

Sustainable Communities *Doing more with less*










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TidyTowns Adjudicator

Limerick City & County Council TidyTowns Webinar

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Format of Presentation

-  Scores
-  Category Background & Concepts
-  TidyTowns Plan
-  Communication & Stakeholder Involvement
-  The Basics
-  Projects – Calendar of Events – Themes
-  Q&A

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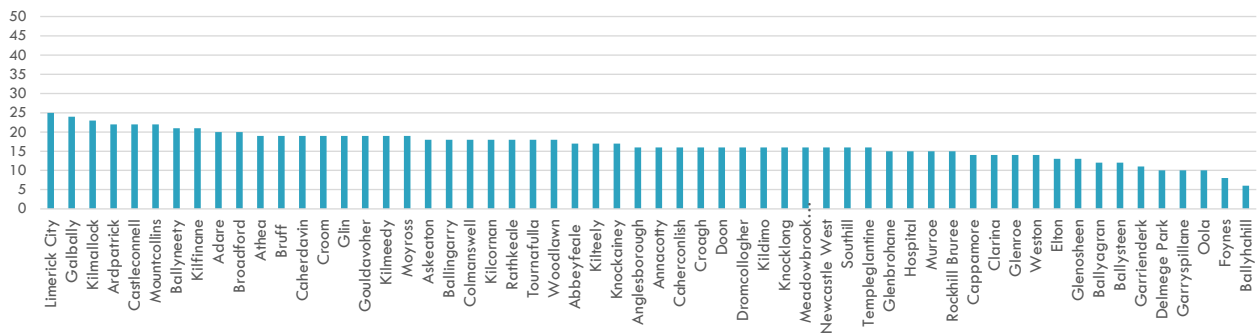
This category...



3

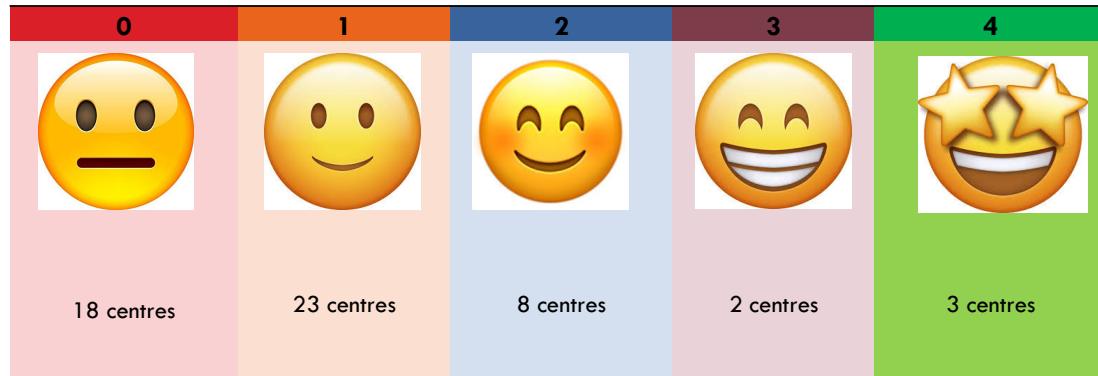
Category Scores

Sustainability Scores 2019



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Sustainability Category Performance



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Suggested Actions

1. Clearly set out your committee and voluntary support at the initial section of the application form.
2. Read adjudicator comments and suggestions and try to address them yearly.

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What is Sustainability

Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs.

**"DO YOUR LITTLE BIT OF GOOD
WHERE YOU ARE;
IT'S THOSE LITTLE BITS OF GOOD
PUT TOGETHER THAT OVERWHELM
THE WORLD."**

ARCHBISHOP DESMOND TUTU



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Sustainable Communities

Sustainable communities are planned, built or **modified** to encourage to promote sustainable living to inhabitants can generate minimal environmental impact:

- Efficient use of energy, water, natural resources.
- Minimise waste, recycle more and reuse
- Limit pollution
- Provide access to nature



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<http://sdgsforall.ie/resources/>

Sustainable Development Goals



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Keys To Category Success

- 🔑 Take a step back...
- 🔑 TidyTowns Plan
- 🔑 Stakeholder engagement & communication
- 🔑 Get the basics right first
- 🔑 Projects that work **for you**
- 🔑 Reporting back in application form

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Do a SCOT Analysis

Strengths

Support & commitment from committee
 Support from Environment Awareness Officer
 Limerick City & County Council
 What are your strengths...

Challenges

Communicating your involvement and your role in what you do on your TidyTowns application form.
 Creating innovative & effective projects & initiatives with a view to addressing local challenges.
 Getting visible 'on the ground'

Opportunities

Business community
 Developing long-term mutually beneficial partnerships
 Schools
 What are your opportunities...

Threats

Funding or securing project partners/sponsors
 Project selection & bringing projects to fruition within timescale required
 Committee burn out
 Lack of wider community interest

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Tidy Towns Plan

Do you have a plan of action over the next few years?

Is the Sustainable Communities Section included in your TidyTowns Plan?

- 3 / 5 Year TidyTowns Plan / Development Plan
- The plan should be built on a survey of the centre - built environment, natural environment, covering every category.
- It does not need to be prepared by a professional
- The plan should identify objectives placed to an appropriate timescale;
- The plan should indicate strategies to be employed i.e. availability and use of resources;
- What has been achieved to date should be clearly indicated in your plan

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TidyTowns Sustainability Aim

Do you have a Sustainability Aim?

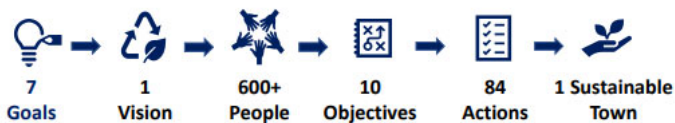
- To work with householders, businesses, and schools in the prevention and reduction of waste produced across the community and in the management of waste and promotion of a sustainable community
- To work with stakeholders to enable residents and businesses in XXXX to thrive and prosper while respecting the ecological & resource limits of our one and only planet?
- To work with stakeholders to meet the needs of everyone in the community of XXXX while protecting and limiting the damage to the environment?
- To work with all stakeholders to help ensure XXXX is economically, environmentally and socially healthy?

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Sustainability Plan

- Kilrush Sustainability Plan

Creating The Kilrush Sustainability Plan



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Stakeholder Involvement

| | | | | |
|---------------------------------|------------------------|-------------------|-----------------------------|-----------------------------|
| Local Authority | Local Businesses | Green Schools | Festival & Event Committees | Colleges & Training Centres |
| Local Development Organisations | Sporting Organisations | ICA / Men's Shed | Charity & Repair Shops | Scouts / Cubs |
| Local Chamber of Commerce | Public Library | Community Centres | Residents | Anyone who is interested! |

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Communication is Key!

- ❑ Sing your own praises – share your successes!
- ❑ Engage with your residents
- ❑ Engage with partners and/or stakeholders
- ❑ Effectively promote your work and what you do
- ❑ Raise your profile
- ❑ Build your TidyTowns brand
- ❑ Share any barriers or failures – lets others learn from your experiences

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Communication is Key!

- | | |
|---|--|
| <ul style="list-style-type: none"> □ Communicate to: <ul style="list-style-type: none"> □ Residents (Peer to peer learning) □ Councillors □ TidyTowns Adjudicators □ Other TidyTowns Groups □ Press – local and national | <ul style="list-style-type: none"> □ Communicate via: <ul style="list-style-type: none"> □ Facebook □ Twitter □ Instagram □ Blog etc. □ Webpage □ Press – print, radio etc □ Other Awards (Pakman Awards, EWWR etc) |
|---|--|

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Have You Engaged With Residents?

RushTidyTowns
– Consulting
with the
community

<https://www.surveymonkey.com/r/2G2LLP>
K

Rush Tidy Towns

RUSH GOES GREEN

Rush Tidy Towns is conducting this survey to enhance their upcoming RUSH GOES GREEN Sustainability Programme.

This survey will focus on sustainable actions within the household.

It looks at some of your current household habits, any areas where you think you could make small or big changes, and what is your motivation for change.

We have some exciting ideas and would love your input so that together, with big and small actions, we can positively impact on making Rush a Greener, more sustainable community.

Your answers are completely anonymous and the information gathered here will be used solely for the purpose mentioned above.

The survey will take you roughly 5 minutes to complete.

OK

WASTE REDUCTION AND RECYCLING WORKSHOP 

As part of our Rush Goes Green Campaign, join us for a workshop which will be delivered by Voice, covering the topics Waste Reduction and Recycling. Come along and have your recycling and waste questions answered by the experts

VOICE have been around for over 20 years, working to reduce waste and move Ireland towards a more circular economy  

When - Wednesday 24th of February at 7.00pm
Where - Via a ZOOM call 

Keep an eye on our social media posts, especially Facebook for more hints and tips on these topics   

RUSH GOES GREEN 

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Get The Basics Right - Application

- Print double sided!
- Provide detail on application form
- Tell **YOUR** involvement
- Measurement
 - ▣ Attendance
 - ▣ Facebook likes, shares, Twitter likes, Local paper readership
 - ▣ Feedback from attendees
 - ▣ Photos



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Help Residents Get The Basics Right

- Correct use of bin system - Clean dry loose
- Food caddy / bin / master composter / home composting

voice

RECYCLING WORKSHOP
GET YOUR BIN SORTED

RECYCLING AMBASSADOR PROGRAMME

Recycling Ambassadors will show you what you can recycle in your household bin in this free interactive workshop. The Recycling Workshops are being offered to help improve Ireland's recycling rates and reduce levels of contamination in household recycling bins. Don't miss this opportunity to learn how to get your recycling bin sorted.

#binsorted

Recycling List Ireland ✓

The list Why? Did you know?

Clean, Dry and Loose

Paper & Cardboard

Milk Rigid Plastic

Tins & Cans

Your household recycling list.

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Consider a Calendar of Events

| | | | |
|-----------------|--|------------------|---|
| January | Veganuary | July | Plastic free July |
| February | Fair Trade Fortnight | August | Back to School – Clothes repair, Uniform Swop Shop etc |
| March | 22 March: World Water Day Sat 27 th March: Earth Hour | September | September 15: World Cleanup Day September 29: World Rivers Day |
| April | 22 nd April: Earth Day | October | World Vegetarian Day 1 st Oct Reuse Month Sustainable Halloween – Make your own costumes, plastic free Halloween |
| May | International Compost Awareness Week (ICAW), No Mow May, Walk to School Week, World Turtle Day 23 rd May, | November | European Week for Waste Reduction www.ewwr.eu |
| June | World Environment Day 5 th June | December | Christmas – Shop Local, Experiences Not Things, Buy Nothing New Christmas |

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Calendar of Events



Abbeyfeale Tidy Towns
5 January · 🌐

No idea what to do with all the Christmas cards? Get your scissors out and get upcycling. Thanks to [Rosecottage Kitchen](#)

Rosecottage Kitchen
5 January · 🌐

An up cycle idea for your old Christmas cards. Get cutting out the cards and arrange them in a circle' when happy with it start glueing.



Donnybrook Tidy Towns @Do... · 3d

Calling upon all upcoming election candidates in #Pembroke and (countrywide) to keep #Donnybrook and Ireland #PosterFree & #PassOnPlastic during May 2019 elections. Support your local #TidyTowns and environment - See video on poster impact. facebook.com/posterfree/vid...



James Geoghegan and 8 others

2 7 31

You Retweeted

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Consider Themes

- ❑ Shop Local in association with local/green businesses
- ❑ Food Waste
- ❑ Single Use Plastics
- ❑ Excessive Packaging
- ❑ Sustainable Transport
- ❑ Sustainable Destination
- ❑ Sharing Economy
- ❑ Do you have a local river?
- ❑ Buy nothing new month

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Shop Local

- ❑ Environmental benefits, supporting local jobs, businesses reinvest into community



Promoting Local Shopping - Supporting local Jobs

ShopLK is a unique local shopping initiative aimed at encouraging customers to spend in Letterkenny and so support local jobs and local businesses. Helping to keep retail in Letterkenny vibrant and as good as it can be all year round.

BUY A GIFT CARD

BROWSE SHOPS



Sign Up To Accept ShopLK Giftcards
Retailer SignUp



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Calls to Action – from activation to action

- Conscious Consumption Communities Programme
- Sick of Plastic Campaign – Single Use Plastics
- Fridays for the Future
- www.breakfreefromplastic.org



#WeChooseReuse
Commit to Reuse

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Refill

- www.gozero.ie



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Prevention

- ❑ Conscious Cup
- ❑ Refill Ireland
- ❑ Straws
- ❑ Takeaway packaging



Westport to become Ireland's first plastic straw-free town

Pubs are already on board the initiative which is part of their entry into the 2018 Tidy Towns competition.

BY ADAM DALY
8 MAY 2018

WESTPORT IS AIMING to become the first town in Ireland to eradicate plastic straws.

The initiative by Westport Tidy Towns committee is part of its entry into the 2018 national competition.

<https://conscioucup.ie/resources/communities.php>



HOW TO RUN A CAMPAIGN IN YOUR COMMUNITY

breakfreefromplastic.org - Private

TOOLKITS

SUPPORT #breakfreefromplastic action around the globe! Get involved:

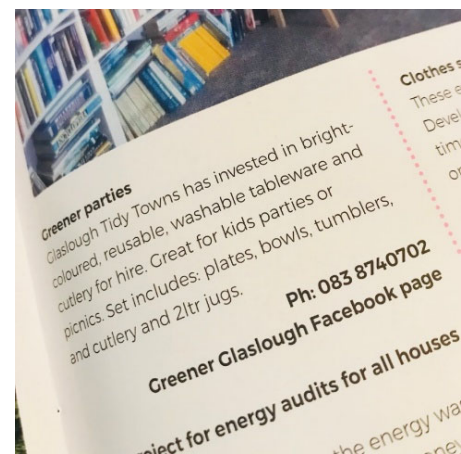
BRAND AUDIT TOOLKIT

Mobilizing massive citizen muscle with a common mission so corporations can no longer frame the issue as one of only consumer responsibility.

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Reuse – Sharing Economy

- ❑ Organise / Promote a platform for sharing baby clothes and equipment,
- ❑ Library of things – tools, plants or other items for sharing with the community



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Book Reuse / Exchange



Take a look at The Glaslough Library! Thanks to everyone who made the effort to come to the opening. Special thanks to all who donated books, the Donagh CE scheme, Monaghan County Council and the Glaslough Development Association. Come in and take a book!

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Reuse – Events

- ❑ Swap event for uniforms, sports gear, tools, toys, clothes
- ❑ Hold a “Pass It On” Week
- ❑ Bring & Buy sale
- ❑ Greener parties
- ❑ Festivals!



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Reuse – Promotion & Awareness

- ❑ Promotion of Ebay
- ❑ Free Trade Ireland
- ❑ Organise an upcycling competition
- ❑ Competition to create items from reused materials



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Repair #MakeThingsLast

- ❑ Repair My Stuff.ie
- ❑ Workshops & Skills development
- ❑ Respraying, furniture restoration, upcycled furniture, refinishing,
- ❑ Rediscovery Centre & ReCreate offer courses



Introduction to upcycling furniture paint techniques



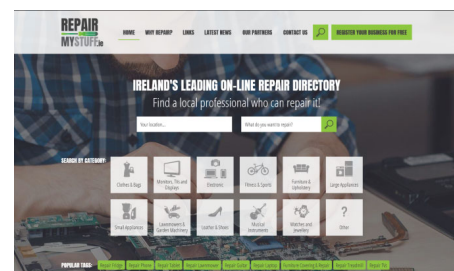
Event Description:
Join one of Ireland's best known upcyclers, Marianne Healy for an introduction to upcycling furniture paint techniques. In this online demonstration workshop, Marianne will introduce you to a variety of upcycling techniques that will transform your furniture. Some of the techniques that she will cover are:

- Decoupage
- Stamping
- Frog tape
- Stenciling
- Distress finish

Event Date and Time:
Sat 27 Feb 2021 10:30am - 11:45am

Event Location:
Virtual Event €25

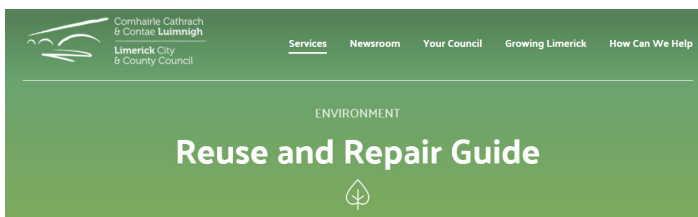
Event Categories: Craft, Furniture



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Repair

- ❑ Reuse & Repair Guide – List of local repair outlets
- ❑ Repair Cafes / Repair Fridays



BLACKROCK TIDY TOWNS PRESENTS
The Fix Factory
 Planning on throwing it out?
 Check if it can be fixed first!
 Bring along your broken household items and ask the experts – all free of charge

Electrical and Electronic Equipment
 Bicycles Jewellery Furniture
 Musical Instruments Clothing and Shoes

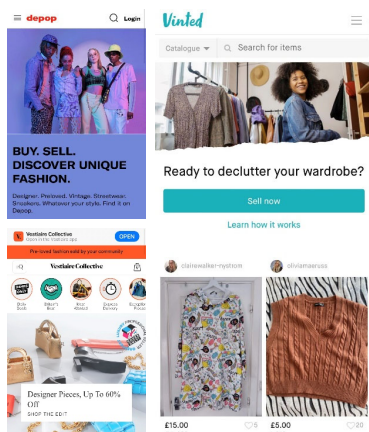
Tyre Health Check
 Have your tyres checked by the professionals from Bridgestone Ireland and McManus Tyres – all free of charge
 Improve Your Safety Save Fuel and Money

Blackrock Community Centre, Sandy Lane
 Saturday 27th March 11am – 2pm

Children's Activities Refreshments All for Free
 In association with Louth County Council

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Fast Fashion



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Repair Sewing

- ❑ Clothes Repair
- ❑ Care & Repair Guides
- ❑ Refashioning and upcycling guides
- ❑ Love your clothes campaign – www.loveyourclothes.org.uk

Clothes Alterations – Limerick

| Business | Address | Phone |
|---|--|-----------------|
| The Zip Yard | 16 Thomas Street, Limerick | +353 61 481676 |
| Fitrite Clothing Alterations | 17 Thomas Street, Limerick | +353 61 418588 |
| Kathleen O'Brien | Bracken Gardens, Limerick | +353 61 326708 |
| Joanne Ross Fashions Ltd | Leamy House, Hartstowne St, Limerick | +353 61 312502 |
| The Alteration Shop | 26 Roches Street, Limerick | +353 61 414176 |
| Stitch in Time | Roxboro Shopping Centre, Limerick | +353 61 440117 |
| Joe Clancy-Tailor | Leamy House, Hartstowne St, Limerick | +353 61 312502 |
| Bridal Dressmaking & Alterations (By appointment) | Dromroe, Rhebogoe, Limerick | +353 87 7862275 |
| Angelas Alterations | Maiden Street, Newcastle West, Co. Limerick | +353 86 8888243 |
| Sew & Sew | 3 Wickham Street, Limerick | +353 61 310066 |
| Nora O'Connor (Dress Designer & Alterations) | Rineroe, Patrickswell, Co. Limerick | +353 85 7726744 |
| Grace & Elegance | Cragg, Abbeyfeale, Co. Limerick | +353 68 32692 |
| Sootless Dry Cleaners & Laundrette | 11/12 Nicholas Street, Limerick | +353 61 519462 |
| Seamless Sewing Studio | 17 Nicholas Street, Limerick | +353 86 0680219 |
| Elena Doru Couture Studio | Unit 19, The Groody Retail Centre, Castletroy, Limerick | +353 87 7862275 |
| Altered Image | Foxes Bow, Limerick | +353 87 9725917 |
| Rips & Zips | Unit 2, Moyross Community Enterprise Centre, Moyross, Limerick | +353 85 8238873 |

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Food

- ❑ Veganuary
- ❑ Vegetarian/flexitarian/vegan diets
- ❑ Meat Free Mondays
- ❑ StopFoodWaste Challenge
- ❑ Cooking lessons
- ❑ Cooking demonstrations
- ❑ Better buying
- ❑ Better storage
- ❑ Local & Seasonal



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Food Related

- ❑ Community fridge
- ❑ Community BBQ
- ❑ Community garden & wood fired oven



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Gardens & Allotments



Community Allotment. Glaslough community allotments was constructed in 2016 and completed in 2017. The land is provided by Castle Leslie to Glaslough Development and Tidy Towns. There are 25 plots with varying sizes of raised beds. The allotments were designed and constructed by Barry Kavanagh together with members of the local community employment scheme as part of a plant care and maintenance course.



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Energy

- SEAI – Sustainable Energy Communities
- <https://www.seai.ie/community-energy/sustainable-energy-communities/>



Step 1 - Learn

Your community joins the SEC Network, where you can learn about community energy and start thinking about what they can do on the ground.



Step 2 - Plan

Plan for your energy future with our support. If your community decides to progress, we will support you in doing an Energy Master Plan.



Step 3 - Do

Your community makes a decision on the best energy project to undertake. Then you can identify grants or supports to help achieve your plan.

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Energy



- Energy saving measures
- Workshop for residents to understanding the bills
- Promotion of standby, switch to LED
- Battery recycling

Great day out for All the Family!

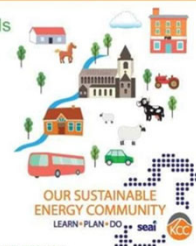
Sustainability Fair

Sun 24th Feb, 12 – 4pm
@ Kilanerin Community Centre

- 30+ Exhibitors & Food Stalls
- Games & Demos for kids
- Free Workshops & Talks
 - New technology

Test drive an EV or hybrid car!

- Learn how to:**
- Save money!
 - Reduce energy
 - Live in comfort



Take a stand / learn more, contact:

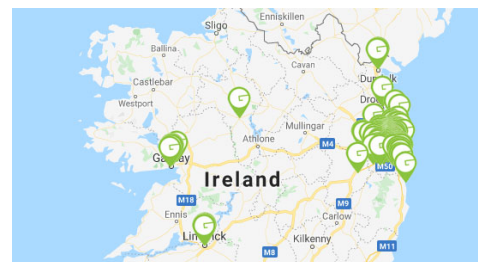
Karen Frigan 083 8782718 Geraldine O'Connor 083 1025308

Kilanerin Ballyfad Ballythomas Gap Pallas Wexford... and beyond!

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Travel & Transport

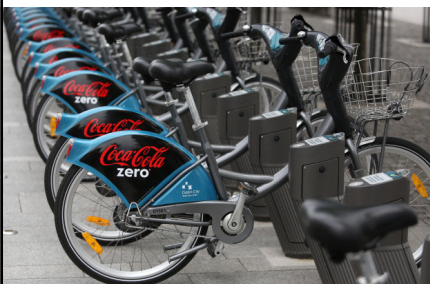
- Go-Car – promotion of car sharing
- E-charging points
- Information sessions on electric vehicles etc
- Promotion of bus routes and shelter provision



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Travel & Transport

- Cycling infrastructure & pathways
- Park & Ride/Stride facilities
- Limerick cycle bus / WOW



**Swap the whole ride
for PARK and STRIDE**

**A guide to setting up a
Park and Stride scheme**



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Water





□ <https://www.water.ie/conserve/>

| | | | |
|--|--|---|--|
| <p>Take a shower</p>  <p>Tip: Take a shower instead of a bath to reduce water usage.</p> | <p>Drop the hose</p>  <p>Tip: Use a rosehead watering can in the garden instead of a hose or sprinkler and aim for the roots.</p> | <p>Use a bucket</p>  <p>Tip: If you need to wash your car, use a bucket and sponge, instead of a hose.</p> | <p>Time your shower</p>  <p>Tip: Taking a shorter shower can save up to 10 litres of water a minute.</p> |
| <p>Use it twice</p>  <p>Tip: Use a basin in your sink when rinsing food and use it for watering plants.</p> | <p>If it's yellow, let it mellow</p>  <p>Tip: Consider only flushing the toilet when you really need to.</p> | <p>Fix dripping taps</p>  <p>Tip: Avoid using excess water at home by mending taps and running toilets.</p> | <p>Protect your soil</p>  <p>Tip: Add a layer of plant material, like bark to your flower bed to prevent evaporation.</p> |

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Water

□ www.thinkbeforeyouflush.org

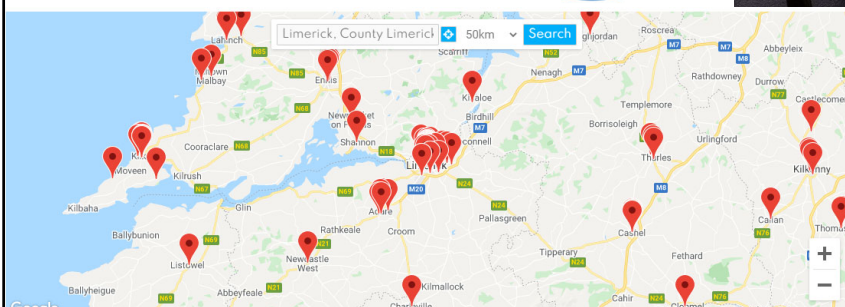
| | | | |
|--|---|---|--|
|  <p>Nation's Flushing Behaviour</p> <p>Check out the results of a survey that Clean Coasts commissioned on Ireland's flushing behaviour [Read More...]</p> |  <p>Think Before You Flush Resource Library</p> <p>View and download Think Before You Flush materials in our Resource Library</p> |  <p>Support Think Before You Flush</p> <p>When you sign up to supporting Think Before You Flush we will send you information about the Think Before You Flush campaign and other Clean Coasts initiatives! [Read More...]</p> |  <p>TBYF Video Competition</p> <p>The Think Before You Flush team invited third level students to join us in promoting a better understanding of the campaign [Read More...]</p> |
|--|---|---|--|



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Water – Refill

- Refill Ireland
- Tap map



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Suggested Actions

- Ensure you submit the Tidy Towns Plan each year or let adjudicators know where they can view it online etc
- Ensure Sustainability is covered in your Tidy Towns Plan
- Should groups consider communications training / social media training?
- Set yourself communication goals or Key Performance Indicators KPIs
- Check what's going on in your area and feed into it
- Promote sustainability initiatives
- Knowledge build with residents
- Provide bullet pointed projects with key details in your application form

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Final Thoughts!



“We are not all in the same boat. We are all in the same storm. Some of us are on super-yachts. Some have just one oar”

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Q&A / Discussion

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