



I am interested in Lone Guiding

- Rainbow 5 - 7 years
- Brownie 7 - 10 years
- Guide 10 - 14 years
- Senior Section Member 14 - 26 years
- Leader 18 - 65 years
- Trefoil Member 18+ years

Name _____

Address _____

Postcode _____

Telephone _____

E-mail _____

Please return to:
The Scottish Lones Adviser
Girlguiding Scotland
16 Coates Crescent
Edinburgh, EH3 7AH

Tel: 0131 226 4511
Fax: 0131 220 4848
E-mail: GDManager@girlguiding-scot.org.uk

For more information visit our website:
www.girlguidingscotland.org.uk

**So get in touch soon.
We look forward
to giving you a
BIG WELCOME!**



How Do Lones Keep In Touch?

Instead of attending regular weekly meetings Lones keep in touch by:

- * Emailing
- * Text messaging
- * Telephone calls
- * Letters
- * Getting together

Lone Rainbows, Brownies, Guides and Senior Section girls also receive their own Newsletter.

“ Nearest Rainbows is 16 miles away. Annabelle is the only girl in her class at school so Lones gives her some girl contact. Best thing is getting post! ”

**Mother of Annabelle -
Kirkcudbrightshire Rainbow age 6**



Bringing Guiding to You

...wherever you are



Why Join Lones?

Just because you may not be able to attend your local unit Girlguiding Scotland can still give you the chance to take part in Guiding.

Joining Lones means that you can easily overcome the barriers that might have stopped you Guiding, such as:

- * There is no unit for a particular age group in the local area.
- * There is a long waiting list to join your local unit.
- * You have other time commitments, eg. studies or caring responsibilities, that prevent regular attendance at guiding meetings.
- * You have transport problems.
- * You suffer from an illness or disability that prevents you from attending regular meetings.
- * You live in a remote area.

“ I joined Lones because I couldn't join my local Patrol as I was busy Jazz Dancing and Highland Dancing. I can now fit Girlguiding around my busy life and homework. ”

Sarah - Shetland Guide age 13



Lones Is Open To All Age Groups

The Lone scheme is available to all young Girlguiding member sections (5 - 26 years):

- * Rainbows, Brownies, Guides, Senior Section.

And to Girlguiding adult members (18 - 65 years):

- * Senior Section, Adult Leaders.

The Trefoil Guild Scotland also has a Lones Guild for members aged 18 and beyond.

Lone Support Groups may be set up for Trainers unable to meet their peers on a regular basis.

“ My daughters joined Lones when at boarding school. Most rewarding aspect of being a Lone Leader so far... a letter from a hospital consultant saying how much being a Lone was helping one of their patients who had severe health problems. ”

Carole - Aberdeen Lone Leader age 55+



How Does Lone Guiding Work?

Young Lones are linked with a Leader, who helps them to choose activities, plan them and suggest ways to carry them out.

The Lone scheme for Girlguiding Rainbows, Brownies, Guides and Senior Section includes:

- * Girlguiding's Adventure, Creativity, Heritage and Community Action programme.
- * Girlguiding's skills and personal development programme delivered through Awards & Badges.
- * Participation in national and international camps and trips.
- * Outdoor events, such as Girlguiding Scotland's pop concert - The Tartan Gig.

Trefoil Guild Lone members are able to continue their Guiding friendships and keep in touch by:

- * Teleconference, email, Trefoil Guild website.
- * Social networking, meeting at Scottish AGM, helping with local Guiding events.
- * Contributing to and receiving the Trefoil magazine and Scottish newsletter.

Girlguiding Lones and Lones Trefoil Guild members can of course join their local Girlguiding meetings, and Scottish Guild meetings as and when they can.

