

STORIES OF CHANGE

A STORYTELLING PROJECT TELLING THE TALES OF PEOPLE IN IRELAND DOING GOOD THINGS FOR EARTH CARE, PEOPLE CARE AND FAIR SHARE.



“ We try our best to do what we can, because why wouldn't we? ”

THE WHY

Our ethical merch environment. We just do it.

THE CHALLENGE

Being your own boss is a small but positive difference.

IMPACT REPORT 2022

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ACKNOWLEDGEMENTS

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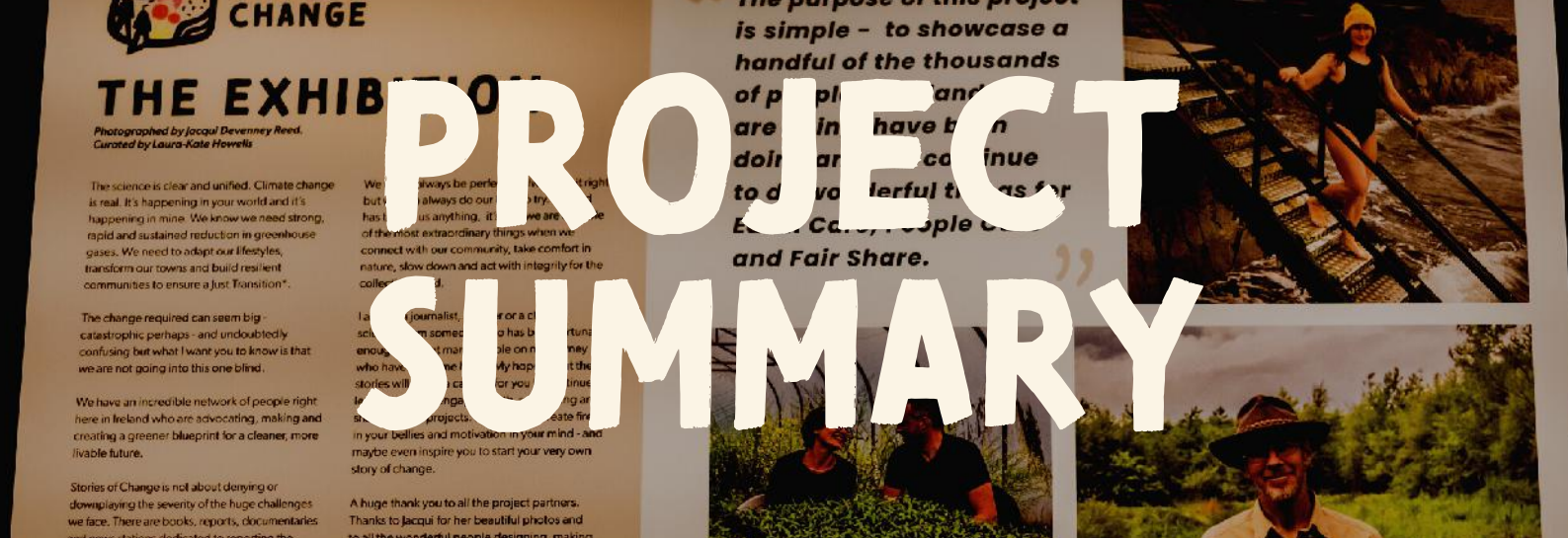
THANK YOU TO WILLIAM FROM WILD STRANDS WHO DID A FANTASTIC JOB WORKING WITH LOCAL FOOD SUPPLIERS, FACILITATING EDUCATIONAL WORKSHOPS ON HOW TO CREATE SUSTAINABLE AND NUTRITIOUS MEALS USING SEAWEED AND PRODUCING DELICIOUS MEALS BOASTING LOCAL, SEASONAL AND SUSTAINABLE FOOD THAT FED OVER 330 PEOPLE.

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Stories of Change is a project designed to inspire community-led climate action through the showcasing and celebration of people and projects in Ireland doing good things for **Earth Care, People Care and Fair Share**.

Stories of Change was one of 15 projects funded by Creative Ireland through its €2 million Creative Climate Action fund in 2022. The aim of the fund was to use creativity as a vehicle not only to raise awareness of the climate crisis but as a way to **encourage and empower communities to take climate action**.

The mission of Stories of Change the project is to flip the script and change the dystopian climate change narrative from doom and destruction to positivity and hope by bringing stories and solutions to the table as a catalyst to inspire meaningful action.

Stories of Change employed the strategy put forward by Per Espen Stoknes in **'What we think about when we try not to think about global warming'**. Stoknes identifies five ways we can talk about global warming that create action and solutions rather than inaction and despair.

The strategies are social, positive, simple and story-based. These elements were incorporated into the Stories of Change project ideology as a way to achieve its main goal: To use creativity to spark the imagination and make tangible what climate action is and how it can be achieved in a community.

The project focused on:

- 1. Building community networks** through the creation of visual and physical space, the sharing of food, shared learning experience in workshops, and participation in community conversations.
- 2. Sharing positive stories** of people working on existing, successful environmental projects and initiatives in their community via photography, videography and storytelling.
- 3. Showcasing simple, tangible and regionally relevant climate actions** that empower citizens to take climate action and equip them with the skills and know-how to do so.

The project ran in four counties – Kerry, Donegal, Clare and Galway – and had six partner organisations: Burrenbeo, Sea Synergy, Climate Ambassadors, Leave No Trace, Wild Strands and Artlink.



PROJECT SUMMARY

Over the course of the project we delivered **four online community consultation events** attended by **145 people**, held **five exhibitions and celebrations** attended by more than **2,500 people**, told the stories of over **120 Changemakers**, and established a **social media community in excess of 2,000 people**.

We organised **31 workshops led by local eco experts** on regional issues and held **six community conversations** to support the learning and understanding of how communities could take effective and practical action.


We delivered **four community feasts that fed over 330 people** and supported and promoted **37 local producers**, in the process deepening the attendees' understanding of the social, environmental and social benefits of supporting local.

The project delivered a short film showcasing the forty selected Changemakers that can be used in schools, businesses and community groups, alongside the exhibition, as an inspiring educational tool.

We created a **short Stories of Change promotional film** that documents the **project's journey** and will serve as a tool to promote the project being exhibited in the future, to continue visibility of the changemakers' stories and climate actions and ensure the project's continued impact.

To ensure the project's legacy beyond the project deadline we developed 'I am the Change' – **a tool that encourages and enables individuals and groups to submit their own stories of change**. These positive stories and climate solutions will continue to be promoted across Stories of Change social media platforms, on the dedicated website and in the monthly newsletter.

We have also published a **Food for Change ebook**. A resource that catalogues the local and seasonal recipes as well as the methods and producers used during the community meals, it details the knowledge, skills and resources required for people to cook in a way that supports local producers while being both seasonal and nutritious.



“Blame and shame won't get us anywhere. We need to crack on and get to work making positive changes.”

MEET OUR SUPER TEAM



LAURA- KATE HOWELLS
PROJECT LEAD, ESSENTIALLY ECO



JACQUI DEVENNEY REED
PHOTOGRAPHY AND VIDEOGRAPHY



WILLIAM MCELHINNEY
WILD STRANDS



LUCY HUNT
SEA SYNERGY, KERRY



MARTHA AND REBECCA
ARTLINK, DONEGAL



ATALYA PERITZ
LEAVE NO TRACE/MARINE INSTITUTE



GRAINNE RYAN
CLIMATE AMBASSADORS



PRANJALI BHAVE
BURRENBEO CLARE

"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT'S THE ONLY THING THAT EVER HAS."

MARGARET MEAD

THE HEADLINE FIGURES

100
%

OF PEOPLE SAID THEY WOULD
CHANGE THEIR BEHAVIOUR OR
LIFESTYLE AFTER ATTENDING
THE EVENT

92%

OF PEOPLE SURVEYED
SAID THEY FELT MORE
INFORMED ABOUT
CLIMATE CHANGE

95
%

OF PEOPLE SAID THE CREATIVE
ASPECT OF THE PROJECT MADE
THEM FEEL MORE ENGAGED
WITH CLIMATE ACTION

WE GATHERED WRITTEN FEEDBACK FORMS FROM SIXTY ATTENDEES OF THE EXHIBITIONS IN DONEGAL, GALWAY, CLARE AND KERRY. EACH ATTENDEE ANSWERED A SERIES OF QUESTIONS TO EVALUATE IF THE STORIES OF CHANGE PROJECT HAD IMPACTED THEIR UNDERSTANDING ON CLIMATE CHANGE AND IF THEY FELT MORE MOTIVATED TO TAKE CLIMATE ACTION AFTER ATTENDING THE EVENT.



HOW

DID WE USE CREATIVITY TO EMPOWER PEOPLE TO TAKE CLIMATE ACTION? WE CREATED A PROGRAM THAT USED.....



STORIES



“CLIMATE CHANGE NARRATIVES STRUCTURED AS STORIES WILL FACILITATE HIGHER LEVELS OF PRO-ENVIRONMENTAL BEHAVIOUR THAN THEIR ANALYTICAL COUNTERPARTS.” MORIS ET AL. 2019



NATURE CONNECTION WORKSHOPS



“NO ONE WILL PROTECT WHAT THEY DON'T CARE ABOUT; AND NO ONE WILL CARE ABOUT WHAT THEY HAVE NEVER EXPERIENCED.” DAVID ATTENBOROUGH



COMMUNITY FEASTS



"FOOD CAN BE A POWERFUL VEHICLE FOR SOCIAL CHANGE. IT BRINGS PEOPLE TOGETHER IN A WAY VERY FEW OTHER ACTIVITIES CAN." ANIM STEEL



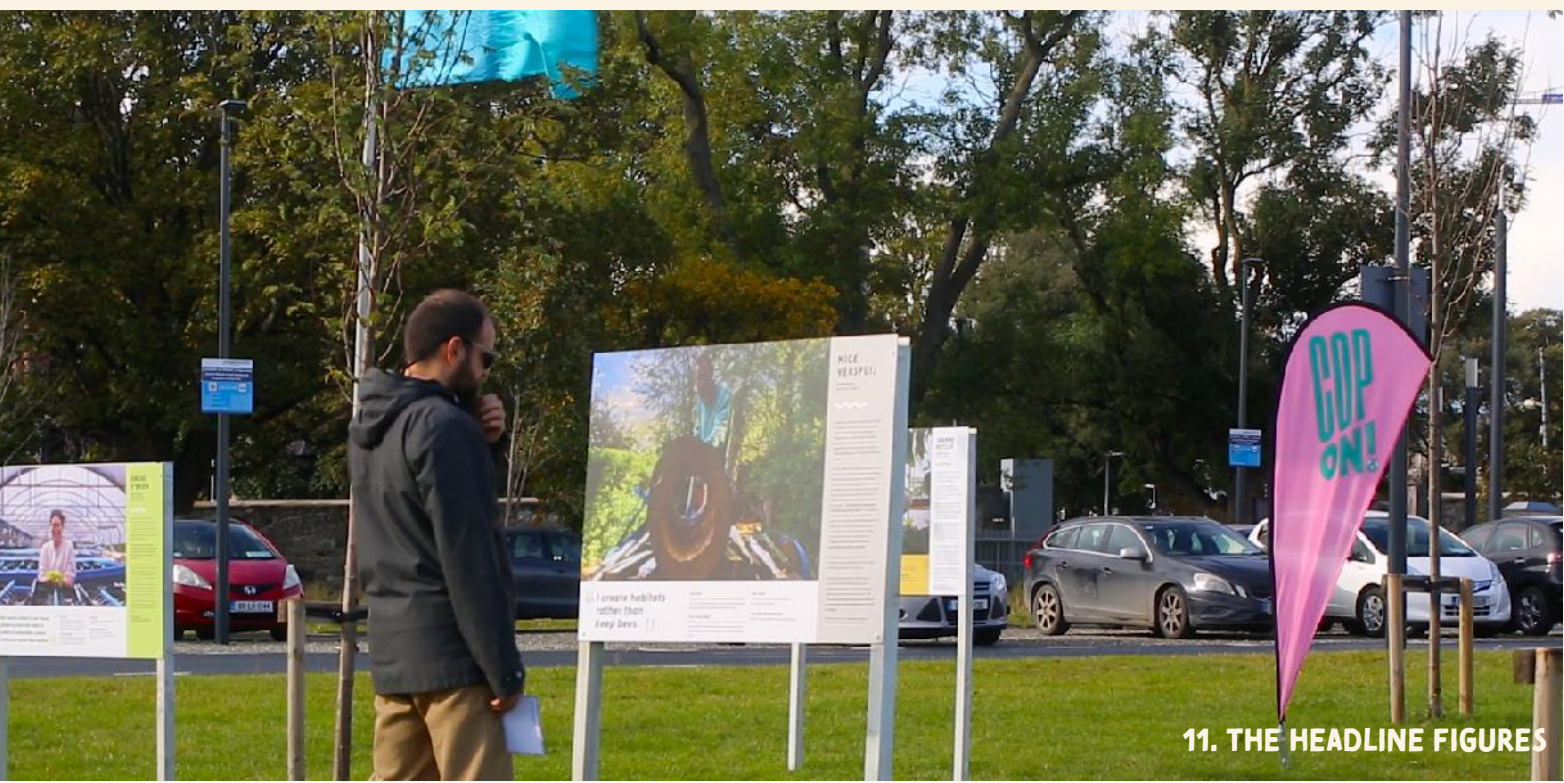
CREATIVITY



"THE ARTS AND HUMANITIES CAN PROVIDE THE TRANSFORMATIONAL THINKING THAT IS NEEDED TO TACKLE THE CLIMATE CRISIS AS IT BREAKS AWAY FROM TRADITIONAL MODES OF THINKING." MORIS ET AL. 2019



WHAT DID WE ACHIEVE?



4

COMMUNITY CONSULTATIONS

ATTENDED BY OVER 2500 PEOPLE



143

ATTENDEES AT THE COMMUNITY CONSULTATIONS ONLINE DURING COVID



208

CHANGEMAKERS NOMINATED

TO BE PART OF THE STORIES OF CHANGE PROJECT



5

EXHIBITIONS AND CELEBRATIONS

IN DONEGAL, CLARE, DUBLIN, GALWAY AND KERRY



2,509

ATTENDEDEES

IN DONEGAL, CLARE, GALWAY, DUBLIN AND
KERRY



BÉBHINN MULLINS

Clonmany Community Pantry
Clonmany, Donegal



Meet Bébhinn, the manager of Clonmany Community Centre. Clonmany is a tiny town on the Inishowen peninsula but through Bébhinn's sense of purpose, innovation and ambition its community centre is having an immense impact.

The idea for the Clonmany Food Pantry, a project which allows food from landfill to feed babies not bins, was conceived when Bébhinn was motivated to realise the fact she was eating was not from down the road in Inishowen but from Indonesia. "That's my light bulb moment. I knew I had something to make a change."

Bébhinn teamed up with local businesses to create a redistribution social enterprise. The community pantry's members are local stores donating surplus goods that were headed for packaging or overstock.

The community pantry provides groceries and supplies under one arm, while the other, all from local sources, are then redistributed.

The pantry has been successful at Galway (1000) and 70 students and staff from the team have been successful in securing funding for the project.

THE RECOMMENDATION

DOCUMENTARY - *Fast the Ground I live*
We Can Reverse Climate Change
SOCIAL ENTREPRENEUR - *Every Heart Beats Once*
The Jiminy Goby

“Our best to do
we can, because
wouldn't we?”

6

COMMUNITY CONVERSATIONS

ON HOW WE CAN USE CREATIVITY AND COMMUNITY MOBILISATION TO EMPOWER PEOPLE TO TAKE ACTION



31

WORKSHOPS

BY LOCAL ECO EXPERTS ON REGIONAL TOPICS



121

CHANGEMAKERS' STORIES TOLD

AND CLIMATE SOLUTIONS SHOWCASED



4

COMMUNITY FEASTS

PREPARED BY THE COMMUNITY, FACILITATED
BY WILLIAM FROM WILD STRANDS



331

MOUTHS FED

LOCAL, SEASONAL FOOD PREPARED WITH TRADITIONAL
IRISH RECIPES AND MADE BY THE COMMUNITY



37

LOCAL PRODUCERS PROMOTED

DURING THE FEAST CREATED BY WILLIAM FROM WILD STRANDS



1,840

FOLLOWERS ON SOCIAL MEDIA



THE PROGRAM

Stories of Change has four distinct delivery phases.

1. Connecting and Collaborating
2. Selecting and Interviewing
3. Exhibiting and Showcasing
4. Legacy and Longevity

PHASE ONE. CONNECTING AND COLLABORATING

Working with our project partners we identified environmental groups, sustainable businesses, and local Changemakers in each county. These groups and individuals were invited to an online pre-exhibition workshop.

The objectives of the pre-exhibition workshop were:

- To provide a space that allowed local groups to meet each other, network, and explore potential project collaboration
- To allow the local community to creatively contribute to the shaping of the exhibition and showcase by advising what workshops they would like to deliver, where they would like the event to happen, and who they want to invite
- Identify the Stories of Change ambassadors in each county, and arrange interview logistics for recordings and documentation
- Provide a welcoming, safe and fun space, and offer an opportunity to taste local produce and to learn how food can have an immediate impact on our health and behaviour, not only in terms of our consumer patterns, but also wellness
- Provide an introduction to the role of food in the project, and explain how it can have a creative, dynamic and immediate impact on our lifestyle and our behaviour in addressing climate change





OUTCOMES

The registrations on Eventbrite demonstrated the level of interest in the project and topic, and the attendance was high with a total of 143, especially considering that in some cases, such as Donegal, other unforeseen local events clashed with the consultation.

One attendee said **“I nearly did not attend as I was all computered out by this evening but am really glad I did attend! Go raibh maith agaibh for bringing us all together.”** This comment echoes a general feeling of Zoom fatigue at the tail end of Covid, which resulted in poor attendance of online events across the board.

Attendees consisted of people from varied backgrounds including members of local county councils, academics, researchers and local interest groups.

During the community consultation all attendees were given the opportunity to share their local knowledge and to nominate themselves or a Changemaker to feature in the exhibition.

Consulting with the community is an integral part of our project and it played an important role in accessing Changemakers beyond the usual suspects that appear in local media or on social media.

There were five breakout rooms with a dedicated facilitator who harvested the knowledge of the group.

The results of each of the community consultations were recorded on Jamboard and provided a useful starting point for who appeared in the exhibition, where it should be held, and what the community wanted from it.

Facilitation Notes and Jamboards can be found in the Appendix.

Event	Date	Sign up (Eventbrite)	Attended
Community Consultation Donegal	21/02/22	60	35
Community Consultation Galway	24/02/22	54	25
Community Consultation Kerry	01/03/22	57	45
Community Consultation Clare	02/03/22	63	38
Total		234 REGISTERS	143 ATTENDED



FEEDBACK

Written feedback was obtained from 22 attendees via an online Google Form. The feedback was overwhelmingly positive and showed that people were genuinely excited and inspired by the project. There was enthusiasm for more events that bring together like-minded people, and the feedback showed that many people found the events valuable from a networking point of view.

Many commented that they had made extremely useful connections with others working in their local community and they felt **“a boost of energy”, “empowered to carry on”** and **“inspired by the support and good things happening locally”**.

There were three clear themes that emerged when evaluating the feedback:

- 1- A chance to network and bring together the community
- 2- Positive optimism around climate change
- 3- Empowerment

Other comments include:

“It’s empowering to hear about lots of climate action happening in rural Ireland.”

“Seeing is believing, a great idea for local visibility through community events.”

“Great event to broaden my network and awareness of what is happening locally. When is the next one?”

“The idea that a story of a positive change shared can create ideas that I turn to create actions is great.”

“I learnt how infectious positivity can be and about lots of new people in Kerry working in the same area as me.”

“I love the idea of sharing optimistic stories and empowering others.

“Networking – meeting people I have heard about for a long time and seeing familiar faces.”

“The project is a great idea – positive action and changing the rhetoric is what is absolutely needed right now.”

“Networking opportunity was brilliant but also brilliant to attend an event that provides new resources and is a source of inspiration.”



FEEDBACK

ATTENDEES WERE ASKED FOR 3 WORDS THAT SUMMED UP THEIR EXPERIENCE OF THE COMMUNITY CONSULTATION. THIS IS WHAT THEY SAID.



Suggestions for the future

- 1- The feedback suggests that community networking events such as these are of value to people already working and engaged in sustainability. I believe a series of county specific networking events would be very beneficial for upskilling but also and most importantly as a support network
- 2- Pairing these community networking events with upskilling workshops, opportunities to collaborate on multi-disciplinary and intergenerational projects and information on how to secure funding would be a compelling combination that would attract and benefit many people.
- 3- Online may be the preferable platform as it allows people from a variety of locations to attend. I would suggest not having the workshops/community engagement events longer than one hour and merging them with some form of entertainment and social element to keep them dynamic.

PHASE TWO. SELECTING AND INTERVIEWING

Telling the stories and sharing the expertise and inspirations of activists, academics, artists and climate ambassadors is at the heart of this project.

The aim was to go beyond the usual suspects and uncover the unsung heroes in each of the four identified communities. In order to do this we ran four community consultations and organised a two-week social media campaign to ask for nominations of Changemakers in each county. The partners' organisations helped to identify community groups and networks that we also targeted.

In total we received 208 nominations from the community consultations and the social media campaign.

The funding allowed us to showcase 40 of those nominations – interviewing them, documenting their stories, and featuring them in the exhibition.

Two considerations that were integral for transparency during the selection process of the Changemakers were:

- **Integrity** - Ensuring the stories and solutions were well-researched and of value socially and economically.
- **Fairness** - Ensuring all nominees had a fair selection process and were judged against a consistent criteria.

In order to adhere to this we recruited a selection panel of expert judges to consider the nominations against a specific criteria. The judges were responsible for the final selection of the Changemakers.

The selection panel were provided with a spreadsheet detailing each nomination and given the information below to assist them in making their final selection.

Nomination process and judging criteria spreadsheet can be found in the Appendix.



PHASE THREE. EXHIBITING AND SHOWCASING

We held exhibitions and celebrations in five counties: Clare, Donegal, Galway, Kerry and Dublin. Their purpose was to launch the Stories of Change exhibition, celebrate the local Changemakers and promote community-led climate action.

Each exhibition and celebration included:

- A series of eco-workshops led by local experts on regional topics
- The Stories of Change Exhibition. An exhibition of stories and photos from local Changemakers
- A feast of local and seasonal food, promoting local producers
- Stalls promoting local community groups' projects and programs
- Panel discussion with the community and Changemakers to discuss how creativity can be used to empower climate action in the community
- Entertainment. Traditional music, regional bands, local youth group theatre production

Eco-Workshops

The first half of each event was a series of nature connectivity workshops, where attendees could attend activities led by local groups. The workshops were designed to connect the attendees to nature and educate the groups on 'the why' behind climate action. This created a positive state of mind before launching into 'the how' - which was then showcased in the exhibition through the local Changemakers' stories and solutions.

The Stories of Change Exhibition

The second half of the event was the launch of the Stories of Change exhibition, giving attendees the space to interact with the Changemakers' stories. The aim of the exhibition was to raise awareness of the climate crisis but in a way that celebrates the diversity of localised solutions advocated by local people.

The stories harvested and the climate solutions catalogued as part of the exhibition are not greenwashing, fabrication or fantasy. They are well-researched, relevant and realistic solutions that are benefiting the environment and helping communities adapt to climate change.



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See 'Stories of Change - The Exhibition' for more information on the methodology of the exhibition.

PHASE THREE. EXHIBITING AND SHOWCASING

Local Community Groups Stalls and Panel Discussions

Each exhibition provided a space for local businesses and community groups to promote their projects and programs to a wider group of people engaged through Stories of Change.

Each exhibition and celebration featured a panel discussion of Stories of Change Changemakers who addressed the question: “How can we ignite the imagination and use creativity to empower communities to take climate action?”

The Feast

The culmination of the exhibition and celebration was a meal prepared by William from Wild Strands that was created by the community using local produce and traditional Irish cooking methods. The meal was a way to promote local and organic producers and to bring the community together to share their own stories.

We created a free e-book that documented the recipes, methodologies and producers used in each feast that was then circulated to all attendees to encourage seasonal and sustainable eating, the embracing of traditional Irish food preparation and ingredients, and supporting local producers.

The Daily Schedule

Full event details, an example of a typical timetable and a list of food producers, musicians, panelists, artists and workshop facilitators can be found in the Appendix.



THE EXHIBITION

Stories of Change – The Exhibition and Celebration

“Storytelling can function as part of the solution as it combines expertise and knowledge whilst also engaging people emotionally which then results in changing social behaviour.” Martinez-Conde and Macknick, 2017

Storytelling is at the heart of the project, as an ancient and credible way to meaningfully engage the public and motivate them to take action.

The stories were documented visually, orally and through text over the course of three months. LK, the project lead, and Jacqui, the project photographer, travelled around the four counties to harvest and record the stories that were later written up, edited and produced into panels with text and pictures.

Each of the exhibition story panels included:

The Image – An environmental portrait that captures the written story in a picture

The Story – A short summary of what and why the Changemaker does what they do

The Climate Challenge – A local and feasible action that attendees could take after leaving the exhibition

The Hope – An example of what gives the Changemakers hope in the face of adversity

The Recommendation – A recommended read, podcast, website or documentary to inspire continued education on climate action

By showcasing viable solutions, each story identifies ways in which local residents can take climate action, how they can engage in the climate conversation, and how they can make sustainable change after the exhibition.





PROJECT GOALS

1. To enhance the understanding of how communities can take climate action.
2. To inspire, motivate and empower people to make meaningful behaviour change.
3. To build a network of community climate Changemakers.

PROJECT OUTPUTS

Project SLA Outputs	Project Deliverables	Resources
Delivery of a pre-exhibition workshop to provide local groups with the opportunity to network and collaboratively shape the Stories of Change exhibition	4 x Online Community Consultation events. Attended by 143 people.	
Five visual art exhibitions in five locations to showcase and celebrate stories of local people working on projects and programs for 'earth care, people care, and fair share'	5 x visual art exhibition and celebrations showcasing 40 changemakers in 5 counties attended by over 2,500 people	
A Food for Change ebook that promotes local producers and catalogues sustainable, seasonal, local recipes	2 x Food for Change ebooks	Stories of Change. Carrageen Moss Immunity Drink. by LK - Flipsnack
A Stories of Change Instagram and website to showcase stories to communities outside of the four target counties	A social media platform with over 1,800 followers. A website profiling community Changemakers' stories and their climate solutions and a regular newsletter with over 200 subscribers	STORIES OF CHANGE - stories of good people Stories and Climate Solutions (@stories_of_change_) • Instagram photos and videos
Integrated into the platforms, a tool, 'I Am the Change', that encourages individuals and groups to submit their own stories of change	208 nominations for Changemakers and 121 Changemaker stories promoted and 40 changemakers profiled in the Stories of Change exhibition	Stories of Change Collective (google.com)



PROJECT OUTPUTS

Project SLA Outputs	Project Deliverables	Resources
	<p>Four cooking demonstrations that promote Irish food heritage, support local Irish food producers and showcase sustainable approaches to food production and consumption</p>	
	<p>Four communal meals that fed over 350 people, showcasing local and seasonal ingredients and supporting over 30 local producers</p>	
	<p>The design and implementation of a selection process to gather Changemaker nominations and the recruitment of a panel of experts to ensure the fairness and integrity of the final selection</p>	
	<p>Over 30 workshops led by local eco experts, in four counties that develop pro-environment mindsets and build skills and knowledge on how and why to take climate action</p>	
	<p>A Stories of Change documentary that showcases the Changemakers and their climate solutions. This documentary will allow the stories to be celebrated beyond the four counties and outside the initial timeline of the project</p>	



FEEDBACK

To evaluate the impact of this project and to measure its success against its goals we gathered both qualitative and quantitative feedback. For the purpose of the report the feedback has been broken down into sections:

- 1 – **Exhibition feedback.** Gathered using feedback forms which were filled out by attendees after each exhibition and via email follow-up, four months after the exhibition
- 2 – **Feedback from Changemakers** who feature in the project
- 3 – **Social media feedback**

You can see the full survey results in the appendix section.

1 – Exhibition Feedback

The main goal of the Stories of Change project is to “**use creativity to spark the imagination and make tangible what climate action is and how it can be achieved**”. The qualitative and quantitative data gathered over the course of the project demonstrates that Stories of Change is an effective platform in utilising stories and solutions not only to engage and inform individuals, but to empower people and inspire climate action.

To demonstrate the impact of the project, we gathered written feedback from sixty individuals who attended the Stories of Change exhibition in Donegal, Galway, Clare and Kerry.



FEEDBACK

The results from the post-event evaluation were measured against the Creative Ireland indicators to assess if attendees:

- 1 – Had an increased understanding of climate change
- 2 – Felt empowered to take action
- 3 – Felt more engaged with climate change due to the creative nature of the project

Attendees answered a series of questions to evaluate if the Stories of Change project had impacted their understanding of climate change and if they felt more motivated to take climate action after attending the event.

The results from the post-event evaluation forms showed emphatically that the Stories of Change project had not only increased their understanding of climate change, but it had motivated them to want to take climate action after attending the event. The analysis of the post-event feedback forms showed us that:

- 1 – **92%** of people surveyed said ‘yes’ or ‘maybe’ when asked if they felt more informed about climate change
- 2 – **100%** of people surveyed said ‘yes’ or ‘maybe’ when asked if they were empowered to take action after attending the event
- 3 – **95%** of people said ‘yes’ or ‘maybe’ when asked if the creative aspect of the project made them feel more engaged with climate action

FEEDBACK

The qualitative data which was gathered reinforces these statistics and shows us that the project was a powerful vehicle to enable and empower individuals to take climate action.

One attendee said: “I do what I can but this event has inspired me to keep trying and to do more.”

Another commented: “This event has empowered individuals like me that I can make a difference.”

Another important aspect of the project was looking at how we can expand beyond those who are already part of the climate conversation and motivate individuals and communities who were previously unreached or unengaged. This comment from an attendee indicates that the project was successful in this goal, providing the skills and know-how for them to make a positive change: “I took little interest in climate change up until now. This has made me take stock of all the things causing climate change, all the people involved in taking action and showed me how I can make change and make a difference.”

The attendees were asked to specify which area they planned on taking action in after the event. The most popular area was “avoiding waste” followed by “planting for biodiversity” and “avoiding heating and energy waste in the home”.

Other responses included travelling more sustainably by choosing train over flying to joining community interest groups and sharing what they had learned with pupils at school. These answers demonstrate not only the power the project had on the people who attended the exhibition, but also the impact the stories will have when shared with friends, family and, in some cases, with classes of students.



FEEDBACK

Other climate actions included:

“Start sourcing food locally”

“Collaborating and getting involved with local community groups”

“Foraging locally and growing more food at home”

“Teach pupils at school how to consider the environment and be more conscious” “Improve the river bank and promote ways to reduce waste around events such as Halloween and Xmas”

“Recycle and compost”

“Try harder to travel more sustainably”

“Look into solar panels”

The feedback forms show that 100% of attendees said that they would take on individual actions for collective change, however we wanted to explore if their original enthusiasm and commitment translated into action after leaving the event.

Time and resources did not allow for follow-up evaluation with all respondents. However, to assess the deeper impact and behaviour change inspired by the exhibition, I did contact 20 attendees three-to-four months later, to ask if they had committed to the climate action they specified in their feedback form.

All 20 respondents said they had made changes to their behaviour or lifestyle after attending the event. The actions inspired by the project were focused around: preserving natural resources through reducing energy at home, reducing waste and consumption by composting and cutting out fast fashion, supporting local and growing at home, and an increased awareness and appreciation of the wealth of flora and fauna in Ireland.



FEEDBACK

One respondent said:

“Since the exhibition I have felt really inspired to support local as much as I can... I have made a conscious effort to start composting and after speaking with the IWDG (Irish Whale and Dolphin Group) I have started to send in whale and dolphin sightings.”

Other respondents said:

“I have started composting and looked into setting up a polytunnel”

“I bought some sustainable swimwear from Kahm (one of the Changemakers), have been using more seaweed, and been inspired to travel more sustainably, using trains to interrail this holiday instead of planes”

“The exhibition inspired me to think more carefully about what food I eat, where it comes from, and what is involved in its journey to my plate”

“Tips from the roundtable discussion made me think about how I can save energy in my house”

“The love and passion from the panelists encouraged me to appreciate my own natural environment”

This feedback demonstrates that the climate action suggestion put forward by each Changemaker which appeared on the exhibition board was an effective tool to provide attendees with the know-how on how to take action. Attendees not only left with a better understanding of what climate change IS and what action is being taken in their community, but how they too could transform their knowledge into tangible, meaningful action at a local level.

Numerous respondents mentioned the impact of the “workshops”, “roundtable discussion” and “passionate panellists”. This emphasises the importance of the carefully curated structure of each event that included a safe space for community conversation.

One of the main goals of the project was to “flip the climate narrative from doom and destruction to positivity and hope to inspire community-led climate action”. This was achieved by sharing stories and solutions from academics, innovators, artists and Changemakers around Ireland who are working towards solutions for a more sustainable future. A consistent theme in the feedback was how impactful and motivating the stories and solutions were for attendees. Rather than feeling overwhelmed and powerless, attendees told us they felt mobilised and hopeful.



LUCY HUNT

Marine biologist & founder
of Sea Synergy
Waterville, South Kerry



Meet Lucy Hunt. Lucy's love affair with the ocean started as a wee one in Waterville. Her childhood sounds like it's been lifted straight out of an Enid Blyton novel. The beach was her backyard, the ocean her playground. She spent her childhood poking around in rock pools and walking the shore with her cat, 'Blackie', returning home when hunger struck or her dad summoned her to collect the daily catch for their restaurant, the Smugglers Inn. "I grew up with the ocean in my life, as if it was part of my family."

The appeal of warmer climes reeled her in.

FEEDBACK

One respondent said:

“I found the whole narrative around climate change very overwhelming and hard to comprehend but after attending the exhibition and speaking to people in my community I have made small changes to my lifestyle.”

This was echoed in other feedback:

“This weekend was such a brilliant learning experience and gave me a real lift hearing about all the fantastic local action and I hope something like this can be done again.”

“This exhibition gave me a positive outlook on climate action and showed me that no matter how small the action, it’s still important.”

The qualitative and quantitative data gathered during the project is proof that Stories of Change is an effective medium to both raise awareness and inspire tangible climate action and meaningful behaviour change.

ATTENDEES WERE ASKED FOR THREE WORDS THAT SUMMED UP THEIR EXPERIENCE OF THE EXHIBITION AND CELEBRATION. THIS IS WHAT THEY SAID....





I LOVED THE PROJECT IDEA AND THE ETHOS FROM THE START. LK WAS REALLY PROFESSIONAL, AND THE FINAL PRODUCT WAS REALLY HIGH QUALITY.

**RAQUEL NOBOA.
CEO AND FOUNDER OF FIFTY SHADES GREENER.
LISCANNOR, CO. CLARE.**



I THINK IT WAS A GREAT IDEA, VERY WELL PUT TOGETHER AND PRESENTED. IT WILL SERVE AS INSPIRATION ACTIVATOR TO ENGAGE PEOPLE ON CLIMATE CHANGE, ESPECIALLY BY SHOWCASING ORDINARY PEOPLE TELLING THEIR STORIES AND TAKING ACTION.

**DARACH Ó MURCHÚ.
NATURE & ENVIRONMENTAL EDUCATOR DINGLE PENINSULA, WEST KERRY.**



STORIES OF CHANGE CHANGEMAKERS' FEEDBACK

The Changemakers – the forty selected activists, artists, academics and innovators – are the heart of the project. We sent out a feedback form to each of the Changemakers to ask:

- 1 – Did the project achieve its goal?
- 2 – Did they enjoyed being part of the project?
- 3 – Suggestions to improve the delivery and impact of the project in the future

The feedback indicated that the Changemakers thoroughly enjoyed being part of the project, describing it as “**educational**” and “**inspiring**”.

The responses gathered included comments on the value of meeting other Changemakers and the importance of feeling valued for the work they do.

It is important to keep exploring ways to engage the unreached. At the same time, it is vital to consider how we continue to motivate and value the people already in the sector who are committed to making change. The latter is often overlooked.

Feedback from both the attendees at the events and the Changemakers acknowledged that bringing like-minded people together is of huge value. They stated that the support and networking opportunities were “**motivational**” and “**inspiring**”.

All 40 of the Changemakers agreed the project was a success, with one commenting:

“Yes, most definitely. Bringing together stories of people doing their best around the country to improve the way we do things to lead more sustainable lives for the good of the planet. By moving the events around the country & great social media to ensure the maximum number of people heard about the project & maybe attended an event – a very positive project to counter all the negative stories we hear.”



I ENJOYED THE GET TOGETHER OVER THE WEEKEND , THE TALKS ABOUT THE BLUE OCEAN AND THE SITTING DOWN TOGETHER EATING. IT WAS ALL SO VERY EDUCATIONAL AND HEARTWARMING.

ALICE DENNEHY,SKELLIG SOAPS.
CAHERSIVEEN, SOUTH KERRY.



I REALLY ENJOYED BEING PART OF THE PROJECT, I MET NEW PEOPLE AND HEARD STORIES OF PEOPLE IN MY AREA THAT I WASN'T AWARE OF.

**MICK VERSPUIJ. BOOMTREEBEES.
BUNCRANA, DONEGAL**



IT WAS WONDERFUL TO FEEL A PART OF THIS POSITIVE PROJECT, TO FEEL RECOGNISED FOR THE WORK WE ARE DOING & HEAR ABOUT OTHER PEOPLE WORKING QUIETLY AWAY THAT MAY NEVER HAVE BEEN HEARD OF BEFORE.

KIM ELLIOT. ROCKET DELIVERIES.SOUTH KERRY

STORIES OF CHANGE CHANGEMAKERS' FEEDBACK

Other feedback from the Changemakers included:

“I think the Stories of Change project was well thought out, executed and communicated.”

“I loved the project idea and the ethos from the start. It is so important to highlight positive stories for climate action from everyday people as it makes other people believe they can do it too.”

“Laura was really professional, and the final product was really high quality with the boards and stands at the exhibition.”

“I think it was a great idea, very well put together and presented. It will serve as an inspiration activator to engage people on climate change, especially by showcasing ordinary people telling their stories and taking action.”

The Changemakers were asked what they enjoyed most about the project. A lot of the feedback referred to the fact that they loved feeling recognised for the work they were doing and benefited from connecting with other people in their counties doing similar work.

Other comments included:

“I loved being asked very engaging and thought-provoking questions during the interview”

“Reading all about other Changemakers’ inspiring stories”

“Meeting people in the community I hadn’t met before”

“I enjoyed being able to share my story and give a small glimpse into the work I do”

“I loved hearing the stories of people that never get talked about”

An important part of the project is its legacy. The Changemakers were asked for suggestions on how the project can be improved to give their stories more visibility, to reach more people, and empower more tangible climate action.

They made the following suggestions (which I have considered further in the “What’s Next” section of the report):

- 1 – Bring the exhibitions into schools**
- 2 – Create episodes that can be submitted to Nationwide or other broadcasters**
- 3 – Explore how the project can tie into policy change or action with the local organisations and groups that need to make a difference**
- 4 – Use the interviews to create a podcast/videos and extract “nuggets of information” to increase visibility, raising awareness of the project as well as the individual stories**
- 5 – Create a video featuring all the stories**
- 6 – Go on a roadshow to do workshops and presentations around the country to the general public and in schools**

SOCIAL MEDIA FEEDBACK

The feedback gathered on social media from comments, direct messages and polls acknowledges that positive stories and practical solutions work to:

1 – Inspire individuals to take action

One person commented: “Thank you for sharing the stories, knowing that people do care and are doing things in the face of gross inaction by the biggest polluters is powerful and makes me want to change.”

Another said: “It can be so depressing looking at the news and seeing all the people who are struggling to survive from climate change. So important to have the stories of change to inspire us to take climate action. Well done to Creative Ireland for supporting this project.”

2 – Engage people and HELP them to understand climate change

One person directly acknowledged the power of stories in enabling change: “I think stories really work and this concept has helped me understand more and empowered me to want to do more.”

3 – Give hope

One person mentioned that the Stories of Change project gave them hope and reminded them that they have the power to make a difference: “Thank you for showing us there are good people in the world... their song may get dimmed by stories of all the bad stuff happening in the world but I genuinely find your page as a glimmer of hope and a reminder that good work and good people do make a difference and I can too.”

Another interesting discovery was the amount of comments from beyond the four featured counties. We had many people ask when the exhibition would travel to their counties and how they could feature in the project.

A number of the comments came from outside Ireland: Germany, New Zealand, UK, India. Some of them complimented the government for funding creative projects and others enquired about replicating the model in their countries. This demonstrates the appetite for the Stories of Change project to be replicated not only nationally but globally.



SOCIAL MEDIA FEEDBACK



“I LOVE WHAT YOU’RE DOING HERE IN THIS SPACE. I THINK STORIES REALLY WORK AND THIS CONCEPT HAS HELPED ME UNDERSTAND MORE AND EMPOWERED ME TO WANT TO DO MORE. I WOULD LOVE TO CHAT TO YOU ABOUT BRINGING THIS CONCEPT TO MY COUNTY.”

“I AM SO HAPPY TO DISCOVER THIS INITIATIVE. I’VE BEEN IMAGINING A GOLDEN NETWORK OF ALL THE GOOD WORK BEING DOING ACROSS IRELAND. THANK YOU SO MUCH FOR ALL YOUR WORK AND EFFORT.”



“KEEP TELLING THE STORIES LK, WE HAVE TO KEEP TELLING STORIES AND INSPIRING CHANGE.”



“THANK YOU FOR SHARING YOUR EXPERIENCE AND YOUR STORIES, SHARING THEIR STORIES CREATES RIPPLES.”

SOCIAL MEDIA FEEDBACK



"WELL DONE TO YOU ALL, DELIGHTED TO BE INVOLVED IN THIS PROJECT, IT CAN BE SO DEPRESSING LOOKING AT THE NEWS AND SEEING ALL THE PEOPLE WHO ARE STRUGGLING TO SURVIVE FROM CLIMATE CHANGE. SO IMPORTANT TO HAVE THE STORIES OF CHANGE TO INSPIRE US TO TAKE CLIMATE ACTION. WELL DONE TO CREATIVE IRELAND FOR SUPPORTING THIS PROJECT."

"THANK YOU FOR SHOWING US THERE ARE GOOD PEOPLE IN THE WORLD... THEIR SONG MAY GET DIMMED BY STORIES OF ALL THE BAD STUFF HAPPENING IN THE WORD BUT I GENUINELY FIND YOUR PAGE AS A GLIMMER OF HOPE AND A REMINDER THAT GOOD WORK AND GOOD PEOPLE DO MAKE A DIFFERENCE AND I CAN TOO."



"WONDERFUL STORY AND PROJECT. THANK YOU FOR THE REMINDER TO OBSERVE AND THANK YOU FOR ALL YOUR IMPORTANT WORK."

"THANK YOU FOR SHARING THE STORIES AND FOR YOUR COMMITMENT. GREETINGS FROM GERMANY."



SOCIAL MEDIA FEEDBACK



“THE MORE HOPE, POSITIVITY AND SOLUTIONS WE SHARE THE MORE CHANCE FOR CHANGE WE HAVE. WITH MORE STORIES LIKE THESE THE MORE PEOPLE WILL USE THEIR VOICE AND INFLUENCE DECISION MAKERS TO MAKE THE RIGHT CHOICES.”

“THANK YOU FOR CHAMPIONING CHANGE AND ENSURING SO MANY INCREDIBLE PEOPLES STORIES ARE SHARED. HOPEFULLY THESE STORIES WILL CREATE A FLOOD OF CHANGE FROM THE GROUND UP.”



“YOU ARE DOING AMAZING WORK BRINGING HOPE AND HIGHLIGHTING THE STORIES OF PEOPLE WHO ARE MAKING CHANGE HAPPEN. LITTLE BY LITTLE CHANGE WILL HAPPEN AND MORE AND MORE VOICES WILL BE HEARD.”





WHAT'S NEXT?

The feedback gathered throughout the project has demonstrated that Stories of Change is a successful vehicle not only to communicate the challenges we face in Ireland but also to inspire community-led climate action through stories and solutions.

The first year of funding allowed us to establish the project, engage the community, identify a network of Changemakers and create the exhibition content.

There is a clear appetite for positive, creative and digestible content around the climate crisis and Stories of Change has shown it is an effective and repeatable platform for doing that. There has been a huge amount of interest from county councils, schools and the private sector to host the exhibition.

The project has hit the ground running and already made a significant impact in its short existence, establishing itself as a powerful and engaging tool to raise awareness of climate change and empower communities to take climate action.

A second year of funding for Stories of Change would enable us to utilise the wealth of content gathered during the project, expand upon the stories of the existing Changemakers and showcase more champions of climate action from other counties in Ireland.



WHAT'S NEXT?

Suggestions for future funding:

- An education resource to accompany the stories and solutions documented in Stories of Change. This resource could be used in schools, youth groups and third level to raise awareness of the climate crisis in a positive and solution-based way and as a tool to promote jobs in the green economy.
- A travelling exhibition. The exhibition would go on tour to festivals around Ireland, appear in galleries and in high footfall areas in various counties to continue the promotion of the stories and solutions that encourage people to use the 'I am the Change' tool to submit their own stories of change.
- The creation of a 'Characters of Stories of Change' documentary series that features the full story of each Changemaker. This would appear on YouTube and could be pitched to RTE or another broadcast channel.

Key Indicators of Interest.

I have been contacted by the Act Now Collective, a climate action campaign, who have asked to promote my stories on their webpage and social media accounts; councils have contacted me to ask if they can host a similar Stories of Change event and exhibit the work; and I have been in contact with Felipe Benitez, the director and founder of Corazon Latino (a campaign to inform, empower, and mobilise diverse communities around environmental, conservation, education, civic engagement and social justice) who is keen to take the exhibition to Washington DC for ST Patrick's Day 2023.

There has also been interest from festivals such as All Together Now (with 22,000 festival goers) and Another Love Story to host the exhibition. Changemakers have asked to have their exhibition boards printed and displayed in their shops, farms etc, and organisations such as Burrenbeo have asked to exhibit the boards at their events such as Winterage festival in October.

Stories of Change remains a live and impactful campaign and looks forward to a bright future.

APPENDIX

A – COMMUNITY CONSULTATION INFORMATION AND JAMBOARDS.

COMMUNITY CONSULTATION.

EVENTBRITE LINKS.

GALWAY – [HTTPS://WWW.EVENTBRITE.COM/E/258481945457](https://www.eventbrite.com/e/258481945457)

CLARE- [HTTPS://WWW.EVENTBRITE.COM/E/258507190967](https://www.eventbrite.com/e/258507190967)

DONEGAL – [HTTPS://WWW.EVENTBRITE.COM/E/258501925217](https://www.eventbrite.com/e/258501925217)

KERRY – [HTTPS://WWW.EVENTBRITE.COM/E/258510551017](https://www.eventbrite.com/e/258510551017)

FOLDER WITH INVITES AND IMAGES HERE

WORKSHOP OUTLINE.

OVERVIEW.

CONNECTING AND COLLABORATING – THE PRE-EXHIBITION WORKSHOP PROVIDES LOCAL GROUPS WITH THE OPPORTUNITY TO NETWORK WITH ONE ANOTHER AND COLLABORATIVELY SHAPE THE STORIES OF CHANGE EXHIBITION AND SHOWCASE IN THE SUMMER.

THE WORKSHOP EXPLORES WHAT LOCAL AMBASSADORS STORIES THEY WANT TO SHOWCASE, WHERE THEY WANT THE EVENT TO BE HOSTED, WHAT WORKSHOPS THEY WOULD LIKE TO FACILITATE AND WHO THEY WOULD LIKE TO INVITE.

OUTCOMES.

- CONNECT WITH COUNTY COMMUNITIES.
- HARVEST LOCALISED SOLUTION TO THE CLIMATE CRISIS
- NOMINATE LOCAL CLIMATE AMBASSADORS TO JOIN THE STORIES OF CHANGE COLLECTIVE
- PROMOTE WHAT COUNTIES ARE DOING FOR PEOPLE AND THE PLANET.
- SHARE STORIES OF PEOPLE, PROJECT AND PROGRAMS
- IDENTIFY PLACES TO HOST THE STORIES OF CHANGE EXHIBITION AND WHO SHOULD BE INVITED.

AGENDA.

1- WELCOME (OPEN WITH A QUESTION. MENTIMETER) 5 MINS.

2- STORYTELLING/MUSIC. 10 MINS

3- WHAT IS SOC? AIMS/OBJECTIVES. POWER OF STORIES AND CREATIVITY AS A VEHICLE FOR CHANGE. 13 MINS (PRESENTATION)

4- BREATHING EXERCISE. 2 MINS.

5- BREAKOUT ROOMS 20 MINS.

6- FEEDBACK AND QUESTIONS. 10 MIN.

7- WILLIAM COOK ALONG. 15 MINS.

BREAKOUT ROOM. 20 MINUTES.

1- QUICK FIRE INTRODUCTIONS.

2- DRAW AND DOODLE (OR SIMILAR)

APPENDIX

QUESTIONS

1- WHAT STORIES SHOULD BE SHOWCASED AT THE EVENT? WHO ARE YOUR LOCAL CLIMATE AMBASSADORS? NAMES/LINKS/EMAIL ADDRESSES.

2- WHERE COULD THE EXHIBITION BE HELD? MOVING EXHIBITION. (LOCAL EVENTS/FESTIVALS/ LIBRARIES/ GALLERIES)

3- STORIES OF CHANGE IS FOCUSED ON HOW WE CAN USE STORIES TO INSPIRE CLIMATE ACTION, WE WANT TO CONNECT WITH THOSE UNUSUAL SUSPECTS, DRAW IN THE UNENGAGED, ENVIRONMENTALLY UNAWARE CROWDS. HOW DO WE DO THAT? HOW CAN WE REACH THOSE GROUPS? HOW CAN WE TELL THE STORIES AND BRING THEM INTO THE STORIES OF CHANGE COLLECTIVE?

4- ANYTHING ELSE USEFUL IN CREATING THIS EVENT? CONTACTS FOR PROMOTION, FARMERS FOR FOOD ETC.

OTHER (TO CONSIDER)

FEEDBACK FORMS (EVALUATION)

COLLECT EMAILS FOR MAILING LIST (ADD IN CHATBOX)

SAVING CHAT

AGENDA FOR PRE- EXHIBITION WORKSHOP.

FACILITATORS.

WE WILL NEED 4, IDEALLY 5 FACILITATORS ON THE NIGHT TO COVER BREAKOUT ROOMS. IF YOU COULD PLEASE SIGN UP TO FACILITATE. IF YOU DON'T HAVE AN EXTRA FACILITATOR, I CAN CALL IN SOME COLLEAGUES TO HELP OUT.

FACILITATOR ROLES.

- HELP MONITOR THE CHAT - PUT IN LINKS, FEEDBACK FORM, SAY HI TO PEOPLE AT THE START.
- TEC SUPPORT - MAKE SURE THAT EVERYTHING RUNS SMOOTHLY
- BREAKOUT ROOMS - FACILITATE THE BREAKOUT ROOM CONVERSATION, SHARE DOCUMENTS AND TAKE NOTES.

BREAKOUT ROOM.

TIME -DONEGAL/KERRY/GALWAY. 7.30-8.50. CLARE (8.30-8.50)

ICE-BREAKER/ NETWORKING - GO GRAB 'SOMETHING THAT(TBC)

EVERYONE QUICK FIRE INTRODUCTION - NAME/ORGANISATION.

BREAKOUT ROOM FACILITATOR PROMPTS.

RESOURCES -

APPENDIX

JAM BOARDS (SEE BELOW)

DONEGAL

G1-LK

[HTTPS://JAMBOARD.GOOGLE.COM/D/1F6NKRE9FJ5R_EL7M26ZUA2QEH3IQXMXHWKRSUUAPXU/EDIT?USP=SHARING](https://jamboard.google.com/d/1F6NKRE9FJ5R_EL7M26ZUA2QEH3IQXMXHWKRSUUAPXU/EDIT?USP=SHARING)

G2 - WILLIAM

[HTTPS://JAMBOARD.GOOGLE.COM/D/1PCKCEYZCVRNLWJMU3IRYIP2MITZSJPSXWERTNEJTEWQ/EDIT?USP=SHARING](https://jamboard.google.com/d/1PCKCEYZCVRNLWJMU3IRYIP2MITZSJPSXWERTNEJTEWQ/EDIT?USP=SHARING)

G3 - [HTTPS://JAMBOARD.GOOGLE.COM/D/1X_-TGJNLO552V72ZDYOPA4X-QW2Z2W2LOT_PHOFWBVA/EDIT?USP=SHARING](https://jamboard.google.com/d/1X_-TGJNLO552V72ZDYOPA4X-QW2Z2W2LOT_PHOFWBVA/EDIT?USP=SHARING)

G4 -

[HTTPS://JAMBOARD.GOOGLE.COM/D/12XMN7RREBJBIUU3BQTMG4ILULZ29IYYN7WNHY4H5SCA/EDIT?USP=SHARING](https://jamboard.google.com/d/12XMN7RREBJBIUU3BQTMG4ILULZ29IYYN7WNHY4H5SCA/EDIT?USP=SHARING)

G5 -

[HTTPS://JAMBOARD.GOOGLE.COM/D/1IXD2BGFVIH-GV_-RVMHL2CJMYKBQMD9Z2EBMDOC9K8I/EDIT?USP=SHARING](https://jamboard.google.com/d/1IXD2BGFVIH-GV_-RVMHL2CJMYKBQMD9Z2EBMDOC9K8I/EDIT?USP=SHARING)

GALWAY

G1 - [HTTPS://JAMBOARD.GOOGLE.COM/D/1KBVWPQ55HQ3IBJEZUKOJGRBOIKBY-RSYK4S_SNAXOJW/EDIT?USP=SHARING](https://jamboard.google.com/d/1KBVWPQ55HQ3IBJEZUKOJGRBOIKBY-RSYK4S_SNAXOJW/EDIT?USP=SHARING)

G2 - [HTTPS://JAMBOARD.GOOGLE.COM/D/1VENOMEAHFE425USK9TWLLHN6KW5-RZEXDRUQJYVDTZC/EDIT?USP=SHARING](https://jamboard.google.com/d/1VENOMEAHFE425USK9TWLLHN6KW5-RZEXDRUQJYVDTZC/EDIT?USP=SHARING)

G3-

[HTTPS://JAMBOARD.GOOGLE.COM/D/1EBYPTTJWRAB3TNLVVGAJZQHBA5YSZFDVTJ10A5B8PJA/EDIT?USP=SHARING](https://jamboard.google.com/d/1EBYPTTJWRAB3TNLVVGAJZQHBA5YSZFDVTJ10A5B8PJA/EDIT?USP=SHARING)

G4 -

[HTTPS://JAMBOARD.GOOGLE.COM/D/1BGWXREMLB4SOUPVYVAK6L6GBSNGFAQ7YHW4G23S2PCQ/EDIT?USP=SHARING](https://jamboard.google.com/d/1BGWXREMLB4SOUPVYVAK6L6GBSNGFAQ7YHW4G23S2PCQ/EDIT?USP=SHARING)

G5 - [HTTPS://JAMBOARD.GOOGLE.COM/D/1HVYPYU9RXLOAQF6A4ZFK-5NZNEJDHZ18YX_LVKHYDKE/EDIT?USP=SHARING](https://jamboard.google.com/d/1HVYPYU9RXLOAQF6A4ZFK-5NZNEJDHZ18YX_LVKHYDKE/EDIT?USP=SHARING)

APPENDIX

EVENT BLURB AND SOCIAL MEDIA CONTENT.

EVENTBRITE.

STORIES OF CHANGE COMMUNITY CONSULTATION. THE GALWAY EDITION.

FEATURING. STORYTELLER. RAB FULTON.

CALLING OUT TO ALL GALWAY'S SUSTAINABLE BUSINESSES, ECO-ENTREPRENEURS, ACTIVISTS AND CAMPAIGNERS, FOOD PRODUCERS, CLIMATE AMBASSADORS AND ENVIRONMENTALLY-MINDED FOLK.

WE NEED YOU.

STORIES OF CHANGE IS ON A MISSION TO CREATE A COLLECTIVE OF PEOPLE IN IRELAND DOING GOOD THINGS FOR PEOPLE AND THE PLANET. WE WANT TO PROMOTE YOUR SOLUTION AND BRING YOUR STORIES TO THE TABLE TO INSPIRE CLIMATE ACTION IN GALWAY.

JOIN US TO;

- **NETWORK WITH LOCAL INTEREST GROUP**
- **SHARE STORIES, RESOURCES AND LOCAL KNOWLEDGE**
- **NOMINATE PEOPLE, PROJECTS OR PROGRAM TO JOIN THE SOC COLLECTIVE**
- **SHAPE GALWAY'S SOC SUMMER EXHIBITION AND CELEBRATION**

LIVE COOK ALONG. WILLIAM MCELHINNEY (AKA SEAWEEED MAN) WILL PRESENTS A DEMO ON THE IRISH FOLKLORE AND HEALTH BENEFITS OF THE SEAWEEED CARRAGEEN MOSS. WILLIAM WILL DEMONSTRATE HIS OWN HERITAGE INSPIRED RECIPE ON HOW TO PREPARE AN IMMUNE BOOSTING DRINK USING CARRAGEEN MOSS.

BOOK NOW. THE FIRST 20 PEOPLE TO REGISTER WILL RECEIVE OUR CARRAGEEN MOSS COOK-ALONG GIFT-BOX IN THE POST.

SOCIAL MEDIA CONTENT.

BIG NEWS - WE'RE CALLING OUT TO ALL ENVIRONMENTALLY FRIENDLY FOLK IN (ENTER LOCATION) WE NEED YOU.

STORIES OF CHANGE IS ON A MISSION TO BRING CELEBRATIONS, STORIES AND SOLUTIONS TO THE TABLE TO INSPIRE (ENTER COUNTY) COMMUNITY CLIMATE ACTION.

WE'VE GOT SOME BIG, EXCITING PLANS FOR (ENTER COUNTY) THIS SUMMER AND WE NEED ALL HANDS ON DECKS TO PROMOTE WHAT THE PEOPLE OF GALWAY ARE DOING FOR PEOPLE AND THE PLANET.

JOIN US (ENTER DATE AND TIME) TO

- **NETWORK WITH LOCAL GROUPS**
- **SHARE STORIES FROM YOUR COMMUNITY**
- **ENJOY STORIES/MUSIC FROM (ENTER ENTERTAINMENT)**
- **NOMINATE PEOPLE/PROJECTS/PROGRAMS DOING GOOD THINGS IN YOUR AREA**

REGISTER FOR YOUR TICKETS NOW. LINK IN BIO. PSSTT - FIRST 20 PEOPLE TO REGISTER RECEIVED A FREE LIMITED CARRAGEENAN MOSS GIFT-BOX FOR OUR COOK-ALONG SESSION WITH WILLIAM FROM @WILDSTRANDS GO FOLLOW @STORIES_OF_CHANGE_ TO FIND OUR MORE

ACCOUNTS TO TAG

- @STORIES_OF_CHANGE_ - @LEAVENOTRACEIRELAND @ESSENTIALLY.ECO.IE @CLIMATEAMBASSADOR @JACQUIDEVENNYREED @ARTLINKFORTDUNREE @SEASYNERGYIRELAND @ CREATIVEIRELAND @WILDSTRANDS_

HASHTAGS

#STORIESOFCHANGE #CREATIVEIRELAND #CREATIVECLIMATEACTION

APPENDIX

B- JUDGING INFORMATION AND CRITERIA FOR THE STORIES OF CHANGE FEATURED CHANGEMAKERS.

EMAIL TO JUDGES.

OVERVIEW

THE MARKING CRITERIA FOR THE STORIES OF CHANGE SELECTION IS MORE OF A GENERAL GUIDELINE OF THINGS YOU COULD CONSIDER WHEN MAKING YOUR FINAL DECISION.

TO HELP YOU WITH YOUR DECISION, WE HAVE SUGGESTED YOU MARK EACH STORY FROM 1-6 (ONE BEING NO, NOT AT ALL, AND 6 BEING YES, 100%) IN THREE AREAS:

THE CRITERIA

- DOES THIS STORY REPRESENT A FEASIBLE, PRACTICAL AND SUSTAINABLE SOLUTION? (E.G. NOT GREENWASH)
- IS THIS STORY LINKED WITH THE LOCAL COMMUNITY?
- DOES THIS STORY INSPIRE A CLIMATE SOLUTION THAT COULD BE REPLICATED BY THE GENERAL PUBLIC?

HOW TO:

ULTIMATELY IT IS UP TO YOU HOW YOU COME TO A CONCLUSION. BELOW WE HAVE LISTED A STRUCTURE THAT MAY WORK FOR YOU.

- READ THROUGH THE NOMINATIONS
- HAVE A SNOOP ON SOCIAL MEDIA
- WRITE UP SOME SUPPORTING NOTES
- MARK THE STORIES AGAINST THE THREE CRITERIA
- ADD UP THE NUMBERS
- WEIGH UP YOUR OPTIONS
- SELECT YOUR TOP TEN (BE MINDFUL THAT WE WANT TO REPRESENT A STORY IN EACH OF THE CATEGORIES: BIODIVERSITY, FOOD AND FARMING, RESOURCES, EDUCATION AND COMMUNICATION, ENERGY AND TRANSPORT)

AS PART OF THE PROJECT WE CREATED A WEBSITE AND A SOCIAL MEDIA ACCOUNT TO HOST THE STORIES OF CHANGEMAKERS OUTSIDE OF THE FOUR IDENTIFIED COUNTIES. IN ADDITION TO THE FORTY FEATURED STORIES, WE TOLD MORE THAN 120 STORIES OVER THE DURATION OF THE PROJECT AND HAVE MANY MORE WAITING IN THE WINGS, READY TO BE TOLD.

APPENDIX

C- STORIES OF CHANGE. THE EXHIBITION. PROGRAM PLANNING.

THREE PART PROGRAM.

1- CONNECT TO NATURE. WORKSHOPS LED BY LOCAL EXPERTS ON REGIONAL TOPICS

2 - SHARING FOOD AND STORIES OF CHANGE

3 - SKILLS TO TAKE ACTION, PANEL DISCUSSION WITH EXPERT SPEAKERS AND LOCAL ENTERTAINMENT

TIME	ACTIVITY	NOTES	CAPACITY
10.00-12.00	NATURE CONNECTIVITY WORKSHOP LED BY LOCAL ECO EXPERTS	LAND AND SEA, E.G. SNORKELLING, FORAGING, BEACH CLEAN	15-20 TICKETS PER WORKSHOP
12.30	EXHIBITION SPACE OPENS TO PUBLIC	INFORMATION STALLS FROM LOCAL ORGANISATIONS, WORKSHOPS, TALKS	INVITE A GUEST TO OPEN THE EXHIBITION AND DELIVER A SPEECH
13.00-14.15	FOOD SERVED	WILLIAM PREPARES A FEAST USING LOCAL PRODUCE FOR PEOPLE TO ENJOY TOGETHER	STORYTELLING FROM LOCAL FOOD PRODUCERS
14.30-16.00	CLIMATE CONVERSATIONS.	ENVIRONMENTAL EDUCATION WORKSHOP. EMPOWERING STORIES AND SOLUTIONS. INVITE A SELECTION OF CHANGEMAKERS TO BE ON THE PANEL.	'IGNITING THE IMAGINATION. HOW CAN WE USE CREATIVITY TO EMPOWER COMMUNITIES TO TAKE CLIMATE ACTION?'
16.00- 16.30	EXPLORING EXHIBITION PLUS LOCAL ENTERTAINMENT	STORYTELLING, CIRCUS, TRADITIONAL MUSIC	CAPTURE PEOPLE'S RESPONSE TO STORIES OF CHANGE. VOLUNTEERS HAND OUT FEEDBACK FORMS (WHAT DID THEY LEARN? WERE THEY INSPIRED? DID THEY SIGN UP TO A CLIMATE PACT? ENCOURAGE PEOPLE TO EXPLORE QR CODES SO THEY COULD READ MORE ABOUT THE EXHIBITION ONLINE

APPENDIX

D- STORIES OF CHANGE WORKSHOP FACILITATORS AND PANELISTS.

COUNTY CLARE

TALKS

1. PAULA CARROLL, CUIMHNEAMH AN CHLÁIR – ORAL HISTORY RECORDING
2. FEIDLIM HARTY, FH WETLAND SYSTEMS – DO'S AND DON'TS OF PONDS
3. DEIRDRE BENNETT, PLANTING FOR POLLINATORS
4. MARY DILLON, MAGNIFICENT MEADOWS – MANAGING GRASSLAND FOR NATURE
5. HERITAGE KEEPERS PRESENTATION

WORKSHOPS

1. MITCH CORBETT, PLANTING TREES WITH HOMETREE (FIELDTRIP)
2. PAT O'CONNOR, PROTECTING AND ENHANCING LOCAL WATERWAYS (FIELDTRIP)
3. ELAINE LYNCH, GRAVEYARD RECORDING AND COMMUNITY ARCHAEOLOGY (FIELDTRIP)
4. SETTING UP, PROBLEM SOLVING AND MAINTAINING MOMENTUM IN COMMUNITY GROUPS – BURRENBEO CONSERVATION VOLUNTEERS, GORT RIVER WALK DEVELOPMENT GROUP, KILNABOY HERITAGE GROUP, MOUNTAIN MEITHEAL (INDOOR WORKSHOP)
5. WILLIAM, WILD STRANDS – FRIDAY COOKING WITH SEAWEED WORKSHOP
6. WILLIAM, WILD STRANDS – SATURDAY COOKING WITH SEAWEED WORKSHOP
7. FIONNUALA NI MHAIRTIN, A WHOLESOME MOVE

COUNTY GALWAY

WORKSHOP FACILITATORS.

1. OLWYN WILLIAMS, FORAGING WORKSHOP
2. HELEN COLFER, BIG STRETCH YOGA CLASS
3. NOREEN BURKE, KIDS MARINE EXPLORERS WORKSHOP
4. WILLIAM FROM WILDSTRANDS, FRIDAY COOKING WITH SEAWEED WORKSHOP
5. WILLIAM FROM WILDSTRANDS, SATURDAY COOKING WITH SEAWEED WORKSHOP

PANELISTS.

1. MICHELLE, SAUTI-YOUTH WORK GALWAY
2. DR CLARE DILLIS, DR CLARE APOTHECARY
3. GORDON BROMLEY, GALWAY UNI
4. SINEAD O'BRIEN, MUNGO MURPHY'S SEAWEED

APPENDIX

DONEGAL.

WORKSHOPS

1. ARTLINK, ECO-ART WORKSHOP
2. HAIKU AND FORAGING WORKSHOP WITH CLIMATE CLAMOUR CHOIR
3. NATURE MEDALLION WORKSHOP
4. KIDS NATURE CRAFTS WORKSHOP
5. WILLIAM FROM WILDSTRANDS, FRIDAY COOKING WITH SEAWEED WORKSHOP
6. WILLIAM FROM WILDSTRANDS, SATURDAY COOKING WITH SEAWEED WORKSHOP

PANNELISTS. 'IGNITING THE IMAGINATION. HOW CAN WE USE CREATIVITY AS A VEHICLE TO ENCOURAGE CLIMATE ACTION?'

1. GRAINNE RYAN, CLIMATE AMBASSADOR
2. CLAIRE THOMPSON, KEEPER OF THE WAYS
3. KEVIN MOORE, KPM SOILS
4. SALLY FRIEL LAWRENCE, MILL RIVER CONSERVATION GROUP AND CLIMATE AMBASSADOR
5. SHANE FINAN, ARTIST IN RESIDENCE AT ARTLINK
6. REBECCA STRAIN, AMACH ANSEO AND ARTLINK

COUNTY KERRY

WORKSHOPS

- YOGA WITH DANI, THE REWILD
- SEAWEED FORAGING WITH DARRACH
- WOODLAND FORAGING WITH AOIBHEANN
- SEASHORE SAFARI WITH SEA SYNERGY
- KAYAKING AND PADDLEBOARDING ON LOUGH CURRANE WITH SEA SYNERGY
- KIDS NATURE PUPPET LAB WITH SEAN O'LAOGHAIRE
- SEAWEED COOKING WORKSHOPS WITH WILLIAM FROM WILD STRANDS
- DRUMMING WORKSHOP WITH ECO-DRUMS

APPENDIX

STALL HOLDERS.

- ALICE, SKELLIG SOAPS
- LIVE ECO-MUSEUM
- PAUL, ISLAND ORGANIX
- SEAN O'LAOGHAIRE, KIDS NATURE WORKSHOP
- SEA SYNERGY MARINE CREATURE FEATURE
- VINNY, HYLAND ART AND INTERACTIVE BOOK
- GREEN EARTH ORGANICS, PROVIDING FEAST OF LOCAL AND SEASONAL FOOD COOKED UP BY WILLIAM FROM WILD STRANDS
- MCGILL'S BREWERY DOING TASTING OF THEIR LOCALLY BREWED BEERS
- PORTMAGEE WHISKEY

INTERACTIVE STALLS FROM PAUL FROM ISLAND ORGANICS

PANELISTS.

FRIDAY.

- ORLA SNOOK O'CAROLL, VALENTIA VERMOUTH
- LUCY TAYLOR, ECO-MUSEUM LIVE
- STEPHEN O'SHEA, PEARL MUSSEL PROJECT
- ANNA KELLEHER, SEA SYNERGY
- LUKE MYERS, ECO SOCIAL FARMING
- JACK O'DONOVAN TRA, FAIRSEAS

SATURDAY

- LAURA-KATE HOWELLS, STORIES OF CHANGE
- DANNI WASHINGTON, TV HOST AND SCIENCE COMMUNICATOR
- DONAL GRIFFIN, FAIRSEAS
- LUCY HUNT, SEA SYNERGY
- VINNY HIGHLAND, ENVIRONMENTAL EDUCATOR

APPENDIX

ATTENDEES WERE ENCOURAGED TO SPECIFY OTHER ACTIONS THE EXHIBITION INSPIRED THEM TO TAKE. HERE IS WHAT THEY SAID.

COLLABORATING WITH COMMUNITY INITIATIVES

EATING LOCAL FOOD

ENGAGE WITH FAMILY AND FRIENDS

CONTINUE TAKING ON LEARNING PROJECTS WHICH FOCUS ON EMPOWERING COMMUNITIES

SMALL CARING GROUPS CREATE BIGGER CHANGES

ENCOURAGE FAMILY AND FRIENDS IN A SUBTLE WAY.

SUPPORT PEOPLE WHO ARE OPERATING THEIR BUSINESS IN AN ECO CONSCIOUS WAY

GETTING WAYS IN COMMUNITY GROUPS, ESPECIALLY AFTER THIS EVENT

GROW MY OWN FOOD AND SUPPORT ORGANIC LOCAL FOOD

AFTER READING HOWARDS STORY I AM GOING TO LOOK IN TO GETTING SOLAR PANELS

HAVE A MORE OPEN MIND WITH REGARD TO CREATING INNOVATIVE

SOLUTIONS/OPPORTUNITIES IN THE FUTURE

FORAGING FOR GOOD LOCALLY. OFFERING TO HELP OUT IN THE COMMUNITY FOR SOCIAL AND ENVIRONMENTAL CAUSES.

BE MORE AWARE OF PLANTING PRACTICES AND COSTAL ISSUES

SPEAK TO MORE FRIENDS WHO ARE NOT AS ENVIRONMENTALLY FRIENDLY AS THESE GROUPS

MORE PUBLICITY ABOUT THE CLIMATE INITIATIVES THAT I AM INVOLVED WITH.

I COLLECT GARBAGE ALONG THE COAST AND WILL NOW TRY TO MAKE THAT A COMMUNITY THING TO TRY AND GET MORE PEOPLE INVOLVED.

I WILL ENDEAVOUR TO INFORM THE PUPILS OF MY SCHOOL OF THE NEED TO CONSIDER CLIMATE ACTION.

WALKING MORE

HOPEFULLY WORK WITHIN AN ENVIRONMENT WITH MORE CARE ABOUT THE PEOPLE AND THE PLANET AND MAYBE CREATE SOMETHING LIKE THIS MYSELF

EDUCATE THE YOUNG PEOPLE I WORK WITH

WORKING IN MY COMMUNITY TO IMPROVE THE RIVERBANK AND PROMOTING LESS WASTE AT EVENTS - EG CHRISTMAS/HALLOWEEN ETC.

DIVERSE EXPERIENCES. PEOPLE

RECYCLE AND COMPOST

TRAVELLING AND MORE SUSTAINABILITY

SPREAD THE WORD AND ENCOURAGE OTHERS

THIS EVENT HAS REINFORCED ALL MY CURRENT PRACTICES AND MAKES ME FEEL EMPOWERED THAT INDIVIDUALS LIKE ME CAN MAKE A DIFFERENCE.

EDUCATING THE CHILDREN IN THE AREA OF CLIMATE CHANGE AND THE PART THEY CAN PLAY.

ENCOURAGE OTHERS TO MAKE CHANGES.

GROW MY OWN FOOD

I DO WHAT I CAN BUT THIS EVENT HAS HELPED INSPIRE ME TO KEEP TRYING BUYING LESS

APPENDIX

ATTENDEES WERE ASKED TO COMMENT ON WHAT THEY ENJOYED ABOUT THE EXHIBITION. HERE IS WHAT THEY SAID.

THE FACT THAT SO MANY ACTORS IN THIS AREA ARE COMMITTING TO POSITIVE CHANGES IN SUPPORT OF THE WONDERFUL LAND AND SEA-SCAPE IS THE DRIVING FORCE THAT WILL ENCOURAGE OTHERS TO PARTICIPATE.

I REALLY ENGAGED WITH THE STORIES AND HOW THEY WERE PRESENTED. AND HOW CREATIVITY CAN BE USED FOR CHANGE.

GREAT TO BE WITH MOTIVATED KINDRED SPIRITS

ALL THE SPEAKERS GAVE ME HOPE FOR THE FUTURE OF THE PLANET AND LOCAL AREA AGREE VERY ENCOURAGING TO BE ABLE TO IDENTIFY ON A LOCAL LEVEL THE KEY PEOPLE AND PROJECTS ASSOCIATED WITH CLIMATE CHANGE

SEEING THAT ALL SORTS OF PEOPLE FROM SUCH DIVERSE ACTIONS WERE DOING WHAT THEY COULD TO FIGHT CLIMATE CHANGE REALLY SHOWED ME THAT THERE IS NO REASON THAT I AND MY COMMUNITY CAN'T DO THE SAME.

THERE WAS A POSITIVE ENERGY AROUND THE EVENT. I AM FAIRLY AWARE OF CLIMATE CHANGE AND FEEL RATHER DEPRESSED ABOUT IT, SO IT WAS GOOD TO GET MY SPIRITS LIFTED AND TO NOT GIVE UP.

SEEING LOCAL ACTIONS MADE ME FEEL EMPOWERED

I HAVE MET SOME WONDERFUL AND INSPIRING PEOPLE HERE THAT REALLY HAVE EMPOWERED ME TO CONNECT WITH THE COMMUNITY EVEN MORE AND WHAT WE CAN DO IN NUMBERS

I FEEL MORE INFORMED - TO SHARE MY KNOWLEDGE AND TO TAKE MORE OF AN ACTIVE PART IN MY COMMUNITY AND TO PROMOTE CHANGE FOR THE BETTER OF ALL.

INSPIRED TO MAKE MORE CHANGE IN MY LIFE TO HELP WITH CLIMATE ACTION

THIS EVENT WAS SUCH A WONDERFUL OPPORTUNITY TO MEET SO MANY LIKE-MINDED INDIVIDUALS FROM AN ARRAY OF BACKGROUNDS

THE CHALLENGE IS EACH POSTER PROVOKED THOUGHT AND CALL TO ACTION

IT HAS BOUGHT SMALL AND BIG CHALLENGES TO MY ATTENTION IN AN INTERESTING WAY I FOUND THE PROJECT VERY UPLIFTING AND INSPIRING. IT VERY SIMPLY EXPLAINED THE MOTIVATION TO MAKE CHANGE. EVERYONE HAS JUST GOT TO MAKE A START AND GET THINGS GOING.

A FRESH INSIGHT INTO HOW WE CAN CREATE A POSITIVE NARRATIVE AROUND THE OTHER DOOM AND GLOOM TOPIC. I WILL BE MORE AWARE OF ECO PRODUCTS AND PLANT BASED OPTIONS

I PLAN TO HAVE A GREATER AWARENESS IN MY EVERYDAY LIFE. MORE FOCUSED ON GROWING MY OWN VEGETABLES AND NATURAL PLANT PRODUCTS FOR A HEALTHIER LIFESTYLE

PROVIDE INFORMATION ABOUT PEOPLE TO OTHERS WHO ARE INFORMING OTHERS FOR SMALL CHANGES THAT MATTER

WITNESSING THE POWER OF COMMUNITY WAS EXTREMELY INSPIRING COMMUNITY AND POSITIVE INSPIRE US TO LEARN AND TAKE ACTION

THE TALKS AND WORKSHOPS WERE MOTIVATIONAL FROM A DIVERSE RANGE OF TOPICS, ALL LEADING TO INCLUSION OF BIODIVERSITY AND PEOPLE. ENCOURAGING OTHERS PARTICULARLY YOUNGSTERS AND FARMERS IS EVIDENTLY UNDERWAY AND WAS GREAT TO READY ABOUT THEIR STORIES

THE EVENT WAS BRILLIANT. IT FELT LIKE IT WAS ABOUT MORE THAN ABOUT CLIMATE CHANGE, IT WAS ABOUT COMMUNITY WHICH IS A POWERFUL PLACE TO START.

APPENDIX

I TOOK LITTLE INTEREST IN CLIMATE CHANGE UP UNTIL NOW. THIS HAS MADE ME TAKE STOCK OF ALL THE THINGS CAUSING CLIMATE CHANGE AND ALL THE PEOPLE INVOLVED IN TAKING ACTION.

VERY INSPIRING TO SEE/HEAR HOW MUCH GREAT WORK/EFFORT.CHANGE IS HAPPENING SOMETIMES I FORGET ABOUT CLIMATE CHANGE COS IT'S SCARY TO THINK ABOUT, AS POSITIVE REMINDER IS A GREAT THING THAT ENABLES ME TO WANT TO TAKE ACTION READING ALL THOSE INSPIRING STORIES MADE ME FEEL LIKE I CAN MAKE A DIFFERENCE AND THAT MY SMALL CHANGES CAN LEAD TO BIGGER CHANGES AS A TEACHER, I CAN INFLUENCE THE MINDS OF YOUNG PEOPLE. THIS EXHIBITION HAS JUST KICK STARTED MY INTENTION TO TRY AND TEACH THE IMPORTANCE AND APPRECIATION OF WHAT IS ON OUR OWN DOORSTEP. MANY THANKS.

I LEARNED ALOT ABOUT THE SOLUTIONS TO CLIMATE CHANGE IT'S SO NICE TO SEE COMMUNITY COME TOGETHER FOR THIS EVENT TO GIVE/HEAR TANGIBLE SOLUTIONS TO SUCH AN OVERWHELMING PROBLEM BY BEING SURROUNDED BY PEOPLE WHO YOU SHARE VALUES WITH JUST GIVES YOU MORE CONFIDENCE IN WHAT YOU BELIEVE IN AND GIVES YOU MORE ENERGY TO TAKE ACTION I ALWAYS FEEL INSPIRED AFTER CONNECTING WITH OTHERS AND SEEING CLEAR AND CONCISE INFO, SHOWN WELL. BRILLIANT PROJECT AND LOVELY GROUP OF PEOPLE. THANK YOU FOR A LOVELY AND INSPIRATIONAL LIFT AND A BOOST TO HELP ME TAKE ACTION.

I LEARNED A LOT DURING THE WORKSHOP

VERY POSITIVE. VERY UPLIFTING, GREAT TO CONNECT AND MAKE FRIENDS.

THE PROGRAM WAS EXCELLENT. INFORMATIVE AND ENJOYABLE.

I LOVED THE THEME OF USING CREATIVITY TO EFFECT FOR GOOD.

I FEEL THE PEOPLE HERE HAVE EXPLAINED IT REALLY WELL .

I FEEL MORE INSPIRED AFTER SEEING AND EXPERIENCING OTHER PEOPLE'S EFFORTS SHOWING NORMAL PEOPLE DOING GOOD WORK MAKES CLIMATE ACTION MORE ACCESSIBLE

I AM DEFINITELY MORE LIKELY TO FORAGE AND TO REDUCE CONSUMPTION

I WILL START TO INTRODUCE WILD FOOD INTO MY REGULAR DIET.

THE EXHIBITION MADE ME REALISE THE POWER OF ONE- THE IMPACT ALL OF US INDIVIDUALLY CAN MAKE ON THE BIGGER PICTURE - THE ENVIRONMENT.

TAKING TIME TO LEARN ABOUT WHAT PEOPLE IN THE COMMUNITY DO MAKES IT MORE ACCESSIBLE FOR ME TO MAKE A CHANGE.

THE INFORMATION GAINED ON HOW TO PICK MY WILD FOOD WILL HELP ME TO GET VITAMINS FROM NATURE.

I WILL FORAGE MORE

PEOPLE'S PASSION FOR THEIR LOCAL AND WIDER ENVIRONMENT IS INFECTIOUS.

I PLAN TO HAVE A GREATER AWARENESS IN MY EVERYDAY LIFE. MORE FOCUS ON GROWING MY OWN VEGETABLES AND BUYING NATURAL PLANT PRODUCTS FOR A HEALTHIER LIFESTYLE.

APPENDIX

THE EXHIBITION AND CELEBRATION. WRITTEN FEEDBACK FROM LOG BOOK.

20/08/22. CLARE STORIES OF CHANGE EXHIBITION.

“WHAT AN AMAZING COLLECTION OF SOULS YOU HAVE HERE”

“I LOVE LOVE LOVE THIS PROJECT AND EVERYTHING IT HIGHLIGHTS”

“GOOD JOB SPOTLIGHTING THESE AMAZING PEOPLE AND THEIR PROJECTS. OUR PLANET AND OUR SOCIETY NEEDS MORE CHANGEMAKERS AND TO HONOR THE ONES THAT ARE ALREADY HERE. LAUREN. NEW ZEALAND.

“I TRAVELED FROM DUBLIN TO CLARE AND IT WAS WORTH IT TO SEE ALL OF THE OPTIMISM, POSITIVITY AND PROJECTS HAPPENING HERE. IT IS SO WONDERFUL TO SEE REACTIONS TO CLIMATE CHANGE BEING FRAMED IN A POSITIVE LIGHT. WE CAN MAKE A DIFFERENCE. LILY AND OISIN”

FABCOLLECTION OF INITIATIVE AND DETERMINATION. THERE ARE GREAT THINGS AHEAD FOR THE WORLD. THANKS FOR SHARING THE STORIES. PAT.

“THANK YOU FOR A LOVELY MORNING OF YOGA AND RELAXATION AND FOR MAKING ONESELF AWARE OF THE WORLD AROUND US AND FOR SHOWING US HOW WE CAN DO OUR BIT TO MAKE A BETTER PLACE. THIS WAS A GREAT EVENT TO TAKE TIME OUT, TO HEAR POSITIVE STORIES AND TO SUPPORT EACH OTHER. MARY”

“THIS HAS BEEN A WONDERFUL EXPERIENCE. THE COOKERY CLASS IN THE MORNING WAS FABULOUS, SO GREAT TO SEE SEAWEED ON THE MENU. YOGA THIS MORNING WAS THE ICING ON THE CAKE, TOO BAD I MISSED THE FEAST. MANY THANKS FOR ALL THE STORIES AND THE POSITIVE STORIES AND FOR BRINGING SO MANY LOVELY PEOPLE TOGETHER. ANNE”

31/09/22. GALWAY EXHIBITION.

“WHAT AN AMAZING EXHIBITION. THANK YOU FOR BRINGING ALL THESE WONDERFUL PEOPLE TO OUR ATTENTION.” EILEEAN.

“WHAT A WONDERFUL WAY TO TALK ABOUT CLIMATE CHANGE. A POSITIVE SPACE TO LEARN AND FEEL MOTIVATED”

“SUCH FUN DAYS, FILLED WITH GREAT WORKSHOPS, GOOD STORIES AND FANTASTIC PEOPLE”.

“THANKS FOR CREATING A DAY WITH ALL THE THINGS I LOVE – FOOD, STORIES, YOGA AND NATURE.”

24/09/22 – DONEGAL EVENT.

“EXCELLENT EVENT. LOVED IT. THANKS FOR SHOWING ME THERE IS HOPE”

“EXHIBITION WAS FANTASTIC. A LOT OF HARD WORK, BEAUTIFULLY PRESENTED”. BRIDGET. #THEREISHOPE

“FANTASTIC WORKSHOP ON COOKING WITH SEAWEED AND THE ‘CONTROLLED CHAOS’ OF EVERYONE CHIPPING IN HELP ADDED TO THE ATMOSPHERE. VERY ENGAGING CONVERSATIONS AND VERY EDUCATING”. THANK YOU SO MUCH.

“GREAT FOOD, GREAT EVENT, INSPIRING, THANKS FOR HAVING US.”

07/10/22. KERRY EVENT.

“BEAUTIFUL EXHIBITION AND A VERY NICE VIBE AT THE EVENT”

“AMAZING AND EDUCATIONAL EXHIBITION. I LOVE TO SEE LOCAL PEOPLE REPRESENTED”. CONOR

“WHAT A FANTASTIC EVENT. THANK YOU SO MUCH FOR INCLUDING US!”

“BEAUTIFUL EXPERIENCE WITH A WONDERFUL COMMUNITY. IT BRINGS HOPE AND JOY TO THE SOUL. THANK YOU. BIANCA (VISITING FROM SCOTLAND) ”

“A FANTASTIC EVENT. WE HAD SO MUCH FUN AND YOU MADE US ALL FEEL RIGHT AT HOME IN A ROOM FULL OF STRANGERS. WELL DONE. DANIEL”

“SOME WONDERFUL PEOPLE DOING SOME WONDERFUL THINGS WHO ARE HAVING A REAL IMPACT. THANK YOU FOR SHARING AND FOR THE MOTIVATION”. JO

EXAMPLE EXHIBITION PANELS



LISA FINGLETON

Artist, Writer, Grower
Barna, Kerry



Meet Lisa Fingleton. Lisa lives with her partner Rena on their 20-acre organic farm on the Wild Atlantic Way. Lisa uses her creativity to inspire people to connect with the challenges of the climate crisis. Communicating these challenges is no mean feat, it takes determination, invention and solution-based thinking. All of which Lisa has in buckets.

Rather than getting bogged down in the complexities of a broken global food system, Lisa adopted a subjective approach and pioneered a 30-day food challenge to only eat food grown in Ireland for the month of September.

This project inspired Lisa to curate *'The Local Food Project'* – a journal that explores the power of growing and eating local and seasonal food to reduce our carbon footprint, restoring biodiversity, and supporting local producers. **"It is filled with practical actions for people who want to think global and act local."**

Perhaps Lisa's biggest 'be the change you want to see' venture is *'The Barna Way'*. Lisa and Rena have transformed their farm into a biodiversity haven. They planted over 10,000 native trees and have dedicated **"We're to wild grass meadows, protecting the boundaries so that wildlife has a place to live."**

Lisa's story shows that by taking things down to a micro level, and by applying creative thinking and community spirit, we can conquer seemingly insurmountable challenges.

TO FIND OUT MORE ABOUT LISA'S PROJECT OR TO PURCHASE ONE OF HER BOOKS VISIT LISAFINGLETON.COM OR FOLLOW HER ON TWITTER - @LISAFINGLETON

“It's amazing how the power of art can reach people who wouldn't otherwise engage.”

THE WHY

People can find these issues really scary but there is always light. I want my work to shine that light and bring the solution.

THE CHALLENGE

Figure out who is selling local produce and try to support them. It is good for our health, it tastes better, and it's great for the local farmers. Every euro you spend shows the world you want to live in.

THE HOPE

Investing time and energy into projects like this to make change gives me hope. It's important to surround ourselves and to fill our well with hope.

THE RECOMMENDATION

PERSON – Vandana Shiva.
BOOK – *The Gardening Awakening* by Mary Reynolds.



Youth Work Ireland

MICHELLE, SINEAD, ELLEN

SAUTI-Youth, Youth Work Ireland
Galway City

Meet Michelle, Ellen and Sinead. They are three active, engaged members of Sauti Youthreach who are "tired of climate policy not climate action". The EU funded programme, running concurrently in Galway and Tanzania, facilitates a space where young people can explore issues impacting their community and learn a set of skills that enable them to lobby policy makers and advocate for systemic change. Michelle, Ellen and Sinead volunteer with the group because they are frustrated with the lack of action and not being listened to by decision makers.

"Young people aren't being taken seriously, we want to learn the skills so we can be taken seriously".

Michelle, Ellen and Sinead are representatives of a larger group whose priority is to work "collaboratively not combatively" and to 'act local and think global'. They do this by working with their local councils to improve the city's pollution and transport manifestos. They are learning how to scrutinise local policy documents, survey local areas to see if commitments have been fulfilled and attend regular meetings with local TDs to discuss the cities Climate Action Plan and work on solutions for a sustainable city. They hope to leave a legacy in the form of a permanent strategic Galway Youth Advisory Committee. This would bring the voice and opinions of young people to the local council to support the creation of an action plan for a liveable city and Just Transition for Galway.

This is a story about a group of people under 25 who are tired of tokenistic youth participatory gestures, who are committed to understanding the root causes of the problems we face and ready with realistic solutions. They want a government that listens, a youth movement that feels heard, and a

[Galway that lives sustainably](#)
ON INSTAGRAM - @SAUTIYOUTHPROJECT

"We want to empower young people to realise they have a voice, that their voice should be heard and that they have every right to be informing policy!"

THE WHY

We want to create a permanent governance structure so young people don't have to fight so hard to have their voices heard and their opinions listened to on whatever issue they care about.

THE HOPE

Michelle - Sometimes it's not even about hope, it's about coping. Seeing other people trying to make a difference makes me feel better.

Ellen - My hope comes from seeing how far we have come in five years and attributing a lot of that energy and power to the youth movement.

Sinead - Seeing all the people around the place doing what they can and lifting each other up.

THE CHALLENGE

Let it go, take a breath and remember you are not solely responsible for the climate crisis. You don't have to have an Instagram perfect life, you don't have to know all the answers or have the perfect solution. All you can do is your best and that is enough.



ADAM, GERALD, NOAH

Foam Cafe
Bundoran, Donegal



Meet Adam, Gerald and Noah, three pals who have set up shop in the surfing paradise of Bundoran. The trio do a canny job of effortlessly bringing sustainability to their cafe, combining their love for surf and coffee under an overarching ethos of **“keeping things simple and doing them right”**.

Foam doesn't boast or brag about its sustainability – it naturally embeds it into everyday decisions, from the ethical coffee it serves, the local artists it supports, to the seasonal food it serves up. **“We support Irish, sustainable, ethical produce that we believe in.”** The lads have created a vibrant and welcoming space for the community, and host regular events such as film screenings and BBQs. **“A big element of the cafe is to bring the community together.”**

Their Waste to Waves project is a collaboration with design company We Are Others which upcycles plastic milk bottles from the cafe into handplanes for surfers and swimmers. The bottles are melted, moulded, clamped and then transformed into beautiful mottled handplanes which help swimmers and surfers ride waves faster and with more control.

Created in a backyard shed by the guys from Foam, the handplanes have been a big hit with customers, but they aren't measuring the project's success in sales. As with everything they do at Foam: **“The most important part is having fun.”**

TO FIND OUT MORE VISIT FOAMBUNDORAN.COM
OR FOLLOW THE LADS ON BRENDAN ON INSTAGRAM
[@FOAMBUNDORAN](https://www.instagram.com/foam_bundoran)

“**We try our best to do what we can, because why wouldn't we?**”

THE WHY

Our ethical mindset comes from having care for our environment. We don't have to think about it. We just do it.

THE CHALLENGE

Bring your own reusable cup for takeaways. It's a small but positive step, and it does make a difference.

THE HOPE

Our hope comes from seeing people's will to change.

THE RECOMMENDATION

BOOK – *Let My People Go Surfing* by Yvon Chouinard. DOCUMENTARY – *We The Power* by Patagonia.



“I once read that there are 300 different life forms that live on oak trees. When you plant an oak tree, you’re giving a home to a lot of creatures. I want to support that.”

THE WHY

When I was one of the so-called hippies back in the 60’s, people understood that the way we were living was unsustainable. Learning how to be self-sufficient wasn’t and isn’t just about being sustainable, it’s about survival.

THE CHALLENGE

I think that every house should have solar panels on the roof and better insulation in the walls. Not everyone can do that so the government should be doing so much more to subsidise the cost.

THE HOPE

What gives me hope is that the population of the earth is now greater than the total number of people that ever lived on the planet. Therefore statistically all the great minds that ever were, all exist at this very moment, and most are connected to one another via the internet. I like to think that all that intelligence may be able to resolve the issues that plague the planet.

THE RECOMMENDATION

BOOK - *An Entangled Life* Merlin Sheldrake. *Feral* George Mambiot

HOWARD KONNICK

Architect/Farmer
Derrycragg, Co Galway.



Meet Howard. He has an infectious love of nature and has planted thousands of trees. Originally from the US, Howard made his way to Ireland back in 1971 on a visit to meet some friends travelling from Germany. With the opportunity for some cheap land and a sprinkling of “*divine intervention*”, fifty years later, Howard is a permanent feature in Derrycragg (meaning Oak Rock) along with the thousands of trees he has planted since he arrived.

“When I first moved here there were 2 oaks. In the year 2000 I planted 2000 oaks and four or five years ago, I planted another 1500 oaks. There isn’t a year that goes by that I don’t plant trees.”

The land is mainly red sandstone which is not considered valuable for farming but with Howard’s thoughtful care and attention he has created a magical space where biodiversity can thrive. Howard’s commitment to improving Ireland’s forest cover is just a small part of this story. His land is registered organic and with the support of his daughter-in-law, he grows produce polytunnels and has two goats that he milks to make cheese, honey bees and highland cows. As if that wasn’t enough, Howard and his son have developed a hydroelectric dam that supplies most of the electricity their family consumes. Howard has a real dedication to promoting the benefits of renewable energy as a way to live more sustainably and efficiently.

“I couldn’t tell enough people about it, we can power the house as well as the car for about three days without any connection to the grid.”

This is a story of a kind man living on boggy land off the Tulla Road who has grown a forest for the future and has sensibly invested in systems that allow him and his family to live self-sufficiently.