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of Ireland

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Project Ireland  
**2040**



**Supporting the Sustainable Development Goals**  
**Act Local – Think Global**

**Administered by the Department  
of Rural & Community Development**

## **SuperValu TidyTowns Newsletter Issue 2021-7**

- ❖ Welcome
- ❖ Poets Corner
- ❖ Special Awards 2021
- ❖ Midlands Science
- ❖ Upcycling Challenge
- ❖ SDVP Sustainability
- ❖ Stay Safe – Drinkaware
- ❖ Belmullet TidyTowns
- ❖ Ballyduff TidyTowns
- ❖ Keep in Touch

TidyTowns Family & Friends,

We hope this newsletter finds you all well and enjoying this fabulous spell of weather, long may it continue, although it does add to your workload with extra watering no doubt.

It has been a busy few weeks since we last were in touch and during that period we closed off the entry process for the 2021 competition. In excess of 800 entries have been received and registered. Close to forty of those are from centres who have not entered for a few years, some back as far as the 70's or 80's and we are delighted to have received entries from 11 brand new centres.

All of the 800 plus entries are so welcome and it really endorses what the competition means to so many of you. If you have not entered this year, this is fine too,

we totally understand the last eighteen months have been such a struggle and a challenge for so many. We want to extend sympathy to so many groups who lost cherished friends and members during the pandemic, the thoughts of the wider TidyTowns family are with you all.

The adjudication process commenced on Monday July 19<sup>th</sup> and will continue until mid-September. We wish our Adjudicators well in their assessments and very much look forward to receiving their feedback in the coming months.

While the vaccination roll out has made great strides in recent weeks, the number of cases also seems to be creeping in the wrong direction, we must therefore continue to keep our guard up and be vigilant. As TidyTowns Volunteers across the country, you have been inspirational in the way you adhered to social distance and to all the public health advice, putting it mildly, you have been and continue to be role models for the rest of society, not only in environmental and sustainable initiatives but in doing the right thing for everyone, so congratulations to you all for that, regardless of the results that will come in November, you are all winners and because of your actions and commitment, we are all winners. Generations to come will benefit from the work carried out through the SuperValu TidyTowns name.

## Poets Corner

The Poets Corner has now become a nice regular feature and we thank you all for sending in your pieces to us, they have inspired so many and we received such lovely comments on the poetry and stories that feature. Here we feature a piece from one of our regular contributors, Denis Heffernan from Emly, here Denis tell us about Beautiful Ardpatrick, we hope you all enjoy.

# *Beautiful Ardpatrick*

I have been all over Ireland and much beauty I have seen,  
But none to compete with Ardpatrick so green,  
In Spring Summer and Autumn, you always do look great,  
But even on a January day you blow my breath away.

As I drive in by the school its beauty is supreme,  
And then the Sunvale Inn and the church stood out so clear,  
The Community Centre and Bishop Murphy's Park are the icing on the cake,  
With the Greenwood Inn where I often sang overlooking the whole place.

Out I go the Kildorrery road and head for Conway's Cross,  
The well-kept roads and footpaths with signage all tip top,  
The tall green trees and sweeping bends are all there to be seen,  
I swing around and head back down to see the place so clean.

But then you leave the village and you think you have seen it all,  
Just stop and take a look at the old creamery yard,  
This is a place of tranquility where you can roll back in time,  
And remember men with ass and cart long long before your time.

Best of all in Ardpatrick your people are so pleasant  
They welcome you and speak with you and are never in a hurry,  
As I leave behind O'Sullivan's garage which always looks so clean,  
God bless all and do keep safe brighter days will soon be here.

Denis Heffernan

May 2021

## Special Awards 2021

Can we remind you of this year's Special Awards which form part of the 2021 SuperValu TidyTown competition. These awards add a different dimension to the competition and this year in excess of €65,000 is up for grabs across the various special awards.



An Roinn Forbartha  
Tuaithe agus Pobail  
Department of Rural and  
Community Development

To encourage and support groups in entering one or more of these awards, we have extended the closing date just for the special awards. The closing date for these awards is this **Friday July 23<sup>rd</sup>, 2021**.

**SuperValu**  
Real Food, Real People

There is still an opportunity to enter one or more of these, so if you not already submitted your entries, please visit [www.tidytowns.ie](http://www.tidytowns.ie) where you will find all the entry forms and further details.



An Roinn Turasóireachta, Cultúir,  
Ealaíon, Gaeltachta, Spóirt agus Meán  
Department of Tourism, Culture,  
Arts, Gaeltacht, Sport and Media



Environmental Protection Agency  
An Ghníomhaireacht um Chaomhnú Comhshaoil



Iascach Intire Éireann  
Inland Fisheries Ireland



All-Ireland  
Pollinator Plan



Tree Council  
of Ireland



An Roinn Comhshaoil,  
Aeráide agus Cumarsáide  
Department of the Environment,  
Climate and Communications



Údaráis Áitiúla Éireann  
Local Authorities Ireland



An Chomhairle Oidhreachta  
The Heritage Council



## Midlands Science – Stay Curious

Midlands Science is pleased to announce Science Communities, an exciting new project which is funded by Science Foundation Ireland through the Discover Award programme and is designed to build impactful dialogue and discussion between community groups in the Midlands and those involved in science and public policy. The experience of the Covid-19 pandemic has shown us how science and science-based decision making has a powerful effect on our future economic and social wellbeing. It has also taught us about the importance of trusting science, fostering connection and having high-quality dialogue and shared learning.

Through community forums, they want to create a realistic and open conversation about the science behind decisions, how scientific evidence informs public health advice and how this information is communicated to the general public. We want to explore where there could be misinformation and resistance among the general public and use this as an opportunity for



people to become more informed. They will be encouraging open debate and effective conversation between members of the public, experts from the fields of science and health care and the policy makers in our society. We are keen to be as inclusive as possible and we will therefore be aiming to have a broad range of people from across the Midlands taking part in these forums which will explore a range of issues from food and alcohol to diseases and positive psychology and much more.'

These forums, which will feature leading Professor of Biochemistry and Immunology, Luke O' Neill will explore the following topics:

Show me the Evidence – Exploring Science & Scientific Evidence

Sugar, Spice & everything Science – The Science of Food & Alcohol

Viruses, Vaccines and Immunity – The Science of Diseases

Medicine and Health – Who and how we can trust?

As an additional support, all 'Science Communities' participants will be offered free training in LIFT facilitation skills. LIFT is a not for profit organisation which aims to increase the level of positive leadership in Ireland. This project is a collaborative opportunity for people to enhance their skills and enable themselves to become leaders of science engagement in their communities. It will consist of four public engagement forums and one LIFT training day. Given the current restrictions that are still in place nationwide, these public engagement forums and training days will take place online. The project will run during the months of August, September, October and November.

If you are interested in taking part in this project please email [outreach@midlandsscience.ie](mailto:outreach@midlandsscience.ie)



## Launch of Upcycle Challenge 2021- €6,000 Prize fund

The Upcycle Challenge is a yearly competition that encourages people to look at the objects around them and to give them a new lease of life. The challenge is simple, find something that is no longer in use and transform it into something new. By creating unique pieces and submitting them to the competition, the lucky winners will be in with a chance to share €6,000 in prize money across a range of different categories. The Upcycle Challenge helps to highlight how easily and creatively reuse can be applied to everyday life. Ireland is consuming at a rate that is unsustainable and by keeping items in circulation for longer, it will help to reduce the environmental burden on our planet.

By embracing the circular economy we can extend the life of objects that we buy and use. The Upcycle Challenge was launched by the Minister of State with Responsibility for the Circular Economy, Ossian Smyth TD. Minister Smyth TD stated "I am delighted to officially launch the Upcycle Challenge 2021. The Upcycle Challenge is an opportunity for people to tap into their creativity and to take on the challenge of making something unique. There is a wealth of materials already in circulation in our homes, second-hand shops and many resale websites. Taking these existing items and upcycling them allows us to make something truly unique. Projects like this demonstrate the value of the circular economy in meeting climate action ambitions and provide an opportunity for us all to be part of the solution."



Philippa King, Southern Region Waste Management Office Coordinator stated, "The Upcycle Challenge is in its fifth year, and it just keeps getting better. Each year I am astounded by the level of creativity and ingenuity from the applicants. I particularly enjoy seeing the journey that they took to create the finished product. We have secured some great prizes for this competition and it is open to applicants from all over Ireland. I am looking forward to seeing this year's submissions and being inspired once again by the upcycling talent that is in all of us."



The competition is open for applications on [mywaste.ie](https://mywaste.ie) between Monday 5th July 2021 and Friday 15th October 2021. To successfully showcase the creation of the upcycled item, the participants must include before and after pictures along with some information about the inspiration behind the finished product. Winners will be announced at the Upcycle Challenge Awards Ceremony, which will be held on Thursday 18th November 2021. Prizes are sponsored by the Regional Waste Management Offices and the Environmental Protection Agency.

## St. Vincent de Paul – Sustainability Initiative

Bróna, a volunteer for St. Vincent De Paul got in touch to tell us about a Sustainability Initiative they are running, perhaps some of you might be interested. They have launched a sustainable fashion movement to educate people, minimise waste, help save our environment and create a

sustainable fashion community. Fast fashion is putting pressure on our planet and us as people because it is unsustainable. They plan to use donated clothes and encourage people to use their unwearable clothing at home to help contribute to Ireland's circular economy to reduce the effects of fast fashion. This initiative will also help people in our local communities live more sustainably.

Everyone can take part in this sustainable fashion movement! Our strength in impacting both the environment and encouraging each other to adopt sustainable behaviours lie in collective action. The environment requires the power of people to come together and create upcycled items from old material to lower the carbon footprint created by fast fashion.

They are inviting community groups such as Tidy Towns to get involved with the sustainable initiative. Last month they upcycled old t-shirts into t-shirt yarn to create new items, the Irish Girl Guides got involved with our campaign and it was very successful. For an example of our informative poster for June [click here](#).

They would love you to also get involved with "reuse it all with St. Vincent de Paul" by playing an active role in upcycling, reusing, and restyling! The items suggested to recycle in July are old wellies, old wellies repainted/decorated and filled with beautiful flowers can bring a smile to someone's day and help brighten dark places!

If your Tidy Towns group is interested please let me know and I will set you up!

**VINCENT'S**  
SUPPORTING THE WORK OF SVFP THE SOCIETY OF ST. VINCENT DE PAUL

# July Upcycle: *Footwear*

Around 300 million pairs of shoes end up in landfills each year

**Give your old footwear a new lease of life by repurposing them! Heres one upcycling idea:**

**HOW TO HYDRO DIP OLD SHOES:**

**SHARE**  
your upcycled craft and ideas on social media by using:  
**#Recrafted4Vincents**

**DONATE**  
your upcycled craft to your local Vincent's charity shop!

# Stay Safe this summer – Drink Aware

## MAKE MEMORIES AND SOCIALISE SAFELY THIS SUMMER

Tips to help you stay safe this summer:

### Mindful Drinking



- Use a unit measure
- Drink plenty of water
- Eat before you drink
- Pace yourself.

### Alcohol Alternatives



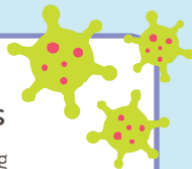
- Try a no-alcohol sparkling wine, or a zero-alcohol beer
- Fill your days with alcohol free, fun activities.

### Drink Driving



- It's never okay to drink and drive
- Leave your car at home if going out
- Get a ride home from a friend who hasn't been drinking, take public transport or order a taxi.

### Government COVID-19 Guidelines



- Practice social distancing
- Cover coughs and sneezes
- Wash your hands regularly
- If you have symptoms of COVID-19, phone your GP and stay at home.

### Outdoor Drinking



- Be mindful of the laws on outdoor drinking this summer
- If you are acting in a way that puts others at risk, you can be arrested
- It is against the law to drink alcohol within 100 metres of the pub, off-licence or supermarket where it was sold
- Remember outdoor drinking is not the same as drinking outdoors in a pub or restaurant.

### Be Sun Smart



Remember the 5 S's and stay hydrated:

- Slop on the sunscreen
- Slip on protective clothing
- Slap on a wide brimmed hat
- Slide on sunglasses
- Seek shade.

### Be COVID Responsible



- Turn down invites to large gatherings
- Avoid crowded areas
- Opt for an elbow bump instead of a hug
- Wear your mask when you bump into familiar faces.

### Leave No Trace



- Always clean up your rubbish
- Bring a bin bag with you
- Pick up after others on your way home.

### BBQ Safety



- Ensure the barbecue is on a flat surface, away from the house and trees or bushes
- Keep children and pets away
- Never leave the barbecue unattended
- Keep a bucket of water or sand nearby
- Only use a barbecue in areas that permit it
- Ensure the barbecue is cool before attempting to move it.

Visit [Drinkaware.ie](https://www.drinkaware.ie) for more information



## **Belmullet Tidy Towns – Dog Fouling Campaign**

### **Belmullet Tidy Towns launch campaign to tackle dog dirt**

Belmullet Tidy Towns - supported by the Erris Chamber of Commerce and the Oweninny Community Benefit Fund - have launched a campaign aimed at tackling the persistent problem of dog fouling around the town. The campaign was kicked off with a visit from a special guest called Winnie – the only ‘Pooh’ who is welcome on the streets of Belmullet!



The purpose of the campaign is to highlight to dog owners the importance of cleaning up after their dogs. The initiative includes: the installation of 10 brand-new stainless-steel dog litter bins; the distribution of free dog dirt bag holders; new street signage to remind dog owners of the law; a social media campaign; a workshop by Dogs Trust Ireland about ‘The Big Scoop’ for local primary school children; a poster competition with local TY students; and support from other organisations and authorities.

During lockdown, Belmullet residents noticed an increase in dog waste on footpaths around the town. One resident said, “Every time I go for a walk, I see dog poo everywhere. I have to be so careful where I step, it’s awful.”



Many responsible dog owners take poo bags with them every time they bring their dog for walks in public places. These owners know that it is the law to bag-and-bin their dog’s poo. Dog dirt on our streets, footpaths and grassy areas is a very serious issue. It can spread disease, it’s unsightly and smelly. It carries viruses, bacteria and parasites which can cause intestinal illness and serious kidney disorders in humans, blindness in children, and it can also spread disease to other dogs.

This campaign by Belmullet Tidy Towns aims to also highlight the fact that dog owners should not allow their dogs to roam freely, and that all dog poo bags should be disposed of properly. People are being asked to show that they love their dogs, their community, and their town. By disposing of dog litter responsibly, dog owners are protecting their neighbours, the local children, and their own families.



Mary Keenaghan, a Belmullet Tidy Towns volunteer, said, "We have been working so hard to improve the overall environment of our wonderful town for locals and visitors alike. However, we have found that the level of dog fouling on our footpaths is particularly excessive - a recent survey counted 127 instances of dog faeces in a short space of time, within the town environs. This is unacceptable as it impacts walkers, joggers, wheelchair users, cyclists and people with prams. Residents and tourists should be able to enjoy clean pathways and a safe environment all around our beautiful town. We are asking dog owners to please pick up after your pets and bag-and-bin the dog dirt."



Locals and visitors can enjoy looking at the TY students' colourful creations for the poster competition on Main Street in Belmullet. Míle buíochas to the students from Our Lady's Secondary School and St Brendan's College for their submissions, and also to Paula Murphy for allowing us to use the windows of Murphys' Florists building to display the posters.



<https://www.facebook.com/OfficialSuperValuTidyTowns>



<https://twitter.com/TidyTownsIre>



<https://www.tidytowns.ie>



Remember to share the Newsletter with your wider TidyTowns group and volunteers through your own social media or through email. It's good to keep everyone in the Picture!!!

## Ballyduff Tidy Towns

Ballyduff Tidy Towns have planted a community orchard in Ballyduff, together with Transition Kerry course facilitators and other Community Biodiversity Leadership course participants.

It's been a challenge for community groups like Tidy Towns and Transition Kerry during the pandemic and projects had been put on hold due to restrictions. But last Friday Ballyduff Tidy Towns were finally able to get the planting underway, and twelve apple trees were set in the



community garden space in Ballyduff near the church and Men's shed. Happily, the weather was on their side. The apple trees will attract pollinators and provide habitats for local wildlife, as well as providing organic locally produced apples for Ballyduff. Growing fruit and veg locally helps reduce the need for imported food, which is responsible for huge carbon used in transport, as well as its packaging.



Mary Kiernan, course coordinator of Transition Kerry, Biodiversity and Climate Change Community Leadership Programme said: "The Ballyduff community orchard project is a great example of community leadership and collaboration between Tidy Towns, community members, the Men's

Shed, NEWKD, BUDS FRC, Diocesan Trust, County Council with the possibility for other agencies to get involved". Community members remarked on the many health and wellbeing impacts from involvement in this project and look forward to welcoming other participants into what is a fantastic community resource.



With demonstrations from course facilitator Niamh Ní Dhúill, the community group learned how to plant the trees with adequate spacing and nourish them with compost and seaweed dust. The trees were staked to avoid root rock. The participants also learned different ways of mulching around the tree base for best practice in soil protection, water retention and tree growth. Local resources, which could be considered a waste material, were used as a free mulching resource. Each tree was mulched using materials such as cardboard, grass cuttings, seaweed, stones and logs.

## Keep in Touch

That brings us to the end of our July issue of the SuperValu TidyTownns newsletter. As always we hope you find the items of interest, this issue is shorter than usual but that is to be expected as you have all been otherwise occupied preparing your entry forms.

Can we remind all groups to visit the TidyTownns website at <https://www.tidytownns.ie/competition/registered-entries/> to ensure that your entry has been received. The list was updated recently so please make sure you are there. If you have entered and are listed, brilliant, if you have entered and are not listed, please contact us to follow up. If you have not entered this year, that is fine, we will be here to help you in any way we can and look forward to welcoming you back in the future.

Please give some consideration to entering some of the Special Awards for 2021, you could be in with a chance of winning some of that €65,000 plus prize fund.

Hope you all get to enjoy the lovely weather, we will keep you posted in future issues with regard to results of this year's competition, when they will be announced and how. Please do not be concerned, everything will be done in a safe manner, we hope to be in a position to announce the results in early November.

Remember, all previous issues of the Newsletter can be found by visiting the TidyTownns website at <https://www.tidytownns.ie/about-us/newsletters/>. Please continue to share the newsletter with your volunteers and wider community and as always, if you have a story to tell, then we want to hear it,

Anne, Helen, John and all the team in The TidyTownns Unit

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