

Cub programmes

Enabling you to start with a strong programme as soon as covid rules permit

Unemployment or illness?, “We haven’t met since start of lock down”. Have had trouble with internet, change of circumstances etc...

For whatever issues you have, or are facing, some of you may not have thought too much about preparing a programme before restart. WELL WORRY NO MORE!!!

HERE’S A FIVE MONTH PROGRAMME ON A PLATE TO HELP YOU START

With a strong CUB PACK we will strengthen our membership for the future. Hopefully by now you have invited where possible, new members from waiting lists and retained those not old enough to go onto Scouts. To greet these new members, integrate with our retained CUBS and to have fun together we need our programme ready for DAY 1 of return GOING GREEN.

SO, “IF” YOU ARE STRUGGLING TO GET A PROGRAMME TOGETHER LET’S START HERE!!



Getting re-started

You will be governed of course by Scout Association & Government Covid Rules for restarting, so your date range for this Programme will need to be altered to suit your own meetings if that is the case. I have chosen JULY - DECEMBER for this example in the hope we will go GREEN for JULY.

About the programme

You will find the programme provided has several headings that are self explanatory. You will need to amend some of the details:

1. Date & Time. (Will need editing if your meeting days & times differ from the attached example.)
2. I have used Leaders names of AKELA and ACSLs John, Ruth & Pat with Young Leader Keith. Again, you edit for your Leadership Team.
3. Parent Rota (see below)
4. Reminders/Notes are important for advance information to both Leaders and Parents.
5. Risk Assessment notes

Parents Rota: If your Cub Pack doesn’t have one you can easily set on up. You need to ask your parents to commit to a date which they can help on the evening. Show them your Programme dates and when they commit, edit the attached Programme with their names.

Sharing your programme: When you have edited the attached you can use an abbreviated programme to share with parents as needed online or through your communication channel.

Games: make sure you use a variety of games. Here's a link to inspire you:

<https://www.scoutresources.org.uk/games/index.html>. Also here are 101 games for Beavers of which some could be used for Cubs too.

<http://www.tredegarscouts.co.uk/wp-content/uploads/2016/02/WDS-Beaver-Games-Book.pdf>

You will see on attached Programme in column "Equipment Required" I have entered "Equipment for your chosen game". It is a good idea to edit this column when you have chosen your game then all Leaders will ensure all is available on the night should the chosen Lead Leader be absent.

Campfire songs: choose a song that works best for your people, ideally give them a choice:

<https://thefifth.org.uk/links/campfire-songbook/>

Making sure your programme is safe – risk assessment

You must have a recorded risk assessment in place for every programme you run. The leader in charge has responsibility for ensuring this is in place and followed. It is good practice to ensure your group scout leader is aware too.

Example risk assessments that cover all of the different programmes included can be found here:

<https://www.scouts.org.uk/volunteers/staying-safe-and-safeguarding/risk-assessments/example-risk-assessments/>

Remember you will need to tailor these risk assessments to your specific circumstances and meeting location.

You're ready to go!

Well, hope that helps those in need. You can add you own event etc. But just use this to ensure you have a programme on a plate to start when we can once again do what we do best... have fun together in the Cub Pack whilst achieving.

If you're not familiar with other sources of help, there's loads available online, search Scouts Cub Activities and take it from there. There are lots of packs across the country running excellent programmes but if you need further inspiration just contact me and I will put you in touch at :

jock.shaw@notts-scouts.org.uk

Please enjoy your time with your cubs and remember, as cub leaders, you are helping to build a better future for Scouting in Nottinghamshire!

GOOD LUCK, KEEP SAFE AND WE HAVE SUPPORT IF YOU NEED



CUB PROGRAMME JULY – DECEMBER 2021

Date	Time	Activity	Equipment required	Leader in charge	Badge	Parent rota	Reminders / notes	Example risk assessment
WED JULY 7th	6.30	WELCOME BACK!!!	Equipment for your chosen games (see list) Cub Story. Crisps & drink, cups etc.	Akela		Mrs Cherry	Have Welcome Pack ready for Parents handy should you have newcomers. ***Promote "Bring a friend night" July 21 st (maybe a handout to parents)	Section meeting
	6.40	Game		John				
	6.55	Talk to cubs and show any newcomers how you start and finish your meetings. Develop some Pack rules together.		Pat & Tom				
	7.15	After a game or two maybe over Crisps & drink. Tell them the story of Akela and the wolf pack.		Akela				
	7.55	Closing						
WED JULY 14 th	6.30	TEAMWORK PLANNING Opening Grand Howl & hello's	Equipment for your chosen games	Akela	TEAMWORK CHALLENGE AWARD see parts 1&4 TEAMWORK CHALLENGE see part 5.	Mrs.Smythe.	Remind/Promote "Bring A Friend" next week. Leaders prepare invites to join us at Cubs next week. AND Letters to parents re NEXT meeting dates after school holidays!! **Prizes & Party Food for next week!!	Section meeting
	6.35	Games	Paper, pens for Sixer's.	John				
	6.55	Drinks break		Pat & Tom				
	7.10	1. SIXERS go with Pat & Tom and plan next weeks games and Team building activity. 2. OTHER CUBS hold Forum and give what they would like to do at Cubs in the future.		Akela & Keith				
	7.40	Games		John				
	7.55	Closing		Akela				

Nottinghamshire Scouts - Programme

WED JULY 21st	6.30	FUN WITH FRIENDS NIGHT Opening , Grand Howl ,hello's and welcome!!	Prizes for games. Party Food. Plates, cups etc, tables and covers as required.	Akela	TEAMWORK CHALLENGE see parts 1,4 and for <u>Sixers</u> see also part 2.	Mr White.		Section meeting
	6.40	Game		Pat, Tom & <u>SIXERS</u> !!				
	7.05	Drink & nibbles						
	7.10	<u>TEAM BUILDING</u> exercise devised by sixers last week.	Equipment for your chosen games <u>AND</u> SIXERS Team Building Activity.	All				
	7.40	Game		John				
	7.55	Closing		Akela				
SCHOOL HOLIDAYS - NO MEETING – should you decide to meet during the holiday you will need to programme accordingly								
WED SEPT 1st	6.30	PERSONAL SAFETY Opening, Grand Howl & hello's	Equipment for your chosen games, pens , crayons, tables if required.	AKELA	FIRE SAFETY BADGE see part 2.	Mr Johnson	**Leader to source a visit to local Fire Station for a possible visit on meeting night Wed October 20 th . (not in November as busy Programme)	Section meeting
	6.40	Game	Drinks, cups etc..	Pat				
	6.55	Show Cubs your HQ emergency exits. Cubs to have understanding of evacuation points and assembly points. Use floor plan provided. Hold a practice fire drill.	**Photo copied "Simple" floor plan of your HQ for the Cubs to draw on exits, No Go areas and assembly points)	Tom & John				
	7.15	Drinks break	Whiteboard if required.	All				
	7.25	Game		Keith				
	7.35	Discuss dangers of playing on the roads, canal banks or other criteria of Personal Safety Badge		Akela				
	7.55	Closing		Pat	PERSONAL SAFETY BADGE see part 1			

Nottinghamshire Scouts - Programme

WED SEPT 8th	6.30	PERSONAL SAFETY 2 Opening	Equipment for chosen games, tables, chairs. Paper & pens.	AKELA	MEMBERSHIP AWARD see part 2 PERSONAL SAFETY BADGE see parts 4&7 PERSONAL SAFETY BADGE see part 3	Mrs Kaye.	Remind Cubs to bring suitable clothing next week.	Section meeting
	6.40	Game		Pat				
	6.55	1. <u>New</u> Cubs: Start Investiture Prep. Names of Leaders, how we carry out Opening & Closing meetings. Law & Promise meaning. 2. <u>Other</u> Cubs: Discuss what you must do if a stranger talks to you and what you must tell parents if going out with them. Memorise your address and phone number or parents mobile.	Photo copy of Law & Promise (to take home to learn.)	John & Akela Keith & Tom				
	7.20	Drinks break		All				
	7.25	Make your own safety code		All				
	7.45	Game		Keith				
	7.55	Closing		Akela				
	WED SEPT 15th	6.30	DISCOVERING YOUR AREA Opening	Equipment for chosen game				
6.40		Walk local area close to HQ to show nearest phone box, doctors etc .	Hi-viz vests	All				
7.35		Game		Pat				
7.45		Quiz Cubs on tonight's walk.		John				
7.55		Closing		Akela				

Nottinghamshire Scouts - Programme

WED SEPT 22 nd	6.30	PERSONAL SAFETY 3 Opening	Equipment for chosen game	Akela	MEMBERSHIP BADGE.	Mrs White.	Leader to seek a grandparent or relative to talk to the Cubs and maybe have some medals, photos or memorabilia about their war experiences for Cub meeting on November 10 th .	Section meeting
	6.40	Game	Drinks, cups etc.	Keith	PERSONAL SAFETY BADGE see parts 6&7			
	6.55	1. <u>New Cubs</u> : Teach Scout sign, salute and handshake. Each to repeat Law & Promise. 2. <u>Other Cubs</u> : Explain why & how Cubs might contact Child Line etc for example. Discuss ways of keeping safe online.	Chairs.	John & Akeka Tom & Pat				
	7:40	Investiture		Akela & all leaders				
	7.55	Closing						
WED SEPT 29th	6.30	GAMES EVENING Opening ,Grand Howl & hello's	Equipment for chosen game	AKELA ALL	(Young Leaders planning for Cubs: see OUR ADVENTURE CHALLENGE AWARD. AND: OUR SKILLS CHALLENGE	Mrs Tovey	A Leader to enquire re local Santa Visit for Cubs and Parents on local Railway Preservation or possible event local to your HQ. Date of Event on Programme Dec 1st or 8 th . (see below) Prepare notes to hand out/email parents re arrangements for Fire Station Visit Wed Oct 13th	Section meeting
	6.40	**Young leaders only, plan for running "Young Leaders Challenge Evening" on October 6th (see requirements for Cubs Our Adventure Challenge Award) <u>**Need to request/purchase equipment for next week</u>	Drinks, cups etc..	Young leaders or (Scout Patrol Leaders)				
	7.15	Drinks break						
	7.30	Continue games evening						
	7.55	Closing						


Nottinghamshire Scouts - Programme

<p>WED OCT 6th</p>		<p>YOUNG LEADERS CHALLENGE EVENING</p>	<p>Whatever equipment young leaders have requested</p>	<p>Young leaders to run evening or patrol leaders and Scout leader. Cub leaders assist</p>	<p>OUR ADVENTURE CHALLENGE OUR SKILLS CHALLENGE</p>	<p>Mr Adams</p>	<p>Christmas Treat – leaders to sort visit to skateboard indoor park, Flo Park Nottingham - see notes and contact. 2 nights needed in order to be proficient for the skater badge. Dates November 24th AND December 1st. If skateboarding is not available source suitable visit. Prepare notes to hand out/email for Parents re arrangements for Fire Station Visit on Nov 3rd.</p>	<p>Section meeting</p>
<p>WED OCT 13th</p>		<p>FIRE STATION VISIT</p>	<p>Activity in case the fire crew goes out on a call.</p>		<p>FIRE SAFETY</p>	<p>Mrs Marsden</p>	<p>Letters to Parents re Remembrance Parade arrangements in either your District or local church Sunday 14th. Leaders to prepare materials for making Poppies NOV 10th. Remind Cubs to bring a torch for the firefighting session on the 3rd Nov.</p>	<p>Activities outside the meeting place IN TOUCH (if reqd)</p>
<p>WED OCT 20th & 27th</p>		<p>SCHOOL HOLIDAYS NO MEETING</p>	<p>UNTIL WED 3 NOVEMBER</p>					

Nottinghamshire Scouts - Programme

WED NOV 3rd	6.30	FIRE LIGHTING Opening	Materials for lighting fires – remember it is likely to be dark!	Akela	FIRE SAFETY OUTDOOR CHALLENGE	Mr Singh	Letters to Parents re Remembrance Parade arrangements in either your District or local church. Sunday 14 th .	Firelighting IN TOUCH (if reqd)
	6:40	Game		Keith				
	6.50	Cubs fire lighting and campfire songs		All				
	7.55	Closing		Akela				
WED NOV 10th	6:30	REMEMBRANCE EVENING Opening, Grand Howl, hello's	Equipment for chosen games	Akela	GLOBAL ISSUES	Mr Hughes		Section meeting Crafts
	6:40	Grandad or Parent speaker "War Experiences"	Craft materials to make poppies	All				
	7.00	Making poppies for Remembrance Day		All				
	8.00	Closing		Akela				
SUN NOV 14th	REMEMBRANCE DAY CHURCH PARADE							
WED NOV 17th	6.30	MODEL MAKING EVENING Opening, Grand Howl and hello's	Equipment for chosen game.	Akela	ARTIST OUR SKILLS BADGE see pt 3.	Mr. Klute Mr White.		Section meeting Crafts
	6.40	Game	Modelling clay, bowls, water, lolly sticks for modelling,	Keith				
	6.55	Clay model making	tables, chairs, aprons, towels, newspapers if needed on floors. etc.	ALL				
	7.55	Closing		Akela				

Nottinghamshire Scouts - Programme

<p>WED NOV 24th</p> <p><u>AND</u></p> <p>WED DEC 1st</p>		<p>CHRISTMAS TREAT – EVENING 1 & 2. FLO Skate Park or your chosen outdoor visit.</p> <p>(Should you require only one week for your treat you can add your own Programme Idea as an alternative)</p>			<p>SKATER BADGE</p>			<p>Activities outside the meeting place</p> <p>IN TOUCH (if reqd)</p>
<p>SUN DEC 5th</p>		<p>FAMILY SANTA VISIT Train Ride with Santa</p> <p>(If you decide not to do something different you will need to Plan if indoors or out)</p>						<p>Activities outside the meeting place</p> <p>IN TOUCH (if reqd)</p>
<p>WED DEC 8th</p>	<p>6.30</p> <p>6.40</p>	<p>INDOOR COOKING NIGHT Opening</p> <p>Cubs cooking</p>	<p>Cooking equipment, utensils, tables, covers, aprons, ingredients for all.</p>	<p>Akela</p> <p>ALL</p>	<p>OUR SKILLS</p>	<p>Mrs Smythe Mr Kent Mrs Church</p>		<p>Section meeting</p> <p>Cooking</p>
<p>WED DEC 15th</p>		<p>“LAST NIGHT PARTY” WITH PRIZES</p>  <p>Equipment for chosen games including prizes</p> <p>Nibbles & fizzy drinks. table/s, cover, chairs bowls for snacks etc.</p>	<p>All</p>			<p>Any parent who is able to help</p>	<p>Maybe a good opportunity for Parent to dress up as Santa and call in as a surprise and give out little pressies.</p>	<p>Section meeting</p>

NOTES/IDEAS TO PROGRAMME:

- Don't forget to RECORD the badge work the Cubs achieve as they go. And remember, it's important to present badges as soon as they are achieved. Follow up too, that they have been sewn on as soon as possible.
- You will see I have added an evening organised by your groups young leaders to run. It's always good for the Cubs to see the older members of the group and work together.
- Remember you have Executive Committee members in your group, try and invite them to join your meeting one evening to show your appreciation.
- See December 5th. Put in a " **family**" trip into your Programme always popular.
- You could substitute your own family trip here or whenever, just shuffle dates if you need. Look out for trips: Crich Tram Museum, Great Western Railway Santa Train Ruddington, Newark Air Museum maybe even a Pantomime visit? Up North? The Deep, Aircraft Museum, cinemas etc...Check on opening times & group prices well in advance.
- For September, after school summer holidays, have a picture of your Cub Scouts in uniform printed off for new (and old?) parents to see where to sew on badges.
- After first obtaining permission from parents, maybe you or a parent can manage a Cub Pack Photo Album? Perhaps a Cub Pack annual photo at beginning of each Summer, photos of Cub Activities, trips etc. (Come in useful for your Leader Training) also make good Christmas presents to parents.
- Dependant on the weather you could hold a Family picnic, join in with a District event, invite a speaker. Look for local clubs etc that can help out: University has a signing club, Rushcliffe for instance has the OWL preservation society. Some ASDAs offer a behind the scenes trip..see their community managers. There are a host of clubs and societies out there who may provide part of your programme.

Enjoy Planning your Programme "together" as Leaders.

HAVE FUN and with a good Programme you will ACHIEVE in giving your CUBS new experiences in life and helping the through their Scouting Journey