

How to take the next step and join Guides.

Thank you for taking an interest in Guides.
To put your name on the list for any unit please contact your Brownie unit leader.

“ On Thursdays,
it’s all fun and games.
Oh, and inspiring
the next generation
of women.

Sarah
Guides volunteer

”

FIND YOUR

adventure

You don’t need to have been involved in guiding before or have loads of spare time to make a big difference. Whatever your skills and interests there’s a role to suit you.

Inspire girls in Hampshire East today
Volunteer at girlguiding.org.uk



For girls aged 10 to 14

Guides

Joining Guides

We have something for everyone!



What we do
and how to join.



What is Guides all about?



Make friends

Make friends

You will make friends and go on adventures.

You will try new things and push yourself to explore new opportunities.

Being adventurous

You will learn new skills, discover new passions and even have the opportunity to scale new heights. You could even create your own campaigns.

You will go on trips, camps and holidays.

Learn new skills

Having your say

Your unit meetings, camps and experiences will be unique to your unit as you help to plan what you do.

You can try new sports, skills, go on a trip, or run a debate. Guides gives you a chance to make a difference.

Meet other units

Your unit may join other units in your Division or County. We have events such as Big Gig and opportunities to attend international camps.

Build your confidence

How does it work?

Units meet on a regular basis. Your unit may have routines and traditions that they follow like singing songs, patrol time or games.

As a Guide unit you will decide together what you want to do. These ideas make up the programme.



Our Programme is based on six consistent themes that run from Rainbows to Rangers.



Anniversary badges celebrate membership and commitment with a badge to mark each year a girl spends as part of the guiding family - no matter what age she joins.



Interest badges - explore your own interests, hobbies and passions outside of the unit setting.



Unit meeting activities - lots of fun meeting activities make a balanced and varied programme.



Skills builders - designed to stretch and challenge your abilities, and you, to develop core skills throughout your guiding journey.



Theme awards - A combination of unit meeting activities, interest badges and skills builders on the same theme.

Section Gold awards

Once you have completed all six Theme awards within one section, you'll have the chance to complete one final challenge to earn this very special 'top award'.



The Commonwealth Award - open to girls 13 upwards. Learn more about the history of our organisation and explore countries and cultures unfamiliar to you. There are five challenges to complete. The three compulsory challenges are on the history of guiding, knowledge of the Commonwealth and community action. The final two challenges are either on health, the environment, cultural heritage, fit for life/out of doors, public speaking and debating, creative writing, citizenship or investigation.



Our Promise

I promise that I will do my best:

**To be true to myself and develop my beliefs,
To serve the Queen and my community,
To help other people and to keep the guide Law.**

You will be invited to make your promise. It is important to know what the promise means before you make it. You should only make the promise when you are ready and know where you would like to make it - e.g. in your unit meeting, on top of a climbing tower or in a place special to you.

Our Laws

1. A Guide is honest
2. A Guide is helpful and uses her time wisely.
3. A Guide faces challenges and learns from her experiences.
4. A Guide is a good friend and a sister to all guides.
5. A Guide is polite and considerate.
6. A Guide respects all living things and takes care of the world around her.