

## Irish Girl Guides press release

Thursday 1 April 2021

### **Irish Girl Guides invite children, young people and families to take part in their Easter Camp At Home**

#### **- Camp At Home will boost participants' physical and mental well-being -**

Members of Irish Girl Guides (IGG) are busy preparing for their first ever Easter Camp At Home and they are inviting children, young people and families across Ireland to take part too.

There is no need to own a tent. Campers can make a blanket fort under their kitchen table or pile up some cushions in the living room to make a makeshift shelter for the night. Everyone is encouraged to use their imagination and to have fun!

IGG has compiled an [Easter Camp At Home activity pack](#) (available to download from the news section of their website [www.irishgirlguides.ie](http://www.irishgirlguides.ie)) with lots of ideas for Easter-themed activities, crafts, games and recipes to keep everyone busy during the camp. Crafts include an Easter Basket and Easter Sock Bunnies and outdoor activities include Nature Eye Spy.

There are recipes too so everyone can keep up their energy levels during the camp. These include instructions for making Easter nests and hot cross buns as well as alternative ways to make s'mores (toasted marshmallows between chocolate biscuits – a firm favourite of Girl Guides worldwide)!

Camping and overnight events are an integral part of the Girl Guiding experience but these have not been able to take place over the past year because of the pandemic. Instead, IGG's volunteer leaders have been coming up with creative ways to continue to engage with their youth members, including holding Camp At Home events and virtual mountain ascents (climbing up and down stairs hundreds of times).

**IGG Chief Executive Officer Claire Barkey** says these have been such a success that it was decided to hold more camps at home this year until physical camps can once again take place. "We received really positive feedback from girls and parents telling us how our previous Camp At Homes had boosted the spirits not only of the girls, but of whole families who enjoyed taking part in the activities and challenges," she said.

"We are doing everything we can to support young people and we hope this fun initiative will help people of all ages find healthy and positive ways to keep themselves active and busy, both physically and mentally. We are asking everyone to share their Camp At Home photos on social media using the hashtag **#IGGCampAtHome**.

"This is a challenging time for everyone and children and young people are feeling the stress and anxiety as much as adults," says Claire. "We have been promoting activities that boost the physical and mental well-being of our youth members. Some of our volunteer leaders

are holding online meetings with girls while others are dropping activity packs to girls' homes and keeping girls involved in Guiding activities in that way."

*Irish Girl Guides welcomes youth members from age five-plus and adult volunteers from age 18+. No previous Guiding experience is necessary and ongoing training and support is provided. For further information, see [www.irishgirlguides.ie](http://www.irishgirlguides.ie) or tel: 01 6683898.*

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**Notes for editors:**

Irish Girl Guides (IGG) has around 11,000 members throughout the 26 counties. Its 1,600 volunteer Leaders provide an informal educational programme of fun and challenging activities that foster confidence, independence and leadership skills in girls and young women, enabling them to develop to their full potential and to become responsible citizens. Youth members from age five to 30 can choose to earn a wide range of badges, including Aviation, Climate Action, Community Action, Cultural Diversity, Global Traveller, Engineering, Europe, Responsible Consumerism, Science Investigator, Space and STEM.  
[www.irishgirlguides.ie](http://www.irishgirlguides.ie)