

# Give It A Swirl Day - Brochure for Section 2, Question 1



## GIVE IT A SWIRL DAY

### What is Give it a Swirl Day?

Give It A Swirl Day is the national day of volunteering. It is organised by Volunteer Centres Ireland and other partner organisations.

Give It A Swirl Day is a special project as it is about hands-on involvement rather than fundraising. This gives volunteers an immediate sense of achievement.

For Give It A Swirl Day, we ask organisations to have once-off volunteering opportunities which are good for them and the community. It also shows that volunteering, even for a few short hours, can be a lot of fun and can make a difference.

### Volunteers have:

Played bingo, played cards with older people

Cleaned up school grounds,  
picked up litter and  
raked up the autumn leaves

Invited local people with a disability  
to an 'Activity Day'  
hosted by their school

Taught older people how to  
use their mobile phones or e-mail

### Why Get Involved?

- Volunteering is fun and rewarding!
- Great way to develop new skills, team building and leadership!
- You get the chance to make a difference in your community!
- Meet new people who feel strongly about the same issues as you
- Volunteering contributes to a better work-life balance



**volunteer centres**

Ionaid d'Oibri Deonacha na hÉireann

IRELAND

## UDHR@60 - Postcard for Section 2, Question 2.

LIFE DIGNITY SECURITY FREEDOM RESPECT

JUSTICE EQUALITY REMEDY PROTECTION

FAIRNESS FAIR-TRIAL RESPONSIBILITY

WORK ASYLUM CONSCIENCE IDENTITY

MOVEMENT HUMAN-RIGHTS EXPRESSION

FAMILY PARTICIPATION DEMOCRACY

SOLIDARITY LEISURE EDUCATION PRIVACY

WELFARE HEALTH CULTURE HOME

SIXTY YEARS AGO, ON DECEMBER 10th, 1948, THE NATIONS OF THE WORLD VOTED TO ADOPT THE UNIVERSAL DECLARATION OF HUMAN RIGHTS.

This extraordinary document sets out in thirty articles the rights to which each person is entitled by virtue of the fact that we are human.

For six decades the declaration has driven and focused our collective efforts to recognise and affirm that all people are entitled to a set of indivisible and universal human rights.

The thirty words on the left of this page reflect the original thirty articles of the declaration. These words not only sum up the Universal Declaration of Human Rights but also the work of Amnesty International which strives to promote and protect the rights enshrined in this declaration and the dignity of every human person.

For a full copy of the Universal Declaration of Human Rights in one of 17 different languages visit [www.amnesty.ie](http://www.amnesty.ie)

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## Tips from Change.ie - Web-site Information for Section 2, Question 3.

**Recycle.** Are you tired of your old clothes? Donate them, rather than just throwing them away and clogging up our landfills. If you're handing them down to your sisters and brothers, that's great; if not, pass them along to a recognised charity. They'll make sure they get to someone that needs them. Or, you can swap them with friends and brighten up your wardrobe!



If you're not feeling so charitable, try selling your old clothes or accessories online or in resale shops. You'll make some money, provide someone else with a good buy and you will be helping the environment.

Adapted from: [www.change.ie](http://www.change.ie)

# TIPS FOR YOU



Recycle. And not just the normal things like paper and glass. Are you getting the new phone for your birthday? Lucky you... but not so lucky for your old phone. Make sure you recycle it! Same goes for used batteries... the materials used to make these products can damage our water supplies. Ensure they wind up in the right place to be recycled and re-used.

Dispose of these either to a charity or at your local recycling centre.

# The Niall Mellon Township Trust - Information Leaflet for Section 2, Question 4.



When Niall Mellon saw first-hand the poverty in the townships in South Africa, he set up the Niall Mellon Township Trust in 2002 to provide homes to the poor communities in the townships. Volunteers from Ireland raise money and travel to South Africa to build houses in the townships.



**From this...**



**...to this!**



- Living in a shack has been shown to have a negative impact on health, education and self-esteem.
- Without a sense of home, peoples' self-respect can be diminished
- Without basic housing, families are not equipped to face the other challenges poverty brings like crime, poor education, inadequate nutrition, decaying neighbourhoods and sub-standard healthcare.

Most of the workforce comes from the townships themselves. Community development is a central part of the work of the Niall Mellon Township Trust working with local communities in the planning and design of the new communities.

in partnership with

