



Bexley Council for Voluntary Youth Organisations Ltd

December 2005

Season's Greetings

to all our readers

The Trustees of the BCVYO Ltd would like to take this opportunity of wishing all those connected with the voluntary sector a very festive season and good luck with all the work you do in the coming year.

BCVYO Ltd, PO Box 452, Sidcup, Kent

Tel. 020 8855 9496 email: bcvyo@hotmail.com Website: www.bcvyo.org.uk

December 2005 Edition. Funded by Bexley Council (600431).

This newsletter is one of three termly publications funded by the London Borough of Bexley. The articles and views expressed in this publication may not be those expressed by the Editor nor the Council. Every effort is made to acknowledge sources and relies on the contributions of the members and readers.



Bob's bit...

Well here's a bumper Christmas issue, thank you to all those who sent in articles, let's keep it up and see a lot more of what you get up to! Speaking of Christmas may I wish each and every one of you season's greetings, and congratulations on a fantastic year. As ever a big thank you for all the voluntary work you do for so many young people in the London Borough of Bexley. I saw in an article on life expectancy recently that if you do voluntary service you can add two years to your life! I thought it was the opposite. Please make a note in your diaries that the Annual General Meeting of the BCVYO Ltd will be on Wednesday the 24th May 2006 at the North Cray Community Centre in Bedens Road North Cray. Some of you may remember that was where the office used to be five years ago, yes five years ago, doesn't time fly. In fact the old office has

been demolished but there is still a building left where we can meet. Another date is the 9th of April, another very popular sailing taster Day at Thamesmead, more details inside. Thanks again for all the articles that were sent in. I'm sorry not all of the photos could be published due to the quality and scanning, so if you can will you email photos for inclusion, thanks. The word search was a success again with well over a hundred entries so I will leave it as a word search and not change it to a Sudoku puzzle. As ever there are some of you out there who still haven't claimed your grant yet. Please dig out your application forms (or download from the website) and apply, and try not to leave it until the last minute, and if you have left and are still getting this newsletter by mistake, please let me know, thanks. Happy New Year.

Can anyone help with this desperate plea?

Can anyone help with this desperate plea? 'I am desperately trying to get hold of a playing card that was given out at the 2004 Giant Sleep Over for my sons. I found your website on the internet by searching under the sleep over. I know it is a long shot, but I don't suppose you have one or one of the kids have one? It is a Roald Dahl Super Top Trump Card. My son is so keen to have one.' If anyone has one of these cards can they please contact the BCVYO Ltd office as soon as possible, this poor woman is going out of her mind. I gather a donation would be made! Any response would be very much appreciated.

Wordsearch winner is...

This months Word Search winner is **Vikki Kelly** from the 7th Belvedere Guides, well done, a cheque for £20 will be sent to the leader of the organisation they chose on their entry form. Keep on entering (as many as you like) after all it's an easy way to win £20 for your group, and fun as well, I hope.

Walking in Bexley

Lynda Stevens at Bexley Care Trust (Lynda.stevens@nha.co.uk) contacted the BCVYO office to ask us to tell you all about the fact that you can walk your way to health. Now, most of us walk with our groups, either as an expedition or a hike, but how many of us do it for ourselves? Walking is a wonderful way to get that important exercise we all need every day and some regular organised walks in Bexley have been organised by Lynda and

ChangeUp, Recruitment Drive and Display Boards

by Bob Chapman

In recent months several of you got involved with a scheme to try and recruit new volunteers. Through funding from ChangeUp I was able to administer a 'needs analysis' for adult volunteers, or lack of them. The response was so great that more funding was obtained to try and attack the problem. All of those who replied, which meant there were a lot who must be happy as they didn't reply, will be sent further details soon, if not already. I sincerely hope it helps with your staff shortages.

Along with this idea I obtained even more funding to purchase some 'pop-up' display boards which are available for use (nominal charge) by any member of the BCVYO Ltd. Please contact the office for details. Other equipment is available to those of you who belong to the BVSC (Bexley Voluntary Service Council – 020 304 0911)

We walk,
we talk,
we laugh we sing
There's nothing like
walking to cure everything
I know there are joints
that are stiff and quite sore
But walking can help
them loosen once more
With laughing and talking
and breathing the air
The time soon goes by,
when you've something to share
So here's to the next time
we meet in the park
We're just like wee children,
having a lark.

By Mrs Coatbridge

her team to help you. They say that if you walk for half an hour a day, five times a week, your health will significantly improve. As of now there are four walks already in operation with more to come in the New Year, all local all within the Borough boundary.

- Monday, 11am at Franks Park (Fox House Road entrance).
- Tuesday, 10.30 am at The Glade, Sidcup (meet at Marlowe House)
- Wednesday, 10.30 am at Foots Cray Meadows (meet in Leafield Lane)
- Thursday, 2 pm at hall Place.

The walk at Foots Cray Meadows is one hours duration, the others half an hour. Anyone can go, just turn up (promptly) with a suitable pair of shoes and join in.

St John Ambulance

NATIONAL FINALS COMPETITION

This event is for members of SJA who compete for trophies, many of which date back to before the turn of the 20th century. 280 competitors competed in Area County or Regional rounds before entering the final competition. It is estimated that 13,000 SJA Members entered the eliminating rounds so the standards achieved at the finals are extremely high. When one speaks to members who have

competed in competitions, they all comment that when faced with emergencies, their experience in competitions helps to cope with casualties with confidence, and in many cases, to save lives. For the second year in a row the Perrott Shield, the trophy for the highest overall marks in the Adult Care competition at the SJA National Finals went to a team from 601 Bexleyheath Division. Congratulations to Becky

Green and Daniel Crawford on this splendid achievement. Well done too, Joanna Alexander and Stacey Clarke, also of 601 Division in coming third in the Dundar Naismith Cup – the Cadet Care competition. Congratulations on flying the flag for London District. For more details about the St John Ambulance in Bexleyheath contact their Superintendent Pam Crawford on 01474-853162.

Sailing Taster Day

Put a big note in your diaries that the 9th of April sees another Sailing Taster Day at Thamesmead YMCA. Good old George Reynolds and his team have agreed to put on another very popular day to teach young people (and their leaders) the basics of sailing. This sometimes books up quite early so to avoid disappointment let us know as soon as possible. Hundreds of young people have now gone through Georges sailing school and all have qualified in one way or another. With the current desire for young people to get fit and stay healthy this is a wonderful, fun way to do just that. All you need is a packed lunch, £3 each and a set of dry clothes, just in case you have too much fun and fall in, and the appropriate consent

forms filled in and a leader to keep the youngsters in check whilst they are on shore. Please contact me, Bob Chapman, at the BCVYO office either by phone or email to book your places. Don't forget the cAve is next door under the arches, perhaps you could go there afterwards.

Capers Gang Show

Next years performance of 'Capers' Gang Show, run by an Erith & Crayford Scout Unit is going to be held in the evenings from April 5th until the 8th with a matinee on the Saturday. The show is as ever at the Erith School in Avenue Road. Visit their website for details at [www. Capersgangshow.org.uk](http://www.Capersgangshow.org.uk).

Senior Section “Recycling / Environmental” Weekend Away

By Fran Morris 4th Welling Ranger

From 30th September to 2nd October the newly formed 4th Welling Rangers were invited to spend the weekend at Chatham Medway youth hostel with the Kent West Senior Section members. Six girls from our unit went. Our little team decided to stick together and so we shared a room, it was a room for five but we put a mattress on the floor so we could all stay together, it was cosy to say the least. We started a ‘get to know everyone’ workshop, where we had to chat to everyone to find the answers to set questions. We then took part in a murder mystery, which was extremely hard as there were a lot of different ideas all being spoken out loud at once. On Saturday, our first activity was to make bookmarks out of leaves fallen from the trees, but to do this we had to go to the park and collect the leaves. We also made bird feeders out of birdseed and lard, and an insect hotel! We finished our ‘hotels’ and washed our hands to make our

‘recycled paper’. We made it from the start using shredded tissue paper and coloured card to make the paper a different colour. That evening, we all got dressed up for a posh meal. Once we finished our lovely meal it was time for a little fun. We had karaoke for a laugh and everyone was enjoying themselves. Everyone took part in either dancing all night or singing. Sunday morning, we returned to the park to do community service. We all helped out by weeding the garden and making it look nice, and if I do say so myself, the garden looked fabulous after we had finished. So all in all, we would just like to say a big thank you to Alexis (our Ranger Leader) and Heather and her team for the huge amount of work that went into this weekend and for giving up their time in order that we could have such a fantastic time. We are already looking forward to being invited back next year (please!!).
THANK YOU!!!

Remembrance Day Remembered



left to right - Lyn, Jim, Claire, John, Nikki and Chris.

We were very proud to represent the Erith and Crayford District, as there were only 50 tickets given out in total, so we were very lucky. I think trying to march in time was a feat in itself but we had a very good chap in charge of us called Nick, who whipped us into shape. It was lovely to hear the crowd applaud us as we went by, and quite amazing to have to do an eyes right at Prince Charles, ooer.

Baton Twirling & Pom Pom Team

Riverside Reflections Baton Twirling & Pom Pom Team, based in Bexleyheath, have been busy this summer.

Our members took part in several competitions, winning many events. One of these, pictured, took

place in Sheerness. For some of the girls it was their first competition, and they did really well. We have a lot of training to do, as we will be travelling to Devon in October for the national championships. Last year several of our members became national champions in their events. Our teachers, Clare and Laura, make sure all the girls have the skills and the confidence to perform to the best of their abilities, and most importantly, that they all have fun in the process!



Top funding tips

(with thanks to Young People Now magazine)

People are always asking about funding as a source of income, although some still prefer the smell of a jumble sale clinging to their cloths for weeks after the event! Applying for funding can be time-consuming but a lot less daunting if a few tips are observed.

Thoroughly research each potential funding body and the kinds of projects it works with. Have a clear picture of your project and how it meets the funding criteria.

Keep the application simple, reasonable, businesslike and professional.

Get the details right – make sure you spell peoples names properly.

Funders are generalists, so don't bombard them with jargon.

Make a reasonable funding request and match the budget to the scope

of the work.

Work out the outcome of your project and include how it will effect the young people/wider community.

Make sure you have the necessary experience to carry out the project - or involve people who have.

Call the funding body with any queries beforehand - clarify the criteria/ deadline and so on.

Contact your local authority, which can often provide fundraising advice.

Websites are many but here are few that give information.

Bexley.gov.uk

bvsc.co.uk

bcvyo.org.uk

Grants4.info

Fundinginformation.org.uk

Governmentfunding.org.uk

funderfinder.org.uk

Becoming a Rainbow Leader

by Samantha Freeman; 4th Welling Rainbows

I took on the 4th Welling Rainbows because I didn't want it to close. I'd never done anything like it before so didn't really know what was involved. I spoke to the leaders before the end of term and went along to one of their evenings. They opened the meeting with a song then played a game. They then went on to painting butterfly pictures. Once they had all created their beautiful butterflies and we had put them in the church garden to dry in the sun, we all cleared up, washed most of the paint of our hands and sang the goodbye song. The rainbows had thoroughly enjoyed themselves and it didn't look too difficult. I talked to the leaders again and agreed that I would take on leading the Rainbows from September. They agreed that they would continue to help to begin with as it would take some time for me to get my warrant. I then started to think about what we could do, it wasn't too difficult to come up with ideas and had a visit from

Hedgehog Rescue. Before all this could happen though I had a long discussion with the previous. I was given the waiting list and was pleased to see that we have a full pack for the next two years. I was also given the accounts details. I was a little daunted by this but with a bit of help I'm keeping on top of it. Then there is the training. I am learning from the previous leaders about the various ceremonies which take place. Not only how to enrol a Rainbow, and how to send them up to Brownies, but also which songs to sing. There is the greeting song and the goodbye song, the prayer and the birthday song, all with appropriate actions. Still a little confusing at the moment but I'm getting there. I've also met lots of other leaders, Rainbow, Brownie, Guide and Senior Section. They have all been really friendly and ever so helpful. Becoming a Rainbow Leader was definitely a good decision.

Support your local Scout & Guide SHOP

The Scout Centre, Mayplace Road West,
Bexleyheath, *(opposite the Bricklayers Arms)*

It does exactly what it says; it's a shop for a wide range of scouting and guiding products. Why not call in on a Thursday evening between 7pm and 9pm and be greeted by a friendly voluntary staff who will help you. All profit, if any, goes back into the Scout & Guide movements and it's easier than going to town!

NEW Community Van

Bexley Accessible Transport Scheme (BATS), run by Andrew Grieve (Batman), is pleased to announce the addition of a community van service to BATS member groups. To become a member group and enable you to hire this van, **contact Andrew on 01322 333377** or email **Bexley.ct@btconnect.com** and ask to undertake a driving assessment. They also have a website at **www.bexleyct.co.uk**.

Trips and Experiences

EUROJAM by Jane Sell *from 3rd Bexley Guides*

Eurojam Scout & Guide Jamboree was one of the best experiences I have ever had. It was a hundred times better than I thought it was going to be. My group, the Pink Ladies, were such a brilliant team, it was great to be with really funny and polite people. Every day was packed full of new events and every night I fell asleep as soon as my head hit the pillow.

EUROJAM by Rachel Cornish *from Lamorbey Rangers*

The big day came and we all boarded the minibus laughing and joking together already. The opening ceremony was amazing. 68 countries were represented. Offsite days included a community service project which included digging a huge draining ditch. Another day was on a reservoir, sailing. I would like to say thank you for helping me to have one of the most awesome experiences of my life.

MARSNA (Holland) by Fiona Turner *from 4th Lamorbey Guides*

While in Holland I had loads of fantastic new opportunities, to have fun and meet new people from around the world. The most memorable activity was the drop-off. I would describe this as a night hike in mixed international groups with no map. We had a task sheet and a raw egg! One of the tasks was to boil the egg. We also had to learn to say 'good night' in the language of everyone in our group. It was hard, tiring, gruelling and at times surprisingly scary but it was very satisfying. I thoroughly enjoyed my time at the camp and it was one of the best experiences of my life.

POLAND by Jennifer Short

Young Leader of 1st Northumberland Heath Guides

I had a fantastic time in Poland. To start with flying for me was great as it was my first time. I visited salt mines, Auschwitz, castles, markets, and an orphanage where we did our service project and I felt we made a difference to some of the children's lives. The three things about the trip that I really enjoyed were the service project, learning about Polish history and meeting girl scouts from another country. I feel that I have gained lots from this experience and I appreciate what I have a lot more.

QUEENS VISIT TO DANSON HOUSE

by Michael Hammond from 4th Welling Scout Troop

On 26th July the Queen visited Bexley and Danson House. I was one of the few allowed into the park for this event, where I met my District and County Commissioners. We were given flags and small union jack hats and had to pass through a security checkpoint. There was an orchestra playing while we waited for the Queen. When she did she was met by cheers and waving flags. Then she walked up to the top of the stairs of Danson House, unveiled a plaque, and went in to have her lunch with a few more privileged people. After she went inside and after an enjoyable day we all left to go home.

SCOUT CENTENARY

The Scout Association will be celebrating its 100th anniversary in 2007 by holding hundreds of events across the world throughout the year. Starting at sunrise on the 1st of January until sunset on the 31st December, there will be so many things to do. Hopefully one of the biggest local events will be on the 20th May 2007 at Welling Football Club. A committee has already been formed by Don Bevan in Welling and he has asked me to ask you all for your support when the time comes. So, for now, put the 20th May 2007 in your 'dates to remember' section of your diary. Watch this space for details.

4th Welling Brownies become **DISNEY PRINCESSES**

by Alexis ("Brown Owl")

Now that I've got my breath back and caught up on some of my sleep I feel able to share all the exciting news from our recent Pack Holiday. On Friday 12th August myself, Jacqui and my mum and dad set off to Paxwood in Wilmington to set up our 'Castle' for our Disney Princess themed weekend. At 3pm the girls started to arrive and the leaders were ready to meet them, all dressed in suitable princess costumes. The girls were told whether they were in the East or West Wing of the Castle and told if they were a Cinderella, Sleeping Beauty or Snow White for the weekend and the fun began. We had two wonderful outings planned for the weekend. On Saturday we went to Swanley swimming pool, where we got a deal which included use of "the flumes" which I think everyone had a go on. On Sunday we visited Eagle Heights Bird of Prey Sanctuary, where the girls got to see a wide selection of birds and Reptiles. As you would expect we made some lovely keepsakes, Cinderella's pearl headband, Snow White's treasure box, Sleeping Beauty's tall pink headdress and a jewel bedecked princess peggie doll that the girls had to use their sewing skills to complete. On Sunday night we

had our "Happily Ever After Banquet and Ball". We set the banqueting hall out differently to the normal meal times and had purchased special princess plates, serviettes, champagne flutes and each girl had a gold tiara and wand, our cooks served up a buffet truly fit for royalty. Once the chores were done it was time for the girls to get changed into their princess dresses and come to the Ball in the redecorated Ball Room, games and dances ensued and everyone had a lovely time. Of course the leaders were all suitably attired as well. What with Princess Bingo, treasure hunts, searching the enchanted wood for spooky eyes, not to mention welcoming two visitors we really were rushed off our royal feet. Everyone had a simply magical time and although I think it would be difficult to decide who was more tired the girls or the leaders I think everyone is raring to go again next year. I would like to extend my sincere gratitude to Jacqui, Doreen and Julie for their unerring help on what was a truly memorable weekend. These events take a lot of time and effort to plan and organise and this was an exceptionally smoothly run weekend.

Bexley Environmental Challenge

by **Sharon Amass** Erith & Crayford Scout District Public relations officer

The 16th Erith Scout Group took part in Bexley environmental challenge. The group decided to clear the ground behind the Scout hut and to make a wild garden for the insects and clear an area so that the Scout could build alter fires. This is a work in progress the group held a competition to design a picture which was won by Andrew Slater from the Waingunga Pack and this has been painted on the side of the Scout Hut. The Waingunga cubs

painted wooden tulips and placed them to make a small fence which both packs planted Sun flowers behind, this will attract the birds. They planted about 100 bulbs ready for the spring. They also made a small scenery garden and a log pile. Bird feeders and small bamboo tubes have been hung in the trees to attract the wild life. The Beavers filled tubes with flower and these have now been renewed to hold bulbs. The Borough of Bexley sent along a

team to view the garden and made a video to show at the award ceremony. The 16th Erith Group won £50.00 in their section, this was presented to them by the Major of Bexley together with a certificate. The Group have been working with parental help towards this end and have also achieved the group environmental award which was presented on Sunday 4th December 2005 at Church Parade.

The Greenwich Game 2005

by **Steve Morley (Bagheera)** *4th Barnehurst Seenee Cub Scout Pack*

Unlike many other Cub Packs, we continue to meet throughout August and take advantage of the good weather to try more adventurous activities with smaller groups. Having spent a day at the European Scout Jamboree in Chelmsford, two weeks of various water sports in Danson Park and a week of climbing, we decided it was time for the Pack to do some work – we thought, “wouldn’t it be good to test them on the Navigator Badge they completed last term, to see if they actually remember any of it?” Then from the initial idea of a photography trip to London, “The Greenwich Game” was born. The aim was to be the first to reach each destination to win an on-the-spot prize, but each team had to use at least five different modes of public transport during the day. We split the boys into two teams one starting from Barnehurst Station, the other from Eltham – then each team had to

catch a bus and be the first to arrive at the Royal Observatory in Greenwich Park. The next part of the race had begun – initially both teams caught the Docklands Light Railway to the tall towers of Canary Wharf, and then took the Underground to Canning Town. The destination was the small North Woolwich Old Station Museum. We took the Woolwich Ferry to Woolwich and arrived at Firepower for a third museum visit. Finally the final race back home began one team on a bus, the other on a train, but had to change to a bus at Slade Green. Everyone, both adult and child, had an excellent day to remember with some completing their Adventure Badge. At this stage the challenge was definitely not over; the teams had to use their photographs from the day to create a display (towards their Creative Challenge) to tell everyone else what they missed.

A Day for Special Needs Scouters

The Greater London South East Scout County is pleased to inform you of this day on 24th June 2006 at Downe Activity Centre. People of all ages are invited to attend the day. They can bring a friend not in scouting to assist them through the day, or a Group member who is known to them. Downe will be adapted for their needs, organised at their pace and enjoyment. There may be some doubts, but we can assure you that the event will be designed with the Members at heart, with our forward thinking. It has been suggested by the Regional and national teams that Districts could look to invite various SN schools or units in your area to the day. This would enable other bodies to see just how Special Needs can be integrated into scouting, and also attract new Members to the organisation.

Some time ago, at the Seattle Olympics, nine athletes, all mentally or physically challenged, were standing on the start line for the 100 m race. The gun fired and the race began. Not everyone was running, but everyone wanted to participate and win. They ran in threes, a boy tripped and fell, did a few somersaults and started crying. The other eight heard him crying. They slowed down and looked behind them. They stopped and came back... All of them... A girl with Down's Syndrome sat down next to him, hugged him and asked, "Feeling better now?" Then, all nine walked shoulder to shoulder to the finish line. The whole crowd stood up and applauded. And the applause lasted a very long time... People who witnessed this still talk about it. Why? Because deep down inside us, we all know that the most important thing in life is much more than winning for ourselves. The most important thing in this life is to help others to win. Even if that means slowing down and changing our own race.

Author unknown

Thank you, yours in scouting,

Derek Beany Assistant County Commissioner for Special Needs

Brown Owl Marries Ratty

By Emma and Katie

To celebrate the 25th Anniversary of the 3rd Barnehurst Brownies Brown Owl and Ratty, in an effort to feel young again, decided to get married again. Some Brownies made cocktails, others made food and table decorations for the reception and others made up the wedding ceremony. 'Here comes the Bride', played on party blowers, was

heard as Brown Owl and Ratty walked down the aisle. The Vicar (Abbie) said that Brown Owl was Ratty's awful wedded wife and confetti was thrown. Photographs were taken and the 'bride' threw her bouquet which Emma caught. The cake, which we all had a piece of to take home, had silver decorations and a big 25 iced on it.

WORDSEARCH COMPETITION

A prize of £20 will be awarded to your nominated Voluntary Youth Organisation for the first correct entry drawn out of the hat. All you have to do is find and mark each of the words shown below then return this page with your name, address and the name of the voluntary youth organisation of your choice. There's no limit to the number of entries from an organisation, so why not let all of your members have a go? The deadline for returning completed entries is 27th March 2006. The winner will be announced in the next issue of "5 to 25".

B	O	N	H	T	C	H	O	C	O	L	A	T	E	H
M	E	P	S	R	C	O	N	U	T	I	N	E	I	N
A	T	M	I	N	E	S	T	R	O	N	E	T	P	K
L	P	S	F	Z	E	O	P	R	L	T	S	R	E	R
S	P	I	H	C	Z	E	H	Y	S	A	E	U	L	O
S	V	E	L	O	M	A	C	A	U	G	H	G	P	P
P	E	G	O	O	D	H	O	F	R	O	C	O	P	B
A	P	O	D	L	E	T	T	U	C	E	I	Y	A	O
G	C	A	K	E	S	I	B	N	E	N	W	G	L	L
H	A	N	S	D	P	E	G	G	S	E	D	O	P	O
E	L	E	E	T	S	A	L	A	D	A	N	H	A	G
T	V	E	G	E	A	O	O	D	E	T	A	A	B	N
T	F	R	E	N	C	H	F	R	I	E	S	L	E	E
I	M	H	A	N	N	E	B	I	S	C	U	I	T	S
R	C	H	O	P	S	U	E	Y	S	B	E	E	F	E

Having filled up with all that fayre at Christmas, this months Wordsearch is full of all the food you can now eat again. Within the grid are 28 types of food. They are:-

APPLE PIE, FISH, BEEF, FRENCH FRIES, BISCUITS, GUACAMOLE, BOLOGNESE, LAMB, BREAD, LETTUCE, CAKES, MINESTRONE, CHEESE, PASTA, CHEESEBURGER, PIZZA, CHIPS, PORK, CHOCOLATE, SANDWICHES, CRISPS, SPAGHETTI, CURRY, TOAST, EGGS AND YOGURT.

Name:

Address:

Youth Organisation:
