**Thanks for joining us!**

Girlguiding isn’t just for girls! As a member of the unit team you too can experience the fun, adventures and friendships that guiding offers our girls. To find out how you can get involved as an adult, please chat to me at the end of the meeting or give me a call.

If you’re not able to make a regular commitment, there are still loads of ways you can help!

Could you help out behind the scenes with admin, book-keeping or helping prepare activities, for example?

Or maybe you or a friend have a skill you could share with the girls?

Or maybe you have work contacts that could help our unit access even more opportunities?

All help is welcome!

**Your name:**

**Your contact details:**

**How could you support our unit?**

I’m interested in finding out about regular volunteering

I’m interested in finding out about occasional volunteering

I’ve got a useful contact I could share

I’ve got a skill I could share

Tell us more here