



The Golden Years Challenge



Complete the first two clauses and at least 2 others to earn your badge.

1. Share an activity with an elderly relative, friend or neighbour. You could make a memory jar together, put memories in it throughout the year and then read them together at Christmas. Or you could share your favourite childhood stories or books.
2. Organise a social event for your elderly relatives, neighbours and friends. This could be a tea party, Sunday lunch, beetle drive, quiz, etc.
3. Find out about the services available for the older generation, i.e. community groups, sewing circles etc.
4. Make Christmas or Easter cards, flower arrangements, photo frames, or something similar and take them to a local Sheltered Accommodation, Nursing Home or Care Home.
5. Complete an interest badge:
Rainbow - Family Tree - find out about your family tree.
Brownie - Charities - Raise money for a local charity that supports the elderly.
Guide - Campaigning - Set up a local campaign to improve the quality of life of local residents.
Rangers - Event Planning.
6. Invite members of the Trefoil Guild to your unit to share their skills - pioneering, wet felting, knitting, crocheting, etc.
7. Find out about conditions and obstacles that elderly people encounter in their daily life. You could invite a local Occupational Therapist to your unit.

Useful Websites:

www.ageuk.org.uk

www.which.co.uk/elderly-care/your-relatives-needs/tackling-loneliness

<https://www.dementiafriends.org.uk/>



Order your badges:

Badges are available to purchase from our online shop and are priced at £1 per badge, plus £1.50 postage and packaging regardless of order size.
www.girlguidingglos.org.uk/shop.html