



# Steel Spirit Challenge Badge



# Welcome to the 'Steel Spirit' Challenge badge.

An activity pack for all sections and all ages!

Here at Whiteley Woods, we love helping young people gain confidence, build resilience and develop team work skills. We call it our 'Steel Spirit'!

We are a 9-acre outdoor activity centre based on the Peak District side of Sheffield, providing residential opportunities and adventurous activities for members of Girlguiding and the wider community. We need to raise money to reroof some of our Grade 2 listed buildings, and continue to provide adventurous activities for all.

We want to share our skills and ideas with as many people as possible, so those not able to visit us in person can benefit from the experiences we provide.

Our challenge consists of 7 sections.

We suggest that to gain the badge, all sections should complete one challenge from each of the first three sections, then the following number of challenges from any other sections:

Rainbows- 3 additional challenges (6 in total)

Brownies- 4 additional challenges (7 in total)

Guides & Rangers- 5 additional challenges (8 in total)

Trefoil / Leaders- 1 additional challenge from each of sections 4-7

Overall, make the challenge work for you and your unit.

We have tried to provide a variety of activities that can be done in person, online, during meetings or sleepovers, indoors or out!

Have a look at our Pinterest board for more ideas!

<https://www.pinterest.co.uk/54thrainbows/steel-spirit-challenge-badge-ideas/>

We have added a trefoil next to activities that would suit a particular section well- however, we hope all these activities could be enjoyed by all sections!



# 'Steel Spirit' Challenge badge record sheet

## Section 1- Team Work & Resilience (choose 1)

- ☐ Team work wins
- ☐ I am resilient!

## Section 2- Steel Strength (choose 1)

- ☐ Rust or bust!
- ☐ Unexpected strength

## Section 3- Get Outdoors (choose 1)

- ☐ Explore your local area
- ☐ Become a nature protector
- ☐ Girlguiding Centres

## Section 4- On Fire!

- ☐ Fires and fire safety
- ☐ Cooking over flames
- ☐ Campfires, songs and stories

## Section 5- Steel Cauldrons

- ☐ Potions and lotions
- ☐ The magic touch

## Section 6- Sweet Touch

- ☐ Sweet investigations
- ☐ Invention challenge

## Section 7- Sheffield- More Than Just Steel

- ☐ Film, theatre and music
- ☐ The birthplace of football- Sheffield FC
- ☐ Get sporty!

## Section 1- Team Work & Resilience

Here at Whiteley Woods, we love seeing young people grow in confidence and self-belief through the time they spend at our centre. From sleeping away from home, to taking part in adventurous activities, team work and resilience are key skills that we foster.

Choose 1 or more of these challenges:


### Team Work Wins:

- Work together to complete one of the team-work challenges in the appendix (p11) or on our Pinterest board. We have included instructions for:

- Hula
- Cup Stack
- Lego challenge
- Spider Web
- Mine Field


### I Am Resilient:

- Design an 'I am enough' poster- write lots of statements that begin 'I am...' e.g. I am powerful, I am kind... (appendix p12)

- Take part in a mindfulness yoga session- e.g. Cosmic Kids 

### Wide Games:

- If you are able to meet outdoors, why not try a team wide game?

There are many versions of games like 'Capture the flag' and treasure hunts that require teamwork to be successful. 



## Section 2- Steel Strength

Sheffield is famous for stainless steel- a hardened metal that is used throughout the world for different things from bridges, airplanes right down to earrings.... Can you find out about the strength of materials, and perform some exciting experiments to explore some unusually strong substances?

Choose 1 or more of these challenges:

### Rust or Bust:

- Rust will destroy metals- but stainless steel won't rust. Can you work out how to protect metal objects like tent pegs and billy cans? (appendix p13)
- It is important to keep metal objects clean- what will shine a penny best? Try Brasso, HP sauce, mayonnaise... 🍷
- What materials will protect fragile objects best? (appendix p14)

### Unexpected Strength:

- Find out how strong a piece of paper can be 🍷
- Build a tower from paper that will hold an egg- who can make the tallest, sturdiest tower?
- Make a vessel that holds water out of paper (see Pinterest link)
- Exploding lollipop sticks! (see Pinterest link for video)

### Super Steel:





- Make a list of ten or more things that are made from steel. Bonus points if you can find any objects marked 'Made in Sheffield'!
- Find out about the history of stainless steel and present it creatively to your group

## Section 3- Get Outdoors!






We are really lucky to be next to the Peak District National Park, and with 9 acres of beautiful grounds at Whiteley Woods Outdoor Activity Centre we are passionate about getting people involved in nature and the great outdoors! Wherever you live, you're never too far away from a little green space or even open countryside- we hope you'll enjoy these activities however much green stuff is nearby!

Choose 1 or more of these challenges:








### Explore Your Local Area:

- Find somewhere new! Visit a new park, nature reserve or open space nearby.
- Learn to read a map and give co-ordinates  
- Go on a nature walk and create a journey stick or nature bracelet to remind yourself of what you've seen (appendix p15) 
- Go for a walk and challenge yourself to take 10 photos of something you haven't spotted before, or photos from an unusual angle. 

### Become A Nature Protector:

- Go on a litter pick around your local area
- Write to your local MP or Council about a problem in your area e.g. broken lighting, graffiti etc  
- Raise money for a wildlife charity 
- Make a home for birds, insects or hedgehogs 
- Grow some bee or butterfly friendly plants  

### Girlguiding Centres:











- Find out about Whiteley Woods or another outdoor activity centre that is close to you.
- Visit a Girlguiding Activity Centre for a day or for a residential.     
- Take part in a Girlguiding large event e.g. Wellies & Wristbands, Sparkle & Ice...
- Volunteer at an outdoor activity centre- there will always be things you can help with!  

## Section 4- On Fire!







A huge part of Girlguiding and being outdoors is campfires and cooking over open flames. Many of our visitors will light a fire to cook over and to gather around. With Sheffield boasting many forges where fire turns ore into steel, we have a huge link to flames in Sheffield.

Choose any of these to count towards your additional activities:












### Fires and Fire Safety:

- Learn how to light a fire safely- adult supervision essential. 
- Build a variety of different fires e.g. platform, teepee, lean-to or altar fires  
- Explore different ways to light a fire- matches, flint and steel, sunlight...    
- Visit a fire station / invite a firefighter to your meeting
- Learn how to stay safe around fires 
- Learn how to treat burns  

### Cooking Over A Flame:

- Cook over a tealight- popcorn, pancakes, s'mores... 
- Plan and cook a meal over an open flame 
- Help cook meals on camp   
- Cook without utensils- sausages or dampers on sticks, pizzas in foil etc 

### Campfire Songs & Stories:




- Learn some new campfire songs & sing around a real or pretend campfire (appendix p16)     
- Listen to some traditional campfire tales- create your own! 
- Compile a campfire songs and stories book for your unit
- Take part in a large scale campfire- either in person or watch one online     

## Section 5- Steel Cauldrons




Sheffield is a world-renowned steel producer. One thing that steel can be used for is making cauldrons and mixing bowls. Have fun creating lots of different things in your cauldrons!

Choose any of these to count towards your additional activities:

### Potions and Lotions:

- Create your own fairy perfume- use a jar of water and add flowers that you find outdoors. 
- Make a natural foot scrub or face mask (appendix p18) 
- Have a potions party (appendix p19) 

### The Magic Touch:

- Hold a magic evening- explore everything about your favourite witches and wizards (see Pinterest link)
- Create a rainbow in a jar- explore different liquid densities (appendix p20) 
- Learn and perform a simple magic trick 
- Experiment with colour changing potions- use red cabbage water as a pH indicator (see Pinterest link) 




\* Please check for any allergies before choosing these activities \*

## Section 6- Sweet Touch



Sheffield has a long history with confectionery, being the birthplace of Bassett's in 1842, Simpkins in 1921 (travel sweets) and Thornton's in 1911. Sheffield also has many traditional sweet shops, including one of the oldest in the UK- Granelli's- which has been around since 1874.

Choose any of these to count towards your additional activities:

### Sweet Investigations:

- Hold a sweetie survey. Choose a range of sweets- traditional and modern- and taste them all, rating them for things like sweetness, appearance, taste... Which sweets came out on top? (appendix p21)
- Should we buy Fairtrade chocolate? Find out what Fairtrade is about, taste some Fairtrade chocolate and sweets, design an advert to promote these products. 
- Carry out a sweet investigation e.g. soaking gummy bears in different liquids, the best way to dissolve sugar, making rock candy, exploding coke with mentos... (appendix p22-24) 
- Build a tower using sweets and cocktail sticks or spaghetti- which sweets are the best 'cement'? (appendix p25) 

### Invention Challenge:

- Design your own sweets. Think about what shape they will be, what will the packaging be like? (appendix p26) 
- Make a chocolate bar! Use melted chocolate and add flavourings like orange oil or peppermint, decorate with dried fruits, sprinkles, marshmallows... How many different bars could you create? (appendix p27-28) 
- Invent an amazing sweetie land! Willy Wonka needs a new room in his Chocolate Factory- what would you design? What sweets would you put inside?










## Section 7- Sheffield- More Than Just Steel

Sheffield has a rich history of culture and sport, with the world's oldest football club, Sheffield F.C. and its neighbour Hallam F.C. still playing today. Sheffield is also the home of Sheffield Steelers ice hockey team, and the Sheffield Sharks Basketball Team. Sheffield hosted the World Student Games in 1991 and the Special Olympics in 2017. With its proximity to the Peak District, Sheffielders enjoy walking, climbing, kayaking and other outdoor pursuits.





Aside from sports, Sheffield boasts the biggest theatre complex outside of London, and has been the birthplace of many famous artists and musicians.

Choose any of these to count towards your additional activities:

### Film, Theatre and Music:

- Listen to music by Sheffield artists from a range of time periods (appendix p29) 
- Sheffield has a tradition of local carols, with tunes not known outside our area. Why not take part in a Christmas Carol or Christmas sing-a-long event? You could listen to some Sheffield local carols online. 
- Tread the boards! Create a performance for an audience.   
- Watch a film or TV show that was filmed in Sheffield, or that includes a Sheffield actor (appendix p30)   
- Create your own films to share what you've done or tell others about something- stop motion animation, documentaries etc. 

### The Birthplace of Football FC:

- Find out about the history of football and 'Sheffield rules'
- Play a game of football- maybe you could challenge another local unit to a game?  
- Try playing Futsal or sitting down football  

### Get Sporty:

- Hold a mini Olympics with lots of different activities.
- Try an adventurous activity e.g. kayaking, bouldering, crate stacking, zip wire. You could do these at Whiteley Woods or your local outdoor adventure centre.
- Try a new team sport e.g. indoor hockey (use newspaper sticks)

# Appendix- Activity Details

## Section 1

### Team Work Challenges

(please be aware of current restrictions with social distancing before choosing an activity)

- **Hula:** Join hands in a circle, with a hula hoop over one person's arm. Pass the hoop around the circle without breaking contact- each person must step through the hoop.
- **Cup Stack:** Tie long pieces of string to a rubber band. Each member of the team holds one of the strings. Work together to pull the rubber band wide enough to slip over a cup, pick it up and move it to a specific point. Make it harder by stacking cups into a pyramid, or filling it partly full with water.
- **Lego challenge:** Give each team member the same set of 10 Lego bricks. One member of the team makes a simple model behind a screen, then has to describe what to do to everyone else without them seeing the finished piece. Can your team create the same model as you?
- **Spider Web:** In a large outdoor space, create a spider web using rope criss-crossed between trees or long poles. There must be holes big enough to fit your girls through. Challenge a team to get everyone through the web without touching the ropes. Harder version- no hole can be used more than once- once a body has finished going through, that hole is closed.
- **Mine Field:** Cover an area of the floor with lightly scrunched up newspaper or upturned cups. Everyone chooses a partner. One person is blindfolded, and their partner directs them across the floor, trying to avoid the 'mines'. Harder version- the person directing can only use left, right, forward, stop. Try doing as a race with another pair- listen carefully to your partner's voice!

There are lots more ideas on our Pinterest board here: <https://pin.it/46aVT5l>

## Section 1- Resilience

You are amazing! Decorate this page with some 'I am' statements.

**I AM AMAZING!**





## Section 2- Rust Or Bust

### Stop That Rust!

When metal objects get wet, they will start to rust. What can protect them?

You will need: iron nails (not galvanised), cups, water, things to test e.g. vaseline, butter, nail varnish

1. Put a small amount of water in each cup, one for each nail.
2. Keep one nail out of the water as a control, and one nail with nothing added to it.
3. Coat the other nails in various substances to try and protect them.
4. Drop the nails in the water and leave for a few days.
5. Which coatings stopped the nails from rusting?

How this works:

When iron gets wet, it reacts with the oxygen in the water and starts to oxidise. This creates rust. Coating a nail in a substance that stops it coming in contact with the water and oxygen will help prevent the rust.

Find more details and experiments on our Pinterest board here:

<https://pin.it/7bGY9T2>

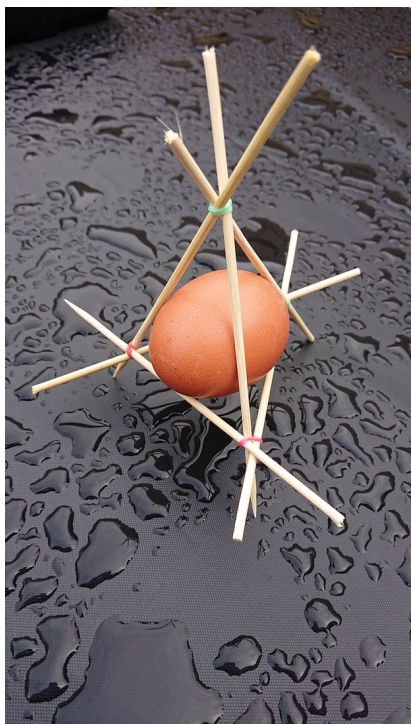
## Section 2- Rust or Bust

### Protect a fragile object:

#### Post A Pringle

Can you protect a single Pringle crisp so it can be sent in the post?  
(other brands are available- choose one that's not flat for added challenge)

Think about the size and strength of the box, the packaging materials, protection against the crisp becoming soft...



#### Protect An Egg

Can you protect an egg from cracking when it is dropped from a height?

- Create a stick pyramid to protect the egg.
- Build a parachute for your egg.
- Try placing the egg in a box filled with salt water, so the egg remains floating during the drop and minimising the chance of breaking.

## Section 3- Get Outdoors

### Journey Sticks & Nature Bracelets

A journey stick or nature bracelet is a lovely way of recording the things you spot when on a walk in green spaces.

#### Journey Stick

You will need: a stick, string or wool

- Wrap the string around the stick a number of times, tying it tightly but with enough room to slip leaves etc into the loops.
- When on a walk, find things you can add to your stick. Look for feathers, fallen leaves, flowers that can be picked without harming the plant etc.
- Slip them into the loops of the string as a record of what you found.
- When you are home, have a look at the things you found and think about what you saw on your journey.



#### Nature Bracelet

You will need: either a toilet roll tube or paper, sticky tape

- Make a bracelet by cutting a slit in half of a toilet roll tube or by folding paper into a bracelet.
- Cover the top of the bracelet with sticky tape- double sided works well, as you can uncover it in sections.
- While on a walk, stick things onto the bracelet as a record of what you saw. Be considerate about what you pick.
- Challenge- find things in all the colours of the rainbow.



## Section 4- On Fire!

### Campfire Songs

Every unit has their own favourite songs, and you can find lots of ideas of YouTube and the Facebook Campfire Singing Group. We've included the words to some of our favourite songs here, and you'll find lots more links to videos on our Pinterest board. We also recognise that there are many variations to most campfire songs- the songs below were chosen by Sheffield Guiders, but you may have a different version!

### Have You Ever Seen A Penguin

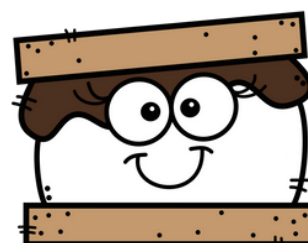
[https://youtu.be/\\_FEpPjhVtdc](https://youtu.be/_FEpPjhVtdc)

(add a new action after each verse)

#### **Verse:**

Have you ever seen a penguin come to tea?  
When you look at me a penguin you will see!  
PENGUINS ATTENTION! PENGUINS BEGIN!  
Right Flipper (*move right arm out and in*)  
Have you ever seen a penguin...

Right flipper (*move right arm out and in*)  
Left flipper (*move left arm in and out*)  
(*each time, add a new action in this order:*)  
Right flipper  
Left flipper  
Right leg  
Left leg  
Nod your head  
Turn around!



## Section 4- On Fire!



### Campfire Songs continued

#### Campfire's Burning

<https://youtu.be/VOx8djFb7dk>

(tune: London's Burning)

Campfire's burning, campfire's burning,  
Draw nearer, draw nearer,  
In the gloaming, in the gloaming,  
Come sing and be merry.

#### Boom Chicka Boom

<https://youtu.be/gSgtxBsz-lk>

I Said A Boom Chicka Boom! (repeat)

I Said A Boom Chicka Boom! (repeat)

I Said A Boom Chicka Rocka Chicka Rocka Chicka Boom! (repeat)

U-HUH (repeat)

OH-YEAH (repeat)

One more time (repeat)

This time \_\_\_\_\_ style!

-baby style

-motorcycle style (vroom chicka vroom)

-cowboy style (boom chicka ropa...)

-underwater style...

(see video description for more verses and actions!)

## Section 5- Steel Cauldrons

### Potions and Lotions

There are lots of natural recipes for face masks and foot scrubs. We've listed two of our favourites in this pack, but there are more versions available on our Pinterest board.

#### Hydrating avocado face mask

##### Ingredients:

- 1 avocado,
- 2 teaspoons honey,
- 1 tablespoon lemon juice,
- 50g plain yoghurt.



##### Method:

Mash all the ingredients together until smooth. Apply to face for 20 minutes and rinse.

#### Soothing Peppermint Foot Scrub

##### Ingredients:

- 100-200g granulated sugar,
- Olive or coconut oil,
- Few drops of peppermint essential oil or extract.

##### Method:

Slowly add oil to the sugar until you get a wet sand (claggy) consistency. Add the peppermint extract. Use in the bath or shower to exfoliate.

\*Please remember to check for allergies / skin conditions before choosing these activities\*



## Section 5- Steel Cauldrons

### Potions Party

There are lots of recipes for mocktails and potion drinks available, why not experiment with a few to find one you like? Here are some recipes to get you started:

#### Tropical Mocktail:

Ingredients:

- Orange juice,
- Sparkling water
- 4 tablespoons of grenadine (or a different fruit juice).

Method:

Pour the grenadine or similar into a glass. Gently pour in the orange juice so it sits on top of the grenadine. Decorate with umbrellas or skewers.

#### Strawberry Smoothie:

Ingredients:

- Orange juice,
- 10 strawberries (sliced)
- 1 small banana (sliced).

Method:

Liquidise the fruit in a blender, adding enough orange juice to make the consistency you prefer.

If you don't have a blender you can use a potato masher.



## Section 5- Steel Cauldrons

### Rainbow In A Jar



Experiment with the properties of different liquids to create a rainbow in a jar!

#### Ingredients:

- Honey
- Washing up liquid
- Water
- Oil
- A jar or glass
- Food colouring

#### Method:

- Mix food colouring with each liquid to a desired colour.
- Layer the liquids in a jar in order of greatest density - honey, then washing up liquid, then water, then oil. You need to pour the water and oil in slowly down the side of the glass.
- Extension: some liquid density towers have more on Pinterest (they add in milk, golden syrup and methylated spirits), however the 4 stripes looks good and requires hardly any precision! Some towers use sugar water or salt water but we found them hard to add. There are lists of liquid densities on the internet to explore.

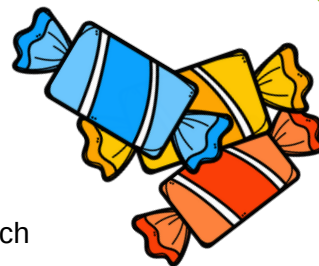




## Section 6- Sweet Investigations



# Sweetie Survey



Choose the properties you want to compare e.g.  
sweetness, taste, appearance, colour... then score each  
sweet out of 5 or 10- you choose!

**Which sweet will come out on top?**

Sweet names:					
Properties to test:					
Total Score					

## Section 6

### Sweet investigations

#### **Grow a Gummy bear:**

You will need- 6 gummy bears the same size, salt, boiling water, 2 glasses, spoon.

Method:

1. Dissolve as much salt as possible in half a cup of boiling water to make a super saturated solution. Keep adding more salt until no more can dissolve.
2. Put one gummy bear in the salt solution, one in plain water, and leave the other as a control.
3. After a few hours, take the gummy bears out and compare them. What happened?



Before



During

Results



water

salt

control

Find out why this happened here: <https://www.playdoughtoplato.com/growing-gummy-bear-science/>

## Section 6- Sweet investigations

### Making Rock Candy:

You will need- 3 cups granulated sugar, 1 cup water, small saucepan, cake pop or cocktail sticks, glasses, clothes pegs, food colouring and / or flavouring

Method:

1. Lightly dampen the parts of the sticks you want the rock candy to form around. Dip them in sugar and allow to dry. These crystals will be the seed crystals, where the sugar solution will solidify around.
2. Dissolve the sugar in the water to make a super saturated solution. Slowly heat the water and sugar together, stirring all the time, until the solution is boiling. **Sugar solution will be very hot- must have adult supervision**
3. Leave the sugar solution to cool for around 20 minutes
4. Carefully pour the solution into glasses. You can colour the solution using food colouring, and add flavourings e.g. peppermint oil at this stage.
5. Use the pegs to hold the sticks in the solution so they don't touch the bottom of the glass. You may need to use a skewer or lollipop stick to help balance the peg.
6. Leave undisturbed for a few days before drying out the sticks.

1



2



2



4



4



5



6



6



For more information try this website: <https://betterlifeblog.com/homemade-rock-candy/>



## Section 6- Sweet investigations

### Cola Fountain:

You will need- diet coke, mentos. Optional extra- geyser tube

Method:

1. Place an open bottle of diet coke securely on the ground in an open space.
2. Either use a geyser tube or quickly add mentos to the bottle before running back out of the way. You can try wrapping them in a tube of paper to drop them in.
3. Watch the spectacular fountain of coke!

Why does this work?

The surface of a mento has tiny craters. These make the perfect surface for the carbon dioxide trapped in the coke to form bubbles. As there are thousands of these tiny craters on each mento, lots of bubbles form at once. The bubbles are lighter than the liquid, so they rise up- and all of those bubbles rising at once produces the huge fountain.

If you taste the leftover coke afterwards, you should notice that it is pretty flat instead of fizzy.



More info: <https://www.stevespanglerscience.com/lab/experiments/original-mentos-diet-coke-geyser/>

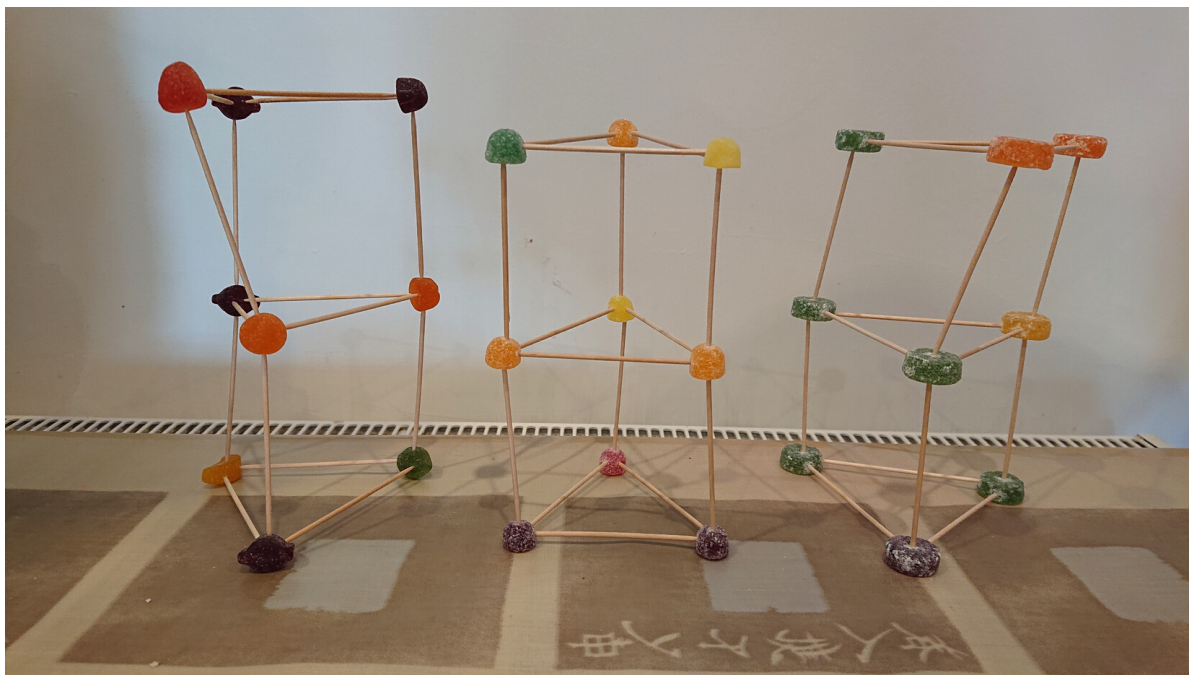
## Section 6- Sweet investigations

### **Which Is The Best Sweetie 'Cement'?:**

You will need- various sweets, cocktail sticks

Method:

1. Use the sweets to make towers. We recommend using triangular based towers for strength.
2. Which type of sweet makes the best 'cement' to hold the sticks together? Which holds their shape the best? Which can build the tallest tower before it collapses?



Fruit gums

Jelly Tots

Fruit Pastilles

### **What Is The Best Way To Dissolve Sugar?:**

Try different ways to dissolve 1 teaspoon of sugar. Time how long it takes.

You will need- caster sugar, granulated sugar, cold water, hot water, glasses, spoons

Method:

1. Keep the amount of liquid in each glass the same. Change some of these variables:
  - temperature of water
  - amount of stirring
  - type of sugar
2. Start at the same time by adding your sugar into the water. Watch to see which glass dissolves the sugar first- there should be no crystals left.

## Section 6- Invention Challenge

**Design a Sweet**

My sweet is called: \_\_\_\_\_

This is what it looks like:

This is how it tastes:

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This is what the packet looks like:

## Section 6- Invention Challenge

### **Create A Chocolate Bar:**

You will need- different types of chocolate, a selection of the following: chocolate chips, dried fruits, sprinkles, marshmallows, small sweets, crispy cereal, moulds- ice cube trays or tin foil shaped moulds.

#### Method:

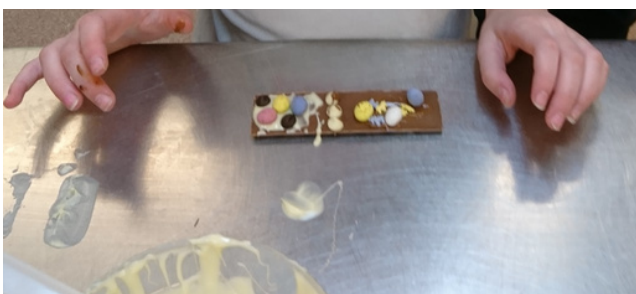
1. Carefully melt the chocolate into bowls. Add chopped chocolate and stir to temper the chocolate.
2. Pour your chosen chocolate or chocolates into your mould.
3. Add different things to create your own chocolate flavour.

#### Simpler method:

1. Coat the flat bottom of a simple bar of chocolate with some melted chocolate.
2. Stick on toppings and allow to set

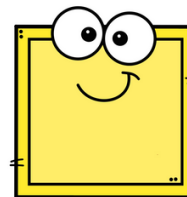
#### More complex:

1. Try adding flavourings- peppermint oil, orange oil. Experiment with a small amount of chocolate first, as liquid additions can change the chocolate consistency.





## Section 6- Invention Challenge

**Design a Chocolate Bar**

My chocolate bar is called: \_\_\_\_\_

This is what it looks like:

The ingredients:

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This is what the wrapper looks like:



# Appendix- Activity Details

## Section 7- Music from Sheffield

### Popular music:

- Dave Berry (Woodhouse)- 60's singer- 'Memphis Tennessee'
- Joe Cocker- 60's singer- cover of 'With A Little Help From My Friends'
- Tony Christie (Conisborough) - 'Amarillo'
- Cabaret Voltaire- credited with laying the foundations of the UK's electric music scene
- Joe Elliott (Broomhill)- front man for Def Leppard
- The Human League- first ever gig at Sheffield Hallam University in 78- there's a plaque to commemorate this
- ABC- 'Poison Arrow'
- Heaven 17- 'Temptation'
- Pulp- 'Disco 2000'
- Babybird- 'You're Gorgeous'
- Moloko- electronic dance music- 'Sing It Back'
- Arctic Monkeys
- Richard Hawley- formerly of Longpigs and Pulp- now solo artist. MMP nominee.
- Gatecrasher!
- Toddla T- dance music- 'Skanky Skanky'
- MC Coco- grime
- Sophie & The Giants- indie pop
- KOG & The Zongo Brigade- afro fusion
- Ashley Holmes- musician, artist, performer- advocate for telling the stories of Black people in Sheffield

### Traditional / Folk music:

Sheffield has a large folk music scene, with many folk clubs and groups based in the city.

Sheffield has its own tradition of local carols which are sung in specific pubs around Christmas time, often involving local brass bands. People travel from all over the world to take part in this local tradition. These songs are rarely found elsewhere, with many being original tunes for well-known carols like 'While Shepherd's Watched'- locally known as 'Lyngham' or 'Old Glory' amongst other tunes.

Brass bands are closely linked to the mines and forges in Sheffield's history.

# Appendix- Activity Details

## Section 7- Film and Theatre from Sheffield

### Classical Music:

- Sheffield Symphony Orchestra
- Hallam Sinfonia
- Sheffield Chamber Orchestra
- Sheffield Philharmonic Orchestra
- Music in the Round (promoter of chamber music)
- Many choirs and choral societies

### Composers:

- Sir William Sterndale Bennett (13 April 1816 – 1 February 1875)
- Bernard Rands (born 2 March 1934)

### Performing Arts:

Sheffield Theatres is the largest theatre complex outside London- Crucible, Studio & Lyceum. Other theatres include: Library Theatre, Merlin Theatre, Montgomery Theatre, Theatre Deli, Creative Arts Development Space, Lantern Theatre.

### Famous performing artists:

- Sean Bean
- Michael Palin
- Jessica-Jane Stafford (The Real Hustle)
- Maurice Colbourne (Howard's Way)
- Elizabeth Frances Henstridge (S.H.I.E.L.D)
- James Jacob Lomas (Billy Elliott)
- Julian Mark Ovenden (musical theatre, TV (The Crown, Downton) and film (Colonia)
- Dominic West (The Wire, Chicago, Brassic)

Films / TV based in Sheffield: \*Check age rating before showing, and follow Girlguiding rules on showing films. We have included all films based in Sheffield as we anticipate this pack being used by members from Rainbows to Trefoil members.

- |                                    |                                    |
|------------------------------------|------------------------------------|
| - Back in Time for the Corner Shop | - How To Talk to Girls At Parties* |
| - Billionaire Boy                  | - Everybody's Talking About Jamie* |
| - Zero Chill (Netflix)             | - Four Lions*                      |
| - Doctor Who (series 11 and 12)    | - When Saturday Comes*             |
| - This Is Sheffield*               | - Threads*                         |
| - X + Y*                           | - '71*                             |
| - Full Monty*                      | - Testament of Youth*              |



**FUN**

**ADVENTURE**

**DISCOVERY**

**TEAMWORK**

## Come And Stay At Whiteley Woods!

Why not bring your group and come for a day, an evening or a longer stay in our beautiful surroundings. We are open all year round and offer an exciting range of activities to suit all ages and abilities, both instructor led and run by group leaders. Take a kayak out on our pond, challenge your group to crate stacking, tree climbing or try our purpose built adventure course. You can shoot some arrows in our archery area and have a go at grass sledging.

Our unique location allows for a real focus on our environment so why not do some star gazing, bat detecting and pond dipping. We have lots of nature activities available and we're really close to the Peak District so there are lots of great local walking routes.

Our 4 campsites and 3 residential indoor buildings offer a variety of accommodation options. Each of our 4 campsites can accommodate up to 55 people, with wet weather shelters and access to toilets and showers, all with disability access. We have an indoor kitchen available for campers and a camp shop with a range of take home gifts and treats.

You can turn your stay into a relaxed countryside visit, an action packed adventure or even a city break!

### How to Book

The Centre is open all year round. Please visit our website [www.whiteleywoods.org.uk](http://www.whiteleywoods.org.uk) for more information on what's on offer and how to book. We look forward to seeing you soon!

[www.facebook.com/WhiteleyWoodsOAC](https://www.facebook.com/WhiteleyWoodsOAC)

[Instagram/whiteleywoodsoac](https://www.instagram.com/whiteleywoodsoac)

[@WhiteleyWoods](https://twitter.com/WhiteleyWoods)



# Steel Spirit Challenge Badge Order Form



We are delighted to send you the required number of badges.

Each badge costs £1. Please include £2 per 100 badges for postage and packaging unless collection can be arranged.

Please send this completed form to [OAC@whiteleywoods.org.uk](mailto:OAC@whiteleywoods.org.uk) and make payments via bank transfer to:

Account Name: OAC Buildings

Sort Code: 82-11-07

Account Number: 00288911

Please add "Steel Spirit Badges" as the payment reference.

Alternatively please send the order form by post to:

*Steel Spirit Challenge*

*Whiteley Woods Outdoor Activity Centre*

*Whiteley Woods*

*Common Lane*

*Sheffield S11 7TG*

Make your cheque payable to 'OAC Buildings'

Name \_\_\_\_\_

Unit \_\_\_\_\_

County \_\_\_\_\_

Address to which badges should be sent:

Please send me \_\_\_\_\_ badges @ £1 each total £\_\_\_\_\_

Please delete as appropriate\*

\*I enclose \_\_\_\_\_ for postage and packing Total Paid £\_\_\_\_\_

# Branding Approval and Copyright

Clipart Courtesy of Creative Clips by Krista Wallden

<http://www.teacherspayteachers.com/Store/Krista-Wallden>



All other photos created by the team behind this pack.

→ **BG** **bespoke Girlguiding** 16/07/2021  
To: [redacted] > [redacted]

## RE: New badge Design

Hello Helen,

I can confirm the attached Steel Spirit challenge badge meets the current Girlguiding branding guidelines and we are happy for this to be produced.  
Regards

Sarah Goodstadt

