

The 'Twinkle for Heather' Challenge



Over the last few months, a team of members from around Girlguiding Cumbria South have been working hard to create the Twinkle for Heather challenge.

The Twinkle for Heather challenge was created in memory of Heather Porter, a beloved member of Girlguiding from the time she was a Rainbow, all the way to becoming a Leader. Heather sadly took her own life on the 30 April, 2022. Following her passing, Heather's family, who are also involved in Guiding, wanted to create something to help others who may be suffering from mental health - with an initial conversation with Barb Quine and Glenn Wright, from North Lonsdale division, the Twinkle for Heather challenge began to grow.

The badge, which has now launched, was designed to be enjoyed by the youngest Rainbows, all the way up to adult members. The activities are split into 5 areas with activities for all ages. These areas being, mindfulness, connecting with others, being physically active, learning new skills and giving to others. Activities include: creating a self-care box, journal writing, learning breathing techniques, scavenger hunts, creating a 'petting pea' or 'worry worm', and so many more!

You can download the challenge back from Girlguiding Cumbria South's website:

<https://www.girlguidingcumbriasouth.org.uk/resources/>, and also join the 'Twinkle for Heather'

Facebook group here: <https://www.facebook.com/groups/992811595302606/>

Information for ordering the challenge badge can be found on page 58 of the challenge booklet.

About the Launch of the badge

Below is more about the how the badge has been create and the launch of the badge, from Barb Quine:

" We are held a preparation day for young members and their Leaders on 1st October 2023, at High Newton Village Hall, where they looked at and tried out many activities to enable them to compile the syllabus for the badge, with age appropriate activities for our girls, young women and adults, to support them in improving their mental health and wellbeing, including Suicide Awareness.

On the evening of 10 October 2023, we also held a Mindfulness and Mental Health Awareness & Pamper Evening at Kendal College which provided our Rangers, Young Leaders and Young Adults Leaders with the opportunity to meet with professionals from Mental Health teams and organisations, in a market place. We are absolutely delighted to be supported by 3 Dad's Walking, Every Life Matters, Papyrus, SAFA, The Women's Centre, and local NHS Mental Health teams, who have helped us to ensure that the activities are valuable in helping girls of all ages, to be kind to each other, improve their mental wellbeing and be alert to the signs of suicide (age appropriate of course).

We were delighted to have two keynote speakers, Mike Palmer of 3 Dads Walking, who sadly lost his own daughter, Beth to suicide. Beth was a Rainbow, Brownie, Guide and Young Leader and so Girlguiding is important to Mike and his family and Emily, Heather's younger sister also spoke.

Following this, our Young Members enjoyed being pampered by students from Kendal College.

The Twinkle for Heather Challenge badge, named in memory of Heather, and designed by her family, will, following the launch on 10 October 2023, will be available for Girlguiding members across our County, and in the longer term, across the Country, and who knows, across the World, which will provide that ripple effect of support, which is so needed in today's world."

Before the official launch of the challenge badge, the BBC also attended the event at High Newton Village Hall - You can watch the clip which aired on BBC Breakfast on the 17th of October via '3 Dad's Walking's', youtube channel here: <https://www.youtube.com/watch?v=lrobQ7mPx5g>

If you need support

Support is accessible for those who may be struggling with mental health or you want to talk to somebody:

YoungMinds – A website which provides lots of information for young people on staying well and tools to help them look after their mental health. They have sections for young people, parents and carers and for those who work with young people, providing plenty of resources to help.

Childline – Childline has an online website which provides advice for those struggling with abuse, eating disorders, self harm and more, as well as being a free, confidential service for young people ages 19 and under to use when needed. If you are struggling, you can call Childline to talk about anything, at anytime, on 0800 1111

Samaritans – Samaritans is a free, confidential service for anybody in distress. Whatever you are going through, you can call them at anytime on 116 123

SHOUT – SHOUT offers a free, confidential text support for those struggling with their mental health, their website offers resources from breathing techniques to self help guides. Text 'SHOUT' to 85258 at any time for support.

NHS – Don't forget you can also talk to the NHS regarding your mental health, you can also call them for support on 111. However, if you need urgent help, such as feeling suicidal or have harmed yourself, go to your local A&E, or call 999 for an ambulance.

Papyrus – Papyrus are there if you need them. If you or someone you know is under then age of 35 and are experiencing, or could be experiencing suicidal thoughts, you can call the HOPELINE247 on 0800 068 4141, text 07860 039 967 or email them at pat@papyrus-uk.org, for support.

You can also visit the Girlguiding 'Mental health and guiding' web page for information on:

- Signs that someone could be struggling with their mental health
- Starting a conversation about mental health
- Talking to parents and carers when you may have a concern
- Information for supporting members

At the bottom of the Girlguiding Mental Health and Guiding page, you can find more companies and charities for support, recommended by Girlguiding.

The Twinkle for Heather Challenge – Visit page 60 to 63 of the Challenge booklet for more advice, links and support.