

## Share your skills with us!

We want to deliver the best programme we can for all girls and we'd love to hear about your skills and interests to help us provide more opportunities and experiences for girls in our area.

Parents, carers, friends and family members - everyone's got something to share!

### About you

Your name		Telephone	
Young member name		Email	
Tell us about your profession, skills, hobbies, and interests			

### How can you help?

No matter how much time you can give, there's an opportunity for you. There are plenty of ways to support us, whether that's helping out at unit meetings or behind the scenes. Please tick if you are interested in the below tasks.

Support meetings regularly		Support meetings on a rota basis	
Plan and prep for unit activities		Set up or clear away at meetings	
Run activities in the unit		Run craft activities	
Run cooking activities		Run activities outdoors	
Plan trips, outings or events		Support on trips, outings or events	
Provide transport to events		Take photos at trips, outings or events	
Maintain unit equipment		Do unit admin tasks (e.g. updating GO, ordering badges)	
Update our social media		Coordinate a parent/carer rota	
Collect supplies for unit activities		Help with unit accounts and claim Gift Aid	
Be a first aider		Plan fundraising activities	
Anything else to add?			