

11th SPEN VALLEY SCOUTS

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Programme for November - December 2017 Please **keep it safe & use it. A copy is also on the group web site. WWW.11thsv.org.uk**

PLEASE READ THROUGH THIS PROGRAMME IN ADVANCE, SO THAT YOU KNOW WHAT IS HAPPENING IN THE FUTURE, RATHER THAN JUST TURNING UP ON THE NIGHT UNPREPARED. THERE ARE SEVERAL OPPORTUNITIES TO COMPLETE CHALLENGE BADGE WORK, BUT YOU HAVE TO BE THERE TO QUALIFY.

Friday 20th October Normal meeting

Start of Skills challenge badge

Section 4 – Cooking & clearing up
Sew on a badge
Repair a bike puncture
Iron a shirt & necker
Replace light bulb
Set heating timer

Section 3 – Do some **research AT HOME** so you can explain the dangers and harmful effects of smoking, alcohol & drugs.

Friday 27th October

Normal meeting

Prepare for Kettlewell – Clothing & equipment, Accidents, Get to know the area by looking at a map.

Friday 3rd November

NO MEETING

Friday 10th November

Normal meeting **LAST NIGHT FOR KETTLEWELL FORMS & MONEY**

Skills challenge badge

Section 1 - Physical activity – Circuit training for 4 weeks

Section 3 – Smoking etc. Patrol forum Report back (this is also the teamwork challenge)

Friday 17 November

Normal meeting

Circuits

Start of Emergency aid activity badge – Stage 3

Burns & bleeding

Unconscious & not breathing

Calling emergency services

Hypothermia & heat exhaustion

24th – 26th November

Kettlewell weekend

Friday 1st December

Normal meeting

Circuits

Emergency aid report back – award badges if deserved

Friday 8th December

Normal meeting

Circuits

Skills challenge badge. Section 2 – **bring pictures** of foods that show you understand why eating a sensible diet is important and why we should get enough sleep.

Prepare a collage with pictures of suitable foods.

Friday 15th December

Visit to Adrenalin – Details later

This is when you will complete the Physical challenge section of the Skills challenge badge.

Return to our HQ after, to be collected at 10.00pm.

Friday 22nd December

NO MEETING

Merry Christmas

See you on the 5th January

