

Girlguiding Sussex West 40th Anniversary Challenge

1978-2018

A resource for all ages to help celebrate 40 years
of guiding in Sussex West County



Foreword

It's been 40 years since Girlguiding Sussex West became a County - something that is definitely worth celebrating!

A lot has happened in this time; West Sussex used to be one of the largest UK suppliers of cut flowers, such as chrysanthemum and carnations, but there are now new communities living where there was once farmland and plant nurseries. There have also been large infrastructure changes to support our growing communities, including changes to major roads, new schools and academies, the end of maternity services at Southlands Hospital, new wards and blocks at Worthing and St. Richard's Hospitals, new retail and leisure developments, and changes to our town centres.

However, there are also things that have remained. We live in a friendly and beautiful part of the country with access to the coast, the South Downs National Park, and all the other opportunities that living in this area brings. We've also retained the spirit of guiding across the Sussex West, with units across all sections meeting from top to bottom and edge to edge around the County. Nearly 1,000 volunteers give their time to provide 3,500 young members with a huge range of opportunities and adventures to develop skills and new friendships whilst having lots and lots of fun.

Through this 40th Anniversary Challenge I hope that you will have the opportunity to learn a little more about our beautiful County and maybe explore a part of it that you haven't been to before. I also hope that it gives everyone the opportunity to celebrate and shout out about how great guiding is in Sussex West. As many have said before me...

Sussex West is simply the best!



Amanda Teasel
County Commissioner

How does the Challenge work?

The County 40th Anniversary Challenge is optional and designed to complement activities people are already doing. Any member of Sussex West (Girlguiding or Trefoil) can take part and, whilst it is intended that it will run during our Anniversary year - September 2018 until July 2019 - activities can be used as inspiration at any time.

To successfully finish the Challenge, you must gain 40 points by completing a mixture of activities from this booklet. Each activity will earn between one and five points according to its complexity. There are eight sections, one for each division and another for the county, and, amongst some general activities, others link to famous people, landmarks, or other points of interest specific to the divisions. For example, did you know that banoffee pie originated from Sussex?

You must do at least one activity from Section 8 but the others can be completed in any way you like. Not all the activities involve physically travelling to other areas so do look through them all rather than just focussing on your own Division. You may also find you can complete two different activities at once, e.g. by going for a walk and having an outdoor breakfast!

Choose activities that are appropriate for you or the age group and abilities of the others you are participating with. Tick off activities as you complete them and, if you want to, there is a small space in which you can make notes about what you did. You can use this booklet as a unit resource but, should you have girls or others who wish to have their own copy, it can also be downloaded from the County website.

If you complete the Challenge you can download a certificate from the County website. Anniversary badges can be worn by all, between September 2018 and July 2019, and have already been circulated through Commissioners and Guilds. You do not need to complete the Challenge to be given or wear the anniversary badge. Anyone requiring extra badges will be able to purchase these from the County Badge Secretary at a cost of £1 each (exc. P&P). Badges are limited and, once current stock has gone, no new badges will be available.

Section 1

Adur Valley



points

Learn to skip

Go for a winter walk

Fill and send a shoebox to someone in need at Christmas



points

Make a Sussex pond pudding

Make a short film about your local area

Find out about the role of the Adur Youth Council



point

Spot an offshore wind farm

Have a paper aeroplane competition

Make or renew your Promise



Go for a winter walk

Learn about or play football

Visit an airport



points

Try out the *Couch to 5K* challenge

Find out about other places called Sussex around the world

Explore renewable energy sources and how they are used



points

Section 2

Arun Valley



Make a paper windmill

Create a picture using winter leaves

Strike a match and light a candle without help

point



points

Successfully hula hoop five times

Taste some examples of local produce

Learn about cricket and play a game with others from your group



Take part in a sponsored event for charity



points



Record your '5 a day' fruit and veg for a week



Visit a castle



points

Plant a tree

Walk for a waterside walk

Go on a train journey



points

Take part in a residential event

Research the origins of, and sing, *Sussex by the Sea*

Find out about the Duke & Duchess of Norfolk



Section 3

Bognor Regis



Sample some seaside rock (the edible kind)!



Light a fire with one match



Build a sandcastle



point



points

Visit a pier



Swim in the sea



Visit a home for the elderly



Monitor how much single use plastic you use in a week



Find out about William Blake and what he wrote



Go on a bike ride (or learn to ride a bike)



points



points



Hold a bird man competition for miniature figures - whose can fly the furthest?



Go for a walk along a beach



Look at the night sky and identify three constellations



points



Do 10,000 steps a day for ten days



Visit a guiding residential event



Find out where the hymn *Jerusalem* was written and what it is about

Section 4 Chichester

2

points

- Walk along the City Walls
- Grow a sunflower and record its height
- Cook a damper

- Find out about the Sussex dialect
- Make biscuits and sell them for a local charity
- Travel on a canal boat

4

points

3

points

- Make a collage of the night sky
- Taste Selsey crab
- Make your own bat and play table tennis

- See a peregrine falcon
- Visit a cathedral
- Have a go at sailing

- Explore the life and work of Sir Patrick Moore

5

points

- Set yourself a personal challenge and do it for three months
- Know the meaning of the design of your Division standard

Section 5 Petworth

3 points

1
point

Learn a campfire song that is new to you



Do 20 star jumps



Design a coat of arms



Visit a historic house



Plant some spring bulbs



Grow a vegetable and use it in a meal



2 points



Explore a bluebell wood



Have a picnic



Go on a bus journey

2



Find out about the Duke & Duchess of Sussex



Read a book by H G Wells



Meet with a group from The Scout Association

4 points



5 points

Be kind to at least 10 people a day for one week



Find out about gliding - give it a go if you can!



Take part in a Reindeer Ramble

Section 6

Worthing Cissbury



points

- Make a Sussex pie
- Ride on a scooter
- Participate in a campfire

Donate to a Food Bank



Walk to a beacon



Visit a museum



Take part in, or attend, a Gang Show



Have water as your only drink for a week (whilst eating normally)



Explore the role of the Worthing Youth Mayor



- Find some tadpoles in a pond
- Blow a bubble and see how high it will float
- Take part in a three-legged race



point



points

Research Emily Davison



Feed some garden birds during the winter



Take up a new sport and continue for at least three months



points

Section 7

Worthing Highdown

 point

Visit a leisure centre



Have a fish and chip supper



Hold or go to a pamper party



points



Make a daisy chain



Press some spring flowers



Balance something on your head and walk as far as you can

 points



Cook an egg on a fire without using a frying pan or saucepan



Raise funds for your unit/group



Walk to a hilltop



points



Have an outdoor breakfast away from your home



Go horse riding



Visit a vineyard



points



Find out about the first County Commissioner for Sussex West



Set up recycling facilities at your meeting place



Explore the history of Frederick Stern

Section 8

Sussex West County

Find out about stoolball



Meet up with a unit/group from another Division



Make or taste a banoffee pie



points



Visit a windmill



Walk part of the South Downs Way



Attend a World Thinking Day event



points



points

Research Tim Peake and his achievements



Attend an event organised by the County or Region



Explore how guiding in Sussex West County developed



point

Sit in silence for 15 minutes and record what you see and hear



Find someone who is 40 this year and send them a card



Learn the Sussex campfire song



Write an article about guiding for County Matters or the local press



Take part in Earth Day on 22nd April 2019



Make a Sussex Martlet in a method of your choice



points

Developed in July-October 2018 by:

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During the lifespan of this resource there may be changes to Girlguiding policy, legal requirements, or British standards which may affect the feasibility of the activities listed within it. Refer to the Girlguiding website for the latest information and always follow Girlguiding's policies and risk assessment systems for activities you undertake.

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