

# MAEBH REYNOLDS

Name: **Maebh Reynolds**

Age: **15**

Where I Live: **Antrim**



*“I’m hoping to motivate others by letting them know about how they can get involved in a whole range of different social action opportunities.”*

Since I was just five years old I’ve been involved in social action. I can’t really remember a time when I wasn’t! I started helping others through the Catholic Guides of Ireland, where I’m now in a leadership role as an Assistant Guide Leader. It’s an important organisation to me because it provides such a great service for our local community, and I love being part of it.

I now volunteer every week helping run the group for girls aged 7-9. Recently, I’ve been mentoring on the ‘Free Being Me’ programme, designed to promote positive body image in girls. It’s great to feel part of a wider community – I’m often on social media connecting with other Guides around Ireland to share our ideas about social action and the progress our units are making. I’ve also assisted the Pensioner Club, organised fundraising events for charity, and cared for people who are homeless by collecting and delivering clothes to homeless shelters in Antrim. I’m proud to be working towards my Millennium Volunteer Award, building up my volunteer hours.

Through social action, I’ve had many opportunities to meet new people and make lifelong friends. It’s also helped me to grow as a person, becoming much more confident and building valuable life skills that I know will come in handy throughout the rest of secondary school and beyond.

## Organisations I’ve Participated With

- Catholic Guides of Ireland
- Volunteer Now



**#iwill** promote the benefits and opportunities that social action provides to my friendship groups, school and community by showing them the impact they can make by giving up their time to help others.