Focus on Bronze

**Quality**
How to cope with a flood of eager Bronze participants

**Total access**
How to ensure that DofE activities are available to all

**Currie fan**
Bronze Award holder Edwina Currie on why she is such a fan of the DofE

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Another packed issue, designed to provide you with support, information and entertainment as you undertake your DoE work. We really appreciate the input so many of you provide through our surveys, consultations, focus groups and the like and these play a great part in helping to shape the future of the DoE and the resources we provide.

This issue focuses on the Bronze Duke of Edinburgh’s Award. As our CEO, Peter Westgarth states (page 25), it’s vital that we get things right at this first level if we are to give a good experience for the participants. Recognising this, we provide a heap of ideas for Bronze Volunteering section activities, with an emphasis on team volunteering at Bronze (page 8). We also address that age-old problem of how to cope with dozens (or hundreds?) of enthusiastic young Bronze participants who respond to your adverts (page 6). The support that younger DoE participants require to help them through their programme is examined (page 18) and, on a related note, we showcase the fabulous new Expedition Supervisor training course (page 15).

Well-known Award holders Edwina Currie (page 23) and David Hempleman-Adams (page 13) give their opinions of the DoE, showing how David’s memories of his Bronze expedition were the influence for his life as an explorer.

Topping off our Bronze special, we provide advice on how to make sure that DoE activities are available to everyone, not just a chosen few (page 20). We also provide handy tips for anyone involved in running Award presentations and emphasise the value of recognising the achievements – however small – of participants (page 34).

All this, plus our regular news, reviews and information help make this issue a bumper read!

Over 38,000 of you have so far signed up to our email newsletter – make sure that you don’t miss out on our monthly information that complements this magazine: www.DofE.org/signup

Cover photograph: Fergus Burnett
Poster photograph: Fergus Burnett
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DofE PROGRAMMES: The concept of the DofE is simple – anyone aged between 14 and 24 can do a programme at one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh’s Award. There are four sections at Bronze and Silver level and five at Gold. Participants select and set objectives in each of the following areas: Volunteering – undertaking service to individuals or the community. Physical – improving in an area of sport, dance or fitness activities. Skills – developing practical and social skills and personal interests. Expedition – planning, training and completion of an adventurous journey in the UK or abroad. At Gold level, participants must do an additional fifth Residential section, which involves staying and working away from home doing a shared activity.
How can you cope with a deluge of interested wannabe DofE participants, when your resources are stretched to the limit? Alex Davies gives some useful tips from around the UK.

**Get connected**

At a recent Introduction to the DofE course in Wiltshire a teacher stood up and said that she had 200 Bronze participants sign up but, instead of feeling energized by the success of her recruitment, all she felt was apprehension and pressure. Whether your capacity at Bronze is 20 and 30 young people sign up, or it is 200 and 250 sign up, your first step is to build a team around you to spread the workload and the sense of reward.

Building a strong, wide and varied volunteer support group is essential to increasing your capacity and providing support. Your best tool is word of mouth but you can also place adverts in volunteering centres, local papers, online (try www.do-it.org) and communal buildings to try to secure a range of different types of people and bring a diversity of skills to your team. The wide range of DofE activity options is not just great for young people; it also means that anyone can find a point of interest that allows them to support your DofE group. Here are some ideas to get you started...

**Use people’s expertise and interests**

Ask other staff members within your centre, for instance teachers, school support staff, youth workers and office staff. People in schools who are regular helpers may be given a free period or allowed some flexibility in the timetable. Don’t forget those potential volunteers who are able to commit to weekly sessions. They can help in many other ways, for example support with DofE expeditions, training, fundraising, administration and eDofE support.

Consider recruiting volunteers to advise and support Bronze participants with one specific section. For instance, you could ask a PE teacher or local sports club captain to volunteer to support the Physical section. They could deliver a session with the young people based on the Physical section, using the DofE session plans and programmes cards, to get them excited about their programme and help them choose what to do. They could then act as an Assessor for many of the young people, approve evidence in eDofE, and keep them engaged.

**CASE STUDY: Sir William Perkins School**

An established DofE centre, this school has a focus on engaging and training parents, giving theory training at the start of the year and experience helping with Bronze groups. The parents consolidate their training and qualifications and also become Assessors. Gold participants are the main trainers for Bronze groups and meet their group weekly to mentor and support them through all the sections. An adult Leader attends regularly to support and check progress. This creates great completion rates for Bronze and Gold levels and ensures a mix of engaged students with clear progression aspirations.
Get parents and family members involved
At Bronze level it’s particularly important for young people to have their parents’ support (see page 18). Find opportunities to share the excitement and value of DofE programmes with parents and show them how they could get involved. From inviting them to DofE taster sessions, recruitment presentations or expedition presentation evenings – use the time to ask them for help.

Set up links with local clubs and charities
Both will always welcome new members or supporters who can take part and fundraise. In the Volunteering section, creating links with local charities and organisations who can offer activities to participants will enable you to create workable and affordable opportunities for large numbers of participants. You can also partner up with clubs, for instance the local gardening club, to create a support structure for participants to complete their Skills section in their garden or allotment with support and Assessors all ready to go.

Gold DofE participants and DofE Award holders are a great source of new Leaders. Gold participants can use their activities to complete their Volunteering section. You could also engage year 13 students in a school to support year 11s and 12s as part of peer volunteering.

Get to know local DofE groups and volunteers
Attend your local DofE meetings and get to know your fellow DofE Leaders, Co-ordinators, DofE Managers and local Assessors. Working together provides many benefits – from gaining new contacts to sharing resources and best practice. These local links are particularly useful for the Expedition section. Helping 200 young people through their Bronze expedition may feel like a huge challenge but, with the help of other groups, many of the barriers are reduced. You can share your equipment and Assessors and do your expeditions with other centres to make the most of all your volunteers and transport and keep them local.

Consider using Approved Activity Providers (AAP)
The Duke of Edinburgh’s Award licenses external organisations that provide opportunities which have been proven to meet our programme and sectional conditions and so can count towards the achievement of an Award. They can be commercial organisations or charities and usually provide a section in its entirety. For instance, many AAPs specialise in supporting lots of Bronze participants in one setting to complete great DofE expeditions. For more information, see www.DofE.org/aap

Link it in with your centre’s activities
It is important that a DofE programme is largely done in voluntary time but many schools use DofE programmes as part of their alternative curriculum programme, agreeing with their Operating Authority what can be delivered in school time. Setting up your DofE groups in this way may help you to secure school funds, dedicated staff time and a platform for more formalised support structures within your setting.

Resources to help you
Make the most of the range of leaflets and information to support you, including information for volunteers, available to download from www.DofE.org/go/downloads and to buy at a nominal cost from www.DofEshop.org

Before you start
Check with your OA and DofE centre to see if they have volunteer policies and procedures which you should follow for recruiting and selecting volunteers, before you get started. Most importantly, make sure you read and follow your OA’s safeguarding and child protection procedures. This involves ensuring potential volunteers undergo either a Criminal Records Bureau and/or a Vetting and Barring Scheme check depending on their previous involvement with young people.

Working together
Creating and maintaining a structure of support around you will allow you to work with more young people, and share the enjoyment of delivering DofE programmes with others. From other staff in your centre to local people, from parents to other DofE groups, from DofE Award holders to AAPs, there are many people you can draw on to help you, and to help more Bronze participants have a rewarding and interesting DofE experience and achieve an Award.
My 14 year-old son has just signed up to do his Bronze DofE programme. He was fortunate in that he could choose where to do it – either through Scouts or his school (he’s actually going to do activities for it through both). When he was trying to work out what to do, however, he got stuck initially on the Volunteering section – he had lots of ideas but most of them can only be done by those over 16 or 18 for child protection or safety reasons.

A survey of Bronze Award holders and Leaders suggested that there are indeed some interesting opportunities out there. The following are what my local contacts have all done at some time – no doubt you can expand on this list for your participants. Obviously, any opportunity would need to be fully checked out by parents/carers for child protection and health & safety purposes before the participant commences.

If you come across any volunteering activities that are particularly unusual, especially team-based ones, please let us know at magazine@DofE.org

**Scout camp site junior crew**
Many Scout camp sites rely on service crews to help things run smoothly. Ask at your local camp site or activity centre to see if they can use young willing hands on a weekly basis. Tasks often involve tidying the site, checking campers in and out and helping run activities.

**Pond life**
Perhaps an elderly neighbour has a fish pond that’s getting too much for them to cope with? Participants could work as a team to clean the pool to start with, then maintain it and look after, but not eat, the fish.

**A little bit off the back?**
A great team project. Build up a list of locals who need help with simple gardening tasks, such as cutting their grass. Pairs or groups could spend an hour a week on a garden and move on to another garden the next week. Fortnightly visits should prove very useful for the lucky recipient.

**Carer relief**
The housebound will often have people caring for them on a fairly full-time basis. If these carers are family members, perhaps a DofE participant could step in for an hour or so a week to give the carer a...
chance to go out.

**Christmas post**
As a team, starting in September, participants could plan a Christmas Post project for their local area. Designing stamps, setting up routes, advertising the service, building and siting boxes, sorting and delivering the mail... what fun! There are some legal bits to consider though. Find some useful advice at [www.tinyurl.com/posty](http://www.tinyurl.com/posty).

**Faith service**
Not keen on helping at Sunday School? Perhaps a local place of worship would appreciate weekly help preparing for services, handing out books, serving refreshments, tidying up at the end of the service or clearing the grounds.

**Silver surfing**
Individuals or teams could help senior citizens learn how to use computers. They’d love to show off their skills at using useful software, teach them how to shop online and access radio and television programmes. Maybe a weekly session at the local day centre would be a popular alternative to reading, bingo and TV.

**After school clubs**
Many primary schools run after-school clubs. Volunteers are often welcome to help organise games and activities, listen to children read or help them with their homework. After-school sports clubs may even welcome able volunteers to help as junior leaders.

**Youth club junior janitor**
Helping out at the youth centre as a junior janitor could involve setting out rooms before and after sessions, doing administration work etc. Add extra roles such as buddying newcomers.

**Sing-along-a-DofE**
A team of participants can plan, organise and run an evening in a local hall for local supporters of a chosen charity. The movie *Mamma Mia!*; for example, has a singalong track – show this and the audience will have a whale of a time! The hall will need a public performing licence (from your local council). As for getting permission to show the movie, see [www.filmbank.co.uk](http://www.filmbank.co.uk).

**Charity cake sale**
Making and selling a range of healthy snacks, cakes and biscuits at group meetings can be a great way to raise money for a chosen charity.

**Graffiti cleaners**
A posse of participants could liaise with the local authority, don suitable safety equipment and help rid the local area of unsightly graffiti.

**Trolley jollies**
Maybe the local hospital has a shop, café or trolley service, operated for patients perhaps by the WRVS (an AAP)? Volunteers are always welcomed to help out in a variety of roles. [www.wrvs.org.uk](http://www.wrvs.org.uk).

**Helping at a Phab club**
Find a local club catering for people with special needs, such as a Phab Club. Helpers are invaluable in helping the members to enjoy new experiences, friendship and a range of activities.

**Animal visitor**
Do you have an animal sanctuary nearby? Cat and dog rescue centres, for example, may welcome young volunteers to come and play with the animals to give them company and human interaction.

**Peer support**
Anti-bullying campaigns, drug-awareness and other peer mentoring schemes prove an accessible, popular volunteering activity for young people.

**Tuck shop baron**
Teams of participants could run a tuck shop for their DofE centre. Perhaps they could also run snack stalls at school parents’ evenings, open days etc. too? All monies would be raised for a charity, of course, not for them.

**Digital tuner**
Everyone’s analogue televisions and radios will eventually be useless, as the digital march progresses. Many people in the community may be baffled or worried about what is involved. Participants could work in teams to provide information and practical support to pre-identified members of the community, such as the elderly.

The DofE in action

News of DofE activities around the UK
Send your stories and pictures to magazine@DofE.org

Voice of a DofE angel
Zoe Mace from Oxfordshire is a highly talented singer. At just 14 years of age, she has recorded three albums and attracted plaudits from national media. Zoe is doing her Bronze DofE programme and decided to raise money for the Oxford Children’s Hospital Charity by recording a special CD in tribute to her younger sister, Jodie, who was born with holes in her heart and Down’s Syndrome. Zoe has raised over £120,000 so far and raises money for several charities. A fine example of young people putting their natural talents to good use helping other people and a great ambassador for the DofE’s Volunteering section. Hear her music at www.zoemace.co.uk

Pick of the pops
Several 2387 Pudsey squadron air cadets launched the poppy appeal last year in the Pudsey and Farsley area as part of their Bronze DofE Volunteering section. They helped the Royal British Legion by planning, collecting, distributing and selling the poppies. The cadets also raised £5,700 for the Royal British Legion in sponsored events and bag packs.

Ann Bowers, pictured, won an outstanding achievement award from Rotherham, Doncaster & South Humber Mental Health Trust, for her role in supporting young people with mental health issues through their DofE programmes.

Wall is no barrier
Participants from Workington, working through Cumbria Youth Alliance to undertake their DofE programmes, completed a Gold expedition along the full length (84 miles) of Hadrian’s Wall last summer. Starting as complete strangers, these young men and women ended up as close friends. They undertook a practice expedition from Wallsend to Chollerford and the qualifying expedition from Port Carlisle to Chollerford, creating a comprehensive study of the wall as part of their expedition’s aim.

Burnley bonanza
Burnley FC’s first team manager and DofE Ambassador Owen Coyle presented Bronze and Silver Awards to 105 young people who had all achieved their Awards through the club.

Young people from across Cambridgeshire were honoured at a DofE Award ceremony, held at Hinchingbrooke School in Huntingdon last autumn. Guests were treated to speeches from some of the recipients which highlighted some of the activities they had taken part in and included activities in Africa, Canada, China, Costa Rica, France, Germany, Iceland, Spain and Switzerland.
Coastal pioneers
Eight students from Dyffryn Taf School, Carmarthenshire, completed a sea kayaking expedition last summer. Starting as novice paddlers, they undertook training and finally enjoyed a breathtaking expedition. Their training enabled them to navigate successfully and cope with capsizes and the sea conditions and made for a really memorable expedition.

In the words of the participants, “In a risk-adverse world we are grateful to the school and the DoE in supporting us in completing our Gold expedition by sea kayak around the Pembrokeshire Coast.”

Southern stars
Before the Falklands were back in the news, the band from 93 (City of Bath) Squadron air Training Corps paraded on Stanley Seafort on Remembrance Sunday last year, while the Governor of the islands and various military and civic dignitaries laid their wreaths and paid their respects. The band also played a concert at Stanley Community School for the locals.

“I’m a cadet…get me out of here!”
Army Cadets from Holsworthy detachment in North Devon have raised £450 to help local children with special needs in an unusual way. The event was based on an idea from television’s I’m a celebrity and the cadets worked their way through a menu with a difference. On offer were mealworms, locusts, stinging nettles and squirrel! The money was raised through sponsorship as well as members of the public making donations to either eat an item or pass it to a cadet.

Net gain for soccer clubs
Expedition Supervisor and Assessor training has been run for Football League Trust clubs for the first time. With two training days at MK Dons, 13 club staff were the first to receive Supervisor training from the new DoE Expedition Supervisor platform. This is a big step to help clubs become self-sufficient in delivering DoE programmes to their local communities.

Sailing into the wild west
Last autumn, Army Cadets from Essex carried out a Gold DoE sailing expedition around the West coast of Scotland. The expedition was the culmination of six months planning and training, during which they learned all aspects of sailing and learned a great deal about themselves as a crew. At the end they gained full RYA qualifications as either Day Skipper or qualified Competent Crew.

Straight to the point
Receiving his Gold Award at St. James’s Palace in February was David Charles-Hendy from Chester. A skilled fencer, David is a coach at Wrexham Fencing Club and discovered his ability through his DoE programme. He said: “Three years ago I had to choose an activity for my DoE. My school had just started a sword fencing club so I decided to give it a go.” David received a Youth Champion of the Year Award in recognition for his voluntary work in mentoring younger children in his school.

Double whammy!
Gemma Hall was stunned when she went to an event to receive her Duke of Edinburgh’s Award and was revealed as Bristol’s young person of the year. Gemma received the accolade for her dedication in working as a volunteer with a special needs group at New Fosseway Special School in Hartcliffe.
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TENTS RUCSACS SLEEPING BAGS ACCESSORIES
David Hempleman-Adams, British adventurer, Gold Award holder and DofE Trustee, reminisces on how his Bronze expedition sparked a lifelong passion for the outdoors. A current DofE participant, Ryan, who has Attention Deficit Hyperactivity Disorder and Autistic Spectrum Disorder, plus associated learning and behaviour problems, talks of his DofE journey.

Small beginnings

David (below) is the first man in history to reach the Geographic and Magnetic North and South Poles as well as climb the highest peaks in all seven continents. He attributes his spirit of adventure to his Bronze expedition.

For a young teenage David it was the first time he had ever left home, had to cook for himself or share a tent. David said: “I remember my DofE experience as vividly and starkly as my latest Everest experience.”

Overcoming obstacles

It was initially thought that Ryan would only complete three sections of his Bronze DofE programme, and the Expedition section would be left until a date in the future. Ryan was not allowed off his school site as everything was too sensory for him – wide open spaces, small enclosed places, large groups of people, noises... in fact most of the things we all encounter on a day-to-day basis.

Ryan’s DofE Leader, June Gibbs, from Blandon House School, said: “It has been a pleasure watching Ryan achieve his Bronze Award. It was a challenge for him and he has risen to it. The DofE brings many things to many people. Few people realise the struggle and obstacles young people with special needs have to overcome but, when they do, the achievement shows in every person who has had the privilege to know them on their journey.”

Ryan said: “The Expedition section has made me feel very proud. It made me feel good inside and made me feel very strong in my head. My Bronze DofE expedition has helped me to work as part of a team. Sometimes I find working as part of a team quite hard, but I am getting a lot better. I feel happy, good and pleased.

“My parents and grandparents – in fact all the family – are really pleased for me. I learned how to use a Trangia safely and I always make sure all the other participants use a fire bucket full of water and have a fire blanket near them. My best memory from my expedition is camping, learning how to put a tent up and cooking on the Trangia. I enjoyed all of it but doing my own cooking was the thing I liked best. I have already started on my Silver programme. I think the DofE is good for all young people because it makes you feel happy, excellent and good about yourself.”

“I remember my DofE experience as vividly and starkly as my latest Everest experience.”

David Hempleman-Adams LVO
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Training and Practice Expeditions

Pre-expedition training, route planning and a 4 day practice expedition.
- 31st May to 5th June - Brecon Beacons
- 15th to 19th June - Cairngorms
- 19th to 24th July - Brecon Beacons
- 26th to 31st July - Brecon Beacons
- 30th August to 4th September - Brecon Beacons

Cost £60 per person per expedition. Includes:
- Free use of group equipment eg. tents, stoves and maps.
- Bunkhouse accommodation and campsite fees
- Training and supervision from experienced and helpful instructors.

Qualifying Expeditions

Route planning, expedition preparation and a 4 day assessed expedition.
- 31st May to 5th June - Brecon Beacons
- 15th - 24th July - Brecon Beacons
- 9th - 14th August - Cairngorms
- 16th - 21st August - Brecon Beacons
- 25th - 26th August - Brecon Beacons
- 10th - 23rd October - Brecon Beacons

www.azexpeditions.com
A MATTER OF SUPERVISION

With much anticipation the DofE launched the rebranded and updated Expedition Supervisor training course in January. Adrian Barker, UK Training Manager, describes its value to the field...

This course is for both existing Expedition Supervisors wanting to update their knowledge or for new Expedition Supervisors wanting to learn the ropes. The courses will be delivered across the UK and will cover the following:
- The role of the Expedition Supervisor, Assessor and other adults within the Expedition section.
- The process of remote supervision.
- The importance of emergency procedures.
- The duty of care held by the Expedition Supervisor.

Recognition
There is UK-wide recognition for this course and all those attending will receive a certificate of attendance. Approval for Expedition Supervisors working on DofE expeditions is still the responsibility of the Operating Authority or Approved Activity Provider.

Any potential Expedition Supervisor should have a good level of knowledge in the following three areas:
- DofE knowledge: including a full understanding of the requirements of the Expedition section and the importance of remote supervision.
- Technical skills: including skills in the mode of travel, navigation, campcraft and first aid.
- People skills: including the ability to work well with both young people and other adults in a supportive manner.

Practical involvement
The Expedition Supervisor training course concentrates on the first of these areas. The other areas can be gained through qualifications or experience, depending on the Operating Authority or Approved Activity Provider requirements.

The course gives all of the delegates the opportunity to get involved in a variety of practical exercises throughout the course, and at the end delegates will feel much more confident about their role as an Expedition Supervisor.

Across the UK, Course Directors are being trained to deliver this course and are being provided with a comprehensive set of resources to help them.

If you want to register on a course, you will need to complete a number of pre-course requirements:
- Have completed the DofE’s e-induction and have a letter of completion.
- Have been approved by your Operating Authority/AAP to attend the course.
- Have sufficient technical competence to undertake the practical elements of the course i.e. navigation/campcraft skills.

For more details on where courses are taking place in your local area, please look on www.DofE.org/training

“Wonderful course, I learned loads.”
Delegate from Worcestershire County Council course.

“Brilliant resources, I’m really looking forward to delivering our first course.”
Richard Rhodes, Girlguiding UK
eDofE update
At the last count, there are 46,551 unique users of the system, with hundreds more signing on each week. The next stages of development will include:
- Enhancements to the Expedition section
- Development of the online shop facility to purchase Expedition Assessment Vouchers
- Creation of the Achievement Pack functionality
- Development of the Reporting Suite.

There is significant work being undertaken on the reporting section of eDofE. Operating Authorities will once more be producing their usual annual reports from DEAMS, about participation trends and results. Of course, this will only be based on participants still using Record Books. The DofE will provide Operating Authorities with similar information from eDofE so they can produce a comprehensive picture across their area.

For the latest updates, please refer to your DofE Region/Country noticeboard, available through www.DofE.org/takepart

End of music licensing exemptions for charities
The Government has announced its decision to repeal the exemptions that apply to charities and other not-for-profit organisations when they play recorded music in their premises. The new licensing system is due to come into force in April 2010. Join NCVO’s ‘don’t stop the music campaign’ at www.tinyurl.com/ncvomusic

Everyone’s welcome...
Keen to include young people with special needs in your DofE work? The Duke of Edinburgh’s Award East Region is running a Special Needs Conference on 19 May 2010, at MK Dons Football Club, Stadium Way West, Milton Keynes MK1 1ST (cost: £30).

The conference aims to give DofE Leaders and volunteers an understanding of how to best deliver DofE programmes around the diverse needs of young people. There will be opportunities to share best practice and to network with colleagues.

To book your place please visit www.DofE.org/east and click on ‘Training’ or contact the East Region office on east@DofE.org or 01908 576322.

Many new AAPs have now been licensed with new partnerships being created each week, particularly in the Expedition section. We have updated our AAP web pages to make it easier for you to search for AAPs, with providers bearing an icon indicating the type of activities on offer. For the full list please go to www.DofE.org/aap

New AAPs include:
- A Beacons Challenge
- Abernethy Trust
- Activities Ireland
- Adventure Centre for Education
- Adventure Lifesigns
- A+ (Adventure Plus)
- Aim High Expeditions
- Beyond Adventure
- Brathay Exploration Group Trust
- Country Experiences
- Elements EU Ltd
- Friends of the Award in Edinburgh and the Lothians
- Expedition Wales
- Gateway Outdoors
- H5 Adventure
- Hill Walking Holidays
- IYWAC
- Land and Wave Ltd
- Mike Bignal Go Venture
- ORB (Outdoor Resource Base)
- Plas Menai
- Plas-y-Brenin
- Peak Mountain Adventures
- ProAdventure Ltd
- Rob Hasbury Tuscany
- Scotpeak
- Spirit of Adventure
- Sunrise Bushcraft
- True Adventure Ltd
- Undercover Rock
- Walk Rock
- Wide Horizons

Our full list of AAPs is available at www.DofE.org/go/currentaap

Highlight: World Challenge Namibia

DofE Residential and Expedition sections
An assessed expedition to Namibia offers you the chance to see some of the most breathtaking landscapes in that part of Africa. It’s perfect for completing the Expedition and Residential sections of a DofE programme towards achieving a Gold Duke of Edinburgh’s Award. For more information or to reserve a place contact us on:

T: 01494 427590
E: tellmemore@world-challenge.co.uk
www.world-challenge-expeditions.co.uk

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Approved Activity Provider
The Duke of Edinburgh’s Award Clothing

We’ve worked exclusively with The Duke of Edinburgh’s Award to create outdoor clothing that will inspire new adventures. The official range is available now from Craghoppers.

craghoppers.com

Inspiring Adventurers.

Ernest Shackleton (c. 1874 - 1922)
Nellie Bly (c. 1864 - 1922)
Sir Francis Drake (c. 1540 - 1596)
Drake Maddox Luttrell (c. 1813 - 1879)
Sir Walter Raleigh (c. 1552 - 1618)
Sir Francis Drake (c. 1552 - 1618)
Josephine Peary (c. 1863 - 1955)
Christopher Columbus (c. 1475 - 1506)
A QUESTION OF SUPPORT

As a DofE Leader, you play a crucial role in the success of your DofE group and participants’ programmes. Here’s some timely advice on tailoring your support to Bronze participants.

Since Bronze participants are all new to the DofE, your role inspiring, guiding and supporting them is particularly important, and by helping them have an enjoyable experience, they are also more likely to progress on to Silver and Gold level. So how can you tailor your support to Bronze participants and help them achieve their Award?

**Engaging new Bronze participants**

For Bronze participants, a big hook for getting them involved is to show how enjoyable doing a DofE programme can be. There are a number of different ways to show them all the fun activities they could do, for instance:

- **Ask them what activities they are already doing**, from karate club to drama classes, as long as they meet the DofE’s requirements they can count - use the DofE Leader’s checklist to help you with this.
- **Ask them what they are really interested in**. From BMXing to learning about fashion, from helping a charity to caring for animals – ask them what they love doing or have always wanted to try and encourage them to choose one of these activities.
- **Use the Programmes Pack** to show them the range of activities they could do and make them think ‘outside the box’.
- **Develop a list of free, local activities and useful contacts** and use the DofE Session Plans to get them excited and started planning their DofE programme.

**Choosing activities**

Whilst Silver and Gold participants may be more empowered and able to take the initiative in setting their programme and goals, Bronze participants may need more guidance to choose their activities and understand what possibilities are available for each section. There are many ways that you can help them choose activities that are interesting, relevant and exciting to them, including:

- **Ask them what activities they are already doing**, from karate club to drama classes, as long as they meet the DofE’s requirements they can count - use the DofE Leader’s checklist to help you with this.
- **Ask them what they are really interested in**. From BMXing to learning about fashion, from helping a charity to caring for animals – ask them what they love doing or have always wanted to try and encourage them to choose one of these activities.
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**Spreading it over the school year**

Young people have lots to keep up with – from homework to parties to sports practice after school. A participant can achieve a Bronze Award in six months – but they don’t have to do it this quickly, or do all their activities at the same time. Suggest that they spread it over the school year, concentrating on one section at a time.
Keeping them engaged and watching progress

Alongside inspiring participants to choose the right activities and helping them manage their time, you’ll need to keep them engaged throughout their programme as it’s easy to get distracted by other commitments and drop out. As well as verbal encouragement, you should think of ways to keep them engaged, celebrate success and encourage progression. The top ten hints from our Ambassadors are:

1. Have a regular slot to meet with your participants. This could be weekly or monthly but make sure your participants (and their parents) know the dates in advance so they can keep the time free.

2. Create a plan for your meetings and what you intend to cover. Then send it out to your group.

3. Keep your participants engaged in meetings. Make them interesting and encourage your young people to participate and report on what they’ve been doing. They could bring in the photos and evidence from the activities they are doing and present it to the group as a slideshow or in a group discussion. They could talk about things they’ve loved so far and things they’ve found a bit harder. This encourages them to use their peers as support and to be motivated by seeing others’ progress too. Use this opportunity to celebrate any goals they have achieved, or hurdles they have overcome.

4. Use eDofE and encourage them to regularly upload evidence. Seeing their progress increase on the progress bars is encouraging for participants.

5. Use eDofE to keep in touch. Send them messages of encouragement and give regular feedback on their evidence.

6. Communicate with your group by text for a quick response. It’s easy to send reminders and simple encouragement.

7. Set up a Facebook group to share information. This guarantees information will travel very quickly!

8. Take time to make your group a team. The DoE is all about making new friends!

9. Use Gold DofE participants to mentor and support them – they could do this for the Volunteering section of their programme.

10. Celebrate achievements regularly. You could give out sectional certificates and have an event to mark the occasion, finding a way to showcase their achievements.

Getting parents involved

A Bronze participant’s success will be made easier with the support of a range of volunteers. In particular, encouragement from parents, carers and guardians can make a real difference. Keep parents informed so that they can help motivate their children, acknowledge their achievements and give them practical support. From driving them to activities to helping them reflect on their experiences and deal with any problems, they have an important role.

A parent’s-eye view...

Sian Williams, BBC journalist and current affairs presenter, is a DoE supporter and parent of two Bronze Award holders. We interviewed her to find out how she supported her two children to achieve an Award...

How old are your boys? 18 and 16.

How did they get involved in the DoE? They’re at our local comprehensive, which is a big supporter of the DoE.

What support did you give them? As much as they wanted, which didn’t seem to be much, apart from making sure they were well equipped for their expeditions. They used their own initiative to organise working for the Volunteering section and I was proud of them for doing that. It takes a lot to walk into an old people’s home and ask if they want some help, if you’re only 15, or to spend three hours of your Saturday afternoon working in a charity shop.

What support did they need? Encouragement, rather than any financial or physical support.

What did they do for each section? A walking expedition, languages, learning to cook, playing football and working in the voluntary sector.

As a parent of two participants did you feel you were kept informed about your sons’ DoE journey? Yes, although they tended to talk about after they’d done it, rather than before. Sometimes it was hard to keep up with it, especially when they’d also got homework, football practice etc.

How much did you want or need to know? We always talked about their experiences while they were doing the charity work. They found that very valuable, and the cooking means that my son has developed a new skill before heading off to university.

Are your boys going on to do their Silver or Gold? I hope so! GCSEs and A levels seem to take up so much time, but I think it’s worth their while sticking at it. I’ve met so many inspiring teenagers who’ve achieved all their Awards and they managed to find the time and always talk about how inspiring it was and how valuable.

How much support do you think a parent should give? As much as they ask for. Part of it is about learning to manage your own time and learning independence.

Anything else you think as a parent of two DoE participants you would like to add? Encourage, encourage, encourage!
It’s your job as a DofE Leader to inspire, guide and support your participants to find activities and help them create a programme that will challenge and develop them; this article gives some handy tips to help you do this.

What activities are they doing already?
Young people tend to be involved in so many different activities that adding even more on to their jam-packed day might seem too much for them. From Saturday jobs and other clubs and societies, to parties and peer pressure to do other things, many young people find it difficult to fit everything in. However, doing a DofE programme doesn’t have to mean finding another range of activities, young people can simply improve on an activity they already enjoy doing.

As long as they focus on one activity, do it regularly and set themselves goals so that their Assessor can see progress over a period of time, their activity can count! For instance, young people may already be doing a sports or fitness activity outside of school, from playing netball for a local team to attending a street dance class at their local leisure centre.

For their Skills section, they might already be part of a club at school or they may want to develop a programme around their hobby. For instance, if a young person is already learning to cook at home, they could learn how to cook different foods from a different country each week – maybe Chinese, Indian or Spanish cookery. They could research recipe books from the local library and create menus for their masterchef pieces to serve at the family dinner time. Scanning the recipes and menus created and taking pictures of key stages in the cooking process and uploading them into eDofE can count as their evidence. You as their Leader can keep an eye on what they have been doing and maybe even get them to bring some food to share with your DofE group.

Another way of making activities more accessible is by thinking of linking activities they are doing. For instance, if a young person really loves football and they train with their local team every week, they might like to learn how to referee for their Skills section or coach football skills to the under tens for their Volunteering section. We wouldn’t encourage a young person to link all their activities together, as their DofE...
programme needs to be balanced and wide-ranging. However, linking together two sections because it is something they are really interested in can make their DofE programme more accessible and relevant to them.

What’s going on locally?
Young people don’t need to go far from home to engage in activities as there are usually plenty of exciting opportunities right on their doorstep. It might be useful to keep a list of up-to-date local opportunities, including those that are free of charge, as this will help when you are asked what is available.

The new Programmes Pack, available to buy from the DofE shop, contains a huge range of ideas for you to get young people excited about their programme, and is particularly aimed at Bronze participants. There are guidance notes in the pack for each category of activity young people could get involved in, from water sports or creative arts to helping a charity or community organisation. On each of these notes, there is space for you to jot down your local contacts for where young people can do these activities in your area.

When finding out about locally-based activities don’t forget to see what after-school activities there are. These might include sports, chess, debating, animation... and ensure that there’s someone in place to be an Assessor. The local youth club, church or community hall may also have activities taking place and the local newspaper may provide listings of opportunities.

It doesn’t have to cost a fortune
Doing a DofE programme doesn’t have to be expensive if a young person does activities that they are already engaged in and sources activities from the local area.

For instance, a young person wanting to increase their fitness doesn’t have to join a gym. They could get advice on how to get fit and go running every week for their Physical section, planning different routes around their local area and doing it with friends for support.

If a young person likes drama, they could join an amateur dramatics club, learn new skills and may get the chance to perform in a play. A short film clip of them performing would be great evidence for them to upload onto eDofE.

Expeditions on a shoestring
The Expedition section is sometimes the section young people are most interested in, but it is also the section that can be most feared by young people. Below are some key points to overcome the cost barriers and make this section as accessible as possible to young people:
- Keep it local. You don’t have to go far away to find an area suitable for a successful Bronze expedition.
- Take time to source local camp sites. Ask farmers if you can use their field or ask the local cadet or Scout group if they have land where you can camp – it may be a fraction of the cost of a commercial camp site.
- The kit list. Their kit doesn’t all have to be new – if participants have difficulty getting hold of kit or equipment check with your Centre Coordinator or OA to see if they can help. You could find out if other DofE groups in your local area may hire out expedition kit for a small fee. Look into sponsorship from local businesses or support from grant awarding bodies and see if other DofE participants or Award holders in your centre are able to loan out their kit. Finally, use available discounts – the DofE has a range of partners all of whom offer great discounts.

Finally
Young people doing their DofE should have an adventure and learn something new, but it doesn’t have to be something completely new. By sourcing local and free activities and making the sections affordable you can ensure that doing a DofE programme really can be accessible to all young people.

Suggestions of activities for those on a low budget:

- **Volunteering**: Help senior citizens learn how to use the internet. Cost: free/bus fare
- **Physical**: Jogging or walking. Cost: suitable footwear
- **Skills**: Groundsmanship at park, school or sports centre. Cost: free/bus fare
- **Expedition**: Gold expedition on foot with a voluntary youth group. Cost: £80 including training but plus equipment, food and personal kit (may also be weekly membership subs.)

Volunteering:
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everything you need...

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Cotswold, the recommended retailer for the D of E, now have 48 stores nationwide with experienced knowledgeable staff to give expert advice to you on all aspects of your expedition.

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If you haven’t received your partnership discount card go to www.DofE.org/go/Cotswold.

For quotations on bulk purchases either visit your local store or call 01688 575 576.

Pick up a Cotswold recommended expedition kit list instore or go to www.cotswoldoutdoor.com/dofe.

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Edwina Currie was born in Liverpool and went to the same school as Beatles George Harrison and Sir Paul McCartney. A 14 year-old Edwina achieved her Bronze DofE Award over 50 years ago at the Harold House Youth Club in Liverpool. Edwina has had three successful careers (so far) as a writer, broadcaster and politician.

Why did you do your DofE?
I decided to do it because it sounded interesting and, as I was hoping to try for university (quite unusual for girls in those days), I needed as good a CV as possible.

How much support did you have to complete your Bronze DofE?
My parents were supportive, but most of the help came from the youth club leader, who was keen that our club should have a good showing.

You volunteered with the British Red Cross for your DofE. What did you get out of this experience?
Volunteering with the British Red Cross and becoming one of their cadets had several useful outcomes: I learned first aid and what to do in an emergency. I was a volunteer for several years as a teenager at public events in Liverpool wearing my Red Cross armband, including the annual Liverpool Show in Wavertree near where I lived.

Did your Bronze DofE lead to other things for you?
I would dearly have liked to go further with my DofE and envied those who could. But doing four A-levels was time-consuming, plus I had to earn some money at weekends, so I was unable to continue after Bronze.

Why do you think young people should go on and achieve their Silver and Gold Awards?
Those young people who get their Bronze should carry on. The next stages are more of a challenge and you get to meet amazing people and take part in some mind-bending activities. You might even find your future job or role in life? And you will, of course, make friends for life.

Do you think your DofE still has an impact on your life?
I look back and am grateful for the opportunity to get started and get my Bronze Award. It was the first time I’d been involved in anything outside home and school and it gave me a glimpse of the outside world. I was especially impressed at all the adults prepared to give up their time for us young people – they seemed to enjoy it as much as we did.

Why do you support the DofE?
The DofE is a marvellous system of encouraging young people to step outside their comfort zone. It’s challenging, fun and safe – always under skilled supervision. Most of all, it helps with that process of growing up, of becoming mature adults and wise citizens. I support the DofE because it’s a brilliant programme working with more than 275,000 young people a year, channelling their energies into outdoor activity, into developing new skills and into helping their community.

For young people the DofE can be a magical process of transformation and, for their sponsors, guides and volunteer helpers, it’s an infinitely satisfying and fulfilling engagement.

Edwina Currie was talking exclusively to Emma Maguire, the DofE’s Communications Officer.

Join Adventure Alternative and our charity Moving Mountains for challenging trips of a lifetime to either Kenya, Borneo or Nepal. All three expeditions will combine developmental, social welfare and environmental aid at a grass roots level with adventurous treks and safaris incorporated into the programme.

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For more details about a truly rewarding experience for DofE participants please contact rhydian@icyuk.co.uk 01974 298940/07813 702 982

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Reach for the Peaks

Can you survive the outdoors on our two-day wild country hiking challenge? Put your survival skills to the test by competing for The DofE UK Challenge Trophy. Get together teams of six to raise money and help the DofE give thousands of young people opportunities that will change their lives.

Participants are asked to raise £299 each or £1,795 per team for our Charity.

DofE Peak District Challenge
11/12th September 2010

For more information, please visit www.DofE.org/go/ace or contact adventurechallengeevents@DofE.org
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- **Self-Catering Student etc.**
We all know that first impressions stick and can be very hard to shake off. Most often a young person’s first experience – and therefore their first impression of the DofE – is their Bronze programme. So, if that’s not a good experience their view of the DofE is likely to be tainted forever. But, if it’s a truly great experience it will open new horizons and fundamentally change their view of the world and their future lives. Yes, it’s that important!

I was struck by hearing DofE Trustee and extraordinary explorer, David Hempleman-Adams responding to an audience asking him what his most challenging experience has been... Climbing Everest? Exploring the Poles? Breaking ballooning world records? No, none of these. His most daunting and life-changing experience was doing his Bronze DofE. Why? Because it was a first on so many levels. Read more from David on page 13.

We impact the lives of four times as many young people at Bronze level than we do at Gold – so getting it right at Bronze is vital.

Inspirational
Hearing this made a big impact on me. So much of our effort at UK level is coloured by Gold. Organising Gold Award presentations and working with Gold Award holders is a day to day involvement for us. Whilst upholding the Gold standard and celebrating the amazing achievements of Gold Award holders is very important, I believe we can make a big difference by improving the experience at Bronze level, enabling more participants to experience the satisfaction of completing their Bronze DofE programme and celebrating their achievement.

Great beginnings
So, what can we do to ensure each Bronze participant has a great experience? This issue of the magazine is full of ideas and guidance but I want this to be the beginning of the ‘make Bronze great’ debate, not a conclusion. So please let me have your ideas – the things that work for your groups:

- How you get them enthused from the start.
- How you maintain motivation.
- Where you get your great Volunteering, Physical or Skills section opportunities from.
- How you get a high completion rate.
- How you ensure their Award is presented and celebrated.
- ...and any other tricks of the trade we can share with the DofE network.

Please send your thoughts to me at chiefexecutive@DofE.org

Let’s all make sure that a young person’s first impression of the DofE is not their last. Thank you!

Peter Westgarth, Chief Executive of The Duke of Edinburgh’s Award, speaks of the importance of getting it right at Bronze level
OUT THERE

Being prepared...
Do you know how to read a compass or navigate by the stars? Could you construct and steer a raft across a river? Can you tie a reef knot or send a message using Morse code? All these and many, many more topics are included in this incredibly detailed guide to everything you could ever need to know about Scouting skills and outdoor adventure. Whether you’re a seasoned adventurer looking to brush up on your skills or a complete beginner wanting to find a good starting point, this book is for your youth centre’s library. Copies are available from good bookshops, priced £14.99. We’ve got five copies to give away... simply send an email with ‘Scouting Skills’ in the subject line, and your name and postal address in the body to magazine@DofE.org by 22 July 2010. We’ll select five lucky winners on that date, each of whom will win a copy of the book.

Seb’s Odyssey
We’ve charted in previous issues the story of DofE participant Seb Green, who walked around Great Britain on a marathon fundraising journey. The full story can now be viewed in a book put together by Dorset DofE Manager, Mary Harper. The book can be viewed online for free or you can buy a bound version. It really is an inspirational tale and one which shows well the impact of the DofE on young people and how their lives can be turned around.

Read or download the book now at www.tinyurl.com/sebsodyssey.

Ever wanted to run a half marathon?
As a charity, we are always looking for ways to raise funds. Now’s your chance to help us and realise your dreams, as we have 25 guaranteed places in this year’s Great North Run on Sunday 19 September 2010. Currently the most popular half marathon in the world, the event takes place from Newcastle to South Shields, guaranteeing a carnival atmosphere for runners making their way along the 13.1 miles. If you are over 18 and would like to join the team all we are asking is for you to send us your race entry fee of £55 and raise £150 for us.

For more details and to request an application form visit www.DofE.org/northeast or email pam.higgins@DofE.org

The Big Wildlife Garden project
Looking for a great Skills section or practical team volunteering project for your group? The Big Wildlife Garden is a great way to find out how to make any garden more wildlife-friendly. From private gardens and allotments, to school gardens and backyards, there is an opportunity for anyone who is passionate about wildlife to get involved. Groups can sign up to get recommendations for ways to make their local sites more wildlife-friendly. The search is also on for England’s best school wildlife garden. For full details visit www.bwg.naturalengland.org.uk.
It’s about time... It’s taken until now for someone to invent a glow-in-the-dark toilet roll... how did expeditioners ever cope without it? Like all things luminous it needs light to charge itself up, so to speak, and the amount of light it gets will determine how long it glows for. Alright, so it may not be entirely useful, but it may make a fun present for an Expedition Supervisor or Assessor! Available for under £5 from www.iwoot.co.uk

**Bookshelf**

**The One Pan Gourmet: Fresh Food on the Trail**

If you think eating in the hills means subsisting on dried fruit and dehydrated food, think again. This book shows you how to enjoy easy, tasty and satisfying meals using fresh ingredients using only one pan or pot. The author has included information on cookware, stoves and water filtration, as well as over 175 recipes for breakfast, lunch, dinner and dessert. There are plenty of vegetarian options and low-fat choices, along with provisioning and packing advice and lots of weekend menu plans. £7.19, ISBN-13: 978-0071443173

**Camp Cook’s Companion: A Ragged Mountain Press Pocket Guide**

Here’s another handy book that will help you to prepare delicious and creative meals in the outdoors. Longtime camper Alan Kesselheim knows that good food well prepared can elevate a merely ‘okay’ expedition to a memorable one, as well as provide all the nutrients and body fuel you need. The book gives advice on provisioning and cooking in the outdoors, plus favourite recipes from eight experienced wilderness cooks. Learn how to dry, organise and pack food for the expedition and follow simple recipes including tasty one-pot creations. This book will make great reading for backpackers, paddlers and outdoors people. £4.79, ISBN-13: 978-0071388016.

**Is this the perfect water boiler?**

What do you mean, you’ve never tried a Kelly Kettle? Seasoned Assessors and Supervisors who want to boil water for soup, dehydrated meals or a simple cuppa on the hillside often turn to this gadget. It uses twigs, pine cones etc. as fuel and can boil a pint of water in four minutes. The pint version (bigger ones are available) weighs 699g empty. It’s a double-walled chimney with the water contained in the chimney wall. Once the kettle is filled with water, simply start a very small fire in the base, set the kettle on the base and drop additional fuel down the chimney. It is completely reliable in the worst of weathers and can safely be used on any outdoor site as the fire is contained in the kettle’s base. 28.5cm high x 12cm. Around £35 from online retailers and survival shops.

**MAKE SOME DOUGH!**

Those participants that are doing a bit of cooking for their Skills section, or selling biccuits to raise money for charity as part of their Volunteering work, may want to convince people that the food they make is truly home-made. Invest in a stamp to imprint the message ‘Home Made’ on cookies and there’ll be no doubt as to their provenance. Simply press the reusable stamp onto the cookies before they are cooked. Just £10 from www.iwoot.com

**You’re fired!**

Fed up with soggy matches? Light that fire or stove first time with a firesteel. The Magfire Fire Starter by Magfire is a new firestarter that has been developed by survival experts to work trouble free after getting wet, in a storm and below freezing point. Glowing sparks produced by a single strike will light a camp fire, gas barbeque or stove each time. Available from www.amazon.co.uk for under £10, with free UK delivery. Just 8cm long, it produces a 3,000° hot spark and is made from a high quality metal alloy which lasts for 3,000 strikes. Moreover, it’s water and oil resistant, it won’t break in tough conditions and is safe to use as it won’t burn or ignite itself. Reppeatedly struck, it could also be used as a signal for help.

**Bookshelf**

**The One Pan Gourmet: Fresh Food on the Trail**

If you think eating in the hills means subsisting on dried fruit and dehydrated food, think again. This book shows you how to enjoy easy, tasty and satisfying meals using fresh ingredients using only one pan or pot. The author has included information on cookware, stoves and water filtration, as well as over 175 recipes for breakfast, lunch, dinner and dessert. There are plenty of vegetarian options and low-fat choices, along with provisioning and packing advice and lots of weekend menu plans. £7.19, ISBN-13: 978-0071443173

**Camp Cook’s Companion: A Ragged Mountain Press Pocket Guide**

Here’s another handy book that will help you to prepare delicious and creative meals in the outdoors. Longtime camper Alan Kesselheim knows that good food well prepared can elevate a merely ‘okay’ expedition to a memorable one, as well as provide all the nutrients and body fuel you need. The book gives advice on provisioning and cooking in the outdoors, plus favourite recipes from eight experienced wilderness cooks. Learn how to dry, organise and pack food for the expedition and follow simple recipes including tasty one-pot creations. This book will make great reading for backpackers, paddlers and outdoors people. £4.79, ISBN-13: 978-0071388016.

**Is this the perfect water boiler?**

What do you mean, you’ve never tried a Kelly Kettle? Seasoned Assessors and Supervisors who want to boil water for soup, dehydrated meals or a simple cuppa on the hillside often turn to this gadget. It uses twigs, pine cones etc. as fuel and can boil a pint of water in four minutes. The pint version (bigger ones are available) weighs 699g empty. It’s a double-walled chimney with the water contained in the chimney wall. Once the kettle is filled with water, simply start a very small fire in the base, set the kettle on the base and drop additional fuel down the chimney. It is completely reliable in the worst of weathers and can safely be used on any outdoor site as the fire is contained in the kettle’s base. 28.5cm high x 12cm. Around £35 from online retailers and survival shops.

**MAKE SOME DOUGH!**

Those participants that are doing a bit of cooking for their Skills section, or selling biccuits to raise money for charity as part of their Volunteering work, may want to convince people that the food they make is truly home-made. Invest in a stamp to imprint the message ‘Home Made’ on cookies and there’ll be no doubt as to their provenance. Simply press the reusable stamp onto the cookies before they are cooked. Just £10 from www.iwoot.com

**You’re fired!**

Fed up with soggy matches? Light that fire or stove first time with a firesteel. The Magfire Fire Starter by Magfire is a new firestarter that has been developed by survival experts to work trouble free after getting wet, in a storm and below freezing point. Glowing sparks produced by a single strike will light a camp fire, gas barbeque or stove each time. Available from www.amazon.co.uk for under £10, with free UK delivery. Just 8cm long, it produces a 3,000° hot spark and is made from a high quality metal alloy which lasts for 3,000 strikes. Moreover, it’s water and oil resistant, it won’t break in tough conditions and is safe to use as it won’t burn or ignite itself. Reppeatedly struck, it could also be used as a signal for help.

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DofE Shop

The DofE shop is now online!

Be sure to visit our great, simple to use online shop to get hold of merchandise, gifts and resources to help you in your DofE work.

Simply create an account (as you would with other online shops) so you can access the main lines. If you are a DofE Manager or Leader, you should use your eDofE login details, giving you full access to restricted items.

The shop offers...
- Merchandise promoting the DofE
- DofE programmes resources
- Materials for those running the DofE
- Gifts
- Clothing

www.DofEshop.org

Travelling to a Gold Award Presentation?

We’ve partnered with Superbreak to offer a 10% discount on hotel accommodation with optional rail travel, dining & entertainment.

Superbreak is the UK’s leading short break operator and can offer:
- **Accommodation:** Over 1,100 two to five star hotels in London and across the UK.
- **Travel:** Rail-inclusive packages are available from all UK mainline stations.
- **Airport parking & hotels:** Book an airport hotel including parking.
- **Dining:** Great value two-night offers with dinner at top hotels.
- **Theatre Breaks:** Low cost packages to see all top West End shows.
- **Concerts and Events:** Packages to leading rock, pop, sporting and cultural events.
- **Spa:** Take time to unwind & relax.

Superbreak offers great value but for an extra 10% discount call 0871 221 2717 and quote ‘DofE’. To book online go to www.DofE.org/Superbreak and follow the link for your discount to be applied.

Planning a break at any time?
Although perfect for those attending Gold Award Presentations, the good news is you have unlimited access to Superbreak’s savings throughout the year! Also available are...
- **Attraction Breaks:** Treat the family to a visit to Legoland or many other theme parks.
- **Golf Breaks:** At some of the finest courses in the land.
- **Murder Mystery & Haunted Breaks:** Become a sleuth whist enjoying some luxury.
- **European City & Beach Breaks:** Choose from 5,000 hotels in over 400 destinations.
In the recent Impact Survey, an amazing 76% of DofE participants said that their Leaders were inspirational – you are probably one of those inspirational figures!

You may not realise but your actions, words and general manner have an enormous influence on the young people in your care. Even the smallest action, or briefest comment – good or bad – can have an impact on young people for the rest of their lives as they invariably look up to people like you for guidance, behaviour and support.

We currently have over 50,000 Leaders in the UK keeping the DofE alive for young people. These Leaders guide, inspire and motivate young people to embrace opportunities throughout their DofE and beyond.

The great and the good
When talking to DofE Award holders we frequently hear stories of great Leaders. Most people have a story of a favourite teacher at school – DofE participants have these stories of their Leaders. A great DofE Leader encourages participants to take the leap, to push themselves, to stick at something, rise to a challenge and to be the best person they can be.

For some disadvantaged young people a DofE Leader can be the key to unlocking potential that may have never been discovered and open up a world of possibilities.

One young person from Huntercombe Young Offenders Institution shows the importance of having good support from his Leader. The individual was encouraged to gain qualifications to increase his employability once he had left the establishment.

“He gives us motivation and an insight on what we can gain from the DofE experience. By him inspiring me, he is helping me with my life by creating a better view of me from people like employers which will help in the future.”

Young offender/DofE participant

He said: “My DofE Leader has inspired me by giving me an opportunity to achieve goals both physically and mentally. He’s showed me that there’s always a chance for people who are frowned upon from the outside world to accomplish targets and to show what they are really capable of.”

“He has also inspired me to keep my head down and not get into trouble. This doesn’t only apply for myself but for others too.”

Reaching potential
DofE participant, Kramer Caldwell started at Bronze and travelled through to Gold with the support of his Leader. Kramer enjoyed working through the challenges of Bronze and soon found himself being encouraged to set bigger goals and challenges.

Kramer said: “Just as he did with others in my DofE group, my Leader picked out the best in all of us.”

By being a great Leader you are providing these opportunities. You are giving chances for young people to experience once-in-a-lifetime moments. By having a great Leader, Award holders can go on to share great experiences with new participants as Leaders themselves. Stories like these are only possible thanks to Leaders like you.
Save the Children
Student Enterprise Scheme

As part of our Student Enterprise Scheme you’ll be supporting our work and making a real difference to children’s lives while you develop your skills and hopefully have fun!

- Develop a business.
- Organise and publicise a fundraising event.
- Co-ordinate a campaign.

You choose!

Gain skills in:
- Marketing
- Event management
- Media and publicity
- Campaigning
- Leadership and team work
- Finance and business sense

Learn more about:
- How charities work
- Your power to change the world
- The impact of your support
- How to make your voice heard

The Best Bit...

Save the Children has just become an Approved Activity Provider under the volunteering section so taking part in our Student Enterprise Scheme will help you to fulfill the volunteer criteria of your Duke of Edinburgh’s Award. Sound good!

For more information call the Schools and Youth Team at Save the Children on 020 7012 6400 or visit our website savethechildren.org.uk/enterprise to register for your student enterprise pack.

We’re the world’s independent children’s charity. We’re outraged that millions of children are still denied proper healthcare, food, education and protection. We’re working flat out to get every child their rights and we’re determined to make further, faster changes. How many? How fast? It’s up to you.
There are hundreds of opportunities for expeditions, residential and activities suitable for DofE participants and Leaders. Our website [www.DofE.org/opportunities](http://www.DofE.org/opportunities) is packed with them and is updated daily. Here, we put three under the spotlight...

**VOLUNTEERING**

**WRVS**
WRVS is working with the DofE to provide volunteering opportunities to young people from the age of 14. Whether the participant has a couple of hours a fortnight or half a day a week available, they’ve got volunteering opportunities to suit. WRVS is a national charity delivering practical support for older people. They provide valuable support to patients, visitors and staff in hospitals through coffee and retail outlets and ward trolley services. Volunteers will gain customer services skills as well as experience of working with people and teamwork. Full training and induction is provided and volunteers will gain lots of skills that will help them in the future.

W: [www.wrvs.org](http://www.wrvs.org)
T: 0845 601 4670 (quote ‘Award’)
Text: 0771 4898548

**SKILLS**

**Omlet animal care courses**
Many participants keep animals of some kind. Chickens are fast becoming a popular pet and Omlet runs courses across the country for around £15 a time. These courses cover everything the new or beginner chicken-keeper needs to know about poultry-keeping:
- Where to house them.
- Daily care and maintenance.
- How to feed your chickens.
- Health and wellbeing.
- Recognizing worms, mites and ill-health and how to treat some conditions at home.
- Eggs and laying.
- Introducing new hens.
- Dealing with a broody hen.
- Moultling, wing clipping and toenail cutting.
Omlet also run courses on bees, rabbits and guinea pigs. Contact them for more information.

W: [www.omlet.co.uk/courses](http://www.omlet.co.uk/courses)

**EXPEDITION**

**A+ (Adventure Plus)**
Adventure Plus is a DofE Approved Activity Provider and provides training and expedition supervision in all aspects of DofE expeditoning, by foot or canoe, from Bronze to Gold. They also deliver BEL Award courses each year from its base in Oxfordshire or at other locations by request, for DofE volunteers, staff etc. The Gold DofE is also a key element of their instructor training Gap Year, alongside a range of outdoor instructor qualifications including:
- Archery Leader
- BCU Coach
- BEL Award
- British Off Road Biking
- Climbing wall leader
- Fencing leader
- RYA Level 2
- Powerboat driver.

E: enquiries@adventureplus.org.uk
W: [www.adventureplus.org.uk](http://www.adventureplus.org.uk)

**IMPORTANCE:** The Duke of Edinburgh’s Award does not endorse any camps, sites, activity centres, courses or other opportunities contained within these pages or the website. The Duke of Edinburgh’s Award cannot and will not be held responsible for any arrangements, financial or otherwise, concerning participation in any opportunities described here. Participants should check with their Operating Authority to ensure that an opportunity they wish to pursue will count for their DofE programme. There is no guarantee that participation in activities offered by non-DofE Operating Authorities will count towards any part of a DofE programme. The DofE will not take any responsibility for any statements made or from any matter arising from any item printed here, including non-appearance of submitted copy. What every care is taken to ensure that each entry is accurate, neither The Editor nor the DofE take any responsibility for the omission or errors regarding any entry. It is the responsibility of the user to ascertain that, where necessary, a provider has an appropriate licence under the Adventure Activities Licensing Regulations. The supervision of expeditions is the responsibility of Operating Authorities.
The new DofE Programmes Pack is now available!

A smart clip-top plastic box containing a set of invaluable resources to help you promote activities to DofE participants, and to encourage them to broaden their horizons by discovering new activities.

Available to purchase by Leaders, Co-ordinators and Managers now from our online shop at www.DofEshop.org
Celebrating DofE achievements is not just restricted to Gold Awards – participants experience fantastic successes throughout every stage and level of their DofE journey. Whether these are small, like reaching their fundraising target for their Volunteering section or a bigger success like achieving their Bronze Award, there’s a great opportunity for reward and recognition in all aspects of their programme.

Through the course of their Bronze programme, it’s worth remembering to mark the smaller successes in some way as this will maintain participants’ motivation to continue to the next step. Small achievements such as reaching a sectional goal (beating their personal best running time/distance or reaching the numbers of signatures on a petition against a key environmental issue in their community for example) could be welcomed with a personalised ‘well done’ card or even just a round of applause in your weekly meeting. A little recognition goes a long way!

And how about arranging a party for your group on completion of their expedition? They’ve had a hard slog and would no doubt relish the opportunity to meet with their team and other members of their group to relax and relive the memories altogether with music, games and nibbles!

Don’t forget to use the Sectional Certificates available from www.DofEshop.org to give recognition to your participants on completing each section of their programme. These are a valuable tool to help them visualise each of their achievements as they go, pushing them on to the next step.

Their Achievement Pack
When your participants complete their Bronze programme and have their Award approved, they’ll have the opportunity via eDofE to record all of their achievements in their own book of memories. The Achievement Pack is a personalised record of achievement that a young person can create themselves by dragging and dropping in their evidence (e.g. scans, pictures, blogs, voice transcripts) from eDofE and adding in captions to annotate their memories. The Achievement Pack will prove to be a fun, visual way to create a lasting memento of their DofE experiences.

They will be able to access a template where there is space for them to place their most memorable evidence. There will be some pre-populated text about the aims, benefits and principles of each section as well as some space for self-reflection. Their activities and other data will be automatically generated from eDofE.

Once a young person has created their Achievement Pack, bursting with memories from their DofE, they will receive it free of charge as a PDF, so they can keep it, email it to friends and family, print it out or post it to their social networking page. They will also receive an opportunity, should they wish, to get it printed as a professional, top quality bound book. This book comes in two versions – a hardback cover that is bound with screws or in a leatherette finish. The hardback version will cost approximately £18 and the leatherette version £25.

Lizzie Bishop and Alicia Cory give some useful advice on making the most of the achievements of Bronze Award holders.
Bronze Award presentations
You may feel that a further way to show recognition for the achievement of their Bronze Award is in the form of a presentation. The purpose of a presentation is to:
- reward and celebrate young people’s achievements
- provide an incentive for completion
- inspire further DofE involvement
- develop new volunteers
- publicise the positive work and experiences of young people
- promote the DofE to key strategic people.

There are many things that can help make a presentation engaging, dynamic and inspiring:
- different locations
- use of multi-media
- the role of young people in the presentations
- a personality
- refreshments
- activities
- DofE stories.

Effective planning is very important if you want a presentation to go smoothly on the day. Here are some tips from the DofE Events Officer on what to think about when organising a presentation:

- Think about what you want to do: Are you going to present young people with their certificate and badge? Are you going to have a Master of Ceremonies? If so, can this be one or more young people?
- Budget: Do you have a budget for your event? If so, work out how to split this amount into each area of your event. If you overspend in one area, you may be able to cut down in another. Link with other centres in the area or within your Operating Authority to keep costs down by sharing expenses.
- Who are you going to invite? Is the presentation going to be for young people only? Will you be inviting any VIPs, e.g. DofE Leaders, Operating Authorities, School Governors, parents, the local Mayor etc?
- When? Is the presentation going to take place in the day or in the evening? If inviting parents, they would be unlikely to be able to attend during the day. If you want to celebrate their achievements to motivate the rest of the pupils and staff, a daytime presentation may be more suitable.
- Produce an event timeline: Your plan should include all the key tasks you need to do to prepare for the event and the date by which you need to do them. Share this information with anyone helping out. This is one of the first tasks you need to do.
- Where? When choosing a venue consider approximate numbers attending (assume each recipient will bring two or three guests), timings, budget, disabled access, parking and refreshments. The venue could be somewhere completely different to normal, such as on a football pitch at half time, in a theatre or similar meeting place.
- Programme: Create a draft programme which can be amended as and when you have more details. Anyone you ask to speak at your event should be given a copy in advance with notes detailing what you need them to say/do.
- Staff/stewards: Have a think about how many people it will take to run your event on the day, and what they will do. Roles include welcomers, stewards, car parking attendants, sound and light controllers, audio visual operator (if appropriate). You will also need volunteers to provide and serve refreshments and clear up at the end. You might also need to consider whether you will need help with any of the planning and organisation of the event, such as designing and printing invitations.
- Speakers/presenters: Before sourcing a speaker or presenter, have a think about what you want them to do, when you will need them and if you have room in your budget to pay their expenses if needed. When you find your speaker or presenter, send them a copy of the programme and ensure that they are briefed prior to the event.
- Equipment: Think about the equipment you will need, as well as checking if the speaker/presenter has any requirements.
- Publicity: Consider what publicity you could get from your event to raise the profile of the DofE and your organisation. Invite your local press if possible.

Whatever you decide to do, your young people will really be motivated by having a bit of a fuss made of them. They will then be encouraged to move on to the next level and even be more motivated with their school or college work. So, go on – celebrate!
What does your shopping list for your DofE Bronze group look like? Does it feature expedition equipment, transport costs, fees for specialist instructors or trainers, subsidising disadvantaged participants, covering costs for volunteers acting as Expedition Supervisors…? If that’s just the tip of your financial fear iceberg, don’t despair – support can be found.

Looking specifically at expedition equipment, the first guaranteed source of help is the discount offered to you by Cotswold Outdoor. Cotswold is committed to supporting the DofE and those involved with the Charity in a number of ways:

**Personal Discounts:**
- 15% off for all participants.
- 20% off for all DofE Leaders, Coordinators, Managers and Volunteers.
- A discount card in every participant’s Welcome Pack
- Leaders, Supervisors, Assessors, Managers and Expedition Network Members can apply for a discount card on our website: [www.DofE.org/signup](http://www.DofE.org/signup)

**Group Discounts:**
You can negotiate discounts on bulk purchases with Cotswold’s Group Sales Team. Call 01666 575 576 or email groupsales@cotswoldoutdoor.com

More ways to save money
It is also always worth being very un-British and haggling – or at least asking for discounts from any other local expedition equipment supply shops if you don’t have a local branch of Cotswold. Remember that you are a local customer and, if they give you a good deal, you will be a repeat customer. Ask if they’ve any shop-worn or end of range stock they could let you have at a heavily discounted price.

Talk to your Operating Authority or other groups in your area – they may have an equipment pool, or you may be able to share resources.

It may also be worth investigating if there is a local Freecycle website ([www.freecycle.org](http://www.freecycle.org)) where you can post your wants, and where you may find other people wanting to dispose of kit you need.

Deb Dowdall offers some invaluable advice and information for you to help your group raise funds for Bronze level activities.

“Always say thank you, and invite funders to presentations and open evenings. The better they know you, the more likely they will be to fund you in the future.”

You will still need to raise money – either for the balance of the cost after you have negotiated any discounts, or for the other items on your shopping list.

**Grants**
If you have a constitution and a bank account with two unrelated signatories, Awards for All have provided a great deal of funding to...
local groups to fund DofE activities and equipment. Find out more from www.awardsforall.org.uk where you can also download their guidelines and an application form.

Know your group members
A great deal of successful fundraising is about who you know, and what you know about them. People give to people, and people give often simply because they are asked.

There are also a number of small grant-giving charities who have a very specific geographical remit, supporting people in need in a particular town or parish. You may be able to find out about these from your local council (who often manage such funds) or from one of the trust funding guides. Your local authority or library may have access to these or you can visit www.trustfunding.org or www.funderfinder.org.uk. The local authority should also be able to put you in touch with the Youth Opportunities Fund – some authorities manage this directly, often through their Youth Services team. Others have contracted this out to a different organisation. Either way, they should be able to tell you how, and where, to apply.

Why people give
Whoever you decide to approach for funding or support in kind, you do need to set aside some time to work out what you need and how much it will cost. You then need to work out why this particular funder should support you – for example:

- They will be seen to be supporting a local good cause, and local young people in need.
- They will be seen to be supporting their staff’s families.
- They will be increasing the skills, teamwork and qualifications of their potential future employees, and the local community.
- They will be deflecting local young people away from crime and vandalism and into positive activities.

Think about what you can offer them, which may include a photo opportunity with local young people wearing DofE or co-branded t-shirts or places at your Award presentation ceremony where they can meet the mayor, head of children’s services or other local dignitaries. A group of your young people could talk to them about what they have been doing – Rotary and Lions Clubs, for example, very much like this.

Always say thank you, and invite them to presentations and open evenings. The better they know you, the more likely they will be to fund you in the future.

Potential funding sources
Children in Need are keen to get applications from small organisations across the UK that have not previously made an approach to them. The new Small Grants Scheme follows a pilot programme that took place in Scotland. There will be four application rounds a year. Any not-for-profit organisation working with young people and children aged under 18 can apply. Children in Need hopes to make decisions within 14 weeks of the closing date for each round. There are relatively few restrictions for the Small Grants programme.

www.bbc.co.uk/pudsey/grants/funding_smallgrant.shtml

The Santander Foundation is set to expand its activities during 2010. It funds local, regional and national charities across the UK, with a focus on helping disadvantaged people. To coincide with the rebranding of the Abbey and Bradford & Bingley businesses in the UK, and the takeover of their branch network, Santander has launched a new Community Chest Fund to support local charities. £250,000 is available overall in areas where the branches are. To see the branch network you can search at www.santander.co.uk. Part of the Community Chest Fund is being allocated to each of the participating branches and each branch has been asked to choose three charities it wants to support.

Big Lottery Fund Reaching Communities (England):
Reaching Communities provides grants of between £10,000 and £500,000 for voluntary organisations, social enterprises and some statutory organisations (such as schools) for work that improves the life chance of disadvantaged people and improves their well-being. It will consider projects that have young people as their main beneficiaries. You can call 0845 410 20 30 for information or download an information booklet from www.biglotteryfund.org.uk/prog_reach_comms_leaflet_eng.pdf or visit www.biglotteryfund.org.uk/prog_reaching_communities?regioncode=uk

Case study: Jamal Alam is the DofE Leader at Knights Academy in South London. The school is in the middle of a housing estate, and he is currently bidding for funds from the local Housing Association – many of his group lived in their properties, and the Association had a dedicated fund to support positive activities for young people whose families were their tenants.
Make a Splash swimming resource

Get your hands on some great swimming resources through www.nickgillingham.com

DoE supporter and Olympic champion Nick Gillingham’s website has been developed for the purpose of informing, communicating, developing and realising potential through information, education and training methods.

For the first steps to get you started on the road to fitness or as your first steps to a swim challenge or competitive swimming the free technique PDF booklet describes each stroke and can be downloaded from www.nickgillingham.co.uk/swimzone.html

The resources are packed with useful information. For example did you know you burn more calories swimming breaststroke compared to front crawl!
Try something new

The world’s leading achievement award for young people

Find out more from www.DofE.org

“I loved cycling and had a lot of fun doing my DofE with my friends!”

Beth May
DofE participant
GREAT EXPERIENCES
SUMMER 2010

Adventure activities for Schools and Youth Groups.
Enjoy the beautiful Peak District this Summer with Peak Pursuits.
Inspire, challenge and reward your young people with activity days,
teambuilding days, challenges and residential.

Join us for great experiences at our centre at Tittesworth Water.
All group sizes welcome with activities tailored to the ability and age
of your group. Ask us for a quote by calling 01782 722226.

DoE Expedition packages for schools and youth groups including
training, candidate workbook, practice and qualifying expeditions.

Gold DoE Open Walking Expeditions in August (Lake District)
and October (Peak District).

What will your adventure be?
Call 01782 722226 or visit www.peakpursuits.co.uk to find out more.

PEAKPURSUITS
www.peakpursuits.co.uk
2000 - 2010 Celebrating 10 Years in The Great Outdoors