

Irish Girl Guides press release

Sunday 9 May 2021

Irish Girl Guides asks everyone to do acts of kindness during National Good Turn Week

- By doing good turns, it is hoped to spread goodwill across the country -

Irish Girl Guides (IGG) is inviting the public to join its members doing a good turn every day for the coming week.

During their annual National Good Turn Week, which this year runs from 10-16 May, IGG members from age five to 90+ share their acts of kindness on social media using the hashtag #GoodTurns.

They hope that members of the public of all ages will join them in carrying out good turns and sharing them on social media with the hashtag #GoodTurns.

By doing good turns, it is hoped that a wave of goodwill and kindness will spread throughout the country, thereby boosting everyone's spirits and making a positive impact on individuals, families, communities and on society as a whole.

Younger children can help their parents with chores around the home (without being asked), such as tidying their bedroom and helping prepare dinner, while older children and teenagers may offer to go shopping for neighbours or to walk their dogs. Some may choose to do a good turn for the environment, like turning off the tap while brushing their teeth and switching off devices when not in use.

With the easing of restrictions, IGG members are glad they will be able to do good turns in their local area, such as litter picks, beach clean-ups and bulb-planting. Some will also bake goodies for frontline workers, write letters or make cards for residents in local nursing homes or 'thank you' cards or gifts for their teachers.

"When girls join IGG, they promise to do a good turn every day," says **IGG Chief Executive Officer Claire Barkey**. "Even the youngest Ladybirds (the IGG branch for five to seven year olds) and Brownies (girls aged seven to 10) learn about different ways they can help others at home, at school and in their local community.

"Guides (aged 10-14) and Senior Branch members (aged 14-30) get involved in community action projects and learn to use their voices and their skills to improve the world around them and advocate for the changes they would like to see in the world."

Ms Barkey says it doesn't matter what the good turn is - the important thing is that it's doing something kind for someone else without being asked to do it. "We hope that thousands of people throughout Ireland will join us in doing good turns and we're asking

everyone who is on social media to share their kind acts with the hashtag #GoodTurns,” she says.

“Learning to be kind to others is an important trait that unfortunately can be forgotten about, especially as we move more and more to an online world. Helping one person might not change the whole world, but it could change the whole world for one person.

“National Good Turn Week helps promote the idea of kindness, helping others and support at a time when we absolutely need to be aware of others.”

Irish Girl Guides welcomes new members from age 5+ and volunteer Leaders from age 18+. No previous Guiding experience is necessary. To find out more, see www.irishgirlguides.ie or telephone 01 6683898.

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Contact:

Fiona Murdoch, Communications Officer, Irish Girl Guides

Tel: 085 8570565

Email: communications@irishgirlguides.ie

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 and STEM.