



RYDYM YN DARGANFOD,  
RYDYM YN TYFU  
WE DISCOVER, WE GROW

**Girlguiding**

Central Glamorgan  
Morgannwg Ganol

# January Newsletter 2023

## - A message from the County Commissioner -

Happy New Year! Lets make 2023 a year full of Getting Together, Fun and Friendship. Lets Build on our membership so as to provide more opportunities for both leaders and young people. I am excited that this week we launched our pack activity pack Lets Build-Adeilada Amdani. The profits from this badge will go towards developments in Gorwelion including starting to make the little site more accessibly friendly.

As I reflect upon last year we steadily grew our guiding membership and met my target of being over 1600 in fact it was 1641. However, I looked today (19/1/2023) to find we are 1583. Please can you keep your unit membership up to date these figures are viewed by the County, Wales and UK regularly. They have a significant impact upon Girlguiding and Future planning.

With the new leadership training program being rolled out I am pleased to say that 2 very new members to Girlguiding Leadership have nearly completed this. I am looking forward to the opportunity to discuss their experience of the new program.

I hope to meet more of you this year and attend events. To shape Girlguiding in Central Glamorgan few questionnaires have been sent out via groups, emails and commissioners. Its your opportunity to influence how we develop Girlguiding in Central Glamorgan so please take the time to fill them in.

With more opportunities and developments we do need advisers. Please see the advert and give it a thought. It's a great opportunity to learn more about an area, support the county and wider structures in Guiding. We need your support - there is no I in TEAM.

Thank you for your commitments to this fantastic organisation

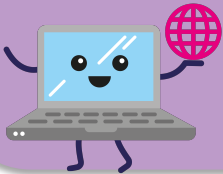
Julie

[Julie.girlguidingcg@gmail.com](mailto:Julie.girlguidingcg@gmail.com)

# Safe Space Level 3

4<sup>th</sup> March at Porthcawl Guide Hall.

To book your place onto this training please click the link below.



<https://forms.gle/WNbHb3yzoFZXmJyRA>

# First Response

11<sup>th</sup> February 2023

Ynysmaerdy Community Centre.

Email [Firstaid.girlguidingcg@gmail.com](mailto:Firstaid.girlguidingcg@gmail.com) for more information



# Have your Say!

Have your on what training you would like to happen within the county. Please fill in the questionnaire below.

Thank You!

<https://forms.gle/qZgPLSmSErMvHLLr9>

# GOLD AWARDS

Congratulations to Ebony and Layla from 2nd Pontyclun Guides who have achieved their GOLD award!! They have both been committed and dedicated members of the unit for the past 4 years! Their leaders are extremely proud of them and wish them all the very best as they start their journey in Rangers. Da iawn ferched!!



Whats in  
the News?



# 12<sup>th</sup> Aberdare

Following a successful Sponsored in the beautiful surroundings of the Dare Valley Country Park, 12<sup>th</sup> Aberdare Hirwaun Guides, Brownies and Rainbows raised enough money for some worthy causes. £300 was taken to The Gambia by one of the leaders and presented to the headmaster, Mr Sanneh Jobarteh to help with the running of Mansu Maru Nursery School. The staff and pupils were overjoyed to receive much needed funds. Another £300 was presented to the Children's Renal Unit in Cardiff by Ffion, who had received a kidney transplant there. A special well done to all our members who helped raise the money for such worthy causes.



# CENTRAL GLAMORGAN TREFOIL GUILD

In 2023 Trefoil Guild will celebrate its 80<sup>th</sup> Birthday. Throughout the year there are many activities and challenges which each Guild can participate in. Please ask your Guild Chair to show you what Wales has planned for the year also UK.

With Thinking Day in February, Wales have planned to celebrate with the distribution of a Peace candle to each County Chair, who will then pass it to County chairs. I hope you will be able to celebrate with your Guild and if possible your Division.

Trefoil Guild 80<sup>th</sup> Anniversary 2023

## From small acorns to giant oaks

To earn your badge, choose 4 from **80s challenges** and 4 from **community/activities** challenges


Challenge is running from 1 January 2023 to 31 December 2023

**80s challenges:**

- Hold your own Oak Apple Day celebrations.
- Fill a time capsule with 8 items spanning 80 years.
- Plant 8 flowers, bulbs, vegetables, or trees, either individually or as a unit or group.
- How many different types of oak trees are there in the UK? How many can you find in your local area?
- Draw your family tree.
- Hold an 80's themed evening and dress in 80's fashion.

**Community/activities challenges:**

- Make something with wood.
- As a group, pick up 80 pieces of litter or 8 bags litter.
- Have a relaxation evening. Try 8 different yoga poses or 8 minutes of mindfulness exercise.
- Name a country for each of the letters of EIGHTY.
- Hold a dance-a-thon to 80's music and raise money for your unit or a local charity.
- Explore your local area and find out something you didn't know about it.
- Design postcards and send them to a local nursing home.
- Try your hand at building a campfire and camp gadgets. Invite someone from a local guild and meet either face-to-face or online.
- Hold a Crime Scene Investigation (CSI) themed evening.
- Make your own tangram by recycling cards and challenge a friend. If you like your pattern, why not use the shapes to make a patchwork design using material scraps. Find tangram instructions online.
- Hold a Ready Steady Cook evening or pot luck dinner.
- Have a party where everyone has to dress up as a celebrity.
- Make a mud cake or chocolate mug cake. Find a recipe online and use a microwave if you don't have kitchen access.
- Try an outdoor activity such as archery or geocaching that you haven't done before.
- Take part in an escape room, either virtually or in reality.
- Hold a community picnic.
- Host a movie night. Choose a classic film or one that you all want to see. Popcorn and choc ices optional!
- Visit a nature garden or local park.
- Learn the Promise in British Sign Language (BSL).

 GUIDING FOR ADULTS  
**Trefoil Guild**

Purchase your badge via [girlguidingshop.co.uk](http://girlguidingshop.co.uk) or your local trading outlet.

I hope you will be able to try some of the challenges. Please make a note of the County Trefoil Guild Annual Review which will be held on March 18<sup>th</sup> 2023 at 2pm at Porthcawl Guide Hall.

Hope to see you there.

Cerys Parker  
Trefoil County Chair

# Llongyfarchiadau!

Llongyfarchiadau to Sharon Rees-Williams from Cynon Valley who has completed her Guide Camp License. She took Cwmbach and Hirwaun Guides away to Dolygaer for the weekend and they all had a fantastic time!! She's excited to start planning their camp this Summer. Well done Sharon!!

If you are interested in completing yours please email Julie.



**- A message from the PR -**

If you have any news you would like to see in the County Newsletter please email [newsletter.girlgudingcg@gmail.com](mailto:newsletter.girlgudingcg@gmail.com)  
Thank You!