**Girlguiding Essex South East Coming Together Day 2022**

**(also known as County Training Day)**

**Saturday 30 April 2022**

**The Sweyne Park School, Sir Walter Raleigh Drive, Rayleigh, Essex**, SS6 9BZ

(**car park** entrance via Cheapside West, Rayleigh, **SS6 9DE**)

Timetable: from 09.45 Registration in main entrance & coffee/tea in dining area

 10.15 Welcome in the hall

 10.30 -12.00 morning training sessions (including coffee break)

 12.00 – 13.30 Lunch break including ‘Social Hub’ in the hall

 13.30 - 15.00 Afternoon training sessions

 15.00 Depart

**Important information:**

This event is open to all Leaders and Young Leaders. Please return application form no later than **Thursday 14 April 2022**, to esssexsetraining@gmail.com or if email is not possible please contact via email to obtain address.

If possible, could the unit, or one member of the unit team, please pay online to the County bank account, then claim back from the unit. Fee per participant is £5.

*30-96-94*

*23304460*

*Essex South East Guide Association*

Please use the unit name as the reference.

If online payment is impossible, please post a unit cheque with your application form.

Please use your attendance certificate as your receipt. NB the fees for this event are a legitimate unit expense; if paying the fee will cause financial hardship for your unit please email: esetreasurer@gmail.com for details of possible financial assistance.

It is not possible to acknowledge all applications; you will be contacted in case of difficulty with your chosen sessions. It is sometimes necessary to change sessions on the day, in the event of Trainers becoming unavailable at short notice.

**On the day, please note**:

1. Park neatly and considerately (the car park can be busy with other users of the premises).
2. If for any reason you are unable to attend on the day please send a message with another participant or call/text 07866 461910 or 07838 325586 on the morning.
3. Please ensure you attend the session you have been allocated. The Trainer will have a register and will re-direct if you arrive for the wrong session.
4. Lunch will be provided, as will welcome, mid-morning and lunchtime drinks.
5. Should you have any training queries please contact Julie Nye at essesxsetraining@gmail.com
6. Young Leaders under 18 – **please remember your completed one day activity form**. Form can be downloaded from ESE Essentials newsletter.

**Morning Sessions:**

A Coping with young members with additional needs and difficult behaviours

B Introduction to Girlguiding for new leaders including Programme

C Managing unit accounts

D Taking your unit out and about

E Preparing for Residential Events and REN forms

F Commissioners ‘Doing it Right Together’ - an air and share session for Commissioners or

 those considering volunteering for this role

G Internet Safety

H First Response Life Support module 1 – to complete the course 2 x Zoom sessions, at

 future dates to be decided, will be required, as the short practical is no longer

 permitted

**‘Social Hub’ – in the hall during the lunch break:**

* **Bring some change to help Leaders/Rangers fundraising for international trips**
* **Visit the REN/Residential helpdesk**
* **Visit the GO helpdesk**
* **Try your CPR skills with our new Annie which records how well you do**
* **County Badge Secretary with Bronze, Silver & Gold Awards**
* **Meet friends over a coffee/tea**

**Afternoon Sessions: Those sessions marked \*\*\* will run for 40 mins and then be repeated, so you may choose 2 of these sessions**

\*\*\* 1 Yoga – please bring stretchy trousers, a drink and a towel/mat

\*\*\*2 Ice your yourself a cake – and then eat it!

\*\*\*3 Bead craft key ring animals

\*\*\*4 Simple whittling for beginners

\*\*\*5 Campfire and other silly songs

\*\*\*6 Simple knots and lashings

\*\*\*7 How to lay a fire (and light it if permitted)

 8 Geocaching

Lunch details:

Warm bagels will be supplied by Billericay Bagel Company. There will also be crisps and fruit and mini chocolate bars for dessert.

Tea, coffee, squash and water will be available.

Please select one of the following bagel fillings and enter that on your application form:

A1 Hot Salt Beef

B2 Smoked Salmon and Cream Cheese

C3 Coronation Chicken

D4 Buffalo Mozzarella with Salsa and Rocket

E5 Avocado and Cream Cheese

F6 Hummus and Roasted Pepper

NB The company is unable to source gluten free bagels, but there will be gluten free rolls or gluten free bagels (which we will toast to make them a better texture).

If none of these fillings suits your specific dietary needs, please contact essexsetraining@gmail.com to discuss other options.

Please let Trainers and those with dietary requirements go to the front of queue. If you cannot find space to eat in the dining area, feel free to sit in the hall. Your choice must be pre-ordered by **14 April 2022**.