



North Dorset Scout District Newsletter



Issue 2 Number 11/12

September/November 2017

FROM OUR DISTRICT COMMISSIONER'S DESK

Simon Young, DC Simon.young2@hotmail.co.uk simon.young@wates.co.uk

With the summer term now over and the Autumn term started back it's the time when all young people look forward to Halloween and Bonfire Night as well as the amazing activities that leaders put on. A great well done for all the summer camps and activities that have occurred this year so far, meaning that over 1100 nights away have been attended by the young people of North Dorset contributing to the 20'000 nights away that have been attended by Dorset's young people over the past twelve months.

As you may be aware Scout Adventures are now in place at Buddens (Dorset' Scout Camp site and HQ) and as such are starting to get their feet under the table and being able to offer loads of activities and training for activities. Andrew Lacey is the manager at Buddens for Scout Adventures and is contactable on 01929 472226 for bookings and any other enquiries, I have met Andrew and he is more than approachable.

More locally programme is what we still continue to deliver to the young people and as such activities are a big part of this and as such I am encouraging all adults to think about taking up a new activity that they may have been interested in but never had the chance to do, this is how I started shooting and as such have been an instructor for 14years now. Occasional helpers are also welcome to do this and become district or group instructors following permits being issued for the activity. Rule 9 of POR give all the information you need for activities in scouting, so please follow this link - <http://scouts.org.uk/media/819417/Chapter-9.pdf> or chat with myself or Rob Young, the district ADC Activities.

The District website is nearing its launch soon and as soon as it is ready and available, we will get details to you. I am also on the lookout for a younger member to take on the role of District Media Manager, so if anyone is interested please do contact me direct, ideally I would like this to be someone new and someone who does not hold the role of Section leader or above as it will take up some time.

Looking forward to great scouting

Yours In Scouting,

Simon

A WORD FROM OUR DISTRICT TREASURER

Geoff Spencer, D Tr geoffanddeanna@tiscali.co.uk

An Annual Plea from the District Treasurer.

All Groups should have had, or will shortly be having, their annual AGM at which officers are elected and the Group Accounts for the year to 31 March 2017 are agreed. Could all treasurers, or chairmen, please let me have a copy of those accounts for record purposes. This is a condition of being a member of the Scout Association, not a whim of the District Treasurer!

*Geoff Spencer
District Treasurer*

A SUMMER WEDDING



Lesley (Bennett) Love and Terry Love with Lesley's three children.

Duncan is 27 this year, Amy is 20 and Sarah will be 29 (and was over from New Zealand where she Sea Scouts in Wellington currently, also having scouted as a leader almost everywhere she has been since I can remember..YL belt with Nikita, Gang Shows in Newcastle, Carnivals in Queenstown NZ....all came through North Dorset as Cubs.(With a bit of Beavers thrown in.)) Married in St Peters Church Stourton on 5th August, complete with Bourton Cubs led by Akela George Cadnam providing a guard of honour outside the church afterwards! Followed by a party in the garden of the White Lion at Bourton.

BEAVER CHEW

Jacque Harris. ADC Beavers. adc.ndbeaverscouts@btinternet.com

AROUND THE COLONIES

Since returning from their Summer Holidays, Beaver Scouts all around the District have been busy getting out and about in their local Communities:

Both Gillingham Colonies have had success with their entries at Gillingham Carnival. Chippewa winning a First with their Lego entry and Sioux gaining First in Class and Best Youth Organisation with their Pirate theme.



Sioux Beavers also celebrated Langham Thatched Church, the kind in Dorset.



Harvest at only one of its



Charlton Marshall Beavers have been working with the rest of the Group to raise £1000 from their Duck Race.

And both Blandford Colonies and Gillingham Chippewa have been learning about the internet and making new Scouting friends from around the World as they took part in JOTI (Jamboree On The Internet).



COMING SOON

NORTH DORSET DISTRICT **BEAVERS***

Christmas Party

Come and have fun with Beavers from around the district!



Traditional Party Games!

**SATURDAY
25TH NOVEMBER
2PM - 4.30PM**

Sturminster Newton
Scout Headquarters
Rickets Lane DT10 1BY

Refreshments included
(Squash & Biscuits)

Cost - £3

Beavers can wear party clothes

If you haven't yet seen your invite to our Early Christmas Party please speak to your Beaver Leader or contact me direct.

CUB HOWL

Clive Biggs, ADC Cubs. Clive72biggs@aol.com

Welcome to one and all, Clive is the name and I have been asked to take on the role as ADC Cubs, I will keep this short but suffice to say that the first of our district cub leaders meetings was held at Sturminster Newton's Scout Hut on 4th October 7.30 - 7.45pm. My role is support you with programme and district events, let's get the cubs out and about more than they already are and a joined up approach with all the cub packs from the district. Great to see some of the packs got to camp this year and some nights away completed for a lot of the packs from across the district, so well done and keep up the good work. Look forward to seeing you soon.

Clive Biggs. ADC Cubs.

1st Shaftesbury Kipling Cub Camp Silton 2017

As soon as the school holidays had broken Kipling Cubs were off to sunny Silton.....Not. The six day back to basics camp was brilliant despite the rain. Camp was erected in the sunshine, but rain was still around. The cubs were excellent. They hiked to Stour Head, produced wonderful pioneering projects in Hugh's woods. Learnt woggle making and knotting skills. We enjoyed a wonderful day out to Digger Land (Devon). This was a great end to camp. Guess what it rained there and the camp fire was abandoned.. rain again. But did it dampen spirits not at all. The feedback from everyone was positive the cubs enjoyed the camping experience, and not one mentioned mobile phones or electronic games etc. all week. As we left the site one little cub said to me on departing "I hope that the new Wi Fi has been installed Akela".... Thank you and goodbye.

Jenny Merefield 1st Shaftesbury.



All sections of Blandford Scout Group began the new term by taking part in JOTA/JOTI 2017 at the Royal Signals Museum. Young people connected with other Scouts worldwide whilst also learning about other forms of communication past and present.

We also had 4 investitures and 1 Chief Scout Bronze award.

We are continuing to support Blandford town's Mayor with various charity events throughout the year.

Our next group event will be the Yuletide festival in December.



Sam Elliott GSL

SCOUT SHOUT

Suzi Bullen. ADC Scouts. suzibullen@hotmail.co.uk

Summer camp were had by various troops across the summer break and I am sure you have already heard many a story from them, suffice to say they appear to have had a great time and once again the troops have enjoyed their scouting in the district as well.

But with the scouts now back and well into the new term the first main event of the new Autumn term has taken place for the scout troops across the district. The first weekend in October 76 scouts from six troops took part in the annual backwoods camp, this year held at Conygar Woods near Shillingstone for the second time. My thanks to the owner Anthony Brown of Woodcutts scout group for letting us use the premises once again.

So what is all about? Well the scouts basically get back to basics in the woods, they make a shelter out of the woodland materials (or tarpaulins in some cases) and camp in their for a night as well as cook any food for the evening and following morning on an open fire, various meals were had and I know the bread the leaders made was one of a kind as well as the odd perfectly cooked baked potato.

Woodland crafts are also another part of the weekend and various items of equipment was either brought from previous items made on camp or new ones such as walking sticks were made to assist the leaders in their skills and of course aging ability. Well my walking stick was fantastic anyway.



My thanks to all leaders that have taken part over the weekend and a special thanks to Tim for taking the lead for the weekend. And a great thanks to those scouts and their parents in bringing them to the weekend, the reason we are all here is to deliver programme for the young people and this camp gives the scouts a great fun weekend as well as being able to put the experience to badges and nights away etc for their ongoing scouting experiences. Let's look forward to the next one.

Our next main district activity is Trig Tower Tor early next year, this is due to take place at Sturminster Newton this time round as we rotate around the district for this event.

Yours In Scouting,

Suzi Bullen ADC Scouts (North Dorset)

YOUNG LEADERS

John Kerley DDC john.kerley@yahoo.co.uk

Since January 2017 I have been covering the role of the Young Leaders Leader and attempting to reconcile all of our Young Leaders in the District. The priorities have been to ensure that all have been invested as an Explorer Scout, as required by the Scout Association, which ensures that they are covered by insurance, and that they have completed a personal information form and Placement Agreement form.

To date I have had some success and some failures. Over the months I have ensured that all GSL's and Leaders, who have Young Leaders in their sections, have the correct forms for their Young Leaders to complete and return to me. I am still finding Young Leaders in our District that I have not been notified about and more importantly are not invested as Explorer Scout and therefore not covered by insurance.

To date, after some chasing, I am still awaiting the information from the following, Blandford Riversdale Beavers and Portman Cubs, Bourton Cubs, Charlton Marshall Beavers, Gillingham Thursday Beavers, Monday and Tuesday Cubs, Shaftesbury Cubs and Scouts, Sturminster Newton Cubs, Winterborne Whitechurch Cubs and Scouts

All I ask is that you help me to help you, Can I PLEASE have all completed personal information and Placement Agreements forms returned to me by the end of December 2017 that gives you 6 weeks to do this simple task. Please include any new Young Leaders.

ADULT APPOINTMENTS AND DBS

John Kerley. Chair AAC. john.kerley@yahoo.co.uk Helen Graeser. DAS. northdorsetscouts@gmail.com

An AAC was held on the 1st November 2017 at Sturminster Newton HQ where 7 new leaders were seen.
A Beaver Leader, Cub Leader and a Scout Leader for Blandford.
A Beaver Leader and 2 Scout Leaders for Sturminster
A Cub Leader for Winterborne Whitechurch.

My thanks to Beth and Mandy for making up the appointments committee.

The next AAC is on the 29th November 2017 at Gillingham, again 7 new Leaders to be seen.

ACTIVITIES

Rob Young. ADC Activities. youngrob@aol.com

Terrain 1 permits

County is planning to run Terrain 1 training and assessment in the New Year (dates to be confirmed, but possibly March/April time). If you are thinking about doing your Terrain 1 permit, please register your interest with Andy Young (ACC Land Activities - young.andy@ntlworld.com). Once he has sufficient numbers he will be able to arrange a suitable course.

ADDITIONAL NEEDS

Sheila Kerley, ANA. kerleysheila@yahoo.co.uk

Migraine in children and young people

Migraine can affect people of all ages, even very young children. Over 10% of school aged children have migraine and they can feel worried, frightened and isolated during an attack. It is therefore important that understanding is shown to children affected by migraine.

What is migraine?

Migraine is a much-misunderstood condition, often thought of as 'just a headache'. In reality, migraine is extremely debilitating, with those affected unable to participate in their normal daily activities. Migraine affects the whole body and can result in many symptoms. Although a severe headache is common in adults, it is less of a feature in children, for whom abdominal pain, nausea and vomiting may be the key symptoms, sometime without the presence of a headache at all.

Most cases of childhood headache are an isolated occurrence and the cause of the headache is clear such as a bump on the head or an infection such as a common cold. In children with migraine, the headache may also be accompanied by:

- sensitivity to light, sound and smells
- abdominal pain, nausea, vomiting
- 'aura'- neurological symptoms such as visual disturbance, confusion or numbness

A migraine attack in children may last for as little as an hour, but can be as long as three days and the symptoms resolve completely between attacks. However, a child can feel 'washed out' for a couple of days after an attack. The frequency of attacks varies, but the average is one per month. Migraine affects both boys and girls and can occur at any age, although there are peaks at which they begin; age five and also at 10-12 years (after which it becomes more common in girls, who often experience their first attack around puberty). There is no 'test' for migraine, so diagnosis depends in the history and pattern of attacks.

Abdominal migraine

In at least 4% of children, the predominant symptom of migraine is abdominal pain, possibly without headache, or the headache is mild. If a child has episodic attacks of abdominal pain (the pain does not come and go during the attack itself) which may also be associated with increased sensitivity to light and sound; appearing pale or flushed, dislike of food, nausea and vomiting, changes to bowel movements, and which cannot be attributed to another cause, it is likely to be migraine.

If you suspect a child is affected by migraine:

Discuss this with the parent/ guardian, it is important that a doctor is consulted so that the diagnosis can be confirmed.

The 'aura'

Around 20% of children with migraine will experience 'aura'. This usually takes the form of visual disturbances, such as blurred vision, flashing lights, blind spots or zigzag patterns. Less common symptoms include pins and needles, weakness of limbs, or speech disturbances. Younger children may not have the vocabulary to describe what is happening to them, and say things like 'I can't see' or 'the sun/ light is hurting my eyes'. The aura phase of the attack- which can be very frightening for the child- can last up to 30 minutes, and usually precedes the headache/ abdominal pain by 20-30 minutes.

How does migraine affect the child?

As with adults, migraine in children is a disabling condition which will prevent the child from continuing with normal daily activities. However, much can be done to help reduce the length and/or severity of an attack and help a young person get back to normal. It can also be surprising how quickly a child or young person can recover after a migraine attack.

How to help during an attack

- *show understanding and take the young person's concerns seriously*
- *allow the young person to rest in a quiet, darkened room if possible (some children like to be reassured with company, others want to be left alone)*
- *sleep can hasten recovery*
- *telephone the parent/ carer if appropriate*
- *encourage the young person to eat or drink a little if possible, although if nauseous, they may be unwilling/ unable to do so*

Medication

Often young people do not require medication to treat their migraine, and will recover well with rest and/ or sleep. Vomiting will also sometimes ease or relieve the attack. Over the counter analgesics, such as paracetamol and ibuprofen may help (aspirin based products should not be given to children under 16 years old). Some young people with migraine may also have prescribed medications from the GP.

Future attacks

If appropriate, speak to the parent/ guardian regarding the child's migraine, possible triggers and how to avoid or limit these during Scouting activities, and how best to help if the child experiences an attack whilst in your care.

Why do children get migraine?

There is still much to learn about migraine, but common triggers can include:

- **dehydration**- *children should drink 1-2 litres of water each day*
- **food-not eating regularly**- *a long overnight fast can contribute to an attack and therefore as a general rule, young people should not go longer than 2-4 hours without food during the day, or 13 hours overnight. Breakfast should not be skipped. Young people may also need snacks during the day to help prevent an attack.*
- **food- particular foods**- *at least 15% of young people with migraine can identify a food trigger for headaches. Caffeine containing drinks eg. cola, cheese, chocolate and citrus fruits are commonly reported. The key aim is to have a sensible and regular diet.*
- **stress and anxiety**- *stress can be a key migraine trigger. Children, like adults, should have plenty of time for rest and relaxation and any concerns should be addressed. For example, bullying or unrealistic expectations on performance could contribute to an attack.*
- **changes in sleep patterns**- *late-night sleepovers or long lie-ins can contribute to an attack. The aim should be 8-10 hours sleep a night.*
- **excitement**- *looking forward to a special trip/ event or over stimulation, such as a frightening film, can bring on an attack.*
- **television, computers, video games**- *a child should not spend over 45 minutes on these without a break.*
- **exercise**- *children should aim for 30 minutes of aerobic activity at least three times a week, with adequate food to provide the extra energy required, balanced with enough rest. A starchy snack such as fruit or a sandwich prior to exercise, and water to drink afterwards will help prevent an attack.*
- **stuffy atmosphere**- *children should be allowed to spend time in the fresh air each day. On occasions a child who begins to feel unwell may be helped by a few moments outside.*
- **light**- *bright, flashing or flickering lights can cause problems, including strong sunlight, computer screens, or strobe lighting at discos. Allow young people to wear sunglasses or avoid certain situations if light is a known trigger for them. It is often not just one trigger that causes an attack, but an accumulation or combination of several factors. If triggers can be identified it can be possible to make changes to help.*

EDITORS NOTE

John Kerley. john.kerley@yahoo.co.uk

Chil, Cub Leader at Motcombe, is now back to work two days a week and he is getting out and about in the village and further a field.

OUR DISTRICT CHAIRMAN'S CHUNTERINGS

Liz Greenway liz.littlewolford@btinternet.com

After sundry reminders from the editor, I have finally got round to writing something for the newsletter. Thanks to the wonders of modern technology, I am writing and sending this from St. John's Newfoundland, where we are at the start of cruise round the St. Lawrence Estuary. With the start of the new school year, I do hope everyone has come back refreshed and brimming with renewed enthusiasm and bright ideas, and ready for the challenges the next year will bring. However, don't worry if the bright idea department feels a bit thin: Scouting magazine, Scouting plus and the web site can offer you plenty of ideas for activities. Don't forget that colleagues from other colonies, packs and troops are also helpful and useful sources of ideas: please share your ideas and help to support our new leaders as they start their training.

Whilst last year saw celebrations for Beavers and Cubs, Scouts and Explorers I hope are looking forward to Jurassic Jamboree next summer: not merely a County Camp but also an international camp and I understand that there have already been enquiries from units in several countries. Please do encourage your young people to attend the Jamboree. An international camp is a very special experience whether it be at home or overseas, and not leaves you with some special memories, but can lead on to other things and challenges.

This year also sees a revamped Executive and we hope to be able to provide an even better level of positive and practical support to Scouting in North Dorset.

Meanwhile, whatever your role in Scouting, please enjoy what you do: B-P always was of the opinion that if you enjoyed what you were doing, then the lessons learnt would remain for lifetime.

Happy ScOUTing!

Liz Greenway

District Chairman.



Editor John Kerley at john.kerley@yahoo.co.uk All copy for the January 2018 edition to be submitted by the 31st December 2017 please.