

West Sussex Programme Support

Getting everyone back together Safely



As lockdown measures start to ease The Scout Association are working with youth sector partners and the National Youth Agency government body to understand what a safe return to face to face Scouts may look like when the readiness level reduces

This week updated guidance has been released and we can confirm the following changes to the rules for Amber readiness in England:

- Indoor activities are now allowed, but outdoor activities are preferred and should be encouraged
- Numbers change to 15 young people and up to five leaders (carers can be in addition and will not be counted in these numbers) – this applies both indoors and outdoors. Leaders can also include Young Leaders.
- Young people must stay in their limited group size but adults will now be able to move between these groups, i.e. across the 25m spacing if outdoors or to a section meeting at a different time on the same day.
- Leaders don't need to wear a face covering when delivering activities – however, it's recommended to wear one in all other circumstances while indoors.
- Scouts and Explorers must now wear face coverings indoors. Exceptions as per national guidelines are permitted.
- For now, all young people in all sections must continue to social distance by 2m from each other where possible and from adult volunteers at all times.

For anyone who has already had a risk assessment accepted, you will not need to start again, but simply amend the risk assessment. If you need help to understand these possible changes, please contact your District Risk Assessment team for assistance

Full guidance and support on returning to face to face Scout can be found here: scouts.org.uk/volunteers/scouts-at-home/getting-everyone-back-together-safely/

Updates to Risk Assessment

Following the consultation which took place last month, you're now required to undertake and document risk assessments for all activities in Scouts.

Keeping young people safe is our primary aim in Scouting. Having fun, doing adventurous and new things comes a close second. This means we are always looking to review and improve the guidance and support for members in keeping Scouts as safe as possible.

The guidance is clear and, as requested, includes practical examples. You'll find the new resources on the risk assessment pages of the website, including guidance documents, FAQs, template risk assessment forms and a bank of examples risk assessments.

There's always been a requirement to undertake risk assessments for all activities within the Scouts, whether in your normal meeting place, on nights away or out on adventurous activities with the encouragement to document them. This change now requires the documenting of the risk assessment. To help with this change we've provided lots of methods you can use.

These changes launched on 18 August 2020 with a transition period through to 1 January 2021, to help you implement the processes locally. We'll continue to provide more support, so keep an eye on the risk assessment pages.

More information can be found here: scouts.org.uk/volunteers/staying-safe-and-safeguarding/risk-assessments/



Keeping your Programme Youth Shaped

As the new term starts and some of you may be thinking about resuming face-to-face sessions, we thought we'd share something a bit different this week and give you an idea of an activity you could run with your section which follows the Amber readiness level guidelines.

Badge Run

Ahead of time, print out some images of the badges your young people have worked towards so far. Cut these out and set aside.

When you arrive at your meeting place, find a clear, open space.

Create a fun obstacle course for your young people to run around in – be imaginative (but safe!) with setting it up for your section. Place the cut-out images of the different badges inside hoops embedded in your obstacle course.

Take three buckets and three Post-it notes. Draw a smiley face on one Post-it note, a neutral face on another and a sad face on the other; stick one Post-it note on each of the three buckets.

During the obstacle course, the young people should pick up an image of the badge they have completed. When they reach the end of the obstacle course, they put the badge image in one of the buckets depending on how much they enjoyed completing that badge.

At the end of the meeting, go through each bucket and see which badges appear to be the most and least popular and make a note of this – you can use this feedback to help you plan future programmes!

*This activity can be adapted by changing badges to different activities or themes or whatever you want to get feedback about, or even use to get the young people's opinion on what they might want to do in the future!

If you've tried this or something else to keep your programme Youth-Shaped, we want to hear from you! Email us at cyc@westsussexscouts.org.uk.

West Sussex Youth Commissioner Team



Gilwell Reunion 2020

Did you miss Gilwell Reunion 2020? The annual-get together is went digital for the first time ever!

Thousands of volunteers from across the globe got together for an online weekend jam-packed with interactive workshops, training sessions, and the all-important socials.

There is still a chance to catch up on the sessions you missed and watch the videos. Videos available for Programme, Investing In People, Growth, Our Heritage, Digital Skills and Communication Skills, Safe Scouting, Inclusion, World Scouting and Community Impact

To Access these videos, go to: scouts.org.uk/reunion #Reunion2020

Sources of Programme Ideas and Guidance

Below are a few ideas for extra ideas to help with adapting your programme while virtually scouting and also some ideas for social distance activities as we return to face to face Scouting.

'The Great Indoors' campaign gives you activities that can all be done at home – scouts.org.uk/the-great-indoors/

Programme planning section of the Scouts website scouts.org.uk/volunteers/planning-your-programme/

For more information about adapting the programme and guidance on Nights Away, Young leader's scheme, challenge awards and activity badges scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/

Advice and ideas on social distance scouting scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/socially-distanced-scout-activities/

Reduce Challenge



Switch off the lights and start making plastic-free swaps as we make waves and reduce our impact on the world around us!

The first in the recycling collection (and created in collaboration with Sisters Against Plastic and Victoria Staras) the Reduce Challenge packs in 40+ programme ideas to get you reducing your waste (of the rubbish sort) and your impact on the world.

The challenge pack goes through different challenges for the young people to complete and below is a list of some from each section.

Craft

- Using renewable energy can help us reduce our impact on the environment. Make a 'wind turbine' pin wheel.
- Make your own bunting as an alternative to balloons for a celebration. You could even recycle wrapping paper to make your bunting bright!
- Make washing powder using conkers!
- Reduce your use of plastic food bags and make your own bees wax food wraps from old clothes.
- Make a liquid hand soap from a soap bar.

Food

- Take part in #MeatFreeMonday and cut our meat for the day. Try and take part each week and have one/two days meat free.
- Take part in a supermarket sweep to try and make a zero waste or plastic free meal.
- Make your own ice lollies in reusable moulds OR get creative and make your own moulds from recycled yoghurt pots, etc.
- Make your own bread from scratch.

Games

- Play a game of blow football using metal straws instead of plastic!
- Play a game of newspaper islands.
- Create your own game to help others reduce their waste.
- Reduce your carbon footprints and travel around the space without using your feet!
- Make a plastic bag ball and reuse those single use bags!

Other

- Bamboo is used for many plastic free alternatives...find out where it comes from and have a go at growing some.
- Switch to LED light bulbs in your home and in your meeting place. Why not raise funds to buy them by selling old and unwanted items?.
- Go beach combing and collect washed-up waste
- Plant some trees or flowers and help the world to breathe.

The challenge pack and resources can be downloaded from the Pawprint Badges website by following the link below:

Challenge Pack:

pawprintfamily.com/product/reduce-challenge-pack/

Resources:

pawprintfamily.com/product-category/free-resources/?orderby=date

PAWPRINT BADGES

West Sussex Scouts At Home Challenges

West Sussex Scouts have launched a County at home challenge for Beavers, Cubs and Scouts.

These Challenges are based on the sections challenge badges and give leaders more ideas for virtual scouting and a chance for the young people of West Sussex to join together in such an uncertain time.

We have decided to extend the challenges until October 2020. Each challenge contains a number of activities which you may have already done in your sections as part of your virtual programme. These activities can still count towards the challenge.

Once your young people have completed the challenges you can claim their certificates by emailing dccprogramme@westsussexscouts.org.uk

Take part in the challenge as part of your virtual meetings





Social Distance Games

Here are a couple of socially distanced games you can try

Splat!

Get active and test your reflexes by being the first to shout 'splat!'

1. Everyone should stand in a circle with the person leading the activity in the middle.
2. The person who is leading should spin round and, at random, point to one person and shout 'splat!'
3. This person should duck down. The people on either side of them should point at each other and shout 'splat!'
4. The last person to shout 'splat!' should sit down.
5. The game continues until there are two players. They should stand back to back and when the person leading the activity signals, they should walk away from each other.
6. When the person leading shouts 'splat!' the last two players have to turn and shout 'splat!' at each other. The first to shout is the winner.

Reflection

This activity was about testing reflexes. Everyone should think about the other skills they used to play well. For example, they had to stay focused and alert. Did they find it hard, or easy? Were they disappointed not to win, or elated that they did win? Everyone should understand that having fun is the most important element of the game, not winning.

Change the Level of the challenge

Make it harder by changing the key word they should say to another one; make it a longer or more complicated. People could also shout each other's names, which is also a good chance to learn each other's names.

Zip, zap, boing!

Test your memory and reactions in this game where you're just a zip, zap or boing away from victory!

1. Everyone should stand in a circle. There should be a space between each person, so that everyone has room to do a star-jump where they stand. Have everyone reach out to the side with their arms and legs to check that they've got enough space.
2. Explain that in this game, play should be passed around or across the circle. There are three ways to pass play to the next person. One of these is 'zip.' Demonstrate 'zip' by clasp the hands with thumbs raised and index fingers pointing to the next person in the circle. Demonstrate the 'zip' sound effect. Have everyone practice by using 'zip' to pass play around the circle. 'Zip' only passes play along to the next person in the circle. The person who starts the 'zips' may pass 'zip' to their left or right. Henceforth, 'zips' move only in that

direction. Each player should clearly say 'zip' and do the correct action, pointing to the next person.

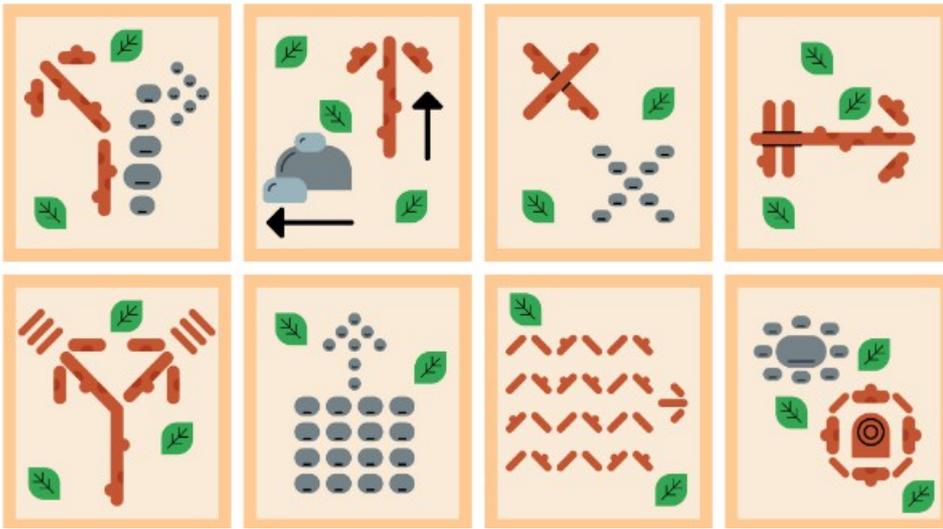
3. The next way to pass play along is 'zap.' Demonstrate 'zap' by clasp the hands with thumbs raised and index fingers pointing, in the same way as 'zip.' However, 'zap' passes play to anyone else in the circle, and not the next person in line. Demonstrate the 'zap' sound effect. Have everyone practice by using 'zip' and 'zap' to pass play around the circle. 'Zap' passes play to anyone in the circle who isn't the next person in line (ie the next person who would be 'zipped'). The person who's 'zapped' may pass play to their left or right with 'zip,' or indeed 'zap' someone else. Each player should clearly say 'zap' and do the correct action, pointing to the person across the circle that they're passing play onto.
4. The final way to pass play along is 'boing.' Demonstrate 'boing' by doing a star-jump and doing the 'boing' sound effect. Explain that 'boing' passes a 'zip' or a 'zap' back the way it's just come. Do a practice round with 'zip,' 'zap' and 'boing' so that everyone's clear on the rules.
5. Run the game. When someone makes a mistake, they should sit down or step out of the circle. Everyone should watch and listen carefully as they try to catch other players out. Keep playing until there are just two people remaining.

Reflection

Getting to grips with the rules and actions of this game was probably challenging in such a short space of time. It helps to have a practice round where you can't lose! Quickly learning and applying new skills is important for life, as we only get to do new things if we're willing to try. When was the last time someone in the group had to do something for the first time (apart from this game)? Was it tough at first?

Change the Level of the challenge

You can play this game without the sound effects, using just the actions to pass play along. Be sure that everyone knows the actions well before trying this



Looking for new direction?

West Sussex Scouts are looking for People to join the team and help support Scouting in West Sussex

There are a number of roles that we are looking to recruit.

Programme Support Team

The roles within the programme support team will support the leaders in the district with both Virtual and Face to face Scouting working in partnership with the district teams. Roles in the Programme team can be done in conjunction with your current role

- County Beaver Leaders
- Assistant County Commissioner – Cubs
- County Cub Leaders
- Assistant County Commissioner – Scouts
- County Scout Leaders
- County Network Leaders
- Assistant County Commissioner – Community Impact
- County Advisor – Community Impact

Diversity and Inclusion Team

The roles within the Diversity and Inclusion team will support the leaders in the district with all aspects of Diversity and Inclusion to make sure that scouting in West Sussex is truly Scouting for All. Roles in the Diversity and Inclusion team can be done in conjunction with your current role

- County Faith Advisor
- County Mental Health Champion

As part of the wider County Team, Each District will be looking for LGBTQ+ and Faith Advisors

Adult Support Team

The roles in the Support team will support the various teams in the wider county team.

- Deputy County Commissioner – Support
- Assistant County Commissioner – Scout Active Support
- County Media Team Member

Roles around the County

Here are some role in the county that we are currently looking to recruit

- District Commissioner – Chichester District
- District Commissioner – Mid Sussex District

More Information

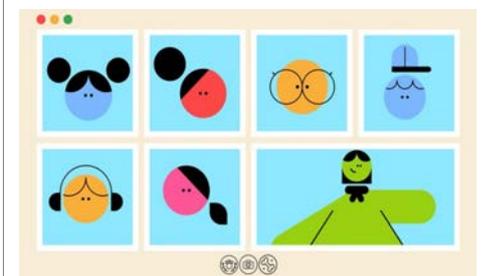
If you want to find out about any of the vacancies please contact

Programme Support team and Adult Support team - Matthew Pike – dccprogramme@westsussexscouts.org.uk

Diversity and Inclusion Team roles – Suzanne Few – dccdiversity@westsussexscouts.org.uk

District Commissioners and Deputy County Commissioner roles – Robert Sawyer- cc@westsussexscouts.org.uk

Details for the roles can be found here: <https://westsussexscouts.org.uk/adult-volunteering/vacancies/>



Virtual programme support webinars

Support to help you carry on with Scouts at home. There are a number of Webinars available on the Scout website:

- Activity ideas for Beavers and Cubs - Gain a variety of activity ideas that you could implement at your next online section night.
- Activity ideas for Scouts and Explorers - Find out tips and ideas for virtual activities.
- How to deliver your programme online - Watch this webinar for an overview of how to run a virtual programme, with a mixture of technical tips and guidance on how to run an activity online.
- How to use Zoom to run virtual meetings - Learn from the Digital Eagles at Barclays how to best use Zoom to run virtual meetings.

All the webinars can be found here: scouts.org.uk/volunteers/scouts-at-home/programme-support-webinars

There are hundreds of activities on the scouts activities pages that could be adapted for delivery online or at home – www.scouts.org.uk/activities/

Spotlight on Partners



Masonic Charitable Foundation

Providing start up grants to new sections in communities facing disadvantage.

The continued support of the Masonic Charitable Foundation is helping more young people to develop skills for life.

MCF support The Scouts through Better Prepared, a campaign launched in 2015 to bring Scouts to the 200 most deprived areas where we're not already present. Through start-up funding for new sections in the most disadvantaged communities in England and Wales, over 1100 young people have benefitted from seed funding for equipment, uniforms, and concessions for what may have been their first night away from home at camp.

For more information about start-up funding, please refer to the Scout Grants Committee member pages: www.scouts.org.uk/grants.

To find out more information about the Masonic Charity Foundation go to: scouts.org.uk/supporters/masonic-charitable-foundation/

Pears Foundation

A key strategic partner supporting us to reach even more communities

The Pears Foundation helps us to understand some of the things that prevent people from joining Scouts. Together, we work to overcome some of the barriers that exist in the movement so we can grow in a sustainable way.

We've successfully tested new methods of delivering Scout programmes with underrepresented communities across Avon. The project has been extended to cover areas of Leeds and Birmingham, where we'll continue to test what we've learned so far, and expand our reach further.

As well as providing regional support, Pears' funding allows us to work more closely with GirlGuiding UK, so we can maximise the impact and effectiveness of our two organisations. They also help us to employ fundraisers who find support for our strategy, and to employ a member of staff who works on a strategy to support more young people from the Muslim community to join Scouts.

For more information visit: scouts.org.uk/supporters/pears-foundation/



Royal Marines



Royal Marines are our new partner supporting the Snowsports Staged Activity Badge.

The Royal Marines are the UK's Commando Force and the Royal Navy's own amphibious troops. They're an elite force, optimised for worldwide rapid response and are able to deal with a wide spectrum of risks and security challenges.

Fully integrated with the Royal Navy's amphibious ships, they can be deployed globally without host nation support and projected from the sea to conduct operations on land.

A key component of the Royal Navy's maritime security function, they provide a unique capability and are experts in ship-to-ship operations.

Badge and resources

We are proud to announce that the Royal Marines are our new supporters of the Snowsports Staged Activity Badge.

Find great activities to help you achieve your badges by following the link here: scouts.org.uk/staged-badges/snowsports/

The Scout Association have created some amazing additional resources with the Royal Marines which feature in our Partnerships Magazine, Make Do Share.

Go here to download the resources: scouts.org.uk/supporters/royal-marines/



Help and Advice

As a Leader we all need someone who you can talk to and to ask for help and advice. As they say a problem shared is a problem halved. Please use me as that person to give you the support you need as a leaders and I am always happy to have an email conversation, phone call or video chat

Please contact the county Teams on the emails below:

Programme Support – Matthew Pike - dccprogramme@westsussexscouts.org.uk

Diversity and Inclusion – Suzanne Few – dccdiversity@westsussexscouts.org.uk

Youth Shaped Scouting – Connor Holmes - cyc@westsussexscouts.org.uk.



Keep up to Date with West Sussex Scouts

Make sure you are keeping up to date with the latest ideas and information while you are Scouting from home on our Social Media channels.

We also want to know what you are doing so make sure you tag West Sussex Scouts in your posts. We want to make a video to document this time so get posting and let us know what you have been up to and keeping Scouting going strong!

Facebook: /WSScouts Twitter: @WestSussexScout Instagram: wsscouts

Activity Inspirations

Here's some spiritual activity inspirations for you to try with your sections

A cut above



Explore cultures from across the globe and design your own in this paper-cutting craft activity.

<https://www.scouts.org.uk/activities/a-cut-above/>

Woodland faces



Connect with the outdoors by creating a woodland spirit with natural materials.

<https://www.scouts.org.uk/activities/woodland-faces/>

A fable for your Promise



Explore the different parts of your Promise by acting out some of Aesop's fables

<https://www.scouts.org.uk/activities/a-fable-for-your-promise/>

Say what you seeLink up



Use your fingers to create reflections (or prayers), then join them together to make a paper chain.

<https://www.scouts.org.uk/activities/link-up/>

Feel good chatterboxes



Fold a paper chatterbox that helps people to feel better.

<https://www.scouts.org.uk/activities/feel-good-chatterboxes/>

Henna hands



Explore the art and traditions of henna by creating a decorated henna hand.

<https://www.scouts.org.uk/activities/henna-hands/>

Part of the family



Host a The Jungle Book themed Scout's Own to explore different types of families and what it means to be a part of them.

<https://www.scouts.org.uk/activities/part-of-the-family/>

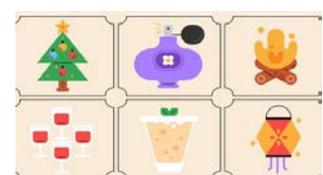
Faith feathers



Explore how a member of a world religion puts their faith into action, and create faith feathers for a paper bird.

<https://www.scouts.org.uk/activities/faith-feathers/>

Party planning pandemonium



Can you match the item or tradition to the celebration? Learn about religious festivals in this fast-paced game.

<https://www.scouts.org.uk/activities/party-planning-pandemonium/>