



Generation CashBack

CashBack Catalogue of support for units



Project support

By taking part in the Generation CashBack project, you and your unit could...

- increase confidence, resilience and skills
- help more girls participate in guiding for the first time
- offer more opportunities to a wider range of girls
- deliver more inclusive guiding
- be more financially secure
- access tailored training and support
- celebrate your impact and achievements

Read through the catalogue carefully and choose anything that applies to your unit.

CashBack gives you bespoke support, so if there is anything you would like help with that isn't in the catalogue please just ask!

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Grow – running your unit

Grow is about building the capacity of your unit and your unit team. Choose as many things off the grow menu as you think would be useful



1. Understanding the Girlguiding programme, for example

- Help with understanding or adapting specific skills builders, UMAs or interest badges
- Help you or your unit understand how the programme fits together
- Support fitting the 5 essentials into your programme

2. Understanding different games and why we play them

- Useful for newer leaders, young leaders or those who want a refresher

3. Supporting young leaders or external volunteers, could include:

- Completing the YLDP
- Helping young leaders and external volunteers step up and take the lead more
- Information pack on supporting patrol leaders sent to you

4. Using GO or the learning and development platform:

- Any support that you might need with these two systems

Grow – running your unit

Grow is about building the capacity of your unit and your unit team. Choose as many things off the grow menu as you think would be useful



5. Organising to take your unit on a trip or away overnight. This could include:

- Support with planning or logistics
- Help making trips possible
- Support to complete Going Away With scheme



6. Running units safely:

- Support with understanding and completing risk assessments
- Concerns about safety within your unit
- Help with behavioural needs that are affecting the safety of the unit



7. Sustainable guiding

- Support with making regular unit guiding more environmentally friendly
- Help taking your unit on public transport



8. Celebrating achievement of volunteers and young volunteers:

- Claiming Saltire Awards
- Supporting you to do thanks and recognition

Grow – trauma informed guiding

Grow is about building the capacity of your unit and your unit team. Choose as many things off the grow menu as you think would be useful



5. Supporting girls or leaders with specific trauma

- Help you create an adjustment plan
- Give you tools to support specific members or help you identify what you might need
- Support with understanding what trauma is and how it can affect everyone



6. Linking you with organisations that can help with specific needs in your unit

- We can put you in touch with other organisations or act as a go between for you



7. Accessing training around specific needs in your unit

- This can be guiding training or external training
- If you identify a need it may be that we run a training for just your unit or we invite other units along as well



8. Understanding ACEs (adverse childhood experiences)

- These are stressful or traumatic experiences that can greatly impact children and young people throughout their lives
- These experiences can shape all parts of a young person's life, including how they engage with guiding

Grow – growing guiding

Grow is about building the capacity of your unit and your unit team. Choose as many things off the grow menu as you think would be useful



9. Recruitment support:

- Information on different ways of recruiting
- Recruitment materials sent to you



10. Direct help with running a recruitment stall or event

- Help arranging a recruitment stall or knowing what to put on the stall
- A development officer to run the stall alongside you
- Help young members in your unit to plan a recruitment event



11. Support with completing the Fresh Start Challenge

- Become a waiting list warrior
- Become a shout out superstar
- Become a welcome wonder



12. Help you to take on other roles in guiding or support **inducting new volunteers**

- Find out more about roles you may not have considered

Grow – financial support

Grow is about building the capacity of your unit and your unit team. Choose as many things off the grow menu as you think would be useful



13. Funding for essential running costs or for equipment to build skills and confidence, which might include:

- Rent
- Membership subscriptions
- Materials for use in unit such as craft materials, sports kit
- Trips
- Transport



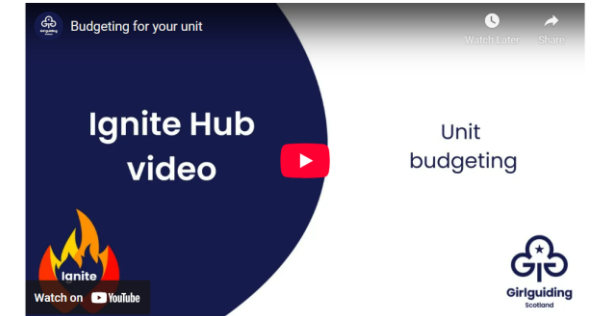
14. Support accessing other Girlguiding and external funds

- Help with identifying and applying for other funds
- Nominating your unit for Movement for Good funding



15. Registering with OSCR and claiming gift aid

- Support understanding and completing process



16. Help with budgeting for guiding

- Helping you set up a unit budget
- Helping you plan how you will spend your money in the short and long term
- Access to budgeting tool

Exclusions

Applications will be considered on a case-by-case basis, but the following exclusions apply:

- Meeting places donations
- Building maintenance and running costs, except rent
- Personalise unit or trips clothing ie hoodies
- International trips
- Debt or retrospective costs
- Contingency

Lead – leadership roles

Lead is aimed at developing the skills of the young members in your units. These are taster or info sessions that can be delivered in your units – either as a unit meeting or as a longer holiday session. You may wish to mix and match some of these sessions.



1. Taster or info sessions on in unit leadership roles such as:

- Patrol leader or second
- Rainbow or Brownie helper
- Young leader



2. Taster or info sessions on county or Scottish level leadership roles such as:

- Becoming a peer educator
- Being a Speak Out champion or Advocate
- Being a part of your county team



3. Session explaining different guiding awards such as:

- Young leader development programme
- Queen's Guide Award
- DofE Award
- Guide camp permit
- Lead away permit



4. Lead in the community:

- Help the young members to organize a recruitment or transition event
- Environmental leadership
- Contributing to your local community through volunteering

Lead – every leadership skills

Lead is aimed at developing the skills of the young members in your units. These are taster or info sessions that can be delivered in your units – either as a unit meeting or as a longer holiday session. You may wish to mix and match some of these sessions.



5. Confidence and resilience session

- Games and activities to understand and boost confidence and resilience



6. Goal planning

- How to create goals, be held accountable for them and celebrate your success.



7. Being a role model

- Learn how we can be a role model to other people and to ourselves,



8. Advocating for yourself

- How to stand up for yourself in various situations such as at school, with friends or in medical environments.

Lead – every leadership skills

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9. Online safety

- How to keep ourselves online and support our friends to do the same



10. Cyber resilience

- How to protect yourself and your data online



11. Problem solving

- Complete escape room style puzzles to practice problem solving, critical thinking and teamwork skills



12. Money confidence

- Understand how to budget and look after your money

Lead – every leadership skills

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13. Introduction to voting badge (Rangers only)

- Understand the importance of using our voice to vote



14. Introduction to volunteering badge (Rangers only)

- Understand what volunteering roles are available to you and different ways of volunteering



15. Campaigning

- Understand what's important to us as individuals, patrols or a unit and how we can take action big and small to make change



16. UNCRC (United Nations convention on the rights of the child)

- Helping us to know our rights and responsibilities, how to challenge when rights aren't being upheld, and how knowing our rights makes us better everyday leaders.

Lead – every leadership skills

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17. Pride

- Understand pride and different LGBTQ+ identities, learn how make your space inclusive and how to be an ally



18. Environmental leadership and the eco award

- Activities and games about considering the environment and the climate crisis in our actions
- Make a plan for starting the eco awards either as a unit or individuals



19. Event planning

- Gain the skills needed to plan an awesome event.
- CashBack can then help you to run this event



20. Healthy habits

- Learn and practice some habits for your mental and physical that you can introduce to your routines

Lead – challenge packs

Lead is aimed at developing the skills of the young members in your units. These are taster or info sessions that can be delivered in your units – either as a unit meeting or as a longer holiday session. You may wish to mix and match some of these sessions.



21. Own our zone

- How to make public spaces safer for girls and young women across Scotland.
- **Choose between the Development officer visiting to deliver this badge in your unit, or the badges and challenge pack can be sent to you to deliver yourself**



22. Out and about – grow and explore

- Spend time outside and indoors growing sunflowers, getting muddy in allotments, learning how to herd sheep and picnicking with Scottish produce!
- **This challenge pack and badges will be sent to you to deliver in your unit**



23. Media mindful

- Analyse how girls and women are represented in the media
- **The development officer will visit to deliver this in your unit. Badges are no longer available for this pack**



24. Period poverty

- Help break the stigma around periods and understand how being able to talk about our body makes us better able to advocate for ourselves and support our friends
- **The development officer will visit to deliver this in your unit. Badges are no longer available for this pack**

Lead – other

Lead is aimed at developing the skills of the young members in your units. These are taster or info sessions that can be delivered in your units – either as a unit meeting or as a longer holiday session. You may wish to mix and match some of these sessions.



25. Active adventures

- Using active travel like walking, cycling, scooting or wheeling, to get to the places we need to go
- **This challenge pack and badges will be sent to you to deliver in your unit**



26. Reach

- Reach is the annual exclusive CashBack event for young people from the four CashBack partners.
- This happens in March each year
- Planned and delivered by young advisors from the four partners – young people from your unit will have the opportunity to be on the planning team



27. Other

Is there something that you'd love to have delivered to your unit that isn't listed here?

Let us know and we'll see if we can make it happen!



For any lead choice delivered by the CashBack development officer, all members who take part will gain the exclusive CashBack badge!

Quotes from previous CashBack lead sessions

Hear from Guides and Rangers who've taken part

We learned how to plan events and manage money while doing so

The problem solving was very fun and exciting. I liked that it was something different to what we normally do

Making strong passwords & who to trust with information. I've learned a lot about cyber resilience

I enjoyed sharing my ideas and practicing the collaboration skills I've been learning at school

The paper chain game helped me work better as a team to keep connected

I have enjoyed learning more about taking care of the mental wellbeing of myself and others as well as mindfulness techniques



Any questions about anything in this catalogue?

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