

West Sussex Programme Support

2021 Moving Forward



Welcome Back to another brand new Scouting Year! With everything that happened last year its time to move forward and build on what we have learnt over the last 12 months.

2020 was certainly a difficult year but the Scout Association posted this poem to help us say a Huge Thank you to all our volunteers who have continued Scouting during the pandemic

Thank You

When we look back on this difficult year,
we'll remember with pride how we faced down our fear;
how we hiked to the Moon and camped in our rooms;
raced around the world and did meetings on Zoom.
We got together online, whenever it suited,
(and there was always one scout who accidentally stayed muted)
one thing's for sure, we'll never forget
the things that we've done and the friends we have met,
Because Scouts carries on – still going strong.
Yes this was the year we saw kindness a plenty; one team together in 2020

That poem really does show the strength of scouting to come through even when we are faced with adversity and having to stop face to face meetings. Showing that Scouting can adapt to the world around us to enrich the lives of the young people in our movement . Last year was so unexpected and I think BP said it best - "A Scout is never taken by surprise; he knows exactly what to do when anything unexpected happens." We have adapted our programme to go online and slowly go back to face to face scouting when we could; now we should use the experience we learnt last year and build on it.

Here's to a better 2021 and the return of stronger Scouting in West Sussex

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/

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/

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/

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/

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/



Online Activity inspirations

Here are some ideas for some online sessions with your units

Just a minute

Just like the BBC Radio 4 show, 'Just a minute' is where contestants try to talk for a minute on a given subject without repetition, deviation, or hesitation. Other contestants challenge to take over when someone makes an error. You need a judge and someone to keep track of time and scores

Who would you throw overboard?

5 People are on a boat; A Politician, Religious Leader, Builder, Farmer and a Scientist
There is a hole in boat, the boat is sinking – the only way for anyone to survive is to throw one person overboard which will raise the hole above water level.

Each person must argue their case as to why they should NOT be thrown over – why are they more valuable to society than the others in the boat?

You could try this activity in rounds with people of with different skills with the winners of the rounds going head to head at the end of the evening

Play on a Plate

From an activity that was posted on 1st Virtual Scout Group on Facebook, based on the the annual 'Play on a Plate' sketches wrote for Scouting Magazine in the 1980s/90s. A good way to pass 10-15 minutes at an online meeting. No preparation required and you can share the script on Zoom. There are a number of scripts available on the the Virtual scout group facebook page updated by David Wood that can be used.

To run in a virtual setting, you can allocate roles to individuals, with an additional person responsible for making sound effects. 'Spare' members at the meeting can take part in a second play and just sit back and enjoy this one!

No preparation is required at all – cast members can read their lines from a shared screen script. You could prepare in advance and get people to dress up according to their roles, and the SFX engineer can prepare some sound effects.

Make yourself look like a famous person doing an unlikely activity

Taken from the Taskmaster Hometasking, Make yourself look exactly like a famous person doing an unlikely activity. The first name of the famous person and the activity must begin with the same letter. For example Julius Caesar juggling. The more bizarre the better. If you want to get some ideas then go to <https://www.youtube.com/watch?v=pvrpdjKEVwU&t=18s&fbclid=IwAR2VoJw39zIIYd-G240bWtpPqJdLNeqyRnGzfSqt8s2Ut1ucq0hAPzpFhXE>



Wintercamp 2021

Wintercamp 2021 is just around the corner and this time it's Virtual!

Join with members across the country between the 15th and 17th January to melt away those winter blues for an action-packed weekend of virtual, interactive fun! Work your way through our 6 activity zones: -

- Active
- Arts & Crafts
- Games
- Science
- Skills
- Sustainable Development Goals

We have 150 activities suitable for all age groups for you to create your very own Wintercamp experience from the comfort of your own home! These will be available from the website from 6pm on Friday 15th January.

Remember, if you are doing these on your own, check out the guidance for being safe and if you're not sure, check with your leaders or a handy adult.

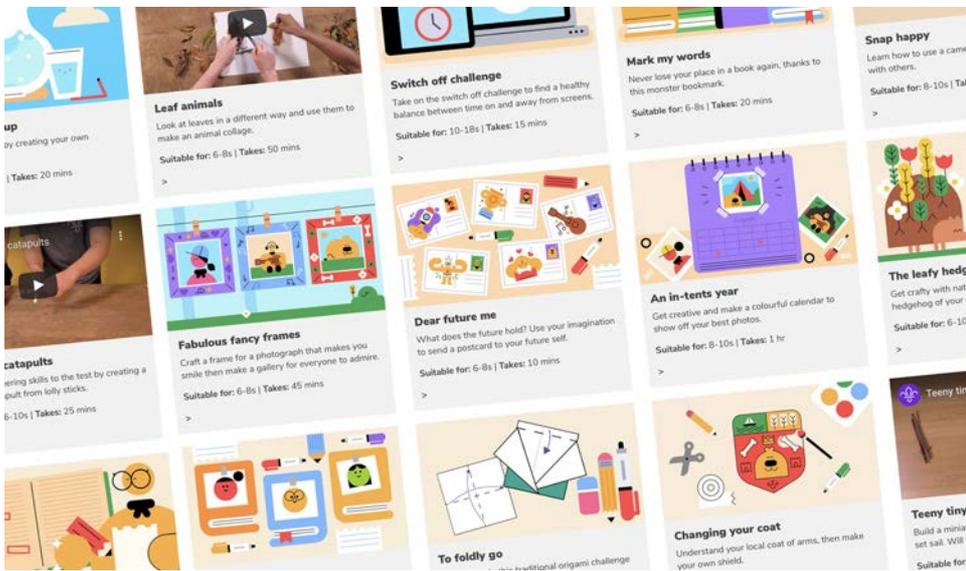
If you're a leader organising the participation of your Scouts or Explorers, make sure they understand how to stay safe by using the guidance provided.

What's more, all our activities are linked to the Scout Programme so you can work towards badges & awards whilst having fun!

New for 2021, Wintercamp TV! will be broadcasting live from 6pm on the 15th and throughout the weekend with special guests, live demos, interactive quizzes, Q&As and updates on our interactive Wintercamp Challenge leader board.

Speaking of Wintercamp Challenge, do you think you have what it takes conquer 25 interactive 1-minute challenges? Tune into Wintercamp TV from 6pm on the 15th to find out more! You might even get to appear on Wintercamp TV.

To find out more go to: <https://wintercamp.org.uk/>



Delivering a flexible programme during COVID-19

Young people can still work towards badges and awards while at home. And it is important that we adapt our programme to be flexible and to take it online if we can't meet face to face

As volunteers, you're best placed to help us adapt the programme so that young people stay safe and keep learning, and we can continue to recognise their hard work and achievements. Currently, government advice is that everyone in the UK should avoid non-essential travel and contact with others. Given this guidance, all face-to-face meetings, activities, expeditions and events remain suspended until further notice.

Adapting activities to work online and at home is key to making our programme as flexible as possible. The Scout Association has chosen a number of activities for The Great Indoors because young people can get stuck in at home, right now, with whatever they have available. Of course, they were designed for face-to-face Scouts, so you'll probably need to make some tweaks. We've put together some suggestions for how you could make them work, wherever and wherever you are.

The best place to start is to think about what the activity's trying to do. Is it about communicating clearly, creating something exciting, or cooking up a storm? How can you achieve the same thing in a slightly different way?

Here are some common phrases you might find in our activities, and how you could adapt them for online or at home sessions:

'The person leading the activity should explain'

Often, the person leading the activity doesn't have to be a grown up (though there are some activities that need an adult to make sure everyone stays safe); many of the activities have been designed so that anyone can pick them up and take charge. Some young people may be able to read through the information by themselves, while others may need a helping hand from a parent, carer, or older sibling.

If you're part of a group and they're meeting online, perhaps the person leading the meeting could introduce an activity for everyone to try before the next meeting?

'Show everyone something (for example, what you've made)'

If you're part of a group that's meeting online, you could show everyone what you've been up to – maybe you'll inspire each other to try something new. If not, who else could you show? It could be someone you're living with, or you could use technology to share with friends or family further afield. You could also show us! Let us know what you've been up to by emailing social.media@scouts.org.uk or by sharing your posts on Facebook and Twitter.

'Chat about'

If you're part of a group that's meeting online, you could include chatting as part of the meeting – just let the person leading the meeting know before it starts. Otherwise, who else is around for a chat? You could see what someone you're living with thinks, or chat with a friend or family member online. If you just need a listening ear, we've heard that pets make a great audience too.

'Go outside'

We know that not everyone's lucky enough to have a garden or balcony. Some outdoors activities will work inside, and you may be able to do others as you exercise outdoors (if you're able to). Some people are finding other creative solutions – if you need to gather leaves, maybe you could use scrap paper or old newspapers, or you could see if YouTube can bring the outside indoors.

'Go and visit'

Some places are working hard to make online or virtual tours possible. If not, maybe you could do all the planning now and save the trip for when things get back to normal – there's no rush, just do what you can for now.

'Spread out and use the whole of your meeting space'

We know that everyone's home situation is different, and that plenty of people don't have loads of space. Could you adapt the game or activity to work with what you have? If you're able to head outside for exercise, could you do it on the way?

'Get into pairs/groups'

If you're part of a group and they're meeting online, you may be able to make the activity work over the internet. If not, think on your feet. Could you ask someone you're living with to give it a go? It doesn't matter how old they are (or if they're not part of Scouts) – these activities are for anyone who's willing to get involved.

More guidance about Delivering a flexible programme during COVID-19 including Nightaway at home, Young Leaders Scheme, Queen's Scout Award, Explorer Belt and Scouts of the World Award, Chief Scout's Awards, Duke of Edinburgh and Challenge Awards and Activity Badges can be found by following this link:

<https://www.scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/>



The Great Indoors Badge

Last year the Scout association launched The Great Indoors Badge I thought I would give you a reminder about what the badge is all about

The Great Indoors Badge is not just about learning new skills, this is about bringing out what is already inside you! The different stages allow you to share what you've learnt and find a way to support your community.

Scouts has been going since 1907 because we've learnt to adapt to all that happens around us. This is our first ever opportunity to share the Scouts experience wider than we ever have, as we invite all our Scouts and our non-Scout friends, to join in activities from The Great Indoors and earn The Great Indoors Badge.

Why are we doing this badge?

We're committed to our vision, by 2023 we'll have prepared more young people with skills for life, supported by amazing leaders delivering an inspiring programme. The staged badge allows those to be involved in the journey for longer and the opportunity to monitor your own progress through all activities and stages.

Stage 1 - In Stage 1 you'll learn something new that can teach you something about yourself or the world around you.

Stage 2 - In Stage 2 you'll create a regular routine for yourself, and see how what you have learned can support your community.

Stage 3 - In Stage 3 you'll share what you've learned with someone else that can be used to help make the world a little better.

How to complete the stage can be found here - scouts.org.uk/staged-badges/the-great-indoors-badge/

Who can get involved?

Anyone over the age of six and for the first time in history, this badge allows everyone to take part, regardless of whether they're a Scout or not.

How do I get involved?

You can take part in one stage or all three of the stages, the choice is yours.

There are nine activities in each stage and three stages in total, so that's 27 activities you can get involved in.

On the Great Indoors Badge page there are suggest activities to complete through your stages, however you can choose your own activity by using the links below. Remember to filter by your age group!

Practical skills - scouts.org.uk/activities/?type=Practical%20skills&setting=Indoors

Outdoor skills - scouts.org.uk/activities/?type=Outdoor%20skills&setting=Indoors

Physical activity - scouts.org.uk/activities/?type=Physical%20activity&setting=Indoors

Community engagement - scouts.org.uk/activities/?type=Community%20engagement&setting=Indoors

Social action - scouts.org.uk/activities/?type=Social%20action&setting=Indoors

International activities - scouts.org.uk/activities/?type=International%20activities&setting=Indoors

Creative skills - scouts.org.uk/activities/?type=Creative%20skills&setting=Indoors

Spiritual activities - scouts.org.uk/activities/?type=Spiritual%20activities&setting=Indoors

Nights away - scouts.org.uk/activities/tips-for-a-night-away/

Info for adults

An adult's role here is to support the young person's learning and idea development, and to help the young person see the wider context in which they're doing the activities, rather than showing them how to do the activities. Here are some tips to help that can be found here: scouts.org.uk/the-great-indoors/the-great-indoors-badge/info-for-adults/



Quick Fire Challenges

Here are a few Quick Fire Challenges you can do during online meetings

A Fruitless Exercise??? - Measure something using fruit, for example "my room is 7 bananas long"

Barely Funny - Give us your cheesiest joke...

Bwak Bwak Bwaaak - Act like a chicken for 14 seconds on camera.

Fly Away! - Make a paper aeroplane and fly it!

Hop to Victory - Hop on one foot for 14 seconds

Rrrrrrr - Plank for one minute.

Snowflake Flurry - Make a paper snowflake, the more intricate the better

Starring - Draw a star without taking your pen off the paper, only using 5 lines



What are the Sustainable Development Goals (SDGs)?

The United Nations (UN) is a member organisation made up of representatives from almost every country in the world (193, to be precise). Its aim is to maintain international peace and security by developing friendly relations among nations and achieving international cooperation.

The 2030 Agenda for Sustainable Development, adopted by all United Nations member states in 2015, is set of goals which we all must aim for if we want to ensure peace and prosperity for people and for the planet, now and into the future.

At its heart are the 17 Sustainable Development Goals (SDGs). These goals are an urgent call for action by all countries - developed and developing - in a global partnership.

They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.

What is the Scouts for SDGs project?

In November 2018 World Chief Ambassador Bear Grylls launched Scouts for SDGs at the United Nations. The largest youth contribution to the SDGs worldwide: it's an all-hands-on-deck commitment to mobilise the helping hands of 50 million Scouts from around the world to make a shared impact. Through the project, we're aiming to deliver two million local projects linked to the SDGs, and to provide an additional three billion hours of service for them by 2030.

That sounds great. What can I do to work towards this locally?

The principles and values of the SDG's are already at the heart of what we do at Scouts – linking in to the requirements for our Community Impact staged badge as well as to our A Million Hands themes. That's why we want to spread the word about what these goals are and why they matter, so that all actions taken locally can be logged and shared, allowing us to see the impact we're having.

More info is available at: <https://sdgs.scout.org/take-action>

Virtual Youth Shaped Programme Activity

This is a great activity can be used for all sections and done both face-to-face and virtually with a couple of adjustments!

Crime Scene

Using the Whiteboard feature on Zoom, draw an outline of a person (or a stick figure). Ask your members to think about what makes the best:

- a. Leader
- b. Peer Leader

Write these ideas around the image and then explore the comments with your section. Are they realistic? Are they achievable? Could they be tweaked to make them more realistic or achievable? Open up the discussion with the section – you'll be amazed what they come up with!

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



Scouts for SDGs

Imagine 50 million Scouts working as active citizens to leave this world a little better than they found it. That's the power of our ground-breaking project: Scouts for the Sustainable Development Goals (SDGs).

SCOUTS for SDGs



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/

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

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

Online programme planning tool – 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/

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/
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/

COVID-19 safe programme ideas - 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/

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/

1st Facebook Scout group - www.facebook.com/groups/2450689742

Scouts – UK Leaders Facebook Group - 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

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