

Birk Crag Centre Challenge

Birk Crag Centre is Girlguiding North Yorkshire West's County residential, meeting and training centre in Harrogate.

Over the years, many thousands of girls, adults and friends have enjoyed visiting, had fun during weekends, meetings, away days, residential events, trainings and much more.

The story so far ...

<p>1956 Buildings & land gifted by Leeds & Harrogate Rotary Clubs to local Guiding</p>	<p>1963 Building burnt down by major fire & no longer useable</p>	<p>1967 New wooden centre rebuilt & opened</p> 	<p>2016 Building failing & Planning Permission granted to re-build Centre</p>	<p>2019 Re-building work starts – steel frame in place</p> 	<p>2020 New Centre watertight but work stopped due to Covid</p> 	<p>2022/23 Internal fitting out underway</p> 
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The Centre will include a large hall seating up to 120 people, activity room, dining room, meeting room, lounge, kitchen, accommodation for 40 people, lift, parking and outdoor garden and activity space in a small woodland.

We hope to open the doors to our new, fit-for-purpose Birk Crag Centre later in 2023.

We hope you will enjoy taking part in the 'Help Build Birk Crag Centre Challenge' and we look forward to welcoming you in the near future
Thank you from the Fundraising Team.

Notes for Leaders:

There are eight sections to the Birk Crag Centre Challenge

Bedrooms
Community and camping
Ideas
Round and about
Raising funds
Adventures
Kindness
Green-fingers and gardens

Choose your Section (Rainbows, Brownies, Guides, Rangers or Trefoil/Adults).

Have a go at as many Challenges as you like and at least ONE Challenge from each letter of 'BIRK CRAG' to achieve the badge.

Additional notes are on page 8 to help you (*1, *2)



Approval of Birk Crag Centre Challenge Badge from Girlguiding Branding

From: [Branding Matters](#)

Sent: Thursday, June 16, 2016

Subject: RE: Birk Crag Badge

Hello

Thanks for making those changes. I can confirm that your badge now meets our branding requirements as it contains the name of your group, the name of the challenge and the correct trefoil.
Good luck with your fundraising.

Communications and PR Administrator, Girlguiding, 17-19 Buckingham Palace Road, London SW1W 0PT

When you have completed the Birk Crag Centre Challenge please complete the Badge Order Form at the back of this pack, Thank you

Rainbows

Bedrooms

1. **Colour a picture of a bedroom** in your favourite colours
2. **Play 'Sleeping Lions'**
3. **As a group** choose your favourite story and act it out to your unit



Ideas

1. **Games!** Birk Crag will have lots of space. Think of an outdoor game you could play in a big space and an indoor game. If possible play them at your meeting place
2. **Choose what food** you would like to have for a picnic and have a picnic if possible
3. **With your leaders choose a craft you can all do together as a unit** and then enjoy making something together



Raising funds

This involves raising money for Birk Crag Centre by working together.

The funds should be sent to Birk Crag Centre – please see the 'Sponsor Me' page in this document for how to donate to Birk Crag Centre. Thank you



Kindness

1. **Everyone in the unit to help another Rainbow to** put their coat and shoes on
2. **Do something kind** as a Rainbow for someone else in your unit
3. **Make a friendship bracelet** with 2 or 3 colours of wool and twist them together to make a twisty wool bracelet. See Twisted wool bracelet (*1) You will need 3 lengths of wool of different colours



Communities and camping

1. **Build a small den** with your unit using anything you have such as blankets
2. **Learn and perform 2 or more songs**, 1 with actions in your unit
3. **Learn very basic first aid** - scratches, nettle stings, and be able to tell an adult what has happened

Round and about

1. **Draw or cut out pictures** from old magazines and make an animal collage
2. **Make Chocolate Krispie Buns** or similar and you could add some chocolate eggs too!
3. **Using bunny hops** play a keep fit game or another action game with your unit



Adventures

1. **Invite someone into your unit** to talk about something interesting such as from a charity e.g. 'Guide Dogs', 'Hearing Dogs' etc or similar
2. **Go on an adventure** with your unit
3. **Read a story about an adventurer** with your unit

Green-fingers and Gardens

1. **Pot up a seedling** and look after it at home—bring it back after 4 weeks to share with others
2. **Go for a walk** as a unit and talk about what you can see
3. **Sit quietly outdoors** for 5 minutes, then share with your unit and leaders what noises you could hear and things you could see



Well done on completing your Challenge, now complete the order form and SEND OFF FOR YOUR BADGES please!

Thank you

Brownies

Bedrooms

1. Design a bedroom in a box, furniture, walls, flooring and anything else
2. Play 'Sleeping Lions' or similar game in your unit
3. Create a story and act it out in your unit



Ideas

1. Each Six to think of 2 games or activities they could do if you were visiting Birk Crag Centre and play them
2. In your Six, think of a theme for an imaginary Unit Holiday and work out some food menus and activities
3. With your leaders choose a craft you can all do together as a unit, then enjoy making something together

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Kindness

1. Help a friend learn how to tie a bow or shoelace
2. Make a friendship bracelet with 3 colours of wool See Twisted Wool bracelet bracelet (*1)
How? Tie all 3 colours of wool together at one end, plait or twist together into a suitable length for your bracelet and tie a loop in the finishing end. Slip the first knot through the second to fasten the bracelet around your wrist
3. Pass the Parcel every one in the unit to wrap a layer of paper on a parcel, then use the resulting big parcel to play 'Pass the Parcel' Have fun!



Communities and camping

1. Learn 4 or more Campfire songs, 1 with actions and sing them with your unit
2. Learn basic First Aid for cuts, bruises, burns, stings, and know to tell an adult and how to call the emergency services
3. As a unit sing a song or share something the Brownies have done at a day centre or care home



Round and about

1. Draw or cut out pictures from old magazines and make a bird or animal collage
2. Take part in a treasure hunt which everyone can take part in
3. Play a game outdoors

Adventures

1. Go out of your meeting place and do something exciting/interesting as a unit
2. Invite someone into your unit to talk about something interesting such as a charity e.g. 'Guide Dogs', 'Hearing Dogs' or similar
3. Read and then act out a story about an adventurer with your unit

Green-fingers and Gardens

1. Grow a flowering plant from seed such as marigolds or sunflowers
2. Make a table or wall decoration from natural items you find on the floor such as pinecones, leaves, twigs, etc
3. Go for a walk as a unit and see what you can see and hear—at the end discuss how many different sounds and things you saw as a group



Well done on completing your Challenge, now complete the order form and SEND OFF FOR YOUR BADGES please!

Thank you

Guides

Bedrooms

1. Know what to pack for an overnight bag
2. Try baking something or making pizza/dough/similar to enjoy with other Guides
3. Design 2 pairs of pyjamas – one for summer and one for winter

Ideas

1. Design a low cost 2 course meal that everyone in your Patrol could eat. Provide recipes for each dish, a list of ingredients, quantities of foods to buy, and describe how you would make it
2. With your leaders choose a craft you can all do together as a unit, then enjoy making something together
3. Visit a tourist attraction in your local area as a unit with your leaders and appropriate permission - produce a leaflet per patrol describing it to another unit so that they could visit it too



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Kindness

1. Make a friendship bracelet and give to a friend. This design uses peace colours:
Red hope of friendship and peace
Yellow sun shining above the whole world
Green nature providing beauty
Blue waters of the world dividing land
Pink purity of countries around the world
Purple unique arts of the world



2. In your Patrol/Group or pairs create an A–Z of kindness— i.e. H: Help
3. In your Patrol/Group or pairs choose something you could do to help others, explain to your leader why you chose it and how you will do it

Community and camping

1. Think of a theme for a camp or residential, work out food, patrol names, activities, leaders names etc
2. Take part in a unit campfire with a variety of campfire songs and at least 2 with actions. Try toasting marshmallows and know the safety rules around fires
3. Learn basic First Aid for cuts, bruises, burns, stings, putting a sling on, protect a wound with a foreign body in it. Know how to call the emergency services.

Round and about

1. As a unit go for a walk and after, in patrols, talk about what you saw / heard
2. Take part in a Scavenger hunt, either create a list or think of a long word, then as a unit or in patrols everyone to take part to find something representing each letter of the word
3. Go on a penny hike with a leader (and permission) plus a street map of the area. At every junction toss a coin to turn Left or Right, draw your route on the map so you can find your way back. See how far you get in 20 minutes (remember it'll take approx. 20 minutes to return to the start!)

Adventures

1. Invite someone into your unit to talk about international / opportunities through Girlguiding or a charity which you may like to help e.g. ‘Guide Dogs’, ‘Food Banks’ or similar
2. Go on an adventure with your unit
3. Find out about a female adventurer and make up a poster or discuss your findings with your Patrol / Group / unit

Green-fingers and Gardens

1. Grow something to eat from seed, harvest it and then eat it such as, salad leaves, radishes etc which can be grown in a pot
2. Taste 3 unusual fruits/veg then make fresh fruit salad and/or vegetable soup, enjoy!
3. Create a card from pressed flowers and leaves collected on a walk



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Thank you

Rangers

Bedrooms

1. Design 2 pairs of pyjamas for an indoor residential and for an outdoor camp
2. Visit a Rainbow unit, young family member or friend and read a story to them
3. Finish your meeting with home made cookies, hot chocolate with cream and marshmallows!



Ideas

1. Try a new activity individually and share with your unit or try it as a unit
2. Try a food from another country
3. Plan menus from foreign countries that could be used for an International weekend. Provide recipes and if possible make some of them to share in your unit or with others for an event taking into account everyone's dietary needs

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Kindness

1. Learn how to tie a reef knot, clove hitch and double overhand so you can help people in lots of ways!



2. Think of an activity that a Rainbow or Brownie unit might like to do, prepare it, then give it to the unit or go and help

3. Learn how to tie a 'Friendship knot' in a necker, then teach someone else how to do it, **ALTERNATIVELY** Try knitting or crochet and make a hat, scarf or similar for yourself or a toy, to give away if you wish or knit squares to make a blanket to give away



Community and Campfires

1. As a unit make a Campfire song book of Guiding songs, with at least 10 songs and actions if required
2. Learn basic First Aid for cuts, bruises, burns, stings, how and when to call the emergency services. Know how to treat shock, suspected heart attacks and suspected broken bones. You could create an incident evening/event for your unit
3. Help at a large residential/camp or large outing for members

Round and about

1. Play a game or activity of your choice with your unit
2. Make a crane mobile using origami and read the story of Sadako Sasaki. The Crane was adopted as a Chinese Taoist symbol of long life and good fortune, since World War II it has gained a special significance as a symbol of peace
3. Make up a card or board game involving animals/birds for Rainbows or Brownies to play and give it to or play it with a unit

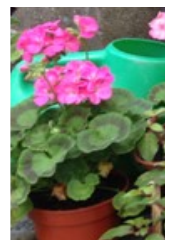


Adventure

1. Produce a leaflet of interest and fun places to visit in your local area for one of the younger age groups i.e. Rainbows, Brownies or Guides
2. Go out of your meeting place as a unit to somewhere interesting to you and help your leader to make arrangements
3. Find out about real-life adventurers, what they did, how and when – present your research to your unit

Greenfingers and Gardens

1. Sow plants from seeds, plant them up, water and nurture them, then give the flowering plants to someone to show you care
2. Give a couple of hours to litter picking on a public footpath near you – plan with your leader, remember to ask permission and use appropriate safety kit
3. Have a go at making vegetable soup using all natural ingredients



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Trefoil and Adults

Bedrooms

1. **Design 2 practical pyjamas** for girls at an indoor residential event and an outdoor camp
2. **Review a book** you are currently reading and share it with your group
3. **Make a children's book bag** and donate it to a child, friend or appropriate charity



Ideas

1. **Plan and prepare some small treats** they could be from overseas and share them with family, friends or at your meeting
2. **Can you speak another language?** Every one to try and share at least 3 phrases from a foreign language with other members of your group so that everyone has a go at speaking more than one language
3. **Think of any games or activities you enjoyed** as a Guide/Brownie—make a list of them and add instructions if needed, then share with a unit leader. This could become a very useful resource for the future as leaders are always looking for new ideas!

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Kindness

1. **Using friendship bracelet knots or macramé** try making a bookmark, keyring or bracelet and give it to a friend (*2)
2. **Try making a knee blanket with others if possible** to give away **OR** **Try teaching a young person to knit/crochet or embroider** at a meeting
3. **Share a cup of tea or coffee and cake** with friends who would like a chat or who would appreciate a 'friendly ear'



Community and campfires

1. **Share memories** of past Guiding camps /holidays during one of your meetings / or with a unit
2. **Teach a unit 2 songs and learn 2 new ones** from your hosts
3. **Learn basic First Aid** for cuts, bruises, burns, stings, suspected heart attack, suspected broken bones, how to use an AED & how to call emergency services.



Round and about

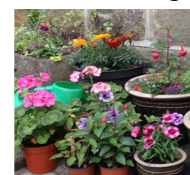
1. **Find out which Chinese Year** you were born in, and other friends in your group. Do you/they match up with the characteristics of your sign?
2. **Spend time** bird watching in your garden or park, listen to the birds you see/hear
3. **Fit as many things in a matchbox** (all matchboxes to be the same size) **as you can**—maybe have a competition at your meeting to see who has packed the most things in their matchbox

Adventures

1. **Contribute ideas and go out of your meeting place as a group** and enjoy time together
2. **Are you a real-life adventurer, or do you know any?** Alternatively who do you admire as an adventurer? Share your experiences together or your knowledge of an adventurer with your group
3. **Invite a younger member/s to your meeting** to share their experience of an international trip, camp or adventure they have taken part in through Guiding

Green-fingers and Gardens

1. **Make a birthday card or bookmark** using pressed grasses, flowers, leaves etc
2. **Make a meal or part of a meal from** home-grown or local produce to share
3. **Try growing a small plant or herbs**, perhaps on a window sill and enjoy watching them grow or using them



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Thank you



**Please Sponsor Me
and
help rebuild
Girlguiding North Yorkshire West
Birk Crag Centre**



Name of participant *

is doing a sponsored * to raise funds to help re-build Girlguiding North Yorkshire West County Birk Crag Centre to be used by members and our community.

We are delighted that Birk Crag Centre is now well underway, taking shape and hopefully look forward to opening the doors and welcoming everyone into the building soon to use the large hall, activity room, dining room, lounge, kitchen, accommodation for 40, lift, parking, outdoor garden and space in a small woodland. **Thank you**

	Name	Address	Postcode (this is essential for Gift Aid** please)	Gift Aid tick **	Total Amount Pledged £	Date collected
1						
2						
3						
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This form should be returned to *by * together with funds you have collected.

Cheques to be made payable to: 'The Guide Association North Yorkshire West Birk Crag' and sent to Girlguiding NYW Birk Crag Centre, c/o Community House, 46-50 East Parade, Harrogate HG1 5RR OR by Bank transfer to: Account Name: The Guide Association North Yorkshire West Birk Crag Sort Code: 20-37-13 Account Number: 50695475 referencing your Unit name please.

***Leaders**: please complete these details specifically for your events - thank you.

** Gift Aid: If you pay UK tax & tick the Gift Aid box the government will give 25% extra on your donation but if you pay less Income / Capital Gains Tax than the amount claimed it is your responsibility to pay any difference. Thank you

Twisted wool bracelet (*1)

1. Measure wrist, say 12cm plus an extra 7-10cm for tying the bracelet = 22cm x 2 = 44/45cm



2. Using 3 different colours of wool, cut them to at least twice the length of the first measurement i.e. 22cm x 2 = 44cm, you'll need 3 pieces of wool that are each 44cm to allow you to tie the knot.

3. It takes two people to make the bracelet. Match the ends of the 3 pieces of wool and tie a knot, give the end with the knot to one girl, and the other end to their partner. Ask them to face each other and stand apart so that the wool is pulled straight between them.

4. Using both hands, each girl turns the 3 strands, with one turning them one way while her partner turns in the opposite direction. When the wool has been very tightly twisted and is starting to twist back on itself, stop!

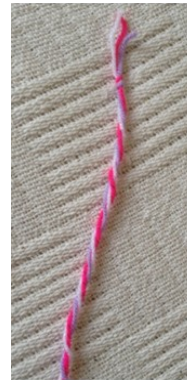


5. Each girl must keep tight hold of the twisted wool, you may need a leader at the stage to put a finger on the middle of the twisted wool. Take one end of the twisted strands from one girl, keeping the wool straight between the leader and the other girl. Ask the partner to hold her end straight up over her head, then give your end to the child and let go of the centre, it will twist together quickly on its own to double the thickness, by twisting.

6. Now the 6 strands will twist together to make the finished bracelet.

7. Tie a double overhand knot to join the original knot and the other end of the 3 loose strands. Try the bracelet on the girl, check the length is ok and finish the bracelet by tying both ends together using a double overhand knot and cut the extra long loose strands of wool off to make them all the same length.

8. The bracelet fastens by putting the big double overhand knot through the loop made when you doubled the twisting – so it can be taken on and off.

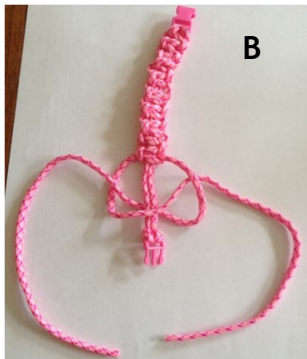
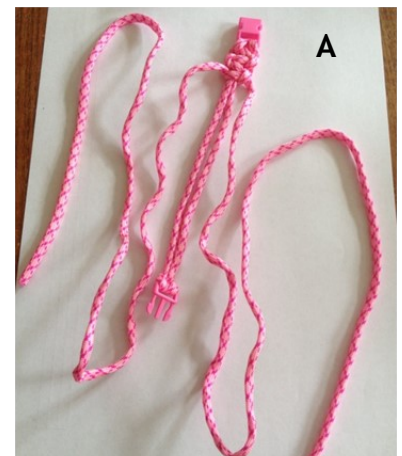


Macramé / paracord bracelet (*2)

You will need: Cord, 2 clips, scissors, strong glue - this bracelet is made using 2m/7ft length of paracord (can be undone, used, and re-made!) doubled through the fastener, or 2 x 4ft lengths joined if you wish to work with two colours of cord.

If you don't have the fasteners, make a loop at the beginning and tie a double overhand knot to fasten.

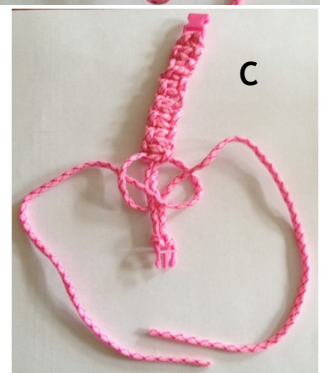
1. Taking the middle of the long paracord, thread it through the top (main clasp) and the other bottom part of clasp which inserts into the main clasp to close the bracelet, the distance between the 2 clasps should fit comfortably around your wrist as shown in picture A



2. Begin making square knots - as shown in pictures B then C

Pull each knot tight and continue knotting along the double paracord as shown in pictures B and C, until you almost reach the bottom clasp or 2 cm from the knot at the bottom if you don't have a clasp.

3. Tie a knot at the bottom, tying off the cord by the clasp—an adult could burn the ends to stop fraying (ensure you have a container of water nearby in case of need!), or secure with strong glue, when dry, cut off extra cord.



The bracelet (and key ring) can be undone, use the paracord, then re-make the bracelet which could be re-used in the future!

Key ring using paracord / macramé

Alternatively, you could try making a key ring using a split ring and the same method of knotting.



All photographs in this Challenge by A/S Mackay (v4. 2.2023)

An Alphabet of Fund Raising Ideas - some for girls and some for adults!

(Please check with the Guiding Manual for advice on activities)

- A Afternoon tea:** Organise to sell afternoon tea to your guests / customers –use disposable cake stands with cups and saucers. **Auction:** Ask people to pledge gifts in kind to auction at an event– the highest bidder wins
- B Ball:** Masquerade, costume, sit-down, black tie - the possibilities are endless. **Barn dance:** Good fun, ideal for families—all ages can support/join in. **Barbecue:** Encourage people to bring a friend, provide drinks and entertainment. **Bake Off:** Organise a Unit, District, Division event, could be with mums and daughters ...
- C Car-boot sale:** Take part in a car-boot sale. **Coffee mornings** **Cheese-and-wine evening:** local shops may be willing to donate some items in return for some publicity? **Christmas Carol singing**—please make sure you have permission **Concerts:** for family, friends, communities. **Create a Christmas Grotto** with small gifts **Come dine with me party:** Ask the girls to plan and help prepare food and invite family and friends or spread wider....
- D Duck race:** hire a set of plastic ducks, sell them to people, run races, 1st duck over the line wins. **Dance-a-thon:** or other 'a-thon' events
- E eBay:** Ask friends and family to donate unwanted presents and bric-à-brac to sell online. **Employers:** see if your workplace will match any funds you raise or help by sponsoring. **Exhibition:** Do you know any artists, jewellery makers or potters who would like to put their work on show/sale and donate some of the profits? **Easter Bonnet Parade:** Organise a Village Parade charging for entries
- F Fayre or Fairs:** Organise Christmas, Easter, Spring, Summer, Garden Party. **Face painting at events:** Check you have permission
- G 'Great British Bake Off':** put your baking skills to the test with friends. **Garden opening:** Do you or any friends have a beautiful garden they could like to show? Charge people entry and set up tea stalls too.
- H Hat party:** Pirate, party and Peter Pan are all valid hats for this party with a fun theme!
- I Ideas:** talk to friends who have raised money for another charity - they might have some brilliant ideas! **Ice cream tasting evening:** Similar to wine tasting and fun for younger and older.
- J Jazzy Jars:** Any size jar filled with objects, raffle ticketed and you win the jar.
- Jive, Salsa or ??:** Invite a dance teacher to hold a class and charge people to take part
- Jumble sale:** Leaders/friends could offer a collection service for larger items, promote to your local community with flyers/adverts and do teas and coffees.
- K Karaoke night:** with judges in front of an audience? **Kickabout:** organise a five-a-side football tournament or try the table version with prizes for winning teams.
- L Line of coins:** Ask everyone to donate coins—how long will your line be? can another group make it longer?
- M Make Macrame bracelets** and sell them to friends and at Fairs. **Murder Mystery evening:** include dinner or refreshments and make a bigger event
- N Non-uniform meeting:** Ask everyone to donate to not wear uniform for the evening or to wear themed dress. **Nearly New Sale:** Collect nearly new items and borrow somewhere to have a sale
- O Oscar night:** Get dressed up, place bets on the winners and compete to write the best acceptance speech. **Organise** a competition of your choice
- P Personalised:** Collect photographs with permission and create personalised calendars, tea towels, cards etc. **Pantomime:** Try staging a show and sell tickets. **Pop up Cafes:** **Plant Sales.**
- Q Quiz:** Sell sheets or hold a quiz night and sell tickets and refreshments
- R Recipe book:** Please contribute to the County Recipe book—visit www.girlguidingnyw.org.uk to add your recipe. **Raffle:** Organise one locally, Sell tickets for a Raffle but make sure you have a licence if it is public please
- S Sshhhh!** Try a sponsored silence. **Smartie tubes:** Over some time fill the tube with coins £1, 20p etc. **Snack attack:** Biscuit or cake sale mid morning—remember to ask permission!
- T Tombola:** Teddy, sweets, bottles, gifts, how inventive can you be? **Theme evening events.**
- U 'U'** - thank you for helping to raise funds for Birk Crag Centre
- V Vision:** Birk Crag Centre will be for girls, leaders and friends for today and future generations
- W Wii!:** or choose any other game, find a game that's easy to pick up and organise a tournament.
- X 'X factor':** Hold a talent show and invite friends, sell tickets and refreshments
- Y Your talent** - Whatever your skill, you could share it with others and charge for a lesson.
- Z Zumba:** host a Zumba marathon! and serve refreshments.

Have fun and thank you

How to order your badges ...

When you have completed the Birk Crag Centre Challenge please use the following link to order your badges:

[I helped build Birk Crag Badges \(sumupstore.com\)](http://sumupstore.com)

The badges will then be sent to the address you have given.

OR



Complete the form below together with your *Cheque / *Bank transfer payment and please send to Girlguiding North Yorkshire West County office:

Girlguiding NYW, Community House, 46-50 East Parade, Harrogate, North Yorkshire HG1 5RR

*Please delete as appropriate

Unit name:.....

Contact name:.....

Contact address and postcode:

.....

.....

e-mail address:.....

I/we would like to order I Helped Build Birk Crag badges at **£1.00** each, to be delivered to the address above.

Please add postage and packing to your order as follows; 0-9 badges **75p**, 10-19 badges **£1.85** and **£1.00** for every additional 10 badges above 19 badges.

Cheques to be made payable to: 'The Guide Association North Yorkshire West Birk Crag'

OR

Bank transfer to: Account Name: The Guide Association North Yorkshire West Birk Crag

Sort Code: 20-37-13 Account Number: 50695475 referencing your Unit name please.

(Our Birk Crag Centre Challenge Badge is approved by Girlguiding Branding see page 1)

I enclose £.....for badges and £.....for postage **Totalling £.....**

I *am enclosing a cheque / * have paid by Bank Transfer with Unit name as reference

Thank you for your order,

The Birk Crag Centre Redevelopment Team