

## **With Girlguiding girls have the best experiences**

They go to their first ever sleepover, canoe on rivers, learn about body confidence, lead their own camp, or simply have fun and try new things with girls their age.

Girls take what they do in guiding with them as they grow up. They develop the skills and confidence that they need to reach their potential - as students, colleagues, parents, friends and citizens - and become the young women that they want to be.

### **Guiding by age group**

**Rainbows (5-7)** - For girls aged five to seven - Rainbows is exciting, messy, friendly and a lot of fun!

**Brownies (7-10)** - Being a Brownie is an adventurous journey that girls take with their friends as they discover the world together

**Guides (10-14)** - Guides challenge themselves to get out there and do something different - and they make great friends along the way

**The Senior Section (14-25)** - The Senior Section is all about taking action and pushing your boundaries - learn to lead, travel and use your voice

If you are interested in registering yourself or your daughter in any of these sections you need to register at <https://enquiryym.girlguiding.org.uk/>

### **The following Units meet at St Stephen's:**

155th City of Edinburgh Rainbows - fortnightly, Wednesday, 5-6pm

155th City of Edinburgh Brownies - weekly, Wednesday, 6.15-7.30pm

155A City of Edinburgh Brownies - weekly, Wednesday, 6-7.30pm

148th City of Edinburgh Guides- weekly, Wednesday, 7.30-9pm

155th City of Edinburgh Guides- weekly, Wednesday, 7.30-9pm

Stockbridge Senior Section - different meeting patterns (sometimes fortnightly on a Wednesday, 7.30-9pm)

If you are interested in volunteering to help with Girlguiding please register at <https://enquiryv.girlguiding.org.uk/>

Girlguiding Scotland website: <https://www.girlguidingscotland.org.uk>