



Scouting from home #AdventureContinues Challenge Seven – Helping our Communities

Words of Bear Grylls

“Don’t Count the days. Make the days count.”

Please post on social medias using the #AdventureContinues or email us about your adventure to AdventureContinues@SuffolkScouts.org.uk

There are so many ways that we can all engage and support our local communities right now and Suffolk Scouts are actively support these campaigns. Get involved and please post your contributions on social medias using the #AdventureContinues or email us about your adventure to AdventureContinues@SuffolkScouts.org.uk

The Sunflower Challenge

Since the lockdown Age UK Suffolk have been focusing on not only improving the lives of older people across Suffolk, but also reacting to current need by launching an Emergency Shopping Service and Good Day Calls services.

Why not support their crucial work by growing a sunflower (seeds available for free at some co-op stores (see link below) and asking friends and family to sponsor you.

<https://www.ageuk.org.uk/suffolk/about-us/latest-news/articles/2020/suffolk-scouts-sunflower-challenge/>

Don't forget to share your success by posting a picture online with how tall yours grows using #AdventureContinues and on Age UK Suffolk's Facebook page <https://www.facebook.com/groups/244870376588402/>

#Gimme5 Challenge

The Paw Power #Gimme5 Challenge has been created by Suffolk Community Foundation for all the family – on two legs and four – and can be enjoyed safely in line with the latest social distancing guidelines. Getting fresh air and staying active is

so important, so what better way to do so than on a scenic dog walk through our beautiful Suffolk countryside? All money raised will be distributed to help re-build the lives of young people through two specific funds administered by Suffolk Community Foundation, How to make a donation and more information about how [**The Youth Intervention Fund**](#) and the [**#iwill Fund**](#) will spend the money raised can be found at the link below.

<https://www.suffolkcf.org.uk/gimme-5-challenge/>

Don't forget to share your achievements by posting a picture online on your walk/hike in the outdoors using #AdventureContinues #Gimme5.

Care for Care Homes

Join us in reducing the loneliness and improving the wellbeing of people in care homes as we collectively carry out 10,000 acts of kindness. Take a look at the link below to help you and an adult decide what you can do safely from your home and how together you can make contact with your local care home. There are even some tips for your responsible adult to make sure it's all done safely and your act of kindness has maximum impact!

<https://www.scouts.org.uk/volunteers/scouts-at-home/scouts-helping-others/care-for-care-homes/>

Don't forget to share your success by posting a picture online using #AdventureContinues

and of course if there is anything else you are doing for people in your community then please let us know about that too #AdventureContinues

Best wishes,

Ollie Smith: County Youth Commissioner and Programme lead
Sam Bolger: County Scouter (Adventure Continues Beaver lead)
Jo Cracknell: Assistant County Commissioner – Cubs
Angela Humphrey: Assistant County Commissioner – Scouts
Jamie Mortimer: Assistant County Commissioner - Explorers
Matt Gilbert: Assistant County Commissioner – Top Awards
Karen Pettitt: Assistant County Commissioner – International
AdventureContinues@SuffolkScouts.org.uk

We enable young people with skills for life