

## **How to join**

**Rainbows girls aged 5 – 7 years old**

**Brownies – girls aged 7 – 10 years old**

**Guides – girls aged 10 – 15 years old**

**Senior Section – aged 14years and over**

**Guiders aged 18 years – 65 years**

Dependant on your daughters age go to the appropriate web page link ie rainbows, find a unit that is suitable to you and then email your daughters name, date of birth contact telephone number, address and the details of which unit you would like to join.

Please note that some units do have very long waiting lists so don't wait till your daughter turns 5 for rainbows or 7 for Brownies as many girls have been on the list between 12 and 24months.

## **Guiders**

We are always looking for extra adult help whether it is joining the association and running a unit or become a unit helper and just helping out one unit each week. If you are interested in helping please email your details and the unit you would like to help with.