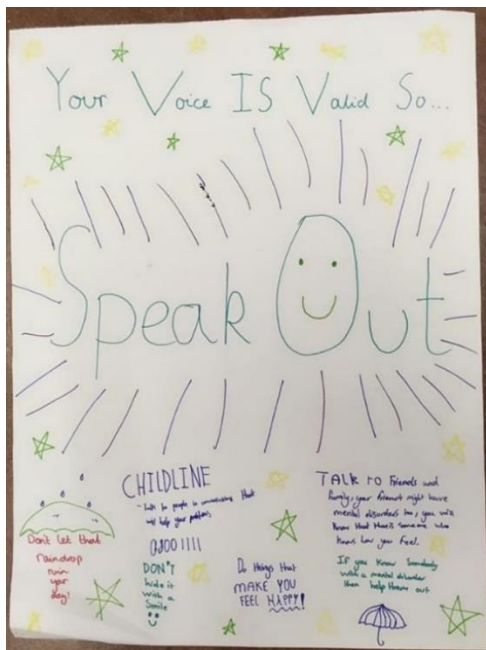


Mental Health

“Don’t let that raindrop ruin your day!”

Mental health problems affect so many people, of all ages, yet it is not often something talked about openly.



Here’s just one of the posters that the 27th Cambridge Scout Troop produced

[Time to Talk Day](#) on the 6th February encourages everyone to be more open about mental health – to talk, to listen, to change lives. The next [Children’s Mental Health Week](#) will also take place 3rd -9th February.

Cambridgeshire Scouts are working to increase support in this area across the county. There are more Youth Mental Health courses on [7th-8th March](#) (Peterborough) and [16th-17th May](#) (St Ives).

Cambridge District First Aid Team offer mental health sessions for young people and are also happy to share plans or ideas on how to run the activity. Simply contact them via 1staid@cambridgescouts.org.uk

County Commissioner’s Message - Chris Ward

Top Awards

Earning any of our Top Awards is a major achievement in scouting, so each and every young person who earns one should feel rightly proud.

I was pleased to be invited to present several such Awards during the Hitchhikers Explorer Scout Unit Quiz Night in Duxford:

- [Queen’s Scout Award](#) to Emma Kelleher, Section Assistant at 1st Linton Scouts and part of Newmarket Scout Network
- Chief Scout Awards to Unit members George Weston ([Diamond Award](#)), alongside Isabel Weston and Lola James ([Platinum Award](#))

Gaining her Gold [Duke of Edinburgh](#) (D of E) was instrumental to Emma’s achievement, so I am pleased to see the [progress](#) that Tony Best and his team are making in supporting Cambridgeshire leaders in delivery of the D of E scheme (see page 4).

Building skills of our volunteers

I am also really encouraged at the progress we are making with training and support across the county, including sharing practical courses being organised at local level – such as [climbing skills](#) and [minibus driver training](#).

If you haven’t already taken a [look at what’s available](#) why not do so now?

Census

I’m looking forward to seeing the outcome of the 2020 census, so please ensure you submit on time.

Are you “on brand”?

Nearly 2 years after it was launched the deadline for using the latest branding is looming fast, so are you ready?

The [Brand Centre site](#) is simple and free to use, as is the font. You can amend and download items for free, ready to print locally.

If you would like some help using the Brand Centre site then why not [book onto one of the short 1 hour workshops](#) on Saturday 7th March at County Office (St Ives).

Here’s a few examples of things to check / update:

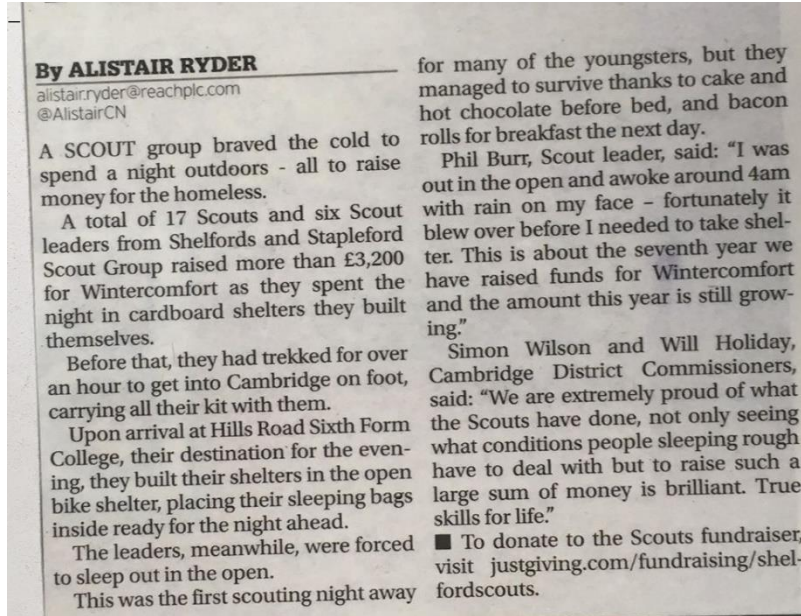
- Websites and social media (and do they have current content too?)
- Newsletters, fundraising posters, recruitment leaflets
- Clothing, signage, banners next time you place an order

Any other query please e-mail communications@cambridgescouts.org.uk

Cambridgeshire Scouts in Action

Have you submitted items on one of the Facebook groups or direct to the website yet (either by the news form or e-mail to communications@cambridgeshirescouts.org.uk)? Please consider doing so – and encourage your young people to be involved in writing them. Here are a few items from January 2020

The Cambridge News printed this great article about Shelfords & Stapleford Scouts – [see full article and photos here](#)



Youth Mental Health First Aiders, from across the county, who completed the first course

2nd Chatteris Scout Group enjoyed their annual "all sections" hike, with families along too



What a star! Congratulations to another [Queen's Scout Award](#) recipient, Emma is from Newmarket Network



Whittlesey Explorer Scouts partied with thousands of their scouting family at [Gilwell Winter Camp](#)

1st Needingworth Scout Troop built planters to be used in areas around their local community



Focus on... People

Suzi Kane, Deputy County Commissioner – People

Suzi has worked in Human Resources (HR) and training for nearly 20 years. This began with co-ordinating the training function of a large insurance call centre before moving into HR, then moved to an HR team for a Multi Academy Trust and currently works for a fashion retail company supporting stores in East Anglia, London and South East England.

She lives in Peterborough with her mum and 17-year-old son. Her Grandfather was a leader in London, and her Mum was a Cub Scout Leader in Peterborough. Suzi became a Cub Scout Leader with 48th Peterborough (Werrington) when her son became a Beaver



What does the County People team cover?

The [People team](#) are there to support adults in Cambridgeshire Scouts throughout their volunteer journey. This starts with appointments and the “Getting Started” process, all required [training](#) modules for each role (through to Wood Badge where relevant) plus [mandatory on-going learning](#) and supplementary training.

Another vital area is supporting the [Young Leader Scheme](#), helping to grow our next generation of leaders through their 4 year "apprenticeship" scheme. Training modules are put on regularly through the year and across the county, details of forthcoming events [on the county calendar](#), and new for 2020 is a “[Mission Workshop](#)”.

Part of the team is working to make sure that our volunteers are recognised for the amazing work they do, by increasing support at all levels for [Award nominations and citations](#) - to ensure those that have gone “above and beyond” get recognised for their contribution.

Joining the team

We have recently welcomed Lynne Radbone as County Training Manager (Wood Badge) and Asa French in delivering First Aid training, both of whom bring a wealth of scouting and professional experiences to these roles.

There are more opportunities available to join us as we continue to grow the team, check out the [vacant posts](#) (such as volunteer induction, safeguarding, training administrator and local training managers) and get in touch via suzi.kane@cambridgeshirescouts.org.uk

Diversity & Inclusion

“Diversity is having a seat at the table, inclusion is having a voice, and belonging is having that voice heard.”

Policy

The [policy](#) of The Scout Association is to include young people with [additional needs and disabilities](#) in mainstream Scouting wherever possible, with [reasonable adjustments](#) made where practical.

Some facts

- Over 1 in 100 people have autism, 40% of children with it have been bullied, 22% say they have no friends.
- 20% of children may experience mental health problems every year. 50% of mental health problems are established by age 14.
- 1 in 10 children aged 5-16 have a diagnosable condition. There are over 350,000 U.K. children with a disability.
- 1 in 25 young people identify as LGBT in the U.K.

Training and support

To support our volunteers a range of training and support is available:

- [Inclusion training](#) - Ideal for those working towards modules 7, 14, 15 and 36, those who may need some new ideas for how to be inclusive or those who just want to ensure they are up to date with current thinking. The full day covers a range of disabilities and needs, including briefly touching upon mental health.
- [Autism e-learning](#)
- See page 1 for details of the adult [Youth Mental Health training](#) courses and mental health sessions for sections.
- Contact our County Adviser - for more advice, help updating COMPASS to record any training completed or if you are interested in joining the planned Scout Active Support Unit caroline.spaxman@cambridgeshirescouts.org.uk

Celebrating diversity

[February is LGBT+ History month](#) , a great opportunity to celebrate scouting’s diversity and inclusivity.

Snippets from

Support

Census 2020

Good progress is being made with 85 of the 442 returns due across the County ready for approval, and 6 already approved. [Full details and FAQs.](#)

County Office Wi-Fi

The office broadband has this month been upgraded to fibre, which has noticeably increased speed for those using laptops and tablets at meetings.

[All Members' Online Meeting](#) – 7.00pm to 8.30pm 11th February

Hear from the UK team about programme planning, the tools you can use to help young people achieve their Chief Scout's Awards and what one County has done to help their older sections earn their Top Awards (if unable to make it use the same link to listen to it later).

Perception

Newsletter Survey Results

Thank you to everyone who provided feedback Edition1 of this newsletter.

In summary the majority view was to use this format, and to issue once a month. We will do so for 2020 (we will aim for the first weekend of each month), and then ask your opinions again.

There were also some helpful suggestions - adding page numbers (done), post the newsletter to the website for future reference ([done](#)) and working closely with Districts to minimise duplication (starting to work on).

New Active Support Unit

The new Communications Scout Active Support Unit is now set up and looking for members to join!

The aim is to build a team of volunteers that have a one or more related skills (social media, websites, photography and video (including editing, using the brand centre to produce a range of items, radio shows, giving interviews, general promotion, press releases, engaging with partners to support scouting and....)

E-mail louise.clover@cambridgeshirescouts.org.uk for more details.

Growth & Development

Together with Kathryn Andrews, Area Manager for the Regional Services Team (RST) we have reviewed current projects and agreed additional support to Fenland District (following the appointment of Ian Bullard, as District Commissioner). Chris is also keen that the team supports the RST at events, seeking more adult volunteers.

We received positive feedback from Fenland and Crafts Hill volunteers on the most recent Executive (Exec) Committee Workshop. The event is designed to support Exec members so that, as Charity Trustees, they know the statutory responsibilities they have and the current processes to be followed. (There is also a [great resource](#) to use when recruiting Exec members). Bookings are open for [28th February](#) (Fordham), [2nd March](#) (St Ives) and [8th June](#) (St Ives).

The G&D team is supporting the delivery of the new national 3-hour Safeguarding course. This covers various indicators of abuse, some case studies and the detailed scouting process to be followed where concerns arise. Feedback from the January event is that it is much more useful than the e-learning, and there have already been requests for more courses around the county. Dates will be shared on the county website as soon as they are available.

Assistant County Commissioner (Group Scout Leader (GSL) Support) is an exciting role in the G&D team to provide direct support to the GSL community. Interviews will soon take place to appoint a new volunteer to the role.

The team also has a vacancy for a volunteer [analyst](#) to help inform the County's future growth planning.

Programme

Meetings and Events

The next Beaver Leaders "[Gnaw and Natter](#)" is County Office on Sunday 9th February from 11am. Come along to meet other leaders and the County Beaver Scout team, share ideas and challenges or just to find out more about what's going on.

Three Duke of Edinburgh (D of E) Award scheme courses will run over the weekend of 21-23 February. One is an introductory session for new D of E Leaders, Supervisors and Assessors; the others being for Expedition Supervisors and Assessors. [Get in Touch](#) for more details.

Plans are underway for the official [Bushscout](#) launch in June. Members of this growing Scout Active Support Unit are working hard to refine their training to help leaders to deliver practical skills to their sections.

Watch out for the launch of "[Beavers Go Wild](#)" (3rd May), [Beavers in Tents \(BiTs\)](#) (19th-21st June), a Beaver Scout weekend event (September, date to be confirmed) and the re-launch of the "Cub Challenge" weekend (October, date to be confirmed).

Next is to sort meetings for [Network](#) leaders and members, to help further develop this important area for encouraging youth members towards leadership roles, and to aim to encourage achievement of Awards.