

# STARTING



## A NOTE FOR PARENTS AND CARERS

### WHAT DO RAINBOWS DO?

Rainbows have fun and adventures! They take part in indoor and outdoor activities as part of their programme, which is called the Rainbow Jigsaw. Their meetings are full of games and activities that provide challenging opportunities for Rainbows to think for themselves. Each Rainbow takes an active part in making decisions about the activities the unit does.

Everything a Rainbow does helps her to develop. Being a Rainbow is an opportunity for your daughter to Look, Learn, Laugh and Love.

### A WORLDWIDE MOVEMENT

As a Rainbow your daughter is a member of Girlguiding UK, the largest voluntary organisation for girls and young women in the UK with around half a million members. There are similar organisations throughout the world and Girlguiding UK is a founding member of the world association that unites them.

### WHO CAN BE A RAINBOW?

Any girl aged five\* or over can be a Rainbow. The oldest Rainbows are usually about seven years old. Membership of Girlguiding UK is voluntary and is open to any girl or woman, regardless of faith, race, culture, nationality or circumstance. Rainbows make, or work towards making, the Promise.

\* In Northern Ireland only, a girl may become a Rainbow at any time after her fourth birthday.

### Rainbows make this simple Promise that they share with members around the world:

I promise that I will do my best to love my God and to be kind and helpful.

Where, in a religion, God has a name which is more commonly used, that name may be substituted in order to make the Promise more meaningful to each girl.

### HOW OFTEN DO THEY MEET?

Rainbow units meet regularly, usually once a week during school terms. There are often other opportunities for Rainbows to take part in special activities and events throughout the year. Some units organise overnight sleepovers for the Rainbows.

### WHAT DO RAINBOWS NEED?

For her first few meetings your daughter needs nothing to experience the fun and adventure of being a Rainbow. Girlguiding UK produces a range of Rainbow items. Your daughter can choose what she wants to wear from a range of Rainbow clothes. As well as the exciting Rainbow book, there is a Rainbow Welcome Bag which she can use to carry the things she needs for her Rainbow meetings.

It is up to you and your daughter's Leader to agree when it would be best for your daughter to start wearing her Rainbow clothes and using her book.

Everything a Rainbow needs is available from Girlguiding UK Trading Service. You can find the full range of Rainbow wear plus lots of gifts in our free *Guiding Essentials* catalogue for parents and families. Ask your daughter's Leader for a copy or call 0161 941 2237 to request one.

### WHY BUY FROM GIRLGUIDING UK TRADING SERVICE?

Trading Service is owned by Girlguiding UK, which means that when you buy directly from them all the profits go back into supporting guiding in the UK! There are three easy ways to shop: visit one of over 800 volunteer-run shops, browse the secure online shop [www.girlguidingukshop.co.uk](http://www.girlguidingukshop.co.uk), or use the *Guiding Essentials* catalogue to order by phone, fax or post.

### WHAT WILL RAINBOW COST?

Rainbow units charge 'subs' to cover costs like equipment and the hire of the meeting place. These are usually paid weekly, monthly or termly. There is also an annual subscription (which may be included in the subs) which is paid to cover the day-to-day running of the Association. Your Leader will let you know the amount as well as how and when to pay. For special events, like days out, an extra charge is usually made.

If you pay income tax, your daughter's Leader can use Gift Aid to claim 25p for every £1 you give in subs or donations. All you need to do is sign the Gift Aid section on the form at the end of this leaflet. The money will be used for the benefit of your daughter's Rainbow unit.

### RAINBOW LEADERS

The adults who run a Rainbow unit are called Leaders. They are unpaid volunteers who have completed Girlguiding UK training. They are usually helped by a team of other young women or adults, such as:

- a local Guide aged 11 or over
- a Young Leader aged 14 or over
- a Unit Helper: an adult who regularly helps at unit meetings
- other adult helpers who are willing to help occasionally, usually parents of Rainbows in the unit.

Girlguiding UK recommends for the Rainbow age group that there is at least one adult for every five girls. There are always at least two adult Leaders in any Rainbow unit regardless of the number of girls. For some activities or events, such as sleepovers, more adult helpers are needed.

### CHILD PROTECTION POLICIES

It is the policy of Girlguiding UK to safeguard its members from physical, sexual and emotional harm while participating in guiding activities. Girlguiding UK takes all reasonable steps to ensure that, through relevant procedures and training, children, young people and adults taking part in guiding activities do so in a safe environment.

### PARENTAL PERMISSION

It is understood that you give your permission for your daughter to take part in Rainbow activities during the normal meeting time. Your permission is sometimes needed for your daughter to take part in events, outings or activities at a different time or place.

## SUPPORT YOUR DAUGHTER

Girlguiding UK encourages you to support your daughter's involvement in Rainbows so she can get the most from the experience. Please always ensure the following.

- Deliver and collect your daughter at the appropriate times. Your Rainbow Leader will let you know in advance of any changes to the normal time and place. Always check that an adult Leader has arrived before you leave your daughter. Please tell your Leader if someone different will be collecting your daughter. Rainbows are never left unsupervised, but if you are persistently late your Leader may ask that you make other safe arrangements for your daughter to be collected.
- Ensure that your daughter wears suitable clothing and footwear for activities. Your Leader will let you know in advance of any particular requirements for an activity.
- Return forms and payment on time. If you have difficulties completing forms or making payments, please talk to your Leader who will treat what you say in confidence.
- Inform your Leader of any additional needs your daughter may have and any medication she requires, such as an inhaler. Please remember to tell the Leader of any changes to these. All information will be treated in confidence.
- Inform your Leader of any change in the family situation that is likely to affect your daughter's behaviour. It is not necessary to give details, but just ensure that the Leader is aware. All information will be treated in confidence.

Any confidential information will be used sensitively to ensure your daughter gains the maximum enjoyment and benefit from being a Rainbow. If there are any matters which may affect your daughter's participation, please discuss these with the Rainbow Leader.

Please encourage your daughter so she attends meetings regularly and takes part in special activities. Occasionally she may want to do things at home that require your assistance.

## HELP RAINBOWS AND YOUR UNIT

Girlguiding UK is run by volunteers and it encourages parents and carers to help the Unit Team on a regular or occasional basis. Any support that you or your family can offer the unit is welcomed and valued. Help is particularly appreciated with practical skills, such as crafts and outdoor activities, as well as with transport, equipment and fundraising.

## QUESTIONS AND CONCERNS

It is Girlguiding UK's policy to deal with all questions, concerns and complaints in an open and fair way. If for some reason you are unhappy with your daughter's participation in Rainbows, please talk through your concerns with her Leader.

The unit your daughter attends is one of many local Girlguiding UK units. There is a District Commissioner who is responsible for guiding in your area. If your concern is about your daughter's Leader, or you feel no action has been taken to address your concern, please contact the District Commissioner. If she is not available, or you still feel your concern has not been satisfactorily dealt with, your Division Commissioner (who manages several Districts) will be happy to hear from you. The contact details for both Commissioners should be given on page 5.

## THE NEXT STEP

Rainbows are just one section of Girlguiding UK. At any time after her seventh birthday your daughter can become a Brownie. Some areas operate a waiting list for Brownie units, and you are advised to place your daughter's name on such a list as soon as possible. Ask your Rainbow Leader for details of the Brownie units in your area, and the procedure regarding any waiting lists.

## [www.girlguiding.org.uk/rainbows](http://www.girlguiding.org.uk/rainbows)

Visit the Rainbows website to find more information about Girlguiding UK, what being a Rainbow involves and how you can support your daughter and guiding.

Guiding is made possible by over 80,000 adult volunteers.

Every extra adult volunteer can make a big difference to a lot of girls. One extra adult at a small Rainbow unit for example may mean up to five Rainbows could join.

Potential volunteer Leaders are given training and gain a qualification. Unit Helpers work with the trained Leaders.

As well as working directly with girls, there are lots of other opportunities for adults to be involved in guiding. Here are just a few:

- sharing a particular talent
- teaching girls a craft or outdoor skill
- keeping accounts for a unit or District
- property management
- administering Gift Aid for a unit or District
- helping to organise events
- being an extra helper on a day out, special event or sleepover

- fundraising
- being the contact person for an activity or event
- Treasurer.

Each has a different time and skill requirement, and many can be done by anyone aged 18 or over.

Men, as well as women, are welcome to become Girlguiding UK members by having an active support role.

Girlguiding UK recognises that not everyone can give time to guiding on a regular basis, but any help you can offer is always appreciated.

If you can provide enthusiasm and some help, please talk to your daughter's Leader in the first instance, call free on **0800 1 69 59 01** or visit the 'Get involved' section at [www.girlguiding.org.uk](http://www.girlguiding.org.uk).

It's a great opportunity to see your daughter thrive among friends, while gaining new skills.

## ESSENTIAL INFORMATION

So that the Unit Team has the information it needs to ensure your daughter can get the most out of guiding, please complete this form and return it to your daughter's Leader within two weeks.

All information provided on this form will be stored securely on the Girlguiding UK membership database Go! in line with the Data Protection Act 1998, and protected against unlawful or unauthorised use. It is the policy of Girlguiding UK that all personal information will only be used for guiding purposes and will never be passed on to a third party.

## RAINBOW'S DETAILS

Rainbow's name \_\_\_\_\_

Parent/carer's\* name \_\_\_\_\_

Parent/carer's\* address \_\_\_\_\_

Postcode \_\_\_\_\_

Parent/carer's\* phone \_\_\_\_\_

Parent/carer's\* mobile phone \_\_\_\_\_

Parent/carer's\* email \_\_\_\_\_

Date of birth \_\_\_\_\_

School \_\_\_\_\_

## EMERGENCY CONTACT

Please provide an emergency contact in case you are not available or cannot be contacted by telephone.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Mobile phone \_\_\_\_\_

## FURTHER INFORMATION

Please tick the appropriate box and give details of any medical condition, disability or special educational needs (SEN).

- Hearing impairment
- Learning difficulty
- Long-term illness/condition
- Physical impairment
- Psychological illness
- Sight impairment

Please give details of any special dietary requirements, including food allergies.

Girlguiding UK occasionally has to provide details showing the diversity of its membership, eg for grant applications. To help your Leader provide accurate information, please tick the appropriate box to indicate your daughter's ethnic culture.

- |   |  |
|---|--|
| <input type="checkbox"/> Bangladeshi        | <input type="checkbox"/> Other mixed ethnic group  |
| <input type="checkbox"/> Black African      | <input type="checkbox"/> Pakistani                 |
| <input type="checkbox"/> Black Caribbean    | <input type="checkbox"/> White                     |
| <input type="checkbox"/> Black Other        | <input type="checkbox"/> White and Asian           |
| <input type="checkbox"/> Chinese            | <input type="checkbox"/> White and Black African   |
| <input type="checkbox"/> Indian             | <input type="checkbox"/> White and Black Caribbean |
| <input type="checkbox"/> Other Asian        | <input type="checkbox"/> Do not wish to disclose   |
| <input type="checkbox"/> Other ethnic group |  |

The categories used are from the Equality and Human Rights Commission. No individual will be labelled from the information supplied.

I am happy for photographs of my daughter to be taken during guiding activities. YES  NO

I am happy for photographs of my daughter to be used in national and local guiding publicity, publications or websites. YES  NO

I am happy for video/film footage of my daughter to be taken during guiding activities. YES  NO

I am happy for video/film footage of my daughter to be used in national and local guiding publicity, publications or websites. YES  NO

How often are you willing to help at meetings?

Never  Once a month  Once a term  Other \_\_\_\_\_

Can you help occasionally with any of the following?

Transport  Activities  Camps or holidays  Other \_\_\_\_\_

Please give details of any interests, skills, qualifications or equipment that you are willing to share with the Rainbows occasionally.

Signature of parent/carer\* \_\_\_\_\_

The information supplied on this form will be held in a database for membership administration purposes within guiding.  
\*Delete starred items as appropriate.

Unit name \_\_\_\_\_  
(to be completed by Leader)

## GIFT AID DECLARATION

I would like the charity to treat all subscriptions or donations I have made this tax year and in the previous six years, and all subscriptions and donations I make from the date of this declaration, until I notify you otherwise, as Gift Aid donations.

Signature of parent/carer\* \_\_\_\_\_

Please print name \_\_\_\_\_ Date \_\_\_\_\_

You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year.

Notes

- 1 You can cancel this Declaration at any time by notifying the charity.
- 2 If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration.
- 3 If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return.
- 4 If you are unsure whether your donations qualify for Gift Aid tax relief, ask the charity.
- 5 Please notify the charity if you change your name or address.
- 6 **Note for Leaders in Scotland:** Scottish units should write the name and Scottish charity number of their unit above the words 'Gift Aid Declaration' for the declaration to be valid in Scotland.





**Girlguiding UK**  
Trading Service



At our volunteer shops (Depots)  
Ring 0161 941 2237  
to find your nearest one



www.girlguidingukshop.co.uk  
Shop online day or night



Guiding Essentials catalogue  
Phone 0161 941 2237  
Fax 0161 941 6326

for all your guiding wear, books and gifts

## GIRLGUIDING UK TRADING SERVICE: FOR ALL YOUR RAINBOW'S NEEDS!

### OFFICIAL RAINBOW CLOTHES AND MORE...

- Choose from the full range of Rainbow wear.
- Great gifts for every occasion and to suit every budget!
- Friendly help and advice.

To find your nearest shop or depot, ask your daughter's Leader or ring Trading Service on 0161 941 2237.

### YOUR LOCAL DEPOT/SHOP

### VISIT US AT

#### Girlguiding UK Trading Service

Atlantic Street, Broadheath  
Altrincham, Cheshire WA14 5EQ  
Opening hours: Mon–Fri 9am–4.30pm  
Tel: 0161 941 2237 Fax: 0161 941 6326  
Email: tradingservice@girlguiding.org.uk

#### Girlguiding UK

17–19 Buckingham Palace Road  
London SW1W 0PT  
Opening hours: Mon–Fri 9am–5.30pm  
Sat 9am–5pm  
Tel: 020 7592 1811 Fax: 020 7828 8317

#### Customers in Scotland may contact:

Girlguiding Scotland  
16 Coates Crescent  
Edinburgh EH3 7AH  
Opening hours  
Mon–Fri 9am–5pm  
Sat 9am–4pm  
Tel: 0131 225 3483

## UNIT DETAILS

To be completed in full by the Rainbow Leader before being given to a new Rainbow's parent or carer.

Rainbow unit \_\_\_\_\_  
Meeting place \_\_\_\_\_  
Meeting day \_\_\_\_\_  
Start time \_\_\_\_\_ Finish time \_\_\_\_\_

### Rainbow Leaders

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_ Postcode \_\_\_\_\_  
Phone \_\_\_\_\_  
Mobile phone \_\_\_\_\_  
Email \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_ Postcode \_\_\_\_\_  
Phone \_\_\_\_\_  
Mobile phone \_\_\_\_\_  
Email \_\_\_\_\_

Throughout this leaflet the terms 'parent' and 'daughter' are used. They apply equally to a carer (or other adult with parental responsibility) and their ward.

The subscription is \_\_\_\_\_  
It is paid weekly  monthly  termly  and  
includes/does not include\* the Girlguiding UK annual  
membership subscription.

### District Commissioner

Name \_\_\_\_\_  
Phone \_\_\_\_\_

### Division Commissioner

Name \_\_\_\_\_  
Phone \_\_\_\_\_

If you have any concerns that you wish to discuss with someone other than your Rainbow Leader, you can discuss them with the District Commissioner or Division Commissioner who is responsible for guiding in your area. Please read 'Questions and concerns' on page 2.

\*Delete starred items as appropriate.



**Girlguiding UK**  
*girls in the lead*

[www.girlguiding.org.uk](http://www.girlguiding.org.uk)