



The Fram Post



Spring 2013

Welcome...

Welcome to the Spring 2013 edition of the Fram Post. We hope you have all had an enjoyable Christmas and New Year break. Full details of what coming up in the next term can be found inside.



Could you Help?

There are many opportunities in Scouting for adults to get involved. These opportunities range from being an Occasional Helper – turning up once a month and helping make juice, to cutting the grass or becoming a regular leader. If you think you could help please contact john@framscouts.org.uk

Round up

The 10th November saw 300 Scouts and Explorer's converging on Wheatley Hill Scout hut for the SANCTUARY wide game. The Scouts were dropped off 9 miles away and then had to walk back to Wheatley Hill without being caught. Congratulations to our Scout + 1 team who were the only Scout Team to make it back without being caught!

The following day a large number of Beavers Cubs and Scouts took part in the Framwellgate Moor Remembrance Day parade and service, followed by the shared lunch. We are hoping to extend the shared lunch next year to include more of the local community.

Congratulations to Iain Wood who has now been presented with his Wood-beads for completing his training – well done Iain.





Monday Beaver News



Last Term

Over the past term we have run a varied programme with lots of exciting activities for the Beavers based very loosely around an animal theme, which included two sleepovers (one at the hut for Fram Beavers, and a district-wide one at Moor House). We have visited a climbing wall, done some DIY, learnt about dinosaurs, watched the Sleeping Beauty pantomime, been on a Remembrance day parade, kept pet locusts, learnt some first aid, and set off some fireworks inside the hut (indoor ones!). We have had a visit from the police dogs Jet and Ben, have been for a muddy hike that turned out to be great fun, and have had a sports night and done some archery.

We have been working towards our Creative Challenge and Friendship Challenge badges, which have seen some Beavers gain their Bronze Scout award (awarded when they have all six Challenge badges displayed on their uniform). We have also learnt about animals, gaining the Animal Friend badge. Beavers have been given the opportunity to work towards their IT stage 1 badge, which many of them have earned, with some of their hard work being displayed on the hut wall. They have also been able to work towards and gain their hobbies badge, and gain their stage 1 or 2 Emergency aid badge. There has been lots of sewing!

We have had two new young leaders join us, Valentina who is an A-level exchange student from Italy, and Poppy who is also studying for her A-levels. Karen has rejoined us after a short break at the start of term, and Jonathon and Shirley have continued as leaders.

This term

Our overarching theme for this term is Romans. Our planned programme will see us learning to map read and tie knots (again!), and we will be working towards our Promise and Global Challenge badges. We have a couple of joint nights with the Thursday Beavers which should be fun for all, and also a hike along Hadrians wall (further details to follow, and parents are required to be in attendance for this if their Beavers are to take part!). We shall be joining in with the RSBP Big Garden Birdwatch by learning about birds, and also hope to join in with some tree planting organised by the Woodland Trust. There is a District Music Day, which will see Beavers who come gaining one of the staged music badges. We will also work towards the Experiment and Imagination badges, which will fit in well with the District Gangshow at the end of term (an experiment for leaders, and imagination required for parents!).

Shirley will now be focusing on her role as Assistant Cub Leader, and will be sorely missed by Monday Beavers! Thank you Shirley for your help over the past 2 years. We wish her all the best for her future scouting activities!

If you have any queries, or comments about our programme, or ideas, or would like to get involved in some way, then please speak to Alastair

(Mondaybeavers@framscouts.org.uk).



Monday Beaver's Programme



The Beaver Section runs from 6 until 7pm unless Beavers/parents are informed otherwise.

7 January	Monday	Map reading and knots
14 January	Monday	Promise challenge
21 January	Monday	Australia theme
26 January	Saturday	Beaver Hike on Hadrians wall - 11:00 - 15:00
28 January	Monday	Birds!
29 January	Tuesday	District Beaver entertainment night
2 February	Saturday	Beaver Tree planting at Lumley
4 February	Monday	Romans
9 February	Saturday	District Music Day
11 February	Monday	Founders Day Service
14 February	Thursday	JOINT with THURSDAY -Promise challenge and pancakes
18 February	Monday	Half Term - No Beavers 9:00 - 17:00
25 February	Monday	Global challenge
4 March	Monday	Experiment badge
11 March	Monday	Imagination badge
18 March	Monday	Joint with Thursday Beavers, Global challenge and gangshow prep
20 March	Wednesday	District Gangshow - 9:00 - 17:00
25 March	Monday	St George/King Arthur/Post Roman
1 April	Monday	Easter - No Beavers
8 April	Monday	Easter - No Beavers
19 April	Friday	St George's Film Night (District Event) 19:15 - 21:00

Leader Contact Details

Alastair Basden

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Thursday Beaver News



This term...



It has been another fun packed term for the beavers who enjoyed many activities in and away from the hut. In September the beavers had a go at archery thanks to Iain. We enjoyed a night at the Botanic Gardens where we followed the animal trail around the site. In October the beavers very excitedly welcomed Jet and Ben, the police dogs into the hut where we learnt the dangers of talking to strangers. Many beavers also experienced a night away from home at the hut sleepover and how to look after a pet by taking home a locust. Hopefully none of these escaped into the house!



We also practised some first aid, when Stuart Keim came to teach us to 'Check for dangers!!'. In November we enjoyed learning about China with the help of Alexander Ballentynes mum. After a difficult journey in the winter weather, the beavers enjoyed a night of bouldering at the Durham Climbing centre.

Next term...

We are aiming to complete the Global and Promise challenge badges. We are also hoping to use our imagination and experimentation skills to complete some of the activity badges. We are planning a few joint Monday/Thursday beaver sessions so keep an eye on the planner! We are hoping to undertake a hike and possibly some tree planting in Lumley (TBC).



Thanks..

As always thank you to Dianne, Tom and David for their help organising and running beavers each week. Thanks also to all of the additional people who help along the way!



Thursday Beaver's Programme



The Beaver Section runs from 6 until 7pm unless Beavers/parents are informed otherwise.

10 January	Thursday	Map reading and knots
24 January	Thursday	Joint with Monday Beavers - Australia themed
26 January	Saturday	Beaver Hike on Hadrians wall - 11:00 - 15:00
29 January	Tuesday	District Beaver entertainment night
31 January	Thursday	Birds!
2 February	Saturday	Beaver Tree planting at Lumley
7 February	Thursday	Romans
9 February	Saturday	District Music Day
11 February	Monday	Founders Day Service
14 February	Thursday	Promise challenge and pancakes
21 February	Thursday	No Beavers
28 February	Thursday	Global challenge
7 March	Thursday	Experiment badge
14 March	Thursday	Imagination badge
18 March	Monday	Joint with Thursday Beavers, Global challenge and gangshow prep
20 March	Wednesday	District Gangshow
21 March	Thursday	NO BEAVERS - Joint with Monday
28 March	Thursday	St George/King Arthur/Post Roman
4 April	Thursday	No beavers
11 April	Thursday	No Beavers
19 April	Friday	St George's Film Night (District Event) 19:15 - 21:00

Leader Contact Details

Sarah Williams

sarah@framscouts.org.uk



Another Busy Term!

Once again we have had another busy term. We welcomed new Cubs and went to visit the fire station. Whilst we were there the fireman had an actual call out so we got to see them all running to the fire engines and putting the sirens on! A highlight of the term was learning about Sally's trip to Thailand where we even got to learn a few Thai words. We have also completed a few badges and started to do our first aid badge as well as finding out about what the Mountain Rescue team do thanks to John. At the end of term we celebrated Christmas by making personalised Christmas stockings and enjoyed a party. Congratulations to Alex Gibb who won the Cub prize for this term and to the red six who won the six prize.

District Camp - West Hall

Back September we took 15 Cubs to West Hall Camp site along with Wednesday Cubs and other Cubs from around the district.

This was, for quite a few, their first weekend away with Cubs. We visited Souter Lighthouse and built fires and cooked marshmallows over them! A great weekend and Fram Cubs all did themselves proud.

Indoor Camp - Powburn

This year, for our indoor Camp we have booked Powburn Scout Centre in Northumberland from Friday 5th – Sunday 7th April.

The accommodation is indoors with bunk beds. The weekend will cost £35. This is a non refundable deposit. Please return the form to Cubs ASAP.



Cub Tuesday Programme



Tuesday Cubs runs from 6.45 until 8pm unless Cubs/parents are informed otherwise.

8 January	Tuesday	Welcome Back Games Night
15 January	Tuesday	Wide Games Moor House
19 January	Saturday	Castle Eden Walkway Cycle Ride - 10:00 - 15:00
22 January	Tuesday	Scouting Around the World
29 January	Tuesday	Home Badge Night
5 February	Tuesday	First Aid Night (Take 2)
9 February	Saturday	District Music Day
11 February	Monday	Founders Day Service
12 February	Tuesday	Pancake Night
16 February	Saturday	Crackpot Hall Circular Walk (Yorkshire Dales) - 10:00 - 15:00
19 February	Tuesday	Half Term - No Cubs
26 February	Tuesday	Quiz Night
2 March	Saturday	District Night Hike (Hett)
5 March	Tuesday	Mother's Day (Artist Badge 1 of 2)
10 March	Sunday	District 6 a side football competition
12 March	Tuesday	Grass Sledging (Moor House)
16 March	Saturday	Swimming (Hetton) TBC
12 April	Friday	Cub camp Powburn
19 April	Friday	St George's Film Night (District Event) - 19:15 - 21:00
23 April	Tuesday	Chalmers Shield Competition (District)
28 April	Sunday	Cubs: District Day Hike (Gibside)
13 June	Thursday	District Sports Night
21 June	Friday	Cubboree Cub Camp
27 September	Friday	District Cub Camp

- Weekend Event
- Extra Activity
- Group Event



Leader Contact Details

George george@framscouts.org.uk
 Andy andy@framscouts.org.uk



Andy and George can be contacted by phone on 0191 375 7566



wednesday cub News



Last Term...

We showed our culinary skills, delivered presentations on a 'show and tell' night, explored the night sky and the local area with telescopes, worked as teams to make a presentation about space, visited the fire station, Ddscovered the world's smallest geocache! went swimming, battled the elements to get to the District Christingle service, explored a grave yard by torch light and learnt about the history of Escomb Saxon church, went camping with the District at West Hall, drummed, sang and danced.

Generally we have had a Great Time! Thanks to everyone who has helped us during this past term – I hope you've had as much fun as we have! We couldn't do it without everyone's support!

This Term...

Our mission this term, should we choose to accept it, is to try lots of new things! We have an exciting camp planned at Great Tower during Easter - we will be collecting deposits for the camp during the first few weeks of term.

A lot of the term will be given over to knights, dragons, tournaments and movie making as we produce our St. George's Day Clip for the start of summer term. We'll be learning how to produce sound effects, what a green screen is used for, other tricks of the trade and much more.

We've also got the opportunity to learn some Scottish Dances, discover more about our environment, play with science and take part in some District and Group activities. Please see the Group Events Page for more info.





Wednesday Cub Programme



Evenings run from 5:30pm Until 6:45pm unless Cubs and parents are informed otherwise.

9 January	Wednesday	Medieval Tournament (Games Night)
16 January	Wednesday	Environment Night
19 January	Saturday	Castle Eden Walkway Cycle Ride - 10:00 - 15:00
23 January	Wednesday	Scottish Dancing
30 January	Wednesday	Cubs Lead the Way
6 February	Wednesday	Night Hike - 18:00 - 20:00
9 February	Saturday	District Music Day
11 February	Monday	Founders Day Service
13 February	Wednesday	Here be Dragons...
16 February	Saturday	Crackpot Hall Circular Walk (Yorkshire Dales)
20 February	Wednesday	Half Term - No Cubs
27 February	Wednesday	Movie Making
2 March	Saturday	District Night Hike (Hett)
6 March	Wednesday	Puppetry Night
10 March	Sunday	District 6 a side football competition
13 March	Wednesday	Foley Artist Night
16 March	Saturday	Swimming (Hetton) TBC
20 March	Wednesday	Physics Night (TBC)
27 March	Wednesday	St George's Film Night
3 April	Wednesday	Easter - No Cubs
10 April	Wednesday	Easter - No Cubs
12 April	Friday	Great Tower Cub Camp
19 April	Friday	St George's Film Night (District Event) - 19:15 - 21:00
23 April	Tuesday	Chalmers Shield Competition (District)
28 April	Sunday	Cubs: District Day Hike (Gibside)
21 June	Friday	Cubboree 2013
27 September	Friday	District Cub Camp

Weekend Event

Extra Activity

Group Event



Leader Contact Details



David Baker david.baker@framscouts.org.uk
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wednesday Scout News



My Confido Adventure By Moses

The most exciting experience of my life happened when I was going camping at *Confido*.

My parents brought me and my best friend, Michael, to Moor House. It was so dark and there were countless cars queuing on the road. The pain of waiting in the car to get to *Confido* was excruciating. I couldn't wait to complete all the exciting activities. Finally we arrived at the campsite. It was very cold and we couldn't wait to burn up all our energy.

Camping was not comfortable. I didn't have much sleep due to the freezing weather. Fortunately, the activities were excellent. The zipline was scary but fun, I had to jump from somewhere really high with a string dragging me across the sky. The campsite also had archery, shooting and tomahawks which kept me busy and tired. It would probably be the happiest day of my life.

The last day of "Confido" was really sad because we were leaving. When I woke up, I decided to complete some games which I had not tried yet. I still felt energetic and excited when it was time to go home. I was sad to leave but happy to see family again.

News.

We've had another Fantastic Term at Wednesday Scouts. Highlights included our trip to Lindisfarne, Confido, African Drumming, Animal Night, and, not forgetting, winning Sanctuary.

This term our theme is Food. We are aiming to Achieve the Chef Badge, so we are arranging a visit to a Supermarket to see where our food comes from and joining forces with 19th Durham for a Outdoor Global Food Challenge.





Wednesday Scout Programme



Wednesday Scouts runs from 1900 to 2100 at the Scout Hut unless stated otherwise.
Hut open at 1850 to allow a prompt 1900 start.

9 January	Wednesday	Patrol Sports & Games Night
16 January	Wednesday	Food Adventure
19 January	Saturday	Castle Eden Walkway Cycle Ride
23 January	Wednesday	Bouldering [Team1]
23 January	Wednesday	Navigation [Team 2]
30 January	Wednesday	Founder's Night
6 February	Wednesday	Buddhism Night
9 February	Saturday	District Music Day
11 February	Monday	Founders Day Service
13 February	Wednesday	Indoor Scouting Competition
16 February	Saturday	Crackpot Hall Circular Walk (Yorkshire Dales)
20 February	Wednesday	Bowling (half term)
27 February	Wednesday	Navigation [Team 1]
27 February	Wednesday	Bouldering [Team 2]
1 March	Friday	District Walking weekend
6 March	Wednesday	Food Glorious Food!
9 March	Saturday	Outdoor Scouting Competition
13 March	Wednesday	Fine Dining - Scouts Style
16 March	Saturday	Swimming (Hetton) TBC
20 March	Wednesday	DIY Night (B&Q Durham)
27 March	Wednesday	Global Outdoor Cooking
5 April	Friday	Scout Camp - Ravengill
14 April	Sunday	Aira Force and Gowbarrow Fell Circular Walk
19 April	Friday	St George's Film Night (District Event) - 19:15 - 21:00
18 May	Saturday	Canoe Expedition Weekend
5 July	Friday	Canoe camp

Weekend Event

Extra Activity

Group Event

Leader Contact Details

Iain Wood

iain@framscouts.org.uk





Friday Scout News



Scouts Voice

We asked the Scouts what they had enjoyed most last term. Here are some of their responses:

"I really enjoyed Ready Steady Cook night. It was well constructed by the leaders over a few weeks. We also enjoyed the responsibility of buying our own ingredients and made us feel a big part of it."

Sanctuary

Confido

Orienteering

Upstairs quiz

Took part in Ready Steady Cook

Scouts is the best!

"I enjoyed climbing and games night."

Confido

Confido is an annual County camp held at Moor House. This October 1300 people were involved in the biggest Confido ever! With it's zombie attack theme and 'Scare Valley' activity zone there was adventure enough for all of the 26 Scouts and Explorers that went from Fram.

*Upcoming: Ravengill Camp
5th-7th April 2013.*

At the end of this term, Fram Scouts are off for a weekend camp in North Yorkshire, staying in the indoor accommodation at the Scout campsite – Ravengill.

There will be loads of activities on offer with the exact program depending on how many Scouts sign up. So get the date in your diaries and watch out for more information coming your way soon.



"My favourite parts were Wet 'n' Wild in the half term and archery."



Friday Scout Programme



The Scout section runs every Friday evening, 7pm to 9pm meeting at the Scout Hut – please check your weekly emails for the most up to date information.

11 January	Friday	Games night
18 January	Friday	Global challenge night
19 January	Saturday	Castle Eden Walkway Cycle Ride - 10:00 - 15:00
25 January	Friday	Scouting Skills Challenges
1 February	Friday	Jayz Animal Encounters
8 February	Friday	Wide Games
9 February	Saturday	District Music Day
11 February	Monday	Founders Day Service
13 February	Wednesday	Indoor Scouting Competition
15 February	Friday	Physics Night
16 February	Saturday	Crackpot Hall Circular Walk (Yorkshire Dales) - 10:00 - 15:00
20 February	Wednesday	Bowling (half term)
1 March	Friday	District Walking weekend
1 March	Friday	Joint night with 5th Durham
8 March	Friday	Fire Station research visit
9 March	Saturday	Outdoor Scouting Competition
15 March	Friday	St Georges video planning
16 March	Saturday	Swimming (Hetton) TBC
22 March	Friday	St Georges video making
29 March	Friday	No Scouts
5 April	Friday	Scout Camp - Ravengill
14 April	Sunday	Aira Force and Gowbarrow Fell Circular Walk
19 April	Friday	St George's Film Night (District Event) - 19:15 - 21:00
18 May	Saturday	Canoe Expedition (weekend)
5 July	Friday	Canoe camp

Weekend Event

Extra Activity

Group Event



Leader Contact Details



Claire Little

claire@framscouts.org.uk



Fram Explorers have now been up and running for one term and the unit is going from strength to strength. After starting with seven young people, we have grown to 12 members with more coming in the new year. Two of our Explorers are also acting as Young Leaders.

The first term's programme included: open fire cooking at Moorhouse, night navigation exercises in the woods around Durham, gorge walking in Teesdale, climbing at Newton Aycliffe and archery.



This term seven of the Explorers were invested, but not at the Scout hut. Instead we decided to do something different... During what the Explorers thought was just a canoeing event on the River Wear, they were surprised to find seven of the new district Neckers being produced from a dry bag. Their promises were made in the dark atop open canoes; an experience we're sure none of them will forget.

Fram Explorers

Towards a new year and a 2nd term

Another memorable event this term was the Chesters Bothy expedition in mid December. The Explorers hiked in to spend the evening at a remote bothy in Northumberland. They took everything they needed and used the evening to practice their night navigation skills. The Explorers walked out in the morning, closely stalked by the leaders who thought it "was a good idea for the Explorers to practice their navigation by themselves" (secretly we suspect that the leaders weren't sure which way to go).

The coming term's programme has been decided by the Explorers. It combines classic Scouting activities with some newer activities, such as laser quest, along with skills that will be essential for DofE/Explorer awards.

Getting Involved

If you're aged 14 to 18 and like the look of the type of activities we do, then Explorers could be for you. Contact us and we'll arrange for you to come and visit.

Further Info

Email: explorers@framscouts.org.uk

Website: www.framscouts.org.uk

Facebook: We're on Facebook too!!



Chesters Bothy expedition – the morning's view



Explorer Programme



The Explorer section runs every Monday evening, 7.30pm to 9pm please check your weekly emails for the most up to date information.

7 January	Monday	Explorer Awards & DofE
14 January	Monday	Lazer quest - 18:45 - 21:30
21 January	Monday	DofE skills evening - stoves
28 January	Monday	Great British Bake Off
1 February	Friday	Night hike - 19:00 - 0:00
9 February	Saturday	District Music Day
10 February	Sunday	Swimming/Wet n Wild
11 February	Monday	Founders Day Service
18 February	Monday	Half term- no Explorers
25 February	Monday	Fire lighting (Moorhouse)
4 March	Monday	DofE skills evening - tents
11 March	Monday	Bouldering evening - 18:45 - 21:30
18 March	Monday	Programme planning & games night
22 March	Friday	Geoffrey Gordon Cup Weekend
25 March	Monday	Fair Trade Game
1 April	Monday	Easter - No Explorers
8 April	Monday	Easter - No Explorers
19 April	Friday	St George's Film Night (District Event) -19:15 - 21:00
18 May	Saturday	Canoe Expedition

Weekend Event

Extra Activity

Group Event

Leader Contact Details



Will Coombs explorers@framscouts.org.uk





Group Events 2012 Round up



Everyone enjoyed walking across the sands to Holy Island. We then explored Lindisfarne Priory before playing on the beach and in the sea. Matthew said "It was the best walk ever!"

We explored Housesteads fort by GPS then had a lovely walk along the wall – spotting a well loved film location on route. Thanks to Austin & Regan's dad for telling us about the history of the wall.



With the help of Durham Amateur Radio Society we talked to Scouts and other people from all over the World during JOTA/JOTI. It was really interesting talking to people in other countries.



We had a fun Christingle at St. Cuthbert's Church and those who attended had even more fun battling the elements to get there! Thanks to all those who came for this lovely service.

Cubs and Scouts joined up to have a go at archery. Parents and siblings were also offered the opportunity to have a go. Thanks to Iain for running the sessions. Everyone enjoyed themselves.



Beavers and Cubs had the opportunity to learn more about Remembrance Sunday by visiting the DLI Museum. They enjoyed dressing up, handling artefacts and sitting in old vehicles.



A lot of Cubs joined us to cycle from Parkhead Station to Broom Park Picnic Area. One Cub even cycled up first! A great time was had by all. Our next ride is open to Cubs and older sections. Parents are welcome to join us.

We've also joined up to go Swimming. Many of our young people managed to gain their next Staged Badge. We also celebrated the re-opening of our hut after the completion of the building work.



Iain's Canadian Adventure



World Scout Moot Canada 2013

In August, I'm travelling over 3100 miles to be part of International Service Team (IST) for the 14th World Scout Moot in Canada. At least two other leaders in the group are also going as participants.

Moot's are large international camps for 18-25 year olds (meaning I'm 'just' too old to go as a participant) and are generally held every four years.

The 2013 Moot will be held at the Awacamenj Mino Campsite 'near' Ottawa ('Near' being about 2 hours away).



As part of the International Service Team, it will be my job to do what ever it takes to make sure that the camp runs smoothly. I could be doing almost anything and I won't find out until I get there.

The Journey So Far...

You have to be selected to be part of the IST. This involved visiting the UK Scout Headquarters, Gilwell Park in London. The Selection weekend was great. Not only because I got chosen, but also because I got to meet the other 24 fantastic people who will be part of the UK IST.



Two weeks later, I was back at Gilwell Park for the first Briefing Weekend. This was even better, as we got to meet the 190 young people who are going to Canada as UK Participants.



In April, I will be travelling again to the second briefing weekend, this time at Bradley Wood Campsite near Leeds. This will be the last time the UK Contingent meets before our Canadian adventure begins.



Group Events



Castle Eden Walkway Cycle Ride - Saturday 19th Jan

We will be starting at Hetton-Lyons Country Park at 11am and cycling 18miles mainly on paths following the routes of old railways. We will finish at Wynyard Woodland Park near Thorpe Thewles. Help with transport of bikes will be appreciated. Parents are welcome to join us for the ride. Please ensure you bring a packed lunch and full waterproofs.



Crackpot Hall Walk - Saturday 16th Feb

We will meet at Keld at 11am to start this 5 mile circular walk. We will pass some old mine workings and a couple of waterfalls.



Swimming - Saturday 16th March

Sunday 14th April Aira Force Walk

