

CHANGE X Burren

Hello,

Continuing our efforts to complement and support all the extraordinary organisations already doing their utmost to enhance Community Wellbeing, this is what ChangeX Burren has been up to lately...



ChangeX100 - On April 28 last, ChangeX launched a campaign challenging the nation to start 100 new innovations across Ireland within 100 days! At last count 21 new projects have been hatched. As Ireland's very first ChangeX community, do you think we can do our bit here in the Burren? You bet! Here are some of the ways we can all get involved:



Street Feast - Ballyvaughan has signed up for Street Feast! What's that you might ask? Well, on **Sunday June 14th**, round midday or so, hundreds of towns and villages across the country will gather and celebrate everything that's great about their communities. Want to join us? It's really simple and we'd love to get as many Feasts as possible happening across the Burren! Sign up [here](#) to host a feast in your town, street or village. ChangeX and Street Feast will provide everything you need to make your Feast a success but if you need any help, just get in touch.



Playworks - This project is becoming so popular in Irish Primary Schools as children and teachers alike are benefitting from its lessons. Kids are taught leadership skills and how to be more inclusive, while staff are having a ball in the yard and noticing they spend less time sorting out arguments after break! Galway Educate Together N.S. is hosting an Open Day on **Friday May 29th** for any interested teachers and parents before a more comprehensive training session in the Autumn. Find out more [here](#).



Men's Sheds - The Burren men are a shy lot! We are facilitating meet-ups for men in a few Burren communities to explain and showcase what Men's Sheds are all about. We know there's a lot of interest in Men's Sheds in the Burren and we really want to help make it happen, we just need a few men to take the lead. If you know anyone who might be interested please let me know - jenny@changex.org



GIY - Burren GIY Group is still going strong with monthly meetings on the go again after a nice hibernation period. On Sunday 10th we enjoyed a hands-on Workshop at the Doorus Community Orchard on 'successional cropping of salads'. Lynn and Anna from Kinvara Sustainable Living facilitated. If you would like to join, or know someone who'd like this sort of group, put them in touch with Dee deirdrevaughan@healthset.ie

Next meeting at Ballyvaughan National School Monday 15 June at 7pm. Bring along any extra seeds you have for a seed-swap !



CoderDojo - Thanks to the commitment, passion and generosity of Joe Ryan and Tom Eustace the Ballyvaughan CoderDojo is a fun place to be **every second Saturday evening from 5.30pm in the Burren College of Art.** Thanks also go to Mary Hawkes without whose trust and support it wouldn't happen. If you have a budding ninja programmer, contact Joe 086-0401674 or check out <http://zen.coderdojo.com/dojo/1104> Joe and Tom have expressed that they'd be grateful for **other programmers to come on board.** They are keen to run the dojo regularly and sometimes need cover if they can't be there. Also, the policy of the CoderDojo, and one of the main reasons it works all over the world, is that **parents MUST stay to supervise.** You never know what you'll learn! With a CoderDojo now running in Kinvara, Ballyvaughan and Ennis, there's scope for another few to emerge in the Burren. Don't be shy, get one started for your area with a little help from your ninja programming pals, find out more [here](#).

Go For Life! Exercise Classes for Older People – Thanks to Elaine of ChangeX Burren, and the efforts of Monica Casey of the Ballyvaughan Primary Care Team, older people in **Ballyvaughan, Carron and Corofin** have a weekly exercise class with a qualified trainer, John Conroy. John now works with the Clare Sports Partnership and they have expanded to **Tubber** and beyond. Their 'Go for Life' programme is carefully adapted for older folks and can also be given by trained Health Care Assistants in Day Care Centres and Nursing Homes. These classes usually finish with a deserved cuppa and welcome chat. Contact John Sweeney of the Clare Sports Partnership to know more claresportspartnership.ie or get in touch with Jenny.





Fáilte Isteach - Mary Nally's beautiful initiative [Fáilte Isteach](#) could exist in every village and town all over Ireland. It takes relatively little effort to get off the ground, and can only enhance community spirit. **International newcomers are welcomed via relaxed English classes given by local residents**, who've received basic training, resulting in the students feeling more integrated into their communities. We are establishing a Fáilte Isteach branch in the Burren for September onwards. Interested? Let us know!



Burren Slow Food Festival - This week across the Burren there are many ways to appreciate all that's produced here on our doorstep. The main festival happens **23 & 24 May at the Pavillion in Lisdoonvarna** where the produce is showcased and cookery demos will be given by well-known chefs. Check out www.slowfoodclare.com/festival



ChangeX Burren Meetup - We're hosting the next ChangeX Burren Meetup on **Tuesday May 26th at 7.30pm in The Michael Cusack Centre, Carron** where you'll get a full update on the above ideas as well as the opportunity to connect and collaborate on [MyMind](#) - affordable and accessible mental health care for all in the Burren, [Fighting Words](#) - creative writing workshops for kids as well as a sensitive befriending service for older people.

We'll send the full details about the Meetup soon but for now please do save the date and we look forward to seeing you there!

With kind regards,

ChangeX Burren Team

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