

COCO'S Foundation

This is a registered charity (Charity no. 1138100)
www.girlguidingsussexcentral.org.uk



Chris Connors proprietor of Coco's Hair Salons in Maidenbower, Southwater and Billingshurst, and Girlguiding Sussex Central's Ambassador is the founder of Cocos's Foundation which is a community project in South Africa. The aim is to support young people whose lives have been directly affected by HIV.

one of the projects is the collection and sale of textiles and shoes for recycling in this County. Money from the sale of these textiles is donated to the Coco's Foundation. The Foundation will then purchase African made clothes and other necessary items for the orphans. This helps the South African economy by purchasing African clothes, it provides an income to local people and the other orphans get a day out (for a child that has never been to the shops before it is a wonderful experience). Girlguiding Sussex central has pledged to promote the Foundation within our County.

In August 2018, 14 girls and 4 adult members of Girl Guiding Sussex Central County will be travelling to the Kwa Zulu Natal region in South Africa to take part in a service project alongside the Coco's Foundation. This will be the third trip members of Girl Guiding have participated in alongside the Foundation to help the Mseleni community.

How to gain your badge

Complete **ONE** challenge applicable to your section from each of the following:

- A wish is just the beginning
- Girlguidng South Africa.
- The Big Five.
- Culture
- Food.
- Health.

Raise £2.50p per girl either individually or in a group and send your request for the number of badges needed together with your donation to Sarah Sampson, Charnwood, Luxford Road, Crowborough, East Sussex, TN6 2PW.

FOR SUSSEX CENTRAL GUIDING UNITS ONLY

Collect textiles in a black sack which can be taken to your Division collecting point in Burgess Hill and Horsham. Please ask your Commissioner for details. Textiles can be collected throughout the year. Every bit of textile converts to money for our trip.

County International Coordinator

Mrs Vicky Cobb

6 The Kiln, Burgess Hill, West Sussex RH15 0LU

Tel: 07774323870

If you would like more information about Coco's Foundation please visit their website www.cocosfoudnation.co.uk or contact the Foundation directly on info@cocosfoundation.co.uk

For information about the challenge please contact Sarah Sampson, on ggscoccos2018@outlook.com

A Wish is just the beginning

A - R/B/G

The local school needs a photocopier; this will enable them to prepare lesson plans for the children . The cost of the photocopier is £500 - Find a picture and copy it by hand.

B- R/B/G

Every child should have the right to go to school. But to do so they need shoes. A pair of shoes cost £7.00 - Go for a walk with your unit.

C- G/SS

Every child has the right to one meal a day. The cost of a meal is 10p. Work out the cost of one your main meals, how much do you spend on crisps/sweets in a month? Discuss this with your patrol/unit.

D - G/SS

Every Child should have the right to sleep on a bed. The cost of a bed is £45 - sleep one night on the floor.

E- All Sections

All the orphans have the responsibility of looking after the vegetable garden. The cost of the seedlings is £2 - grow your own vegetables from seeds or plants

F - G/SS

Dream Catcher - See website: <http://www.wikihow.com/Make-a-Dreamcatcher>

G- G/SS

Work out how much your school uniform costs each year.

H -All Sections

Find out about schooling for your age group what are the core subjects taught.

Image: Dreamcatcher



Girlguiding South Africa

www.girlguides.org.za - The World conference was held in south Africa in 2010. There are 27164 members in their association. In 2012 South African Girl Guides challenged themselves to try something new in the outdoors.

Join them by:

A - R/B

South African Rainbows are called Teddies. Take your teddy outside for a teddy bears picnic.

B- B/G/SS

South Africa is in the southern hemisphere and has different star constellations than us in the northern hemisphere. Look at the sky by night and find out about the stars.

C - G/SS

South African guides and rangers walk in the bush. Find out places that you can go for a hike.

Think about what food you would take and other preparations you would need to make and then take part in a half day walk with others from your unit.

D - All Sections

Arrange your own choice of activity outdoors with your own unit you have not done before.

E - G/SS

Find out how many regions of guiding there are in South Africa.

F - All Sections

Find out the uniform each section has.

G - R/B

Make a paper doll with the uniform for your section.



Image: Paper doll clothes

The Big Five Safari

Lots of people visit South Africa to go on safari. The big five are -
Elephant, Rhino, Leopard, Lion and Buffalo.

A - R/B

Make puppets of the big five and act out a play.

B - R/B

Make a collage a safari holiday.

C- R/B/G

Make masks of the big five.

D- B/G

Find out some facts about the big five and make a poster.

E - G/SS

Hold a discussion with others in the unit about the benefits
between large game reserves, small game reserves and zoos.

F- G/SS

Plan and cost a safari holiday using brochures or via the internet.



G - R/B

Make a Lion Mask:

*Cut out a circular head out of corrugated cardboard. Draw in a
some eyes and jagged teeth for a mouth. Cut tassels into the edge
of the cardboard to make into a mane. Out of foam or felt make a
nose to stick on. Alternative for a mane - use pieces of materials.
TIP: For Rainbows pre prepare face template.*



H - R/B

Mbube, Mbube Game.

Mbube" is calling the lion (sort of pronounced like m-boo-bay). In this game the lion is stalking the impala (deer) while all players form a circle. Two players start the game. One is the lion, one is the impala. They are both blindfolded and spun around. Players in the circle start by calling the lion, "mbube, mbube!"The closer to the impala the lion gets the faster the chanting becomes.

Likewise if the lion is far away the calling decreases, in volume as well as speed of repetition. If the lion has not caught the impala within a minute a new lion is chosen. If the lion catches the impala, a new impala is chosen.

I- B/G

Hama Bead Animals

J - B/G/SS

King of the Jungle Game.

The aim of the game is to become the lion who is the King of the Jungle. .Form a circle and give everyone an animal - either a sound effect or action. However, the top seat must be a lion [action = roar] and the bottom seat, a worm [action = wiggle 1 finger]. The key thing to remember is that the seat is the animal not the person. The game begins with the person who is the lion saying 'I'm the king of the jungle, roar' they then give the action for another animal. The person who is that animal gives their action followed by another one (but they can't do the animal that's just been) and so on. If someone makes a mistake or hesitates for too long they become the worm and everyone in seats below them moves up a place. Remember that the idea is to get the person who is the lion to make a mistake.



Culture

The tradition of singing and dancing is very strong in South Africa; many of these native songs are danced to drum beats. The Gum Boot dance comes from the mining areas where the miners danced wearing the boots that they wear to work in mines.

Ladies wear very elaborate beaded necklaces and bracelets, copies of which can be bought all over South Africa. Woven baskets are used inside and outside to carry vegetables and fruit. In some areas children can collect water over a mile away by carrying it on their heads.

A- R/B

Make an African Drum

B-R/B

Make a mini woven basket

C- B/G

See how far you can walk carrying a container of water on your head.

D - G/SS

Make a South African flag pin badge

E- All Sections

Perform a Gum Boot dance

F - All Sections

Spend some time listening to African music.

G- All Sections

Make a beaded necklace.

Crafts can be found on the website:

http://www.makingfriends.com/world/world_south_africa.htm.

Culture Continued

H - B/G

Mamba Game (Snake game)-

Mark out an area for play and set boundaries. Everyone must stay within the boundaries or they are out for the remainder of that round. Choose one player to be the mamba (snake). The snake runs around the marked area trying to catch others. When a player is caught he becomes part of the snake's body by joining onto its tail. He joins the snake by holding onto the shoulders or waist of the player in front of them. Only the first player (the snake's head) can catch other people. The game continues until all the players have been caught. The winner is the last player left and becomes the head of the new snake.

I - H- R/B

Make a Bongo drum

Get two plastic cups, glue or double sided sticky tape, Masking tape, Pens or anything else you want to use to decorate, Scissors (not always necessary) Method: Take the bottom of each cup and stick them together using the glue or double sided sticky tape. Cover the top of the cups with the masking tape, try not to leave any gaps. Cover the rest of the cups with the masking tape and decorate it how you choose. If you want to add more noise to your drum you could fill the cups with rice before sealing the tops.



J - B/G/SS

Maracas - Get a tomato ketchup bottle - fill with lentils and paint!



Culture Continued

K - B/G/ SS

Woven Placemat

*You will need: 2 x A3 or A4 paper in different colours, scissors, ruler, pencil. Cut one inch (2.5 cm) wide strips of construction paper (your choice of colors). Start by cutting long strips in your chosen colours. Cut the next batch of strips shorter than the first batch. Because you have 9 strips that are 1 inch wide, each strip in this next batch needs to be 9 inches long to create rectangle. Glue or tape the ends of horizontal strips to one of the vertical strips, alternating top and bottom attachments. Weave the remaining vertical strips, securing their ends to the top and bottom horizontal strips. **Trim the edges.** Alternately, you can cut the strips a bit long to start with, and leave the ends sticking out a bit, on purpose.*



L - G/SS

Flag Broach

You will need: 10 small safety pins, 1 large safety pin, 40 green seed beads, black seed beads, 4 yellow seed beads, 16 white seed beads, 13 red seed beads, 3 blue seed beads (you may want extra in case some are lost)



SOUTH AFRICA

Layout your smaller safety pins in a line with the clasp at the top. Take the one on the left and thread the beads on in the order shown in the picture.

Fasten the pin and place it back down.

Do the same with the other pins completing the pattern.

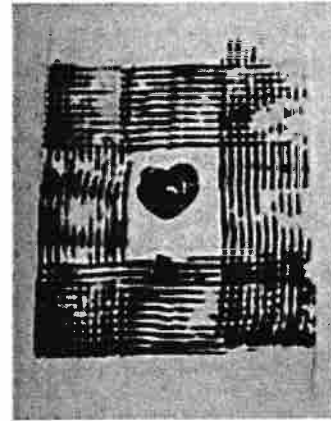
Once all pins have been filled you can thread them onto your large safety pin to keep it together.

Culture Continued

M- All

Adinkra Painting (Type of Cloth worn in Western Africa)

Get a square piece of A4 paper or card. Use either a plastic fork, wide tooth comb or clippers. Dip in Black Paint - Edge Border with a potato or apple print in the middle.



Health

HIV/Aids is a big problem in South African as is hygiene in the rural areas. Most, but not all people have running cold water but it is often a hosepipe in the garden. Toilets are often a shack in the garden with no mains drainage.

A - R/B

Make a water filter

B- R/B/G

Washing your hands after visiting the bathroom is something we all have the opportunity to do, not in rural South Africa. Design a poster encouraging people to wash their hands and they should do it.

C- R/B/G

Germs can spread by touching. Play the germ game - perhaps outside

1 Dip a sponge ball in flour or glitter and catch it around the circle of girls. See how the flour/glitter spreads.

D- B/G/SS

Draw around the outline of one of the girls in your group. Give this imaginary person personal details e.g. name, age, birthday, colour of eyes. Then discuss how you feel about her if she had a broken arm; chickenpox; HIV.

E- B/G/SS

In 2010 malaria was responsible for over 655,000 deaths of which 85% were in Africa. Find out how malaria is caught and how it can be avoided.

F - G/SS

Play the hot air balloon game - who should we remove from the balloon? In the hot air balloon there are 10 people. As the balloon drops from the sky one by one they are evicted in order to lighten the load& allow the balloon to rise again, decide in which order

they should be removed and why. The characters are: Scientist, nurse, teacher, Red Cross worker, youth worker, politician, priest, celebrity. Journalist, guide leader (you can add your own characters).

Activities for this section are taken from the Laser HIV/aids booklet - Girls in the know - contact Pauline if you need more details of this publication.

H - B/G

Water Usage challenge - record for 2 days how much water your family use. Make a chart to record this.

I - G/SS

Crochet or knit a square each and make it into a blanket for the winter months in Africa.



J- All Sections

Learn how to effectively complete handwashing. Find guidance from <http://www.carex.co.uk/kids-zone>

Food

The traditional staple diet of South Africa is vegetable and maize that grow in abundance. Over the years the Dutch, French and British have settled in South Africa and have influenced the style of food. Many of the meals are good on a braai - similar to a BBQ.

A - R/B

Look in your local store and see what foods come from South Africa.

B - B/G/SS

Cook your version of Vetkock - a stuffed Yorkshire pudding.

C - B/G/SS

Make your version of mealie or sweetcorn bread - a flat bread.

D - B/G/SS

Cook your version of Frikkadels - meatballs.

E - G/SS

Make your version of Babotie - a dish using left over from a roast.

F- All Sections

Make your own version of Krakelige - cookies

G - All sections

Make your version of Mellkert - a pudding -there is a quick microwave one.

H - All Sections

Have a BBQ Evening

I - All sections

Make Chakalaka and Pap.

This dish is a mainstay on every South African dinner table. Chakalaka is a vegetable dish made of onions, tomatoes, peppers, carrots, beans and spices, and is often served cold. Pap, meaning 'porridge'

Food Continued

J-All Sections

Decorate a paper bowl or plate with an African Design. Use to a search engine to find suitable African patterns.



K - All Sections

Make South African Yellow Rice

In a saucepan, combine the rice, salt, turmeric, sugar, cinnamon, raisins, butter and water. Bring to a boil uncovered. When it comes to a boil, reduce the heat to low, cover and let it simmer for 20 to 30 minutes, or until rice is fluffy and water has been absorbed. Remove from the heat and fluff with a fork. Keep warm until serving time.

Good Luck

