

## What can 4 do 4 You?

4 is an exciting peer education initiative in Girlguiding UK, and it's all about working 4ward, 4 self, 4 others.

In4mers are peer educators who are trained to deliver fun and in4mative sessions in unit meetings to Brownies, Guides and Senior Section members. They can deliver topics and skills to girls like Bullying, Healthy Eating, Communication or Decision Making to name a few.



What 4 can do 4 you...

- **Are you a Senior Section Member?** You may be interested in becoming an in4mer and you can do this by attending a weekend Basic Training. This training is completely free, great fun and can count towards Duke of Edinburgh and Queen's Guide Awards. The next Midlands Basic training is 27-29 January 2012 -see flyer. If you would like more information or future dates please email [trainers@girlguiding-midlands.org.uk](mailto:trainers@girlguiding-midlands.org.uk).
- **Are you a Brownie, Guide or Senior Section Leader?** In4mers can come to your unit and deliver sessions that are relevant to the girls, whilst you put your feet up for the evening! Please email [trainers@girlguiding-midlands.org.uk](mailto:trainers@girlguiding-midlands.org.uk) to enquire about having an in4mer come to your unit.
- **Are you organising the next County Day?** Why not ask your local In4mers to come along and tell everyone in the county about 4? Contact your Region 4 co-ordinator for more details [trainers@girlguiding-midlands.org.uk](mailto:trainers@girlguiding-midlands.org.uk)

If you are interested in 4 or would like more in4mation, please email [trainers@girlguiding-midlands.org.uk](mailto:trainers@girlguiding-midlands.org.uk).