

# CLIMATE *FEST*

## MAYO



### About

Climate Fest Mayo is a daylong free event tailored for you, celebrating our precious planet and enabling us to make changes to protect it. It will be a day of talks, workshops, performances and conversation aimed at helping you to make simple changes to your day-to-day life that will help tackle the climate emergency.

You will get the opportunity to participate in three out of eight engaging and informative workshops, listen to influential and inspiring guest speakers and there will be fun and engaging climate related performances to keep you entertained throughout the day. You will also have the opportunity to meet local environmental groups and business who are committed to reducing their impact on the planet.

Together in this daylong event, we will explore how making simple everyday changes in our lifestyles can have massive positive impacts on our planet. Thus, enabling us to be part of the solution by 'acting locally and thinking globally'.

**Saturday 28<sup>th</sup> of September at GMIT Castlebar, 10am-4pm.**

For more information and booking see *Climate Fest Mayo* on Eventbrite and Facebook

**or**

Phone: 0909645202

Email: [climatefest2019@gmail.com](mailto:climatefest2019@gmail.com)

# Timetable

**10.00** – Registration

**10.30** – Performance 1 (Knock Hub)

Welcome by Fr. Conal Eustance of Castlebar Parish and Deaglan O’Riain, GMIT Mayo Green Campus.

Handing over to the Facilitator of the day – Gerry Glennon

**10.40** – **Speaker 1: Martina Kilian**

**10.45** – **Speaker 2: Saoirse McHugh**

**11.05-11.35** – *Workshops Group A*

**11.40-12.10** – *Workshops Group B*

**12.15** – Round up of workshops

**12.30** – **Speaker 3: Jane Mellet**

**12.50** – **Speaker 4: Theo and Maude Cullen-Mouze**

**12.55** – Performance 2

**13.00-14.15** – Lunch and Community Stands

**14.15** – Performance 3 (Direct Provision Group Fashion Show)

**14.30** – **Speaker 5: John Weakliam**

**14.55-15.35** – *Workshops Group C*

**15.30** – Round up of workshops

**15.40** – **Speaker 6: Laura Dixon**

**15.55** – Closing of the day by Mayo County Council and Sisters of Mercy and closing performance.

You will get the opportunity to attend ONE workshop from each group. See workshop group breakdown and information below.

## **WORKSHOP - GROUP A: 11.00-11.30**

## **ROOM NO:**

- |   |      |
|---|------|
| 1. BECOME AN ECO COMMUNITIY/ECO PARISH                  | P110 |
| 2. JOURNEY TO REDUCE PLASTIC AND MINIMISE WASTE         | Y108 |
| 3. SUSTAINABLE TRANSPORT AND ELECTRIC VEHICLES          | P114 |
| 4. SORTING, RECYCLING AND REDUCING HOUSEHOLD FOOD WASTE | P002 |

## **WORKSHOP - GROUP B: 11.35-12.05**

## **ROOM NO:**

- |   |      |
|---|------|
| 1. JOURNEY TO REDUCE PLASTIC AND MINIMISE WASTE         | Y108 |
| 2. HOW TO MAKE INFORMED FOOD CHOICES                    | P114 |
| 3. ENERGY HACKS FOR THE HOME                            | P110 |
| 4. SORTING, RECYCLING AND REDUCING HOUSEHOLD FOOD WASTE | P002 |

## **WORKSHOP - GROUP C: 14.55-15.25**

## **ROOM NO:**

- |  |      |
|--|------|
| 1. EASY GARDENING TIPS TO REDUCE YOUR CARBON FOOTPRINT | P114 |
| 2. SUSTAINABLE FASHION                                 | Y108 |
| 3. ENERGY HACKS FOR THE HOME                           | P110 |
| 4. BECOME AN ECO COMMUNITIY/ECO PARISH                 | P002 |

## Workshop Information

### 1. Tips for Sorting, Recycling and Reducing Food Waste – Greening Mayo



Reducing food waste contributes to lowering our carbon footprint, and we can achieve this through some surprisingly simple actions. Recycling turns our waste materials into new useful products.

This workshop will take you through the simple steps that you can do to reduce food waste in your home and offer advice to end the confusion about what you can and cannot recycle.

### 2. Sustainable Transport



Transport is the second largest contributor to Ireland's carbon footprint. Based on the experience of working with schools, Green-Schools Travel officer, Lukasz Krzywon, will share simple tips of reducing your personal carbon footprint by switching to more sustainable options on a daily basis. Following the introduction, the participants will hear from Neil Sheridan on his experience driving an EV which he purchased in 2015.

There will be electric vehicles from local suppliers on display at lunchtime on the day.

### 3. Energy Hacks for the Home - SEAI



The SEAI are Ireland's national energy authority under the Sustainable Energy Act 2002, who are working with people across Ireland, from homeowners to large industry, to transform how we think about and use energy.

This aim of this workshop is to inform how and where energy is used in the home and easy ways to reduce this energy usage. Also, how to compare energy suppliers, how heating controls work and the types of benefits they offer. There will also be a run down on how electric storage heaters should work and how heat pumps work in the home. Several quick home energy trackers will be available on the day.

### 4. Easy Gardening Tips to Improve your Wellbeing and Reduce your Carbon Footprint – Paraic Horkan



Paraic Horkan is a qualified Horticulturist with more than 30 years' experience. His passion is to promote health, wellbeing and a better lifestyle through gardening. For this workshop Paraic will focus on easy tips and ideas that will help reduce our carbon footprint while promoting our own wellbeing.

This workshop will be accessible to everyone, from those with no gardening knowledge and experience to those who have been gardening all their lives.

## Workshop Information

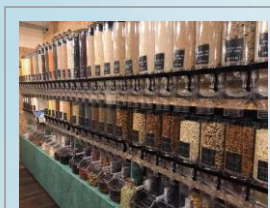
### 5. How to Make Informed Food Choices in line with your own Values and Life Situations - Foodture



Foodture works to empower you with the information and tools to eat sustainably for people, place and planet.

The aim of this workshop is to empower citizens to make informed food choices in line with their own values and life situations and to take the next step on their individual food citizenship journey. This workshop will be a short introduction, but it will help and empower you to discover more as you begin to eat better for people, place and planet

### 6. The Journey to Reduce Plastic and Minimize Waste – Pax Whole Foods & Eco Goods



Pax is a minimal waste shop in Westport, Co Mayo offering bulk organic foods, reusable goods, household products, eco-friendly personal care items & gifts.

This workshop will highlight the impact plastic production has on the climate, and how you can refuse and reduce new plastic in your life, and reuse what you already have to make the most of what should be considered a more precious resource.

### 7. Sustainable Fashion – Wolf and Pearl Vintage



Wolf and Pearl is a shop that sells vintage and reworked clothing and accessories, with a huge passion for sustainability we want to spread what information we know about it.

This workshop will cover vintage & secondhand clothing benefits & how to shop more eco, how to care for garments in a more sustainable way, how to reuse old garment in up-cycling and types of textiles.

### 8. Becoming an Eco Community/Eco Parish – Eco-Congregation Ireland



Sr. Catherine Brennan SSL, ECI is the current Catholic representative with Eco-Congregation Ireland and Ann Quinn, member of Tuam Eco-parish

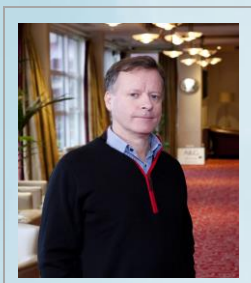
Eco Congregation Ireland is a project of the Irish Inter-Church Meeting that encourages parishes to adopt an eco-friendly approach to worship, lifestyle, community outreach, and contact with the developing world. It offers resources and practical suggestions for parishes and individual Christians who wish to live out their vocation to care for God's Creation as part of their Christian faith.

This workshop will give guidance on how your parish can become an Eco-Congregation.



# Guest Speakers

## 1. John Weakliam – CEO of Vita



John set up the Vita programme in Eritrea in 2000 and travelled to Ethiopia to help establish Vita's first programmes there in 2005. *Vita is an innovative international development partner building sustainable livelihoods in Africa through climate-smart agriculture and sustainable access to food, clean water, and renewable energy.*

John has been CEO of Vita since 2008 and has focused on developing next generation models of development including the Irish Potato Coalition which was set up in 2014 and the Vita Green Impact Fund which was launched in 2016.

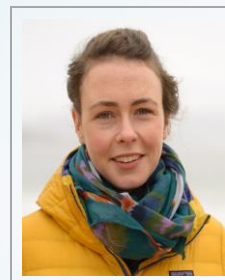
## 2. Jane Mellet – Laudatio Si Officer for Trocaire



Jane Mellett is the Laudatio Si Officer for Trocaire. Last year she ran the 'Our Common Home' eco project of WMOF 2018 and recently completed a 1,000km climate pilgrimage from Italy to Poland for the UN Climate Talks (COP24).

Jane has since been involved in the Fridays for Future Movement and is passionate about spreading the message of Laudatio Si in the Irish Church and wider community.

## 3. Saoirse McHugh – Environmentalist



Saoirse is a native of Achill Island, she has been an environmentalist for as long as she can remember, has worked on agricultural projects in the developing world, volunteered with environmental NGOs and holds a masters in sustainable agriculture.

She has become an advocate for agricultural and social reform in the transition to a low carbon economy and she is currently working with leading academics to develop a more ambitious climate action plan for our government.

## 4. Laura Dixon – Climate Action Officer, Mayo County Council



As Climate Action Officer for Mayo County Council, Laura was a key member of the team that won the bid to host the Climate Action Regional Office, has helped produce Mayo County Councils Climate Adaptation Strategy, is coordinating the council Climate Ambassador programme and is working within the council to reduce its greenhouse gas emissions.

Laura is also working with communities to help reduce their impact on the planet.

## Guest Speakers

### 5. Martina Killian – Green Schools Officer, GMIT Castlebar



Martina is the present student Green campus officer of GMIT/Castlebar, studying outdoor education in her 3rd year. As an advanced Leave-no-Trace Trainer she offers awareness and trainer courses in conjunction with school, youth clubs and Tidy Town initiatives.

She is a Florist by trade and a smallholder by passion and runs nature camps and nature experiences for all ages and all abilities.

### 6. Theo and Maude Cullen-Mouze – Student Climate Strikers



Theo and Maude Cullen-Mouze are secondary school students from Clare Island who have been involved in the youth climate movement since January of this year. Theo was one of the founding members of the School Strikes 4 Climate Ireland network, and has spoken in the Dail on two occasions. Maude has attended national meetings as a delegate, and they are both Fridays for Future Ireland organisers.



Fridays for Future is the 100% youth led movement inspired by Greta Thunberg where students strike from school in protest against climate inaction from leaders and governments. Most recently they attended the FFF European Summit in Lausanne where 400 activists from over 38 countries attended.

## Where and When?

Mayo County Council, the Mercy Sisters, Castlebar Parish and GMIT Green Campus are co-hosting ClimateFest with support from LECO, Mayo PPN and Green-Schools.

The event will take place in GMIT Castlebar on the 28th of September from 10.00am until 4pm. There is no charge for this event and a complimentary lunch will be provided to registered participants in the college canteen.

Booking for this event is advised

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*We are more powerful when we empower each other*

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**Facilitator: Gerry Glennon from Midwest Radio**



# Book Now

To register for this event, go to *Climate Fest Mayo* on Eventbrite or email [climatefest2019@gmail.com](mailto:climatefest2019@gmail.com) or call 090964520.

Follow us on:



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## Some Members of Climate Fest Mayo Committee

From left: Laura Dixon, Climate Action Officer Mayo County Council, Lukasz Krzywon Green-Schools Travel, Mary Doherty, Western Province Mercy Sister, Yvonne Horkan, Castlebar Parish, Margaret Tiernan, Western Province Mercy Sister, Mary Trench, Mercy Associates, Deaglain O Rian, GMIT Green Campus, Sharon Cameron Environmental Awareness Officer Mayo County Council.

Hosted by:



In conjunction with:

