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| Icon  Description automatically generated | **REVITALISE DAY** **SATURDAY 4th NOVEMBER 2023, 9.30 am – 4.00 pm****HORNDON-ON-THE-HILL PRIMARY SCHOOL,** **HILLCREST ROAD, HORNDON-ON-THE-HILL, ESSEX. SS17 8LR** |

Payment: - £5.00 per person. This is a legitimate Unit expense.

Sessions: - there will be 3 sessions. Please select your choice for each of these.

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| **Session 1 9.45am – 11.15am** |
| A 1 | Whittling |  |
| A 2 | Cake Decorating |  |
| A 3 | Filling The Gaps – looking at where Adults and girls are needed |  |
| A 4 | Singing For Fun! |  |

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| **Session 2 11.30am – 1.00pm** |
| B 1 | Self Defence |  |
| B 2 | Knife, saw and axe throwing |  |
| B 3 | Cake decorating |  |
| B 4 | Singing For Fun! |  |

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| **Session 3 1.45pm – 3.15 pm** |
| C 1 | Self Defence |  |
| C 2 | Whittling |  |
| C3 | Recruitment – ideas for both adults and girls |  |

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| **First Response Modules 1 9.15 – 11.15 a.m.** |
| D1 | First Response Module 1 (practical)Modules 2 and 3 will be via zoom sessions on 13th & 20th November |  |

Refreshments - drinks mid-morning, lunch time and at end of day. Please bring your own cup. You will also need a packed lunch.

Limited parking at the school, plus on local roads. Please car share if possible.

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Name ……………………………………………… Division ………………………………

Membership Number ………………………

Unit ………………………………………………………. Rainbows/Brownies/Guides/Rangers

Telephone………………………… Email ……………………………………………………………………

Reply to:-Girlguiding Essex West – office@girlguidingessexwest.org.uk

Or post to Suite T4, Bates Business Centre, Church Road, Harold Wood, Romford RM3 0JF

Payment may be made by BACS – GUIDE ASSOCIATION ESSEX WEST – 20:12:21 - 80902551 or cheque.

Deadline – 27th October 2023