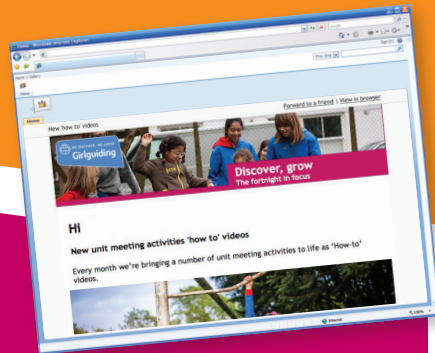


Keeping in touch

There's always so much going on in guiding. That's why we like to keep you in the loop and up to speed, online and in print.

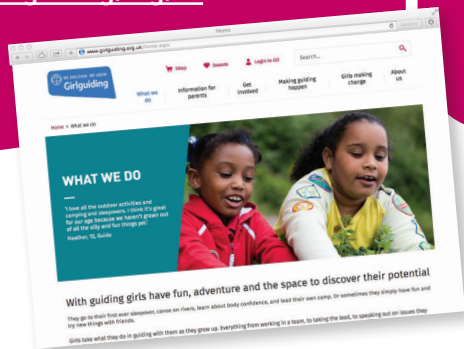


Landing in your inbox every two weeks is *Discover, grow*, our e-newsletter that will round up all the most recent goings-on in guiding.

Dropping into your letterbox or inbox each term is *guiding* magazine. You'll find it packed full of activity ideas, great guiding conversations and insightful interviews.



Got a question about guiding? Chances are the answer will be on our website. What events are coming up? Easy. What training can you get? Sorted. If it doesn't have the answer you're looking for, it'll tell you where you can find it. girlguiding.org.uk



Keeping in touch works both ways. Share your photos, views and stories with us on Facebook and Twitter (where you can also get all the latest news and updates from us). [facebook.com/girlguidinguk](https://www.facebook.com/girlguidinguk) @Girlguiding



Key information

If you're joining a unit, here's what you need to know.



My unit

When and where

Contacts

So what could you turn your hand to?

There are so many ways you can get involved with guiding. You might want to have adventures with girls. You might want to support other volunteers. You might want to go to every weekly meeting or you might want to just help out when you can.

Whatever you're looking for, we've got a role for you.

Leader in training

Leaders enjoy all kinds of adventures with girls and you'll get lots of support while you train.

Young leader (if you're aged 14 to 18)

A chance to develop your leadership skills, which always looks good on applications for jobs or higher education.

Unit helper

Use your skills to support a unit, whether working with girls or helping to keep essential admin on track.

District/division administrator

Be a vital part of the local team, helping with everything from running events to updating GO (the membership database).

Unit treasurer

Balance the books and get involved in fundraising initiatives, opening up more opportunities for girls.

Occasional helper in a unit or on residential trips. Join the fun without committing to weekly meetings.

What else can you do?

Do you have specific skills and experience that you'd like to share with girls or use to help other volunteers? Event planning expert? You could run a fun day for Rainbows and Brownies. PR pro? You could help get Girlguiding in the news. Juggler, programmer or Rubik's cube whizz? You could run a workshop for girls.

Buddies

Helping you settle in.

My buddy is:

What is a buddy?

A buddy is someone who volunteers in the same section as you or in a similar role (for example Rainbows/Brownies/Guides/Rangers or a supporting role such as treasurer). They are there to answer any questions you may have relating to your role or guiding in general.

When, where and how often will we meet?

This is totally up to you and your buddy. It could be a weekly call, text or an email in the beginning so they can check how things are going and you can ask any questions you may have. If you live close enough to meet up, you may fancy getting together for a cup of tea and a chat or maybe arranging to go to a meeting that is appropriate to your role. It is up to you and your buddy to decide how this works best for you.

What other support will I have?

The district commissioner or leader in charge of your unit will typically be your first point of contact, and they are there to answer any questions you may have too. If you're volunteering with a unit then the girls and other volunteers will welcome and support you as well as others in the district and division who you will meet if you attend wider guiding events.

If you are doing your leadership qualification (LQ) then you will be assigned a mentor to support you through this. There are also lots of ways to find support online - from visiting our websites to joining Facebook groups.

