



GUIDING FOR ADULTS  
Trefoil Guild



# Guiding for Adults

## Be part of it!

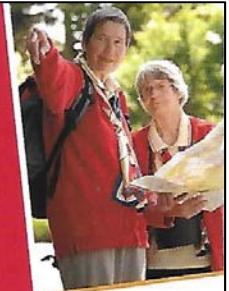
In Trefoil Guild, women and men aged 18+ make new friends, travel, explore, serve their communities and help Guiding (and Scouting) thrive across the UK!

Find out more inside and at [www.trefoilguild.co.uk](http://www.trefoilguild.co.uk).



# Guiding isn't just for girls

Whether you're involved in guiding or not, Trefoil Guild is a wonderful opportunity to meet like-minded people to share your next adventure - whatever that might be!



Every local guild is a ready-made circle of new friends, and once you join, you'll want to stay! Each group plans its own programme, tailored to the interests that members bring with them - and the new passions they discover, whether that's walking, crafts, travel or singing - or something else altogether.

'Since 2007 the camping and caravan group has met twice each year. Perhaps our most unusual regular camper is a tortoise.'



With guilds of all types and sizes across the UK, it isn't surprising that women and men find fun and friendship in Trefoil Guild. Or that they are keen to welcome new members so they can share the benefits too.

## Everyone's welcome

'I wish I had found Trefoil years ago. At once I was among good friends, with the same outlook on life.'

## Giving something back

Trefoil Guild is a sister organisation to Girlguiding and its members agree to support the guiding ethos - including the pledge to help other people. Many members pass on their skills and knowledge to local guiding units, from helping Brownies work towards a badge to preparing older girls for a greenfield camping adventure.

Many guilds have a partner charity in the UK or overseas, and use members' experience and skills to raise much-needed funds, run events and provide practical support to hundreds of deserving causes across the world. In previous years, local guilds have supported air ambulances, animal sanctuaries, 'send a cow' projects in the developing world, local hospitals, youth clubs and hospices - and many more.

'Our hosts were the Sisters of Mary Immaculate. We had helped them after the tsunami which destroyed so many of the villages where the sisters were involved in education and training. It was heartening to see their lives improving.'

'I first became involved with working donkeys in India when I stayed at Sangam with Trefoil Guild members in 2002. Over the last ten years, we have seen a great improvement in the condition of the working donkeys and their owners.'

'Whitwood Trefoil Guild accepted the challenge of knitting 70 tabards and hats for premature babies in Africa and actually made 187!'

'West Glamorgan Trefoil members took part in the Swansea "Race for Life" in memory of a former member.'



## Something for yourself

It's not all about the girls - there are plenty of opportunities for members to try something new, take on a new personal challenge and escape the daily routine. The best thing is that what you do is up to you!

If you enjoyed the challenge of completing your Duke of Edinburgh's or Queen's Guide Awards (and even if you missed out), you'll love the Voyage Award. At each level (Bronze, Silver or Gold) you'll gain recognition for the time and energy you already give to your hobbies and volunteering, and be challenged to try new things. The five sections (Service, Myself, Teamwork, Skills and Explore my World) are flexible enough to cover almost anything you'd like to have a go at, from astronomy to yoga - and there's no age limit.

'We had the opportunity to try archery, rifle shooting, bowling and a treasure hunt.'

'Highlights of our trip to Mexico included a visit to the archaeological site at Teotihuacan, the Sun and Moon Pyramids, a salsa lesson and a ride in a cable car.'

'We enjoy coffee (and food, of course), great fun and a lot of laughter, and find our monthly meetings are great stress-relievers.'

'Six members enjoyed a fantastic day racing down the rapids at the National Sports Centre while trying white-water rafting.'





## We're flexible

Across the UK, there are over 1,100 Trefoil Guilds - some meet every week, others less frequently, perhaps in the evening or at weekends. There's even an Internet Guild for members who prefer to meet online, and Trefoil Guild in Foreign Countries and UK Overseas Territories (TGIFC and Branch Associations) for those moving outside the UK. Find your nearest guild at [www.trefoilguild.co.uk/get\\_involved.aspx](http://www.trefoilguild.co.uk/get_involved.aspx).

If you don't see a guild near you, don't despair. It's easy to set up a new one at a time and venue that suits you, whether that's in your home or at a local meeting place. Six members are all it takes to get started - although you'll be sure to attract new members in no time!

'The guild operates on a drop-in basis, with meetings scheduled for different days of the week, some in the evenings and some during the day. That way people can fit it around work and family commitments.'

'We meet on different evenings of the week and at differing venues across the County - one meeting place is an optician's!'



Trefoil Guild, as a branch of the Guide Association, offers members personal and social opportunities whilst supporting Guiding and Scouting.

## Be part of it

To learn more about Trefoil Guild, to join us, or to find your nearest Guild, go to

[www.trefoilguild.co.uk](http://www.trefoilguild.co.uk)  
or call 0800 1 69 59 01.



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Registered charity number 1075232  
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