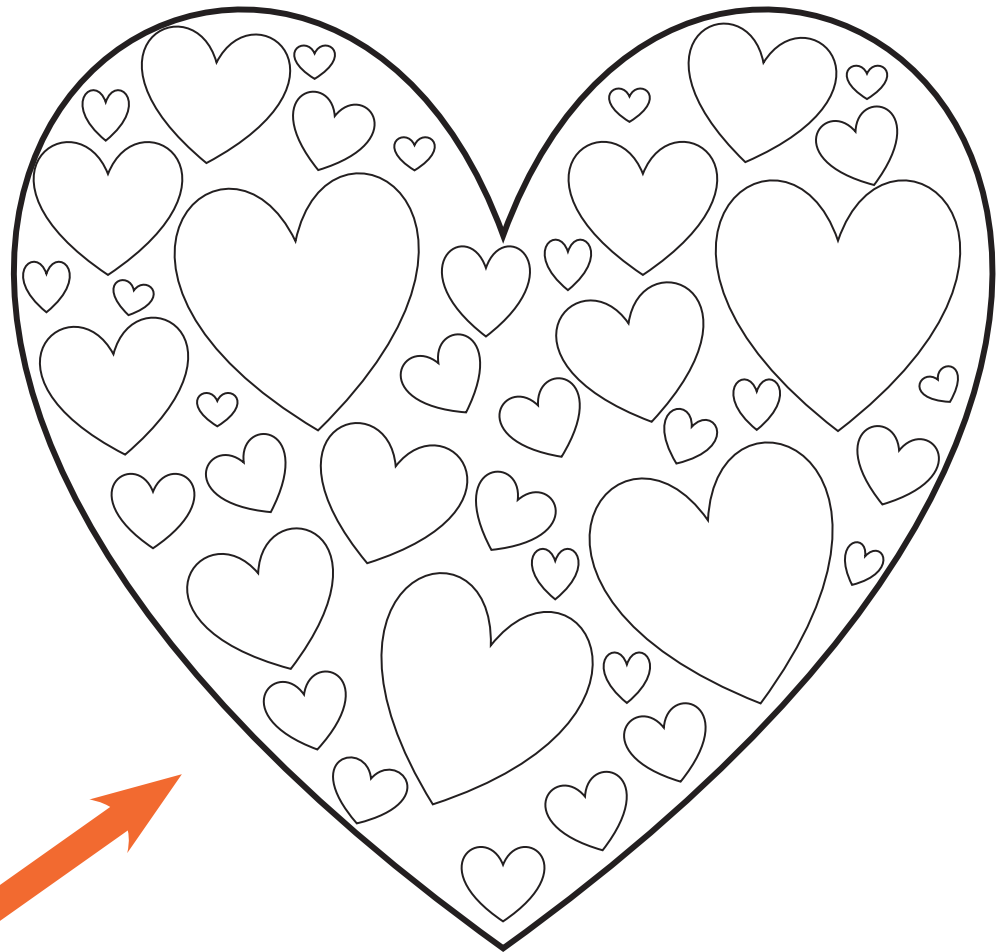
Materials:

- 'colour my feelings' template (below and on OGM)
- pencil/pen

Introduction: This activity can be used for the Brownies to identify different feelings.

Instructions:

1. Give a template to each Brownie.
2. Ask the Brownies to bring the template home and fill in a little bit every day.
3. The Brownies need to assign each of the feelings with a colour and, depending on how they feel that day, colour in a few spaces. For example, yellow for happy.
4. Brownies may have a few different feelings each day and can colour as many spaces as they need.
5. Ask Brownies to bring completed sheets in the following week. If a Brownie doesn't want to show her picture, maybe ask her to tell you about her picture.
6. Allow Brownies to see how each picture is different/same.
7. Discuss how we all have many different feelings and that it is ok to feel sad/angry for part of the week.
8. Discuss ways to deal with each of the feelings identified.



Every day for seven days decide how you are feeling and colour in a little bit of this heart picture. At the end of the week, see what feelings/emotions you have experienced and how colourful your picture is. Use the table to record your choices.

Emotion	Colour	Emotion	Colour	Emotion (add some of your own if you want to)	Colour
Happy		Confused			
Sad		Depressed			
Angry		Calm			
Scared		Surprised			
Worried		Shocked			

You don't have to use all of these emotions, just the ones you are feeling

Badge link: [Brownie Healthy Mind Option 5](#)

Source: <https://mykindnesscalendar.com> - Short link: <https://cutt.ly/XkEJGDw>

Special and Unique

Introduction:

This game can be used to show how each of the Brownies is special and unique.

Instructions:

1. The Brownies stand in a circle facing inwards.
2. The Leader asks girls with special/unique characteristics to step forward e.g. girls with blonde/brown/black hair.
3. If more than one Brownie steps forward, the Leader asks another question. For example, anyone with 3/2/1 sister/s to remain in the circle, all others return to the main circle.
4. Once there is only one Brownie standing inside the circle, this will show how she is special and unique.
5. The Brownie can now return to the main circle and the Leader continues to find the next special and unique Brownie.
6. The Leader should ensure all Brownies have a turn of being the only Brownie standing inside the circle.
7. This game can be played on a video conferencing platform such as Zoom with all the girls standing up instead of taking a step into the circle.



Badge link: [Brownie Healthy Mind Option 1](#)

Tea Cup Card (for Mother's Day)

Materials:

- blank white card
- piece of coloured paper
- 1 section of egg carton (corner section is best)
- 1 small pipe cleaner
- 1 teabag
- glue



Instructions:

1. Glue the coloured card onto the white card.
2. Glue the egg carton onto the coloured card and attach the pipe cleaner to form the handle of the cup.
3. Put the teabag into the 'cup'.
4. You can then write your message inside the card.

Source: <https://intheplayroom.co.uk> - Short link: <https://cutt.ly/LkE6S9t>

Egg Carton Bunny

Materials:

- two sections of egg carton
- paint (spring colours: baby blue, yellow and pink)
- scissors
- googly eyes (optional)
- pink pom poms
- white foam or card
- masking tape
- glue
- black marker
- mini eggs



Instructions:

1. The Brownies are to place the trimmed egg cartons on top of each other with the flat tops touching. Taking a piece of masking tape, they put a small piece on the back of the cartons. Then they open up the egg carton and place another piece of masking tape on the inside.
2. The Brownies can then paint the egg cartons.
3. The Brownies then have to cut two bunny ear shapes out of the foam or the card.
4. When the paint has dried, the Brownies can add the eyes, ears and pom pom using the glue. They can add whiskers and eyelashes using the black marker.
5. Some mini eggs can be placed inside the egg carton.

Source: <https://www.thebestideasforkids.com/egg-carton-bunny/>





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Who we are

Generation is a non-profit which offers outstanding free training courses and qualifications to young people like you.

Generation

The important bits

- Duration: 5 weeks
- Launch date: April 2021
- Time Commitment: 9am-5pm daily
- Location: Remote
- Cost: Free

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GUIDES



Dear Leader,

We hope you'll all enjoy our activities that are related to the healthy minds theme. We would like to remind Leaders who have National Guide Award (NGA) Guides to check the adjusted requirements that you got in September. We are delighted with the response to our badge nights and hope they have benefited Guides working towards their NGA and have kept Guides in touch whose Units are on hold.

Keep an eye out for further details about our Patrol Leaders' afternoon in April and our final badge night in May. Booking for both will be on Eventbrite and details will be emailed to all Unit Leaders in due course. In the meantime, let's hope we will soon be able to meet our girls in person...

Guide Branch Committee



Patrol Leaders' Training Afternoon

This will be a great afternoon for Guides. They will get the chance to make new friends and learn Patrol Leader skills.

The training will take place online on **Saturday 10 April.**

Unit Leaders will receive the link to apply via an email nearer the time.

You Don't Say

Materials:

- list of non-verbal behaviours
- pen and paper

Introduction:

This activity helps participants recognise non-verbal communication cues from others.

Instructions:

1. Write out a list of non-verbal behaviours and ensure everyone can see it.
2. Divide the Unit into smaller groups of 5-7 people.
3. Ask the groups to act out and interpret the meanings of these behaviours. Within their groups, each Guide displays one of the non-verbal behaviours, while everyone else in the group shares or writes down what non-verbal message they are receiving.

Non-verbal behaviours can include:

- leaning back in a chair with arms crossed
- leaning forward in a chair
- smiling
- frowning
- yawning
- nodding
- resting chin in both hands
- resting chin on knuckles
- rubbing your temples
- tapping fingers on the table
- looking at your watch
- staring around the room



Discussion

1. Ask the Guides afterwards to share their small-group findings.
2. Ask the Guides if anyone has ever experienced a non-verbal cue that signalled to them much stronger than any words.

The Enigmatic Self

Materials:

- pen and paper

Introduction:

We are often mysterious to others. This game promotes self-awareness about what we find mysterious about ourselves. We must encourage deep respect for these mysteries. Guides will identify personal qualities, strengths, interests, limitations and abilities and should be encouraged to celebrate the uniqueness of each other.

Instructions:

1. Guides write down three things about themselves that no one else knows, or few know.
2. The mysteries are then collected.
3. At a later time, each girl reads the list from someone other than themselves and the rest of the Unit tries to guess who the facts belong to from the list.

Badge link: Guide Healthy Mind Option 1

Badge link: Guide Healthy Mind Option 4



Feelings and strategies for dealing with them

Materials:

- sheet of various emotions
- list of emotion-invoking scenarios

Introduction:

Being attuned to our own emotional needs is the foundation of understanding why we are happy or frustrated with others. Being able to name emotions as they are cued is a first step in improving emotional intelligence, and also relaxes the amygdala from over-firing.

Instructions:

1. Provide each Guide with a sheet of various emojis or let Guides react with their own facial expressions.
2. Take the group through various emotion-invoking scenarios.
3. Have them keep track and label the emotions that popped up for them.

Sample scenarios:

- My friend hasn't called me back, but they should be home by now.
- The public bathroom is really dirty.
- I woke up late and am unprepared for the day.
- I have a big exam coming up.

Note: You'll find lots more scenarios with this activity on OGM.



Badge link: Guide Healthy Mind Option 3

Listen and Draw

Materials:

- pen and paper

Instructions:

1. Tell the Guides that you will give them verbal instructions on drawing an object, one step at a time. For example, you might give them instructions like:
 - Draw a square measuring five inches on each side.
 - Draw a circle within the square, such that it fits exactly in the middle of the square.
 - Intersect two lines through the circle, dividing the circle into four equal parts.
2. As the exercise continues, it will get progressively harder; one misstep could mean that every following instruction is misinterpreted or misapplied.
3. Participants will need to listen carefully to ensure their drawing comes out accurately.
4. Once the instructions have all been read, compare drawings and discuss.
5. For added engagement, decide in advance on what the finished product is supposed to represent (e.g. a spiderweb, a house, a tree).



Other active listening games we all know are:

- Red Light, Green Light
- Simon Says
- Musical Chairs

Badge link: Guide Healthy Mind Option 4



Developmental Education and Games

by Orla O'Neill, Guide Leader

I recently took part in a course organised by Trócaire and NYCI about Development Education and games. On this course we learned about why games make it so easy for people to engage with different topics, global youth work and how to design games that include these themes. I wrote a summary of what I learned and you are welcome to use it with your Units too.

What is global youth work?

Global youth work is exploring global issues with young people through non-formal education. This is something that we are already familiar with in Girl Guides. We have a whole section on Global Awareness in our compulsory and optional challenges. It is nothing new. Global youth work aims to empower young people to develop the knowledge and skills to tackle global issues and explore their own values, beliefs, and connections with the wider world.

Activity

“Before you finish eating your breakfast in the morning, you have depended on more than half the world.” - Dr Martin Luther King Jr

In Patrols/Sixes, reflect on this quote. Think about what you had for breakfast and where the food comes from. You could expand the task by thinking about where the animal feed/fertiliser/any of the raw materials came from. Do you think this quote to be true?

How to create games that teach global issues

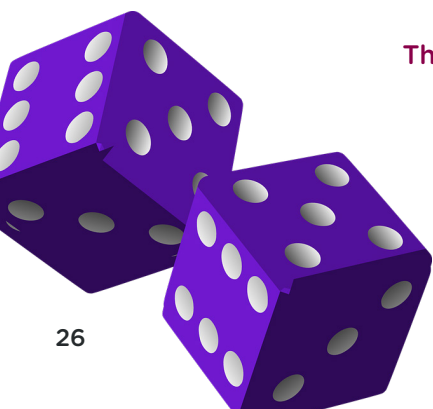
As Guide Leaders, we are creating games all the time. The easiest way we do this is by adapting an old game the girls enjoy to suit a theme or topic you are discussing e.g. playing Granny’s Shopping Basket but making the story and key words about the history of Guiding. This can be done with global issues too.

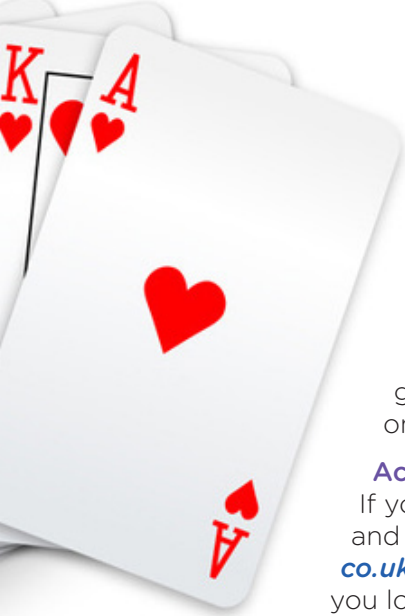
- First, choose which theme or topic you want to work on. I like to get inspiration from the Sustainable Development Goals (SDGs). There are many important themes there.
- Next, choose a game. It could be one that your Unit enjoys, a classic board or card game or a completely new one.
- Next, think of the iconic game tool. This is the material that makes your game a game. In Snakes and Ladders, you would say it’s the counters and dice. In Uno, it would be the deck of cards. Most games have these, so think of what it is and how you can use it to relay the message of the theme.

1. Choose a topic/theme:	SDG 5: Gender Equality	SDG 7: Affordable and Clean Energy
2. Choose a game:	Snap	Monopoly
3. Choose an iconic game play tool:	Deck of cards	Board and counters
4. How does the game look?	The cards could have different professions on them but any traditionally-male role could only have one card so you can never get a pair. See if the girls notice as they play.	The properties could be different sources of energy with the cost of each property reflecting the real-world cost of installing it. It does not seem worthwhile at first to invest in renewables, but, as the game continues, the winner probably owns them.

Things to keep in mind:

- Theme/context: what is the message of the game?
- Narrative: what is the story running through the game?
- Dynamics: what is happening at any one particular moment in the game?
- Mechanics: what are the rules of the game?
- Components: what are the different things you need to play the game?
- Visuals: what does the game look like? (think colours, images, text etc.)





Why games?

We always fall back on games in Guides because it is the best way to engage the girls. It also teaches them life skills such as communication, teamwork and problem solving. This is great when it comes to global issues so that the girls will be able to do something about it if they are particularly moved by a topic. A lot of global issues can be depressing too, so having a fun game makes the girls outlook on the problem more optimistic.

Activity

If you wanted to look further into what makes games fun for different people, you and your girls could try the Bartle Test of Gamer Psychology: <https://matthewbarr.co.uk/bartle/index.php>. This test will tell you what kind of gamer you are and what you look for in a game. As a group, you can then discuss if you can see these attributes in the games you enjoy playing as a group. Note that the quiz is based on a video game scenario, so younger girls may find it difficult.

Getting the girls to make up their own games

One thing that girls find just as much fun as playing games is creating their own! So why not ask them to choose an issue that they feel passionate about and create their own game to play and teach another Patrol/Unit, or just to play for their own enjoyment.

- First, let the girls think about what games they enjoy and what makes games fun. Play a number of games with them to see what aspects of different games they like. Then they could choose a game and a theme and combine them like in the examples above. They could do this in Patrols and then try the games that the others made.
- Encourage the girls to do research to add educational elements to their game such as how the topic is relevant to them in Ireland or some interesting statistics.
- If you or your girls are having trouble choosing a theme, google random number generator and use one to choose a random number between 1 and 17. You can then use the SDG that relates to that number.

Trócaire's Game Changer Competition

If the girls feel really passionate about the game they created, why not take it further and enter the Trócaire Game Changer Competition. It's an exciting competition that would bring their game to a wider audience. They can create a card game, board game or video game on the topic of SDGs and be in with the chance of winning a prize. The closing date for entry is 1 April so get cracking!

<https://www.trocaire.org/wp-content/uploads/2020/10/Game-Changers-2020-Powerpoint-Trocaire.pdf>



Celebrate Earth Day (22 April)

Earth Day is an annual event celebrated around the world on 22 April to demonstrate support for environmental protection. On this Earth Day why not try a few activities to help the cause? Action is the best help, but awareness is key to getting people motivated to act so that young women and girls may do what is best for their future and the future of the planet. Find out more on earthday.org.

1. Carry out some research

What is Earth Day? What needs to be done to save the Earth? What can we do to help?

2. Make a pledge and a plan to take action

Writing down a commitment and making a plan are two actions that increase the likelihood that someone will follow through.

3. Plant a tree

The Earth Day Network has a goal of planting 7.8 billion trees by 2020 – one tree for every person alive. By planting trees, you're taking a tangible action with your Guides and you're taking part in this bigger goal.

You can find more Earth Day activities on OGM.

Dealing with Stress

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.

Stress is a normal part of life. You can experience stress from your environment, your body and your thoughts. It is normal for everyone to feel stressed at some points in their life, however, feeling stressed for prolonged periods of time can be damaging to your mental health.

While it is important to be able to communicate your feelings to someone, whether it's a family member or friend, it is also good to be an active listener too and to be there for others. Looking out for our family and friends is important to us but, most important of all, is to take care of yourself.

You could go for a walk in nature and notice your surroundings, or maybe bring your dog (or your neighbour's dog) for a walk. Hanging out with our pets has been proven to make us feel better, both emotionally and psychologically. You'll see more ways to get exercise below.

CAUSES OF STRESS

- NOT HAVING MUCH OR ANY CONTROL OVER THE OUTCOME OF A SITUATION
- HAVING RESPONSIBILITIES THAT YOU'RE FINDING OVERWHELMING
- NOT HAVING ENOUGH WORK, ACTIVITIES OR CHANGE IN YOUR LIFE
- BEING UNDER LOTS OF PRESSURE
- WORRYING ABOUT SOMETHING
- FACING BIG CHANGES
- TIMES OF UNCERTAINTY

SIGNS OF STRESS

- MEMORY PROBLEMS
- ANXIOUS OR RACING THOUGHTS, SEEING ONLY NEGATIVE
- FEELING OVERWHELMED
- MOODINESS IRRITABILITY OR ANGER
- GENERAL UNHAPPINESS
- ACHES AND PAINS
- NAUSEA AND DIZZINESS
- CHEST PAIN AND RAPID HEART RATE
- EATING MORE OR LESS
- SLEEPING TOO MUCH OR TOO LITTLE
- WITHDRAWING FROM OTHERS
- PROCRASTINATING OR NEGLECTING RESPONSIBILITIES

DEALING WITH STRESS

- TALK WITH SOMEONE YOU TRUST
- EXERCISE AND EAT REGULARLY
- GET ENOUGH SLEEP AND HAVE A GOOD SLEEP ROUTINE
- RELAX AND UNWIND
- BUILD A NETWORK OF FRIENDS WHO HELP YOU COPE IN A POSITIVE WAY

SIMPLE WAYS TO GET SOME EXERCISE

- TURN ON YOUR FAVOURITE SONGS AND GET DANCING
- TAKE PART IN SOME GENTLE FITNESS CLASSES
- TAKE BREAKS, STRETCH AND MOVE AROUND
- WALK OR CYCLE WHERE POSSIBLE
- CLEAN AND TIDY YOUR SPACE!



Stop-Motion Video-Making Hints and Tips

In 2019, Irish Girl Guides received funding from the National Youth Council of Ireland's Arts and STEAM in Youth Work programme for Senior Branch members to complete an online course with Createschool.ie on how to make stop-motion videos.

Have you ever wondered how *Shaun the Sheep* and *Wallace and Gromit* are made? They are stop-motion videos. It's a phrase used to describe an early form of animation and now, with freely available apps and smart phones, it has had a bit of a resurgence.



Basically, it is a series of pictures put together and the scene or figures in it move a little bit from one picture to the next, to create the impression that they are moving. Animations can be made using real people, food, clay, toys or just drawings. The most important part, though, is..... patience! It takes 12 pictures to make one second of film so patience is key. The apps

or software can put the pictures together easily but, while setting up each picture, taking the picture, then moving the scene slightly, taking another picture, and so on is tedious, the end product is definitely worth it. It's a great way for the girls to think about their key message in the video and the planning skills of writing a storyboard down is a lifeskill.

What you need:

- a camera – this can be on a tablet or phone, or an actual digital camera
- tripod (or something to hold your camera in the same position) and some tape to mark out its position on the floor or table so you can keep the camera in the same position throughout
- computer/laptop/tablet
- an animating programme or app – there are lots of free ones available to download; iPhones/Apple have iMovie free and preloaded; and on Android there is Windows Movie Maker
- materials needed to create your scenes, characters and backgrounds such as paper, colours, paints etc.
- paper, to write out your storyboard - this is basically your plan of how your pictures will tell your story
- your imagination!

First, write a story - Keep it simple to start with. Ideas to help you start are: peeling an orange; a ball rolling from one toy to another; a LEGO person walking; two LEGO people meeting.

Create a storyboard - The next step is to make a storyboard. A storyboard has the main ideas of the story sketched out so it's easier to make the animation. It doesn't have to be detailed drawings, for example stick people are fine, but it should include the background which can change too.



Create your scenes and figures - Put the scenes together, work out where your figure is going to be and the background e.g. clouds of cotton wool in the sky. If you make the people yourself, try to have each joint separate so you can move them e.g. the upper and lower arms, legs, head. Make sure the lighting doesn't change throughout by closing the curtain/blind or using a well-lit space.

Then animate. Place your figure in the first position in your first scene and get ready. Set up a tripod with your camera/phone on it. Make sure it doesn't move by using plasticine or tape to hold it in position. Take your picture, move the figure a bit and do it again. Remember to make subtle movements!

Compile it - Most programmes or apps come with tutorials on how to use them, so just upload your photos to the programme, put them into the timeline and press play. You have made a stop-motion animation!

You can add sound, credits, titles and voice-overs so play around with it until you are happy with your creation. Have fun!





SENIOR BRANCH



Howdy Senior Branchers,

We missed you! Did you enjoy this year's edition of *The Welly!*? The theme of this edition of *Trefoil News* is healthy minds and we have lots of de-stress activities planned for you. We may be in a lockdown, but don't let that get you down, it's a brand new year after all!

We hope you will spot our two new additions down below. We've brought back the 'Meet the Unit' section and we're going to start doing a Tallulah-themed version of Agony Aunt. Isn't that cool?!

Please look after yourselves during these mad times (we promise, we won't say 'unprecedented times') and get in touch if you need anything or have an event idea that you'd like to get off the ground. That's the magic of Senior Branch, it's run by Senior Branchers, for Senior Branchers.

Senior Branch Committee

Tallulah's Trials and Tribulations

Hey Tallulah, how do I sign up for *The Welly!* and *Trefoil News*?

Click the box to be subscribed to *The Welly!* and *Trefoil News* in your account on OGM. You can also sign up by emailing info@irishgirlguides.ie. Easy peasy!



Stay in touch on social media:

Facebook - Senior Branch
Instagram - @seniorbranch
Snapchat - sbweekend
Twitter - @senior_branch

Join our **Regional Instagrams** to see what the Regions are busy doing and stay in touch and let us know what your Unit is up to:

@seniorbranchwcm
@tallulah_senior_branch_turtle
@erigg1910

@seniorbranchsouthwest
@iggsoutheastregion
@iggnortheast

Follow the **Octagon 2021 Instagram** to stay in touch and up to date - @octagon2021

Calendar

Each month, a different Region will host something special online for you to join. Previous fun events we have hosted include Halloween parties, Christmas parties, Gaisce information evenings, quiz nights and movie watch-alongs.

13 March - North West Region

10 April - Mid West Region

15 May - Eastern Region

June - surprise event to be hosted by South West Region

These dates are provisional and may change so please stay in touch and follow our social media channels to keep in the loop!





Meet the Unit St. Bridget's Senior Branch



Say hello to St. Bridget's Senior Branch from Clonmel, Tipperary in the South East Region. They normally meet for an hour and a half every Friday, but these days they meet twice a month on Zoom. They chat, earn badges, and make fun crafts. Currently they are earning their Diva Pins. The girls enjoy their time in Senior Branch as it's an escape from school, college and work; they love to sit back and chat with a cup of tea.

Their highlights to date include earning all three Diva Pins and taking part in the Xhale Video Awards for the third year in a row. In the future, the St. Bridget Senior Branchers are hoping to finish their Bronze and Silver Gaisce awards, and they're planning to complete their Gold Gaisce in Scotland. They're also planning a few international trips as a Unit.

The girls are hoping to meet up in person when everything is safe again. Aren't we all!

Thanks so much for sharing, Lara and Abigail

2. Cream the butter and sugar together until pale. Beat the eggs in a separate bowl and mix into the butter mixture along with the vanilla essence.
3. Fold in the flour, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are three quarters filled.
4. Bake in the oven for 10-15 minutes or until golden brown on top and a skewer inserted into one of the buns comes out clean.
5. Letting the buns cool on a wire rack for 10-15 minutes, prepare your icing. Beat the butter until soft. Add half the icing sugar and beat until smooth.
6. Add remaining icing sugar and beat until smooth. Add small drops of milk and mix until desired consistency. Add food colouring and mix.
7. Spread icing over buns with piping bag or back of a spoon and decorate as desired.

Programme Ideas for Senior Branchers

Change Adventure Choice Challenge 6

Brainstorm 'cures' for the blues. Make a list of what you might do to feel better the next time you're feeling down or depressed.

Meeting idea: You and your Unit can do this over Zoom by using the whiteboard features and anonymously typing it or, if everyone's comfortable, discuss it together. Thanks to Athlone Senior Branch who sent us this example below...

Cures for the blues:

sleep | eat | talk to friends | sport |
listen to music | make pancakes | cuddle
the dog | watch a movie | eat chocolate |
go outside | have a cup of tea | meditation
| colouring meditation

Lifeskills Adventure Choice Challenge 3

Bake a cake or cupcakes (from scratch) for a Unit meeting.

Meeting idea: Do this together at your Unit meeting over Zoom. Make sure everyone has the recipe beforehand so that you can all be ready and bake together.



Vanilla Cupcake Recipe



Ingredients:

Buns:

- 120g butter (softened)
- 120g caster sugar
- 120g self-raising flour
- 2 medium eggs
- 1 tbsp vanilla essence

Icing:

- 140g butter (softened)
- 275g icing sugar
- milk
- food colouring
- decorations

Method:

1. Pre-heat oven to 180C/160C Fan/Gas 4 and line a 12-hole muffin tin with paper cases.



Programme Ideas for Senior Branchers

Guiding Adventure Choice Challenge 20

Can you find examples of popular music that promotes responsibility, dependability and perseverance? Do you think music has the power to inspire people to be more/less responsible?

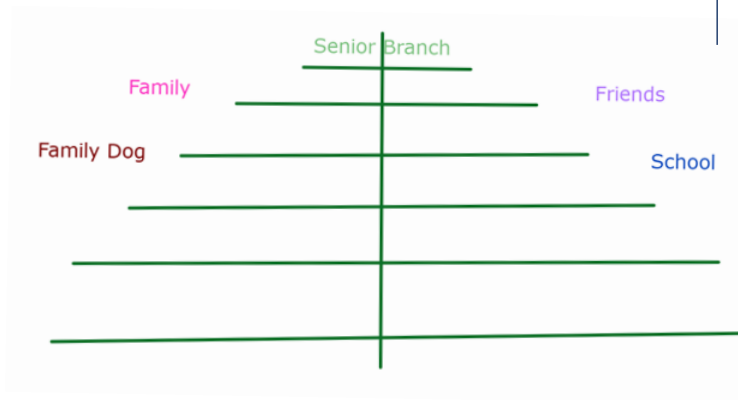
Meeting idea: Each Senior Branch member brings a different song to the meeting. The Unit listens to it together and then discusses whether it fits the above. An example we found was 'Count on Me' by Bruno Mars.



Change Adventure Choice Challenge 8

Practice positivity and gratitude - discuss with your Unit what changes occur because of this practice over time.

Meeting idea: Draw a gratitude tree on Zoom's whiteboard. Each Senior Branch member can then type or draw what they feel grateful for. Discuss what happens when you feel grateful for something or someone and what changes when you practice positivity.



Change Adventure Choice Challenge 15 and Guide Skin Care Interest Badge

Explore what causes stress in young people and identify ways that young people can cope with stresses.

Guide Skin Care

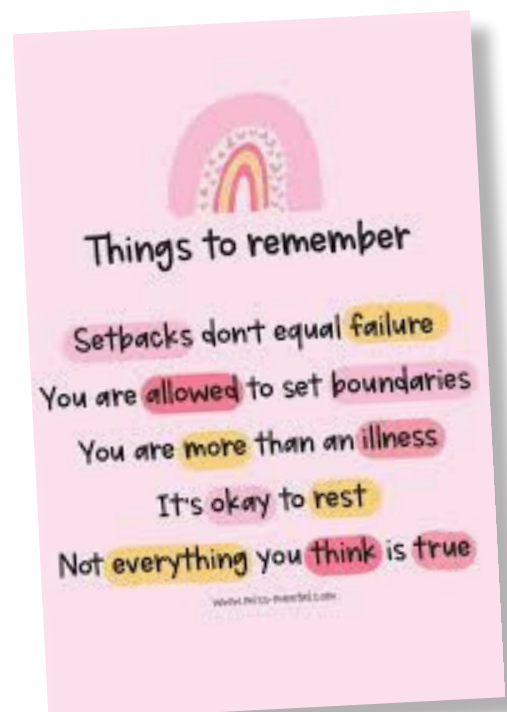
1. Find out your skin type and know how to follow a good skin care routine.
2. Prepare your own face mask using natural ingredients.
3. Know how to appropriately apply make-up and the importance of removal.
4. Know the importance of using sun cream.
5. Demonstrate how to care for your hands and nails.
6. Describe ways to care for your feet.



Meeting idea: After you have discussed what causes stress in young people, relieve some stress by having a virtual pamper night.

Apply face masks, care for and paint your nails, or even try a YouTube make-up tutorial. You'll tick some of the Guide Skin Care badge requirements while you're all chilling out!

- ◆ Is there a Challenge you're not quite sure how to go about?
- ◆ Or do you have a great idea for a Choice Challenge activity?
- ◆ Look no further! Drop us a line at thewellysb@gmail.com





IRISH GIRL GUIDES' 14TH INTERNATIONAL CAMP

OCTAGON 2021

A new kind of camping – connecting homes, campsites, and friends around the world!

31 July – 2 August 2021

Irish Girl Guides' 14th International Camp will be a three-day virtual camp taking place over the August Bank Holiday weekend. Wherever you are, you can log in and take part in numerous activities and as many ceremonies as you wish.



Camp needs your input!

For the ceremonies at camp, we would like to invite members of IGG to submit sound bites and videos to ensure the ceremonies are reflective of our wonderful vibrant and passionate members.

We have chosen some songs, dances and poems which we require different people to sing/read/dance for the following parts of the event:

- **Opening Ceremony**
- **110th Birthday Party**
- **Guides Own**
- **Global Sing-a-long Campfire**
- **Closing Ceremony**

If you can help us out by recording pieces in advance, drop us an email to octagon@irishgirlguides.ie. Full instructions will be provided and the use of a smartphone is adequate for quality purposes.

To book your place at Octagon, visit
<https://bookings.irishgirlguides.ie/octagon>

Please share the link with parents/guardians.

Song Competition Reminder

We are looking for a 110 year birthday song that can be performed at IGG's birthday party at Octagon.

If you have a tune in your head or new words for a well-known song, send a voice recording or video file to

events@irishgirlguides.ie
by 17 March 2021.





WAGGGS Update

The 37th WAGGGS World Conference was due to take place in Uganda in July 2020. In April 2020, WAGGGS decided to postpone the Conference until 2021 however, after assessing the various options, the World Board has decided that it will not be possible to hold a physical meeting of the World Conference in 2021. Instead, the 37th World Conference was proposed to take place as a virtual World Conference. To enable this to happen, WAGGGS held a General Meeting of Member Organisations on 19 December 2020 to vote on a proposed motion to amend the Constitution to facilitate the possibility of holding remote meetings and allowing for remote voting. 97 Member Organisations took part in the General Meeting,

with approximately 175 head delegates and delegates in the Zoom meeting, and a further 450+ observers joining in via YouTube.

Unfortunately, the motion to amend the Constitution, which would have enabled WAGGGS to hold the World Conference online in 2021, was not passed. Therefore, under the current provisions of the Constitution, it is not possible to conduct a virtual World Conference in 2021. The World Board will reassess the options available for Member Organisations to decide and approve urgent matters in 2021.

GLOBETROTTERS CHALLENGE



Even though we can't be together, it doesn't mean we can't keep our love of all things international alive!

While our beloved Timpeall an Domhain competition has been postponed until 2022, in its absence, we have devised the Globetrotters Challenge.

The Challenge has been designed for Guides. Guides can complete the activities individually or in small groups (2-5 people max). Depending on public health guidelines, this could be done virtually or in person.

Entries can be submitted by filling out the Globetrotters Challenge submission form and attaching pictures and text. This can then be forwarded to competitions@irishgirlguides.ie with 'Globetrotters Challenge' in the subject line. Best of luck to all entrants - there will be prizes for the best entries.

Please visit the international section of the Irish Girl Guides website to download the submission form.



Closing Date: **9 April 2021**

For this Challenge, you must choose one country from the following list and complete the activities listed below based on your selected country.

The countries to choose from are:

1. Germany
2. Uganda
3. Hong Kong
4. Oman
5. Canada

The tasks are:

1. Make and model a costume inspired by your chosen country.
2. Make a craft from your chosen country.
3. Make a recipe from your chosen country.
4. Create a poster with some general facts about the country and some information on Guiding in that country.



World Centres Corner

World Centres are Going Virtual

As we know, with the ever-changing situation of the pandemic, the WAGGGS World Centres have all decided to close for 2021 but, that does not mean you can't virtually interact with the World Centres. If you have always wanted to visit a World Centre, or are a regular visitor who has been itching to travel again, now is your chance! Prepare to become a virtual explorer and experience an international connection with Girl Guides and Girl Scouts all over the world from your own home.

There are some online sessions available for Units or individuals to participate in from four key areas: Global Adventures, Cultural Discoveries, World Centre Explorations and International Connections.

You can find more information available here: [World Centre's Virtual Programme \(waggs.org\)](http://World Centre's Virtual Programme (waggs.org))

DO YOU HAVE WHAT IT TAKES TO COMPETE AT AN INTERNATIONAL LEVEL?



WORLD CENTRES VIRTUAL PROGRAMME



PAX LODGE



Our Chalet
Adelboden Switzerland

Carrigdhoun Guides take part in Our Chalet Goose Game *by Caoimhe Kirwan*

On Wednesday 16 December 2020, Carrigdhoun Guide

Unit took part in Our Chalet's virtual Goose Game as part of their Christmas event. The event was done virtually through Zoom by two staff members living in Our Chalet, Ray and Seren. This was a great experience, giving Guides the experience of taking part in an international Guiding event from the comfort of their homes.

Prior to the event, we were asked by Our Chalet to gather several household materials such as books, paper, tape, scissors, pen etc. These materials were used throughout the games. The day of the event we received the Zoom link. During the Zoom session, Ray explained the

rules to us. We were then split into two groups and put into break-out rooms. Each break-out room had a leader and a member of staff.

The games were created in Powerpoint and based around the Guide and Scout Centres that are part of WAGGGS and WOSM. The aim of the game was to get from the start to the finish while completing tasks with the materials we had gathered. There were different routes to take on the board, each route representing a different Centre and different tasks to complete. Each team chose their route and had to complete four tasks. The team who made it to the finish with the least amount of throws of the dice won. We had lots of fun taking part in this and it was enjoyed by Guides and Leaders alike.



Travellers' Tales

The international aspect of Guiding holds many memories for lots of our members. We want to hear and share your memories. Whether your international experience was 2 or 20 years ago, we want to hear from you. Please follow this link to share your memories and experiences with us - <http://bit.ly/IGGTravellersTales>.



Overture Diversity Network

Overtures is a casual networking event run by a group from the WAGGGS and WOSM European Regions, with the aim of discussing and exploring the topic of diversity and inclusion in Guiding and Scouting. It is usually held in a different country each year but, due to the pandemic, this year it was held online.

Through the use of various online platforms, we engaged in rich discussions relating to the various aspects of Guiding and Scouting, in our respective countries, that promote diversity and inclusion, and those that do not. The power of dialogue and communication were major talking points throughout the various sessions, as these are seen as the tools required to forge a path of greater understanding of others. We discussed the importance of creating a safe environment in which Guiding and Scouting can be enjoyed by everyone, no matter their ability, gender identity, ethnicity etc. The move to online Guiding and Scouting was also discussed and ideas and experiences were shared on how best to adapt activities to suit this new way of life.



I was fascinated to hear about the approaches that other organisations have taken in recent years to improve diversity and inclusion, while also recognising the work that still needs to be done to make Guiding and Scouting accessible to anyone who wishes to take part. We learned the importance of recognising our blindspots when it comes to others who experience life differently to us, and the benefits that educating ourselves can have. I found the event to be a fantastic opportunity to meet and chat with those from other countries, in a time where international camps are not possible. I wasn't sure what to expect from the event itself but, by the end of it, there was plenty of food for thought and I had a wonderful time.

by Ellen Collins

The Overture Diversity Network is a network of Guides and Scouts from across Europe that aims to bring Leaders and staff together to discuss how to promote equality, diversity and inclusion within Member Organisations (MOs). Every year, they hold a meeting with representatives from various MOs to share perspectives and best practices on these issues.

I was delighted to be able to attend the (sadly virtual) Overture meeting on 5 December, alongside two fellow IGG members, Ellen and Niamh, and every minute of it was worth its weight. This year's theme was Voices of Young People in Inclusive Scouting and Guiding and the impact of Covid-19 and, after some brief introductions, we were ready to go. In break-out rooms and as an entire group, we discussed the barriers to inclusion within Guiding and Scouting that young people face, from ones that affect every country such as financial hurdles, to some specific National issues.

As someone who works on equality, diversity and inclusion issues at a Regional and university level, it was not only enlightening to hear the practices other MOs have undertaken to promote inclusion, but it was a moment of reflection and re-energisation for me. It pushed me to look more closely at the barriers to inclusion that people face, not only in Guiding but in other groups I work with.

It wasn't all serious though, from the evening campfire and chats to the impromptu Abba dance party, and even taking a sneak peek at the venue for next year's meeting. There were plenty laughs and jokes along the way too! I enjoyed every minute of the Overture Diversity Network meeting and hope to be invited back in future years.

by Méabh Lonergan



Guiding in my country: **LEBANON**

My name is Sarah and I am from Lebanon. I'm a member of Girl Guides of Lebanon, the Lebanese association for girls, which is one of the Guiding associations in Lebanon, and we are around 6,000 members. One activity I like to take part in is fire camps (campfires) and my favourite part of Guiding is the friendships we make.



Girl Guiding/Girl Scouting started in Lebanon in 1937 with the establishment of the Association des Guides du Liban. In 1957, the Association des Eclaireuses du Liban was established and, in 1961, the two main associations combined as one National organisation, the Organisation Nationale des Guides et des Eclaireuses du Liban, which was recognised by the Government. There are 12,464 members and it consists of five component associations. The organisation is girl-only.



Lebanese Girl Scouts' Association

Component Associations: Association des Eclaireuses du Liban, Association des Eclaireuses Eljarrah, Association des Guides du Liban, Association des Guides Musulmanes du Liban, Eclaireuses du Scoutisme Nationale Orthodoxe

Talking Policy and EU Institutions

by *Jemma Lee*

My first time representing IGG abroad was at an event about young women's participation in the EU. It was a joint event organised by WAGGGS and the European Women's Lobby in Brussels. I was so nervous about finding my way from the airport to the hotel on my own (this was 2005, so pre-smartphones!). I noticed a girl on the airport bus with the same letter printed out as me, it had the WAGGGS logo at the top. I sat beside her, introduced myself and together we found our way.

That event was really eye-opening for me. It was an event for young women, so we were all under 30, but still I was a bit intimidated by all these experienced lobbyists who were quoting policy and talking about the EU institutions. Once I got to talk to them, however, I realised that they were in awe of the WAGGGS delegates, who were doing so much important work at local level to encourage girls and young women to discover their potential. We had a lot to learn from each other!

Fast forward to 2017 when I took on a new role as a member of the External Relations Working Group for WAGGGS Europe. In this role I ended up as WAGGGS' representative to the European Women's Lobby, attending their General Assemblies and voting on motions that impact gender equality policies and strategies all over Europe. These days I can talk policy and EU institutions as good as the next girl!

Attending trainings and conferences in hotels is a very different experience to going to a jamboree or hiking around countryside on the Explorer Belt. But, I love having the opportunity to wear my WAGGGS neckerchief at these events and to talk to people from lots of different organisations about the work of Girl Guides and Girl Scouts.



WARRANTS ISSUED BETWEEN 13 AUGUST AND 6 DECEMBER 2019

ASSISTANT LEADER WARRANTS

NAME	UNIT	REGION
Niamh Crowley Dowling	Cill Dubh Brownies	South West
Sinead Kelly	Rosmote Ladybirds	WCM
Helen Corcoran	Rosmote Brownies	WCM
Lorraine Byrne	Rosmote Brownies	WCM
Lauren Francis	Corbally Guides	Mid West

LEADER WARRANTS

NAME	UNIT	REGION
Lauren Francis	Corbally Guides	Mid West
Ellen Le Callonnec	Greystones Brownies	Eastern
Caroline Forde	Droichead Nua Brownies	Eastern
Sabrina Lutens	Droichead Nua Brownies	Eastern
Ellen May Bradley	St. Francis Brownies	South West
Nia Daly	Kinsale Guides	South West
Caoimhe Kirwan	Carrigdhoun Guides	South West

Now that you're a warranted Leader with IGG, have a read of *Leading the Way*, an essential resource for Leaders. It's available in the Leaders' area of the IGG website, under 'Publications'. **Assistant Leaders** will find guidance on becoming a fully warranted Leader, and **Leaders** will find guidance on further training options for up-skilling, keeping up-to-date and networking with other Leaders.

Executive News

AGM and CLG

The AGM for IGG Company Limited by Guarantee was held on 8 December. There was a fantastic attendance for this virtual event. The process of conversion to the CLG continues in 2021. There are trainings planned for the Board members to support them in this change.

Data Protection in emails

Every year there is an annual data breach report submitted to the January meeting of the Executive Committee. From this report it is recommended that, when sending an email, you use one of these two options: send from OGM as this automatically sends as a blind email; or, if sending from your email address, to always use the BCC function to send emails as this reduces the risk of a data breach.

Operational Plan

This was presented to members of the Executive and Programme & Training Committees. This plan supports what we do and allows IGG to report back on the events and activities in the Plan.

IGG's 110th Birthday

There are plans in place to celebrate this during Octagon. There will also be podcasts released which explore the impact Guiding has had on people's lives. If you have any suggestions of a host for the podcast or who you would like to hear interviewed, please do get in touch at info@irishgirlguides.ie

Training for ACs and DCs

A Training for Area and District Commissioners is being planned for this year. Keep an eye out for the invitation to attend.

Covid-19 Impact on Youth Mental Health and IGG Contribution

Coronavirus is having a huge impact on the lives of people all over the world. Our landscape of work, family and friends has changed drastically leading to a sense of uncertainty and anxiety. These feelings of instability and worry have not just affected us, but also our children.

A recent survey conducted by the Irish Department of Children and Youth Affairs, in collaboration with SpunOut.ie, shows that 35% of the teenagers interviewed missed their friends, 18% are worried about their education, and 10% think that there is nothing positive to take away from this Covid-19 experience.

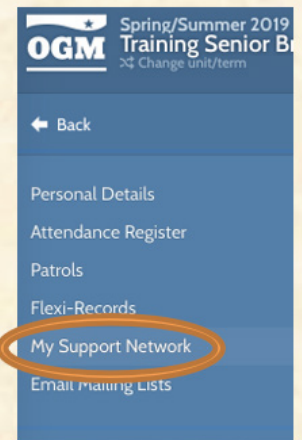
Research shows that youth organisations, such as IGG, play an important role in supporting positive mental health by promoting positive self-esteem, building positive relationships and enhancing the management of feelings.

Now, more than ever, the work we do here at IGG with the girls is essential to help them throughout this difficult time. So, a big shout out to all the wonderful, hard-working volunteers who make the Guiding experience so special, no matter how difficult the circumstances are!



Irish Girl Guides has over 1,500 volunteers and staff to help you in your role. We are one team, with the same goal. Together, we can support each other to achieve our best. There is no such thing as a silly question so feel free to get in touch.

Once logged into **Online Guide Manager (OGM)**, click on 'Members' in the left-hand column and find **'My Support Network'**. This provides you with contact numbers and email addresses for your District Commissioner, Area Commissioner, Regional Commissioner and Team, Regional Development Officer (RDO), Outdoor Advisor and National Office.

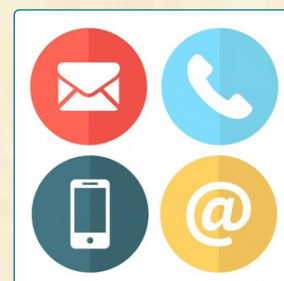


You can contact your **Regional Development Officer or Commissioner** and arrange to meet for a cuppa. A problem shared can be a problem halved!

You can phone or email the IGG team and, if need be, one of us can set up a remote call to assist you.

Or use the IGG Directory:

For general queries: info@irishgirlguides.ie Tel: 01 668 3898
 For OGM/membership queries: membership@irishgirlguides.ie
 For safeguarding queries: safeguarding@irishgirlguides.ie
 For account queries: financesupport@irishgirlguides.ie
 For publications: trefoil.news@irishgirlguides.ie
 For media and PR: communications@irishgirlguides.ie
 For general support: operations.manager@irishgirlguides.ie



For the Dublin Distribution Centre: distribution.centre@irishgirlguides.ie Tel: 01 660 5503
 For the Limerick Distribution Centre: iggilimerickshop@gmail.com Tel: 061 413 099
 For the South West Distribution Centre: iggsouthwest@gmail.com Tel: 021 450 0414
 For the Galway Distribution Centre: galway.distributioncentre@gmail.com Tel: 091 566 500
 For exact opening times, please see 'Contact Us' on the website.

And you can check out the **website** - www.irishgirlguides.ie
 both public and Leader areas have lots of info.



IRISH GIRL GUIDES





IGG wins European Citizens' Prize

The European Citizens' Prize was launched by the European Parliament in 2008 to recognise exceptional achievements by Europeans. Thirty individuals and organisations from around Europe have been awarded the prize in the 2020 edition, including two from Ireland - Family Carers Ireland and Irish Girl Guides (IGG).

IGG's Europe Badges, established in partnership with European Movement Ireland (EMI) and launched on Europe Day in 2019, have given over 10,000 members of IGG an opportunity to gain an understanding of the EU and how it affects the lives of Irish citizens. At the time of applying for this Prize, almost 3,000 girls and young women aged from 5 to 30 had completed the badge curriculum.

Noelle O'Connell, CEO of European Movement Ireland and Vice President of European Movement International said that *"Almost 3,000 Irish Girl Guides' members from age five-plus have gained Europe Badges and learnt about our shared European home and Ireland's EU journey. It is a great tribute and testimony to their hard work and accomplishments that it is being recognised by the European Parliament through the awarding of the European Citizens' Prize. EM Ireland was delighted to partner with the Irish Girl Guides in helping over 2,000 girls and young women influence Ireland's European project."*



Irish Girl Guides
National Office
Trefoil House
27 Pembroke Park
Dublin 4
Ireland



Tel: 01 668 3898 / 01 668 9035
Email: info@irishgirlguides.ie
www.irishgirlguides.ie



Registered Charity No. 20006327
Spring 2021

Mission Statement

The mission of the Irish Girl Guides is to enable girls and young women to develop to their fullest potential as responsible citizens of the world.

PROUDLY SUPPORTED BY



ENERGY FOR GENERATIONS
FUND



pobal

government supporting communities



An Roinn Leanaí agus Gnóthaí Óige
Department of Children and Youth Affairs



Supported by
National Lottery

