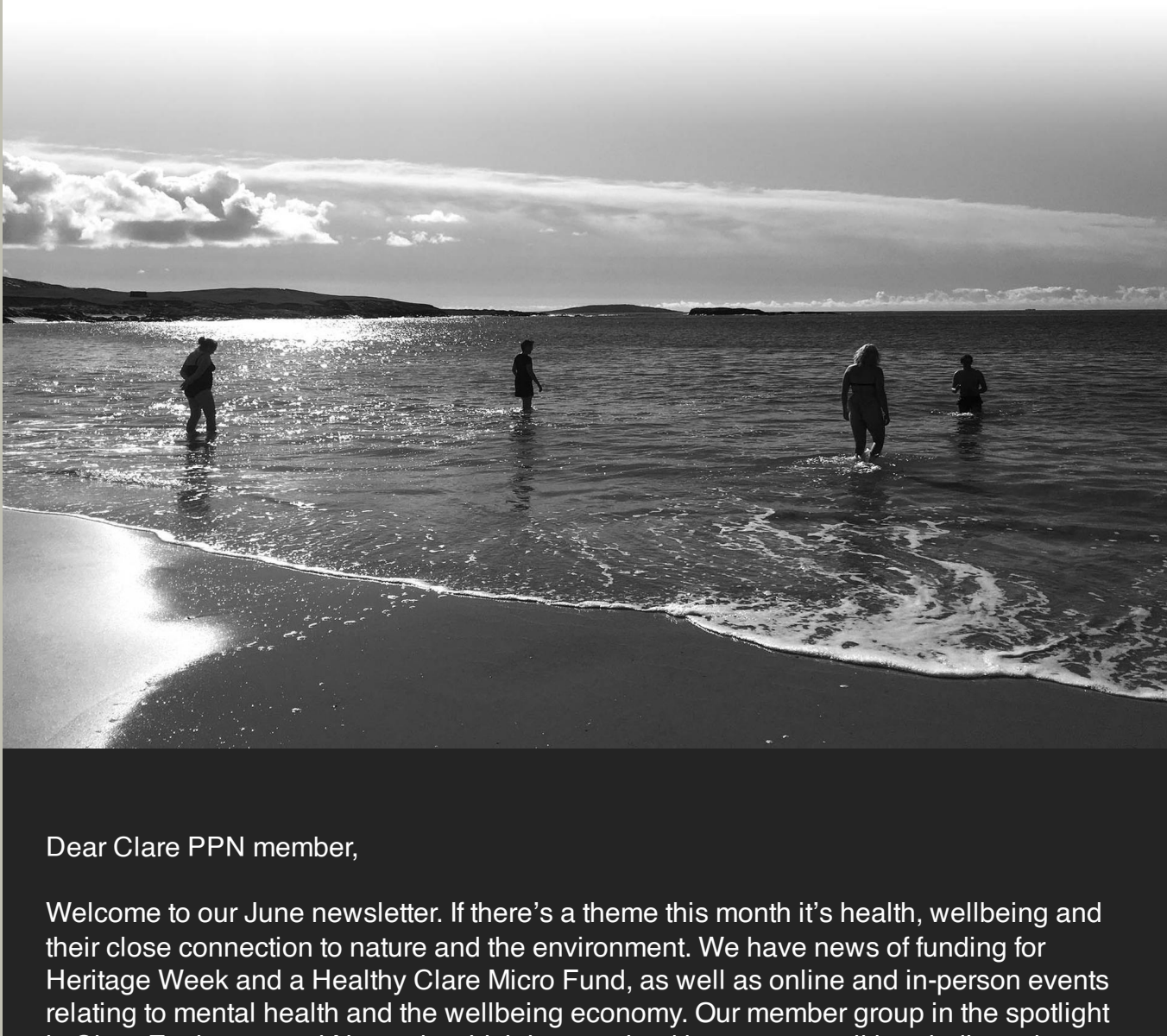


NEWSLETTER JUNE 2023



Dear Clare PPN member,

Welcome to our June newsletter. If there's a theme this month it's health, wellbeing and their close connection to nature and the environment. We have news of funding for Heritage Week and a Healthy Clare Micro Fund, as well as online and in-person events relating to mental health and the wellbeing economy. Our member group in the spotlight is Clare Environmental Network, which is organised by a very small but dedicated group of volunteers who are looking for more people to get involved.

We also have some interesting public consultations this month, including one on Clare's library service and another about an innovative new low carbon plan for the Ballyvaughan area.

If you'd like to see something included in a future newsletter, please email newsletter@clareppn.ie.

All the best,

Sarah Clancy, Sarah Ferrigan & William Hederman

Clare PPN
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Ennis, Co. Clare
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Mobile: 087 1617375



MEMBER GROUP IN THE SPOTLIGHT: CLARE ENVIRONMENTAL NETWORK

The climate and biodiversity crises are the issues of our age. Tackling these emergencies is our greatest challenge. More and more people in Clare are getting involved in environmental campaigning. If that's something you want to be part of, a good starting place might be Clare Environmental Network (CEN). As well as being a Clare PPN member group, CEN is itself an umbrella organisation for environmental groups and individuals in the Banner County. They do their best to facilitate those working on diverse aspects of climate and biodiversity, environmental sustainability, sustainable farming and tourism to communicate and collaborate with each other.

CEN responds to ongoing policy issues, and its member groups collaborate on issues that protect our environment for this and future generations. They also strive to catalyse new groups and to support them in getting established. They have occasional online meetings and bring out an email newsletter several times a year.

But CEN need more volunteers in order to communicate more regularly with its members. If you think you might like to get involved, or would like to find out more about Clare Environmental Network, email clareenvn@gmail.com or thetassadonohoe@gmail.com. You can also find them on Facebook at <https://www.facebook.com/ClareEnv> and Twitter: <https://twitter.com/EnvClare>

FUNDING OPPORTUNITIES



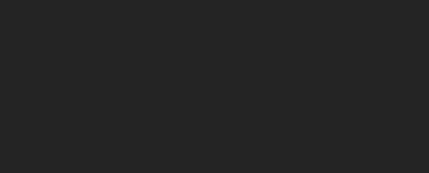
HEALTHY CLARE MICRO FUND

Deadline 7th July: The purpose of the Local Community Development Committee's (LCDC) Healthy Clare Micro Fund is to encourage and support community and voluntary groups to take an active part in improving and protecting health and wellbeing at all stages of life, reducing health inequalities, and creating an environment where everyone can play their part in a healthier Clare. The LCDC encourages groups to register with and be actively involved in Clare PPN. The Healthy Clare Micro Fund comprises four support funds: Healthy Weight; Positive Mental Health; Hosting 'We're Breastfeeding Friendly Clare' events; and Multicultural Cooking workshops. Find out more here: <https://yoursay.clarecoco.ie/healthy-clare-micro-fund-2023>



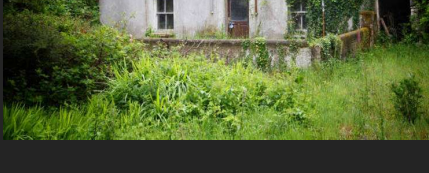
CIRCULAR ECONOMY ACTION PLANS

Deadline 28th July: Community Foundation Ireland is inviting applications from groups interested in developing local Circular Economy Action Plans. Local groups will be supported through online training, resource packs and access to experts to develop Community Circular Economy Action Plans, supported by grants of up to €2,500. The Circular Economy Fund was set up in 2019 to encourage sustainable practices in communities across Ireland. It was grounded in evidence that suggested community groups and organisations needed support in the development of a circular economy and to tackle issues related to sustainability. Applications are being invited until Friday 28th July. See more details here: <https://www.communityfoundation.ie/grants/environment-and-nature-fund/>



VACANT PROPERTY REFURBISHMENT GRANT

The Vacant Property Refurbishment Grant is a payment you can get if you are turning a vacant house or building into your permanent home or a rental property. A grant of up to €50,000 is available. If the refurbishment costs exceed the standard grant of up to €50,000, a top-up grant amount of up to €20,000 is available. The scheme was launched by the Government in 2022, but a key change this year is that the grant can also be applied to properties that will be made available to rent, and the levels of grant have increased. This link gives further details, including the application form and frequently asked questions: <https://www.gov.ie/en/service/8f1b-vacant-property-refurbishment-grant/>



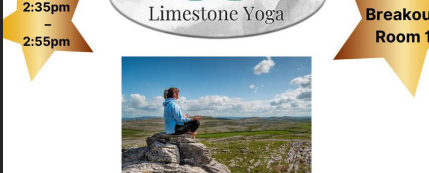
NATIONAL HERITAGE WEEK & WATER HERITAGE DAY

Deadline 10th July: Organised by the Heritage Council, National Heritage Week has become one of Ireland's largest cultural events, which this year will be from 12th to 20th August. This year's theme invites you to explore the traditions and practices, knowledge and skills passed down through generations. This year Water Heritage Day falls on Sunday 20th August.

Some funding is available from the Local Authority Waters Programme (LAWPRO) for community groups who wish to organise Heritage Week events focused on water and biodiversity at any time throughout Heritage Week. Please see more details here, including details on how to apply, before 10th July: <https://consult.watersandcommunities.ie/en/content/water-heritage-day-grants-scheme-2023>

For more information on how to organise an event see: <https://www.heritageweek.ie/get-involved/organise-an-event>

NEWS / EVENTS ...



RECOVERY & WELLBEING IN MENTAL HEALTH

Mid West ARIES (Advancing Recovery in Ireland Education Service) offers a range of courses, information and educational materials on Recovery and Wellbeing in Mental Health in Clare, Limerick and North Tipperary. Their vision is to provide the Mid West Region with an inspirational and inclusive educational programme on recovery and wellbeing. They are currently running a series of free online workshops, with topics including 'How Can I Find Meaning in My Life and Feel More Empowered?', 'Anxiety, Creativity for Wellbeing and 'Coping with Summertime Blues'. See the full series here and book a place: <https://www.eventbrite.ie/o/mid-west-aries-30819577380>



CLARE'S HEALTH & WELLBEING AGE EXPO

30th June: The Clare Older People's Council will host a Health and Wellbeing Age Expo on Friday, 30th June at Treacy's West County Hotel, Ennis from 11am to 4pm. All are welcome. The Age Expo will showcase the supports and services available in County Clare that are of interest and use to older people. Guest speakers will discuss the new 'Healthy Age Friendly Homes' initiative and 'Preparing for a Healthy Retirement'. Attendees will also have an opportunity to participate in a singing taster session, hear talks on Active Ageing and attend a cookery demonstration. The Irish Heart Foundation will also carry out free health checks during the event. For more information on the event please email agefriendlyclare@clarecoco.ie or call Helen on 065-6846240 or 087-1406312.



WEBINAR: THE WELLBEING ECONOMY

1st July: In this webinar at 4pm on Saturday, hosted by Feasta, Kate Petriw from the global Wellbeing Economy Alliance (WEAll), will give an overview of the research that WEAll Global has been doing on messaging and narratives on the wellbeing economy – an economy that serves people and planet, and is not dependent on GDP growth. The event will be part of a Deep Dive workshop organised by the WEAll Ireland hub in Cloughjordan, Co Tipperary, as part of Feasta's Cultural Creatives project. Kate became passionate about transforming our economic system after realising the negative impact it had on our planet, communities, as well as our physical and mental health. Join Feasta for a discussion with Kate on Saturday 1st July from 16:00 to 17:00 Irish time. Register here: <https://www.eventbrite.ie/e/the-wellbeing-economy-lets-change-the-story-tickets-667215859597>



WEBINAR: DEMENTIA – COMMUNITY CHAMPIONS

With their community of champions growing across the country, Dementia: Understand Together would like to invite you to a "Welcome Workshop" for new and existing community champions. The workshop will take place online on July 26th from 12-1.30pm or September 27th from 12-1.30pm. They will be looking at: What Dementia: Understand Together is all about; Who has been supporting the campaign; What partnership and local action looks like; The role of local community champions; Resources available to you. To join one of the workshops, please email Sinead O'Reilly at understandtogether@hsa.ie by July 7th indicating which date you would like to attend. If you have specific topics or questions you would like covered on the day, let them know and they will make to include these.



HELP OUR HEDGEROWS

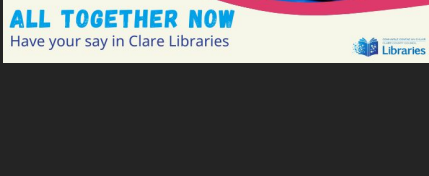
Hedgerows are rich in biodiversity and protecting them helps wildlife, and ultimately is good for farming. Hedgerows Ireland is excited to announce the launch of a new all-Ireland hedgerow conservation campaign – the Hedge Code. The Hedge Code helps you plant, retain and rejuvenate your hedgerows – part of Ireland's natural heritage – vital for our health, well-being and wildlife! There are 12 actions in total. Anyone with a hedgerow is encouraged to become a Hedge Code supporter, including garden owners, farmers, businesses, sports clubs, Residents Associations, and County Councils. This will publicly demonstrate commitment to hedgerow conservation in Ireland and help to frame biodiversity strategies. Learn more or sign up here: <https://hedgerows.ie/hedge-code/>



'FREE PERIOD PRODUCTS' PILOT PROJECT

Healthy Clare secured €10,000 funding from the Department of Health to pilot the Local Authority (LA) 'Free Period Products' initiative. The provision of period products in public buildings is a recommendation in the draft 'Period Poverty in Ireland' report by the National Strategy for Women and Girls Committee. As part of the pilot, free period products (i.e. tampons and period pads) are available in participating Local Authority owned and publicly accessible buildings, such as Clare Libraries and each Municipal District Office in Clare. The aim of the pilot project is to: destigmatise periods; combat period poverty in the county; and de-gender periods. Please contact healthyclare@clarecoco.ie for information or queries. Find out more and take a survey here: https://yoursay.clarecoco.ie/free-period-products/survey_tools/clare-s-la-free-period-products-campaign-2

CONSULTATIONS



CLARE LIBRARIES DEVELOPMENT PLAN

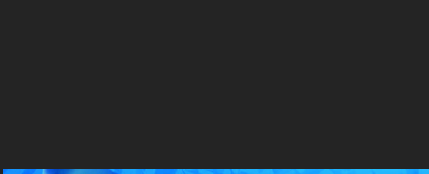
Deadline 30th June: We love our libraries. Free, accessible, educational and friendly. And here in Co Clare, we are lucky to have a great network of libraries. Clare County Council is preparing a Library Development Plan that will shape the development of Clare Libraries' services and facilities over the next five years. They are inviting all of us to give feedback on our experience of our libraries and services as well as suggestions on what we would like them to prioritise in the future. Before the consultation closes this Friday, 30th June, you can complete an online survey via the link below, or a survey by phone, or fill out a paper survey, available in all library branches. Ask at any branch, call 085 6846350, email library_mailbox@clarecoco.ie or find more info at: <https://yoursay.clarecoco.ie/library-plan-clare>



BALLYVAUGHAN LOW CARBON PLAN

Over the next three months the An Taisce Legacy4LIFE project will be working with the community of Ballyvaughan on the development of a low carbon plan for the area. John Sweeney, Emeritus Professor of Geography at Maynooth University, director of the Legacy4LIFE project, says: "This is a great opportunity for the people of Ballyvaughan to plan the climate action they want... They can explore ways to build a circular economy and ensure a Just Transition for everyone so that nobody is worse off having played their part in the greatest challenge of our time."

Theresa O'Donohoe, who is coordinating the initiative, said: "Change is on the cards whether we like it or not. The climate is changing and policy is also changing. We can either plan the climate response for ourselves, pursue our own vision or wait for someone else to do it for us. This survey is the start of the process of planning it for ourselves." Printed surveys are available in the village hub and other locations in Ballyvaughan. You can complete the online survey here: <https://www.surveymonkey.com/r/GZDRWX3>



HOW WELL DO YOU KNOW IRELAND'S SEAS?

Fair Seas has launched its first Ocean Literacy Survey, to find out how well people in Ireland know the waters around us and how they use them. The coalition of leading environmental NGOs and networks has launched the ambitious research online and is asking people from all sectors to share their views. Ocean literacy is the understanding of our individual and collective impact on the ocean and its impact on our lives and wellbeing. Fair Seas is asking people to complete an online survey, answering questions about the health of Ireland's marine environment, how they use the seas and what actions they believe the Irish government needs to be taking to manage this environment. Take the survey here: <https://www.surveymonkey.co.uk/r/OceanConnectionsFairSeas>



NATIONAL PHILANTHROPY POLICY

Deadline 30th June: A National Philanthropy Policy currently being developed by Department of Rural and Community Development is expected to be launched later this year. This policy, created by Government in collaboration with key stakeholders, is intended to deepen understanding and knowledge, create an enabling environment and accelerate engagement with philanthropy in Ireland for social good. You can now have your say on the draft policy, including the vision, mission, values and strategic objectives. The consultation is open to everyone in Ireland and internationally. Submissions should be emailed to philanthropy@drcd.gov.ie with "Philanthropy Policy 2023" in the subject line, before close of business on Friday 30th June. You can read the draft policy here: <https://www.gov.ie/pdf/?file=https://assets.gov.ie/258147/c5ae0589-8e85-4836-b90c-3380d3589cc.pdf%23page=null>