



# North Dorset Scout District Newsletter



Issue 3 Number 1

January 2018

**"HAPPY NEW YEAR"**

## FROM OUR DISTRICT COMMISSIONER'S DESK

Simon Young. DC [simon.young@wates.co.uk](mailto:simon.young@wates.co.uk)

Well happy to new to you all, I do hope that you have all had a relaxing Christmas and relaxing new year. From a district point of view not a great deal has occurred apart from some changes in some groups which is being dealt with locally. The next big event in the scouting calendar for the district is the St George's Day celebrations and as such I am on the lookout for two or individuals to head this up this year for the short duration of the event, if you are interested please do contact me direct or I will have to try and bend a few arms.

County wide the annual census is looming at the end of the month and as discussed at previous meetings etc. there are a few changes that are different from previous years, I urge you all to ensure that the numbers are correct with you current standings.

Also it looks like we will be getting the on line scout manager (OSM) for all sections in the district as part of the capitation that we will be paying for county wide subs, so bear this in mind for when you are looking at renewing this this year, no date is set yet but I do expect it in the first half of the year.

Just so you are aware, the revamped website is now up and running

It's on this link <http://www.northdorsetscouts.org.uk/>

Please have a look, I can update as required.

We are still looking for a district media guru that can take this on as well as a few other bits please have a think and let me know, I think it would suit a younger person as they would more than likely be up to date with the means of communication we need to use.

Let's look forward to a great year of scouting and above all a great programme for our young people and enjoyment for all involved and this includes the adults.

Yours in scouting

Simon Young DC

## BEAVER CHEW

Jacque Harris. ADC Beavers. [adc.ndbeaverscouts@btinternet.com](mailto:adc.ndbeaverscouts@btinternet.com)

### AROUND THE COLONIES

This term has been full of festive fun, with Beaver Scouts everywhere not only enjoying Colony and District parties, but also bringing cheer to other members in their local communities.

Blandford:- A big well done to the Beavers who visited Whitecliffe House Care Home to sing Christmas carols for the residents. They also enjoyed a Polar Express themed Christmas Party, incorporating an Investiture into the evening.



*Stalbridge: - The Beavers have been working with the rest of the Group raising £150 by delivering Christmas Cards from their Annual Christmas Post box.*

*Sturminster Newton: - Have been celebrating their Beaver Scouts success at their end of year Presentation Evening, which included the award of two Bronze Chief Scout Awards.*



*The District 'Early' Christmas Party was held on 25<sup>th</sup> November and attended by around 60 Beaver Scouts who enjoyed traditional games and gingerbread decorating.*



## **2018**

*This year is looking exciting with Beaver Scouts being offered the opportunity to take part in their very own County Jamboree (BeaJam 18), as well as having the chance to see what goes on at an International Camp (Jurassic Jamboree).*

*Within the District we are also busy making plans for a trip to Longleat.*

*Keep your eyes open for the details, which will be appearing soon.*

**HAPPY NEW YEAR TO YOU ALL**

## EXPLORERS AND NETWORK REVIEW

Lionel Boyle. DESC. [Lionel.explorers@gmail.com](mailto:Lionel.explorers@gmail.com)

### DESC & Network January 2018

Since my last ramblings here the Explorers have been quite busy!

Exam time took its toll on some whilst mocks became all-encompassing for others. Not an easy time for these young folk but they appear to bounce back each time. It does mean that although their programme should be youth-lead it has to be helped along with suggestions and some on the spot impromptu activities.

The Explorers invaded our Capital City in the early part of November to see the sights, take part in the Escape Rooms and then on the Sunday they attended the Ceremony of Remembrance held at the Cenotaph. This is the second year they have attended but they do have a small hidden agenda and that is to get as close as they can to the Royal representative as possible.

Most of you will be aware that North Dorset has been blessed with an amazing seven young people being selected for the International Jamboree in 2019. There are no downsides to this news at all but we do have some fundraising to do so if you have any good fundraising ideas then don't be shy! We have already had a stall at the Shaftesbury Christmas light-up and one session bag packing at Tesco.

Network which is still in its infancy here in North Dorset has held two meetings and had a sleepover. It is still early days but once it gathers momentum I am sure it will grow.

**Yours in Scouting**

Lionel

## YOUNG LEADERS

John Kerley DDC [john.kerley@yahoo.co.uk](mailto:john.kerley@yahoo.co.uk)

To date, after some chasing and some success I am now awaiting the information from the following, Shaftesbury Cubs and Scouts and Winterborne Whitechurch Cubs and Scouts

If there are any new YL's in your Group sections PLEASE let me know.

John.

## ADULT APPOINTMENTS AND DBS

John Kerley. Chair AAC. [john.kerley@yahoo.co.uk](mailto:john.kerley@yahoo.co.uk) Helen Graeser. DAS. [northdorsetscouts@gmail.com](mailto:northdorsetscouts@gmail.com)

A very successful AAC, with Jenny and Debbie making up the committee, was held on the 29th November 2017 at Gillingham RBL.

Five very enthusiastic Leaders were seen and were recommended to move from pre provisional to provisional, they are

SA, Bourton Cubs.

ABSL, Bourton Beavers.

ABSL, Gillingham Beavers

SA, Gillingham Cubs.

ACSL, Gillingham Cubs.

The next AAC is on the 31<sup>st</sup> January 2018 at Blandford HQ and one is being planned for February 2018 at Shaftesbury.

## ACTIVITIES

Rob Young. ADC Activities. [youngrob@aol.com](mailto:youngrob@aol.com)

**The Dorset Scouts Activity Calendar for 2018 is now available.**

The calendar lists many activities for the young people including air activity weekends, sailing camps and mountain experiences. There are also many leader training activities ranging from RYA Dingy Instructor to Terrain 1 hillwalking.

So, if you fancy trying something new or increasing your knowledge of a particular activity, go to the County web site (<http://dorsetscouts.org.uk/wp-content/uploads/ACTIVITY-CALENDAR-2018-1.pdf>) for full details.

## AIR ACTIVITIES

John Kerley ADC Air Activities. [scoutaviation@yahoo.co.uk](mailto:scoutaviation@yahoo.co.uk)

Fairly quiet on both County and District air activities at the moment. Dates have been booked for the 2018 Aviation Camps at Henstridge Airfield; they are the 18th to 20th May 2018, the 26th to 29th July 2018 (A three night camp) and the 14th to 16th September 2018. Look out for an invitation from your ADS Scouts and DESC.

## ADDITIONAL NEEDS

Sheila Kerley. ANA. [kerleysheila@yahoo.co.uk](mailto:kerleysheila@yahoo.co.uk)

### **Muscular Dystrophy**

---

#### **Muscular Dystrophy and Muscular Atrophy**

##### **What are they?**

Muscular Dystrophy is the name given to a group of diseases which cause progressive weakness in the muscles due to a genetic defect. Muscular Atrophy describes another group of diseases which cause a progressive degeneration of the spinal nerves and wasting of the muscles that they control. Muscular Dystrophy and Muscular Atrophy frequently run in families and more often affect boys rather than girls.

##### **Living with Muscular Dystrophy and Muscular Atrophy**

**Duchenne Muscular Dystrophy** is usually only seen in boys and generally appears by the age of three; this progresses so that by the age of ten the young person is often unable to walk. Intellectual ability is usually on a par with their peer group but the condition can affect memory and verbal fluency; which may give the appearance of a learning delay. The life expectancy of this condition can be around 20 years. **Peroneal Muscular Atrophy** affects both adults and young people but seldom shortens their life expectancy. Degeneration of the muscles may lead to the use of a wheelchair.

**Spinal Muscular Atrophy** affects both sexes, but is more common among boys, symptoms usually develop between the ages of three and seven. Weakness spreads gradually, usually allowing use of the legs for about ten years after its onset. Life expectancy is not affected except in the chronic childhood form.

##### **Practical tips**

- ensure that objects are within easy reach- the older the individual, the more challenging they are likely to find it to stretch and grasp
- encourage physical activity where possible, including walking. This may need a level surface and/ or two people to assist- be guided by the young person
- as the condition progresses a wheelchair is likely to become necessary; this aid towards independence should be used wherever possible
- appropriate toilet facilities are necessary
- always seek assistance when lifting
- when planning activities take the individual's ability and mobility into consideration
- there is no reason why camping should not be possible
- don't let the individual remain in wet clothing or get cold
- check dietary needs, special diets to control weight are common
- try to allow for independence when eating; if asked assist by cutting food into manageable pieces and avoid overfilling drink containers
- at camp ensure that a mattress or camp bed is available if needed, splints may be worn to support joints at night

**Further questions to discuss with parents/ carers could include:**

- whether help will be needed for dressing
- whether it will be necessary to 'turn' during the night
- how to treat any sores which occur

Pressure sores may occur and you should check frequently for skin redness or damage. If the skin begins to break down seek treatment immediately- remember a pressure sore can develop in two hours, but can take many months to heal.

**Further information**

Discuss with the individual and/ or their parents/ guardians the extent to which help is needed and learn any practical tips that they may have to offer. Information may also be made available via parents/ guardians from the young person's medical supports which may offer further advice.

## EDITORS NOTE

John Kerley. [john.kerley@yahoo.co.uk](mailto:john.kerley@yahoo.co.uk)

Chil, Cub Leader at Motcombe, is now back to work three days a week (Monday, Wednesday and Friday) and he is getting out and about in the village and further a field.

## OUR DISTRICT CHAIR'S CHUNTERINGS

Liz Greenway [liz.littlewolford@btinternet.com](mailto:liz.littlewolford@btinternet.com)

I do hope that all of you and your families have had a Happy Christmas. As we stand on the threshold of a New Year, it hardly seems possible that 17 years have passed since the turn of the century. This means that all our current young members have been born in the 21<sup>st</sup> century!

The New Year however, is a time not only to count our blessings, but also to look forward to the challenges to come, both known and unknown.

What are the blessings? Well, it depends on each individual, but for many of us it includes the blessings of families and friends. This includes the wider Scouting family, which offers the gift of friendship and a support system in good times and in bad to us all.

What about the challenges? The most obvious one is the challenge for leaders in all sections of providing a challenging programme which is also fun. The greater challenge is to keep on doing this throughout the year, making sure that activities are not only FUN but challenge the individual, at the same time ensuring a balanced programme. This is a known and very familiar challenge, I know! Unknown challenges can come in all shapes and sizes, but they can be faced up to with the help that is out there in the District in the shape of the District Commissioner and his Deputy, along with the ADCs and other members of the District Team and Executive.

The secret of success in our units, groups and the District is teamwork, so let us go forward into 2018 resolved to extend and improve our teamwork so that Scouting in North Dorset is truly something to shout out about!

A Happy New Year to you all!

Liz Greenway

