

**Come and volunteer with us!**

Cringleford Rainbows packaged up stockings full of useful items for the homeless in Norwich at Christmas.



Perhaps you have fond memories of being involved in Girl Guiding as a youngster, or perhaps you haven't heard of the trefoil and promise? Either way, it doesn't matter.

Rainbows (the youngest age group of Girl Guiding - aged 5-7) are friendly and enthusiastic and love games, craft, food, science experiments and having adventures from our base at The Pavilion in Cringleford. Recently we have also helped the local community by completing a litter pick and making cards and donating gifts for the homeless in Norwich at Christmas.

In order to keep our group of 15 thriving we need adult volunteers now to support the running of the group, alongside existing adult helpers. Ideal candidates are women, of any age, who would be enthusiastic doing activities with the girls as well as some pre-meeting planning. There is a programme to follow for activities and people to share ideas with.

Meetings are currently on Wednesdays 5.15-6.15pm although this could be reviewed if necessary.

**Interested?** Get in touch and we can talk more about what it involves, and you can come and visit the group. Even better, talk to your friends and see if a couple of you want to come along together. It really is a great opportunity - I have done so many things I wouldn't get the chance to do in 'real life' through Girl Guiding, and met lifelong friends.

Contact Sarah [cringlefordrainbows@yahoo.co.uk](mailto:cringlefordrainbows@yahoo.co.uk) 07951 856848