



Girlguiding

Catton and Spixworth District

Girlguiding UK is the largest voluntary organisation - a Registered Charity - for girls and young women in the United Kingdom. Here in the Catton and Spixworth District we have approximately 180 girls from the age of 5 to 18 years old within nine units, plus trained Leaders to run these units.

Our aim is to help these girls and young women gain the confidence, skills and experiences necessary to broaden their horizons and reach for new goals.

We are relevant to today's girls and our programme is girl-led. This means that from 5 year olds (our Rainbows) they choose their favourite activities, to community projects overseas, which enable older girls (our Rangers and Young Leaders) to tackle issues such as Aids, human trafficking and teenage pregnancy and so on.

The aim of guiding is to help girls develop emotionally, mentally, physically and spiritually so that they can make a positive contribution to their community and the wider world.

To do this we (the Leaders) work our programmes around the following:

Working together in small groups

This gives the girls a sense of identity and belonging. This in turn develops confidence. They learn teamwork, share experiences, responsibility and develop personal relationships.

Encouraging self-government and decision making

Girls learn to think for themselves and make their own decisions. The girls are encouraged to plan their own programme.

A balanced and varied programme

The girls help to decide their own programme and shown how to have a balanced programme.

Caring for the individual

This means learning about relationships, how to listen, how to be sensitive to the needs of others, tolerant and respect.

Sharing a commitment to a common standard

The Guiding "Promise" is the common standard and is at the heart of all Guiding activities.

Should **you** or **your daughter** wish to be a part of Girlguiding UK in our District please do not hesitate to contact us on dc@ocdistrictguides.org.uk and we will be happy to welcome you.

Emma Davison and Sarah Threadgold
Joint District Commissioners