



WE DISCOVER, WE GROW

Girlguiding



We are Girlguiding

We are the leading charity for
girls and young women in the UK

www.girlguiding.org.uk



We are for girls from 5 to 105! We have four sections - Rainbows, Brownies, Guides and The Senior Section - and 100,000 volunteers and supporters.

We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.



We are for all girls

We are for all girls and young women, whatever their background and circumstances. We offer them fun, exciting activities and the chance to make lifelong friends. You'll find us in many communities, helping to give girls a head start in life and encouraging them to be happy, self-confident and curious about the world they live in and the difference they can make.

Our groups are fully integrated to include girls with disabilities, and we offer grants to ensure that they and their carers can join us on camps and trips.

We employ outreach workers to encourage membership among hard-to-reach communities.





We give girls their own space

We give girls a place where they can really be themselves and share the experience of growing up as a girl in today's world. We provide a safe, non-judgemental environment where girls can explore the issues they care about while having lots of fun, enjoying new experiences and learning vital skills.

Our projects educate girls about sensitive issues affecting their peers around the world like violence against women, street children and girls' education.



Our peer-education programme and specialist resources support hundreds of girls each year to talk about subjects like eating disorders, binge drinking, drugs and sexual health.

We know from our research that being girl-only is one of the things our young members value most about guiding.



**We give girls
a voice**



We give girls the confidence, skills and information to make informed decisions. We offer a supportive, inclusive and exciting environment where they can reach their own conclusions about the world and we show them how they can speak out and take positive action to improve their lives and the lives of others.



Our annual conference for girls and young women involves them in making decisions at all levels of Girlguiding strategy.

We produce the UK's largest annual survey of girls' opinions - Girls' Attitudes - on issues from role models and equality, to university fees and plastic surgery.

We have a dedicated youth advocacy panel called Advocate! to help girls speak out publicly about issues they care about.



We change as the lives of girls change

We are relevant to today's girls because we listen to them and constantly evolve and adapt what we offer them - without losing what makes us uniquely us. We provide support, comfort and friendship in what can often seem a complex world for girls as they grow up.



Girls can get badges in everything from survival, world traveller and independent living through to science investigator, stargazer and adventure.



Our camps, holidays and trips give girls the chance to try new adventures, from quad-biking, orienteering and abseiling, to zorbing, canoeing and zip-wiring.

Twice a year Girlguiding hosts the BIG GIG - a massive pop concert for more than 20,000 Guides with performances from some of the biggest and most popular current artists.



We have fun



Rainbows

Rainbows is all about developing self-confidence, building friendships, learning new things and having fun. Girls get their hands dirty with arts and crafts, trying out cooking and playing games. Rainbows is all about learning by doing.

Rainbows are girls aged five to seven (four to seven in Northern Ireland) and follow a programme called the

Rainbow Jigsaw, through which they can take part in lots of different activities with girls their own age.

See what Rainbows do at www.girlguiding.org.uk/rainbows.

We do lots of cool stuff

Brownies

Through regular meetings, special events, day trips, sleepovers, camps and holidays, Brownies learn new hobbies, play music, explore other cultures and get adventurous outdoors.

Brownies are girls aged seven to ten who become a member of a Six and follow a programme called the Brownie Adventure.

Brownies opens up a world of exciting challenges and the opportunity to try new things and to make brilliant friends.

Try out something new at www.girlguiding.org.uk/brownies.



We make things happen

Guides

By becoming part of a worldwide community of girls who learn together and share skills and experiences, Guides have the chance to get out there and do something really different.

Guides are girls aged 10 to 14 who are given the chance to explore their individual skills and abilities and try out new challenges as part of a team. Girls can get involved in anything from adventure sports to performing arts, travel and taking part in community action projects.

Discover how to be part of the action at www.girlguiding.org.uk/guides.

The Senior Section

Members of The Senior Section can choose from a wide range of unique and exciting opportunities, including travel in the UK and around the world, volunteering with younger girls within Girlguiding as a Mentor or Leader, and working towards valuable qualifications.

The Senior Section offers young women aged 14 to 26 the opportunity to develop their skills and abilities through a flexible and inspiring programme.

Explore more at www.girlguiding.org.uk/theseniorsection.



We explore more

Every hour counts

Girlguiding isn't just for girls

Guiding happens thanks to more than 100,000 amazing volunteers - men and women who give their time to ensure that we are active in every part of the UK.

Our incredible volunteers contribute more than ten million hours to guiding every year. Some give us a couple of hours here and there - helping out with driving for trips and holidays, fundraising and events planning, or even doing the annual accounts for local groups. Others give their time as Leaders or Assistant Leaders for units, providing girls and young women with a space where they can be themselves.



In return, we offer everyone support, specialised training and the opportunity to develop new skills, meet new people and enjoy themselves.

Being a volunteer with Girlguiding also gives you access to a great range of benefits - like free training and resources, as well as a fabulous members' scheme offering you discounts on high street brands.

Find out where guiding is near you, or register your interest at www.girlguiding.org.uk/interested or call us on 0800 1 69 59 01.



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Contact us

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Girlguiding location
17-19 Buckingham Palace Road
London SW1W 0PT
Tel: 020 7834 6242
Email: info@girlguiding.org.uk

Registered charity number