

## West Sussex Programme Support

### Race Round the World



COVID-19 is the biggest crisis we've faced in a generation. Now, over 500 Scout groups – many of them based in communities that were already made vulnerable before the virus hit – are struggling to make ends meet. If they close their doors, thousands of young people will miss out on all the life-changing skills and experiences being a Scout can bring, precisely when they need us most. We're asking everyone – including young people and their families, volunteers, and former Scouts – to sign up and join one of four teams as we #RaceRoundTheWorld.

The four teams are racing each other to see who can be the first to travel the 43,000 miles to get round the world. Everyone who takes part will be following our route at least once, though we're encouraging everyone to take on as many miles as they can manage!

- Beavers and their leaders – led by Ellie Simmonds and Tim Peake
- Cubs and their leaders – led by Helen Glover and Steve Backshall
- Scouts and their leaders – led by Ed Stafford and Saray Khumalo
- Explorers, Network members and their leaders (plus all of our volunteers not in a section role, Scouts alumni and staff) - led by Dwayne Fields and Megan Hine

Our target is to raise over £300,000 for the 500+ Groups at risk of closing. Once you're all signed up and raring to go, go, go, simply:

1. Travel a mile or more (you don't have to physically complete your miles – have a look at other fun activities you could try here: [scouts.org.uk/about-us/support-scouts/race-round-the-world/more-ways-to-take-part-in-race-round-the-world/](https://scouts.org.uk/about-us/support-scouts/race-round-the-world/more-ways-to-take-part-in-race-round-the-world/))
2. Get sponsored
3. Log your miles and help your team get all the way round the world!
4. Tag us with #RaceRoundTheWorld on social media to show us how you're doing and help spread the word far and wide!

Everyone can join in. Even if your Scout group is not taking part, you can join in at home. Please note, you must be 13 or over to setup a fundraising page. If you're younger, parents/carers will need to do this on your behalf. Full details can be found here: [scouts.org.uk/about-us/support-scouts/race-round-the-world/](https://scouts.org.uk/about-us/support-scouts/race-round-the-world/)

### Support to help you keep Scouts going online

For those of you who'd like a little inspiration to keep Scouts going online, we've pulled together this list of resources.

**How to use Zoom for your volunteer meetings** - This webinar from our friends Barclays' Digital Eagles will teach you how to use all of the shiny, exciting functions on Zoom.

[scouts.org.uk/news/2020/august/how-to-use-zoom-for-your-volunteer-meetings/](https://scouts.org.uk/news/2020/august/how-to-use-zoom-for-your-volunteer-meetings/)

Want to know more about running virtual meetings and how to keep people engaged? Watch this webinar from Barclay's Digital Eagles here:

[scouts.org.uk/news/2020/july/how-to-run-virtual-meetings/](https://scouts.org.uk/news/2020/july/how-to-run-virtual-meetings/)

**Activity ideas for Scouts and Explorers** - Hear it direct from the experts. Scout and Explorer leaders tell us about activities that have worked well online.

[scouts.org.uk/news/2020/july/programme-support-for-scouts-and-explorers-webinar-14-july-2020/](https://scouts.org.uk/news/2020/july/programme-support-for-scouts-and-explorers-webinar-14-july-2020/)

**Activity ideas for Beavers and Cubs** -

Find out how Beaver and Cub leaders made it work. Hear more about the specific activities they ran for their sections during lockdown and their top tips for adapting activities for Zoom.

[scouts.org.uk/news/2020/july/programme-support-for-beavers-and-cubs-webinar-1-july-2020/](https://scouts.org.uk/news/2020/july/programme-support-for-beavers-and-cubs-webinar-1-july-2020/)

**How to deliver Scouts online** -

Learn from the people who played their part. Find out how volunteers delivered an online programme in the last lockdown, including the activities they ran and technical top tips.

[scouts.org.uk/news/2020/july/how-to-deliver-scouts-online-27-may-2020/](https://scouts.org.uk/news/2020/july/how-to-deliver-scouts-online-27-may-2020/)

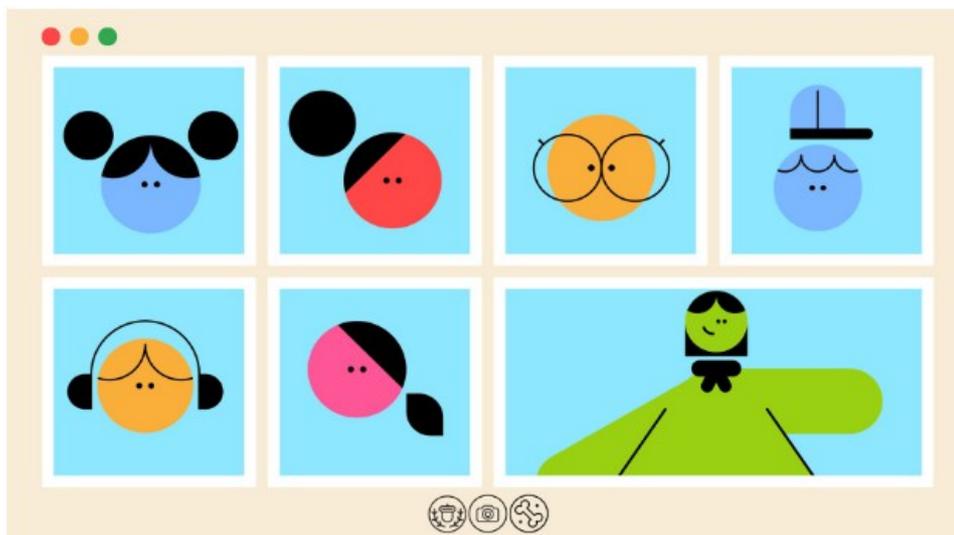
[westsussexscouts.org.uk](https://westsussexscouts.org.uk)

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@WestSussexScout



## Staying safe online

Keeping everyone safe is the number one concern for all of us at the Scouts. That's why we all need to continue to follow the Code of Behaviour set out in the Yellow Card when connecting with young people online. Remember: A young person should never be in a one-to-one situation with an adult, whether it's for discussions or activities. As always, if a volunteer has any concerns about a young person's welfare (including their online experiences), they must follow the reporting process set out in the Yellow Card.

### Ratios

There must be at least two adults present at all times during any online activity. Ideally both adults should be Scout volunteers, but you can use a parent rota to support as you might normally do. Young people must never be left in a one-to-one situation with an adult. This protects us all and also ensures that young people understand that even in these difficult times, the Scouts take safeguarding seriously.

### Safety on live video calls

Most of these platforms have a minimum age requirement. Check the terms and conditions of services to make sure they're suitable. If the young people in your group are under the age limit of the tool you want to use, then their parents must set up the required accounts and remain nearby throughout the meeting. Parents don't have to sit in on the meeting for the whole time, they can pop in and out.

When using live video calling, two adults must be present at all times and both must remain on the video call until all young people have logged off. This ensures no young person is left alone with an adult online. Ideally both adults should be Scout volunteers, but you can use a parent rota to support as you might normally do.

If you're calling from home and there are other people around, make sure those people are dressed appropriately and know how to behave when you're talking to young people. It might be best to ask them to stay out of the room that you're making the call from. Make sure your background space is child-friendly, ensuring nothing inappropriate is on display. You shouldn't be drinking alcohol or have alcohol in the video.

Leaders should outline the behaviour expected on the video call at the outset. For Beavers and Cubs, a parent should be present in the room.

### Recording Scout Meetings

As face to face Scout meetings has moved to digital, you may be using different tools and methods to continue to provide an excellent programme for young people including camps, training sessions for volunteers or team meetings.

You may be tempted to use the record button that is available on many of the platforms, but before you do it is important that you consider some important elements first. You can read the Guidance here: [scouts.org.uk/volunteers/scouts-at-home/taking-scouts-online/staying-safe-online/recording-scout-meetings/](https://scouts.org.uk/volunteers/scouts-at-home/taking-scouts-online/staying-safe-online/recording-scout-meetings/)

### Safely uploading videos and photos

Make parents aware that young people can upload videos/photos and make sure young people have a parent's permission before uploading content.

Leaders may wish to upload videos/photos that young people can watch at home with their families. Make sure your background space is child-friendly, ensuring nothing inappropriate is on display. Also, make sure that no personal details are displayed, including information that may identify your home address.

Be sure to triple check the video/photo before uploading to make sure it is the correct video or photo. It's easy to make mistakes!

### Safely using instant messaging

You need parental permission to use this form of messaging and make sure that the platform you use is age appropriate and within the age restrictions put in place by the platform. If young people are below the minimum age of the platform, you need to communicate via the parents. A minimum of two leaders must monitor the group to ensure there's no bullying or inappropriate behaviour.

You must make sure that no young people message or communicate with any adult directly on a one-to-one basis. If this does happen, please do not respond to the one-to-one message, rather contact the parents and ask them to speak to their young person to explain why it's not appropriate. If it happens again, report this to safeguarding so we can speak to parents to make sure they're monitoring their child's usage online.

### General Safety Tips

- Remind parents to keep an overview of what their young people are doing online, so they can ensure they are acting responsibly. Make sure parents know that you'll still be following the Yellow Card guidelines and why you're doing this.
- Remind parents to check their young person's devices regularly, including checking search history to make sure young people are staying safe.
- Leaders need to ensure that there are always two adults present in any live video/chat and that both stay on the platform until all young people log off. This ensures no young people are left alone with an adult online.
- Read up on the platforms features and make the most of any features that restrict access to only those you invite



## What's on the Menu?

Cooking has been a huge part of our programme and life while on residential experiences, so why does it have to stop while we are virtually scouting. Here are some recipes that some of our leaders around the county have tried and tested while on Zoom calls.

### Easiest Nutella Brownies

Ingredients      285g Nutella or Chocolate Spread  
 2 large eggs  
 65g Self raising flour

#### Method

- Preheat oven to 190°C / 375°F / Gas Mark 5
- Add eggs, Nutella and Flour into a large mixing bowl and mix until batter is smooth.
- Pour into the lined 9"x 9" (22cm) baking tin and smooth top with spatula
- Bake for 15 minutes, insert a toothpick into the brownies; if it comes out clean they are cooked. If not return to the oven. Be careful not to cook them too long as they will dry out
- Let the brownies cool and set before cutting and serve

### Quick Pizza Recipe

Ingredients      400g plain flour, plus extra to dust,  
 1 x 7g sachet fast action dried yeast,  
 1 tsp fine sea salt,  
 1 tsp caster sugar,  
 2 tbsp olive oil, plus extra to drizzle  
 Tomato puree/passata for base,  
 Cheese for topping  
 Any other topping you want on your pizza

#### Method

- Mix the flour, yeast, salt and sugar together in a mixing bowl. Make a well in the centre and add the oil, then add about 225ml water to bring together as a dough. Tip out onto a floured surface and knead for 1 minute, just until smooth. Leave to rest under the upturned bowl while you prepare your pizza toppings.
- Stretch and press the pizza dough with your fingertips until it is about 30cm diameter, indenting a thicker crust around the edges. The middle should be about 5mm, and the crust about 1cm deep.
- Spread the pizzas with sauce and add your toppings (don't add too many, or you'll end up with a soggy pizza).
- Bake at 190-200 for 10-15 minutes or until the base is golden and crisp.

### Cheese, Tomato and Bacon Wrap

#### Ingredients

1 Jus-Rol™ Puff Pastry Square 127mm, thawed  
 Beaten egg to glaze  
 3-4 slices tomato  
 1 rasher Back bacon  
 25-30 g Grated Cheddar or other cheese

#### Method

- Preheat oven to 220°C/425°F/Gas Mark 7
- Lay tomato slices across centre of pastry square from corner to corner. Top with bacon and some of the cheese.
- Brush outside corners with egg wash, fold over filling to form a 'wrap' and brush whole with egg wash.
- Sprinkle top centre with further cheese.
- Bake for approx. 12 minutes until pastry risen and golden brown. Serve hot as breakfast/brunch snack or with vegetables/salad.

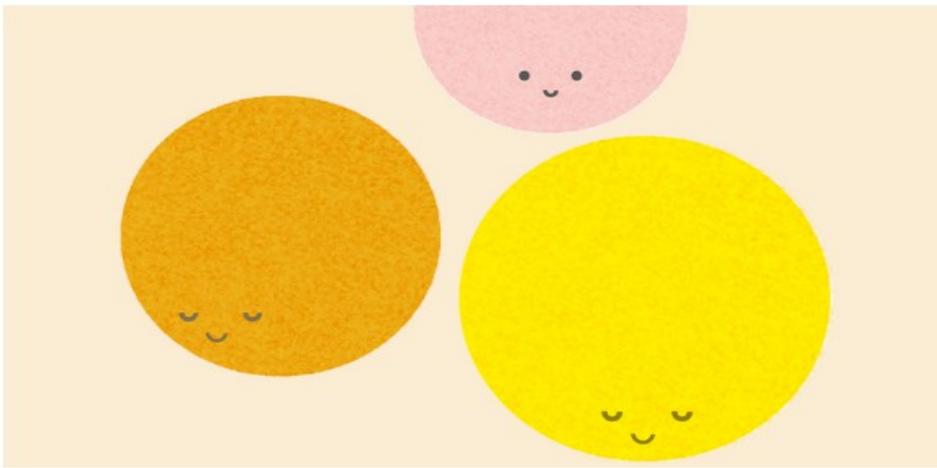
### Armpit Fudge

#### Ingredients

2 oz. icing sugar (1/2 cup)  
 1 Tbsp butter  
 2 tsp cream cheese  
 dash of vanilla essence  
 2 tsp cocoa  
 sandwich-size plastic zipper-bag (Ziploc etc).  
 raisins, m&ms, marshmallows etc

#### Method

- Place all ingredients in a sandwich-size plastic zipper-bag (Ziploc (tm), etc).
- Squeeze out all the air.
- Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency.
- Add any favourite flavours or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc).
- Take out a spoon and enjoy.



## Tips for coping with anxiety attacks

The Cambridge English Dictionary defines anxiety as 'an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future'. That's right; you've felt this before. We all have at some point: before a flight, or job interview, the first day of school.

There are plenty of reasons that coronavirus is increasing anxiety for people of all ages. People may be worrying about others they care about, their usual routines are almost definitely disrupted, and plenty of other stressors (such as work, less reliable food supplies, and loneliness) pile on too.

So, some degree of anxiety is a totally normal response to the current situation. It's helpful to remember that there's a difference between everyday worries and full-blown anxiety disorders – it's a bit like the difference between a seedling and the poison ivy it can grow into. Even the seeds of stress that we water regularly won't automatically flourish into something bigger, and that's thanks to a number of chemical, societal and biological factors that vary hugely from one individual to the next.

Right now, it can be especially hard to tell if your worry is, well, worrying. Everyone's behaving in unusual ways (you wouldn't normally try to keep two metres apart from everyone in the shops, for example) and coronavirus is affecting almost every aspect of our lives.

As always, if you think you need more support, reach out. Mind has information about your options, including speaking to your GP.

### Top tips for managing anxiety at home.

**Don't dismiss it.** 'Don't worry', 'you'll be fine', 'calm down' – try to avoid this kind of talk. Let those experiencing anxiety know that fight or flight aren't the only options – encourage them to accept their feelings.

**Never undervalue a good night's sleep.** Studies show that a lack of sleep directly contributes to anxiety disorders, and we also know that being anxious can affect your sleep. If you're struggling to rest, try to establish a routine and get stuck in to some calming activities before bedtime (even if you don't feel very relaxed).

**Get a journal.** Journaling is a non-judgmental practice that's been proven to have many benefits for good mental health. Writing regular journal entries is helpful in processing and confronting difficult experiences, events and feelings.

**Indulge in some 'ecotherapy'.** Or, in other words, boost your mental health by heading outside. Spending time outdoors is proven to help with a variety of mood disorders, as well as lowering blood pressure and levels of the stress hormone cortisol. If it's not safe for you to exercise outdoors, why not try a calming activity that brings nature into your living room?

**Talk to someone.** Whether it's a family member, friend, teacher or Scout leader, remember that there's nothing more therapeutic than sharing the load with an understanding confidant. Mind, Anxiety UK and No Panic all operate helplines.



## Keep calm and Kahoot!

Kahoot is fun and interactive so have a go at covering some badge requirements with the quizzes.

Kahoot! is a competitive and fun online quiz platform. You'll need someone to host the quiz; everyone else will need their own device (such as a laptop or smartphone) with internet access.

This is a great activity to run during an online session. Let everyone know you'll be using Kahoot! in advance and that they'll need access to the internet to join in. If they have a mobile device, they could download the app.

It's up to you whether you create your own kahoot or search for ready-made quizzes. Either way, double-check that all of the content is appropriate.

Spitfire District Youth Commissioner have created a number of Kahoot quizzes which they have shared on their Facebook page

Cub fire safety - <https://buff.ly/3lz6ch4>

Emergency aid stage 2-  
<https://buff.ly/38Qkx5n>

Scout- fire safety 2  
<https://buff.ly/32LWFvU>

Scout -fire safety 1  
<https://buff.ly/36G9BEm>

Camping- <https://buff.ly/3pvDpMN>

Villains (scouts and up) -  
<https://buff.ly/3pt3Wu1>

Greek Mythology (scouts and up) -  
<https://buff.ly/3kxVFRZ>

Scouting- <https://buff.ly/2UvSqQy>

Random Quiz- <https://buff.ly/3f39PsZ>

Unusual Knowledge-  
<https://buff.ly/35zyiDs>

A how to guide for kahoot can be found here: [scouts.org.uk/activities/keep-calm-and-kahoot/](https://scouts.org.uk/activities/keep-calm-and-kahoot/)



## Sources of Virtual Scouting Ideas

Below are a few ideas for extra ideas to help with adapting your programme while virtually scouting

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

There are hundreds of activities on the scouts activities pages that could be adapted for delivery online or at home – [scouts.org.uk/activities/](https://scouts.org.uk/activities/)

Programme planning section of the Scouts website [scouts.org.uk/volunteers/planning-your-programme/](https://scouts.org.uk/volunteers/planning-your-programme/)

Online programme planning tool – [scouts.org.uk/programme-planner/plan](https://scouts.org.uk/programme-planner/plan)

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/](https://scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/)

Gilwell Reunion 2020 - There are over 40 videos from this year's Reunion in our showcase on Vimeo. We've got tips to make your photos pop, the lowdown on how to use the media, advice for anyone trying to find more volunteers online, and plenty more. Have a browse to learn a new skill (or two) and find support for your role. <https://vimeo.com/showcase/7489266>

Amazing ways volunteers delivered Scouts at home - We've been here before, and many of you thought on your feet to make it work. Remind yourself of the creative ideas that volunteers came up with during the last lockdown and let them inspire your online programme over the next few weeks.

[scouts.org.uk/news/2020/june/three-amazing-things-you-re-doing-during-lockdown/](https://scouts.org.uk/news/2020/june/three-amazing-things-you-re-doing-during-lockdown/)  
[scouts.org.uk/news/2020/june/three-more-amazing-things-you-re-doing-during-lockdown/](https://scouts.org.uk/news/2020/june/three-more-amazing-things-you-re-doing-during-lockdown/)  
[scouts.org.uk/news/2020/june/another-three-amazing-things-you-re-doing-during-lockdown/](https://scouts.org.uk/news/2020/june/another-three-amazing-things-you-re-doing-during-lockdown/)

COVID-19 safe programme ideas - [scouts.org.uk/volunteers/scouts-at-home/covid-19-safe-programme-ideas/](https://scouts.org.uk/volunteers/scouts-at-home/covid-19-safe-programme-ideas/)

Race Round the World activities - [scouts.org.uk/about-us/support-scouts/race-round-the-world/race-round-the-world-programme-sessions/](https://scouts.org.uk/about-us/support-scouts/race-round-the-world/race-round-the-world-programme-sessions/)

External resources to help - There are loads of ideas for online activities and plenty of support from other leaders. We're loving these Facebook groups right now:

1st Virtual Scout Group - [www.facebook.com/groups/208981546868424/](https://www.facebook.com/groups/208981546868424/)

1st Facebook Scout group - [www.facebook.com/groups/2450689742](https://www.facebook.com/groups/2450689742)

Scouts – UK Leaders Facebook Group - [www.facebook.com/groups/scoutsleadersuk](https://www.facebook.com/groups/scoutsleadersuk)

#ScoutingAtHome With Scoutadelic has over 700 videos and a section just for At Home and also for those face to facing. So plenty of ideas and resources.

<https://www.youtube.com/Scoutadelic>



## 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](mailto:dccprogramme@westsussexscouts.org.uk)

Diversity and Inclusion – Suzanne Few – [dccdiversity@westsussexscouts.org.uk](mailto:dccdiversity@westsussexscouts.org.uk)

Youth Shaped Scouting – Connor Holmes - [cyc@westsussexscouts.org.uk](mailto: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