



BALLYPHEHANE TIDY TOWNS



PICK ME UP

TIDY TOWNS YOUTH HUB
LITTER PICK TRAINING MANUAL



CREATED BY



FUNDED BY





WELCOME

Welcome to Ballyphehane Tidy Towns Youth Hub Project! We're a group of passionate folks committed to making our community cleaner and livelier. Our goal is to fight litter directly and take on projects that make our neighbourhood more beautiful. From crafting amazing planter beds, getting creative with tile making, and hosting community events we believe in the strength of teamwork to create lasting change. We are delighted you are joining us and we looking forward to working together to make Ballyphehane a place we can all be proud of!



ABOUT US

WHAT IS TIDY TOWNS?

A "Tidy Towns" group in your neighbourhood is a group of volunteers who team up to make our area cleaner, prettier, and more eco-friendly. Here's why having a Tidy Towns group rocks:

Boosting Community Spirit:

- **Making Things Pretty:** We spruce up public spots like parks and streets, making everyone proud of where they live.
- **Positive Vibes:** Keeping our area clean and tidy makes us look awesome to visitors.
- **Building Community:** We host one-off and annual events aimed at building connections in the community. From our Cherry Blossom Festival to our Community Christmas Fair we love to bring people together to get to know their neighbours and to bring life back to our shared outdoor spaces.

Helping Mother Nature:

- **Bye-Bye Litter:** We're on a mission to kick litter to the curb, making our environment cleaner for people and animals.
- **Nature Lover's Dream:** We plant trees, flowers, and native plants to make our neighbourhood greener and more diverse.
- **Green Fingers:** We help organise and facilitate horticultural and biodiversity related workshops and trainings throughout the year to build knowledge in our community.



Going Green:

- **Trash Talk:** We're all about recycling, composting, and getting rid of hazardous waste responsibly to make Ballyphehane a safe and sustainable community for all.
- **Saving Energy:** We support using less energy, switching to renewable sources, and shrinking our carbon footprint.

Making Friends:

- **Getting Involved:** Joining Tidy Towns lets you meet neighbours, local businesses, and schools, making our community stronger.
- **Volunteering Rocks:** It's not just about helping out—it's about feeling good and making a difference in your community.

Speaking Up:

- **People Power:** Tidy Towns gives everyone a say in how our community grows and changes, getting us all involved in making decisions.
- **Leadership Skills:** Being part of Tidy Towns teaches us how to work together, solve problems, and take charge.

Growing Together:

- **Bringing in Business:** A clean and inviting neighbourhood attracts new businesses and residents, helping our community thrive.
- **Fun and Funds:** Tidy Towns makes our area more attractive to visitors, boosting tourism and bringing in money for local businesses. In short, Tidy Towns groups make life better by building community spirit, protecting nature, going green, making friends, speaking up, and growing together.



BALLYPHEHANE TIDY TOWNS HISTORY



Ballyphehane Tidy Towns was officially formed in the middle of the COVID19 Pandemic in June 2021 when our founder grew concerned about dangerous broken glass and sharp objects scattered around the local playground. From there he enlisted the help of Ballyphehane/ Togher Community Development Project who provide support and initial funding to get a community litter pick day set up when social distancing restrictions were eased. This first litter pick saw many fantastic community members volunteer their time to get involved and it very quickly developed into the award winning Tidy Towns group that it's become.





WHO IS INVOLVED?

Ballyphehane Tidy Towns is completely volunteer led by amazing community members that are passionate about making the Ballyphehane community a clean, safe and welcoming environment to all who step foot into it.

Board: We are registered as a Company Limited By Guarantee which means we have a voluntary Board of Directors. A Board of Directors is like a group of leaders who help make big decisions for a company or organisation. They're kind of like the captains of the ship, guiding where it goes and making sure everything runs smoothly.

The Board of Directors is responsible for things like setting goals, making important policies, and overseeing the overall direction of the organisation. They make sure that everyone is doing their job properly and that the organisation follows all the rules and laws. They also keep an eye on the organisation's finances to make sure everything is in order.

Basically, the Board of Directors is there to make sure that the organisation is heading in the right direction and staying on track to reach its goals. They're like the guardians of the organisation, looking out for its best interests and making sure it stays successful.





Executive Committee: Ballyphehane Tidy Towns also has a separate Executive Committee. A Tidy Towns Executive Committee is a group of people who help organise and run the day-to-day activities of the Tidy Towns group in a community.

Think of the Executive Committee as the engine that keeps the Tidy Towns group running smoothly. They're the ones who plan and coordinate events like clean-up days, gardening projects, and other activities aimed at making the community cleaner and more beautiful.

The Executive Committee members work together to come up with ideas, set goals, and make sure everything gets done on time. They might also handle things like communicating with volunteers, managing budgets, and keeping track of supplies needed for different projects.



Volunteers: Along with our voluntary Board and Executive Committee we have a pool of dedicated volunteers that join us weekly in our activities. Volunteerism is very important and we wouldn't strive in our success without all these amazing people. We always welcome volunteers of all ages, abilities and backgrounds. And we appreciate if anyone can share an hour or two to helping out at any time.



WHAT'S IN IT FOR YOU?

Why do we need your help and what do you get out of it you may be asking yourself. By becoming part of the Ballyphehane Tidy Towns Youth Hub there are many benefits to your participation.

Environmental Awareness and Education:

- **Hands-On Learning:** Participation in community litter picks and other similar projects provides you with hands-on learning experiences about environmental issues such as pollution, waste management, and conservation.
- **Understanding Consequences:** By actively engaging in cleaning up litter, you witness firsthand the consequences of littering on the environment, wildlife, and human health.

Civic Responsibility and Community Engagement:

- **Promoting Civic Duty:** Involvement in the Youth Hub instils a sense of civic responsibility and can encourage you to take an active role in caring for your community and environment.
- **Building Community Connections:** Participating in group clean-up efforts can foster a sense of community among your fellow students, teachers, and local residents, creating a shared commitment to maintaining a clean and healthy environment.
- **Future Career:** Adding your participation in Ballyphehane Tidy Towns Youth Hubs to your CV will also be favourable to potential employers when looking for jobs.



Environmental Stewardship:

- **Fostering Environmental Stewardship:** By participating in litter picks, you can learn the importance of being stewards of the environment and taking responsibility for preserving natural resources for future generations. You, your brothers, sisters, cousins are the future generations that we aim to preserve the community for.
- **Encouraging Sustainable Practices:** Through litter picks, you may learn about sustainable practices such as recycling, proper waste disposal, and reducing single-use plastics, which you can apply to your daily lives.

Health and Well-Being:

- **Improving Local Environment:** Cleaning up litter not only enhances the aesthetic appeal of local communities but also contributes to the overall health and well-being of residents by creating cleaner and safer public spaces.
- **Physical Activity:** Participating in outdoor activities like litter picks promotes physical activity and can encourage you to spend time outdoors, which has positive effects on mental and physical health. And others seeing you out there getting dug in will inspire them to get involved.

Empowerment and Advocacy:

- **Empowering Youth Voices:** Involvement in community litter picks can empower you to become an advocate for environmental issues and to effect positive change in your community through activism and awareness-raising efforts.
- **Inspiring Environmental Leadership:** By taking action to address litter and pollution, you might develop leadership skills and become a role model for your peers and future generations in advocating for a cleaner and more sustainable world.

Overall, participation in community litter picks and projects can equip you with valuable skills, knowledge, and an attitude that can enable you to become an active and responsible citizen committed to preserving and protecting the environment.



LET'S GET GOING!

TAKING ACTION: THE STEPS TO SUCCESS

Step 1: Planning

1. **Select a Date and Time:** Your lead teacher will choose a day and time each week that fits your class timetable.
2. **Choose a Location:** We've provided you with a map that has specific routes marked out. Try to stick to your allocated route so you and your classmates can cover more ground.
3. **Permissions:** Always remember that you can only litter pick in public spaces. Avoid going into private gardens or businesses as they might not want you on their property.
4. **Gather Supplies:** Ensure you have enough supplies for your pick. These will include garbage bags, gloves, a litter picker, and safety hi-vis vests.

Step 2: Safety Measures

1. **Safety Briefing:** Before starting make sure everyone remembers the importance of wearing gloves, being mindful of sharp objects, staying hydrated, being careful crossing roads, and wearing your hi-vis vest so you're visible to traffic.
2. **Assign Responsibilities:** If necessary assign tasks such as collecting litter, sorting recyclables, and disposing of waste properly.
3. **First Aid Kit:** Be sure to know where the nearest first aid kit is in your school in case of minor injuries.



Step 3: Conducting the Litter Pick

- 1. Divide into Teams:** Divide into your smaller teams, which will be allocated a designated route to follow in the map. It's important that no student is left on their own in case of accidents, illness, emergencies, abductions etc. Stay with your team at all times.
- 2. Start Cleaning:** Begin the litter pick, making sure everyone understands what constitutes litter and what should be left alone (e.g., hazardous materials). You will come across plastic dog poo bags, alcohol bottles/can, and disposable vapes, as these are currently some of the most prominent rubbish our volunteers have been finding. Be sure to look in corners, behind poles, in hedges for obvious discarded litter.
- 3. Use Caution:** Be cautious when handling sharp objects or potentially hazardous waste. If unsure, leave it and notify your teacher or the Ballyphehane Tidy Towns team through Facebook, Instagram or X. Examples of sharp objects or potentially hazardous waste that participants should be cautious of include:
 - **Broken Glass:** Broken glass can cause cuts and injuries if handled improperly. Glass can also cut through your garbage bag and potentially cause harm to your leg thighs or calves as the bag brushes against them while you walk.
 - **Needles/Syringes:** Needles or syringes found in public spaces can pose a serious risk of injury and potential exposure to bloodborne pathogens. You should avoid direct contact and notify your teacher immediately. Your teacher will be able to report it to the local Council who can dispose of it safely, and it also enables them to map any potential drug use issues in the community. This information lets them know if extra community supports and services might be needed in a particular area.



- **Metal Objects:** Sharp metal objects such as nails, screws, or metal shards can cause puncture wounds or cuts if not handled carefully. Use caution when picking up metal debris and handle with gloves or tools.
- **Rusty Objects:** Rusty metal objects can carry tetanus bacteria, which can cause serious infections if they enter the body through cuts or wounds. Avoid direct contact and handle rusty objects with care.
- **Chemical Containers:** Containers or bottles that may contain chemicals or hazardous substances should be approached with caution.
- **Sharp Plastic Objects:** Broken plastic items such as bottles, containers, or toys can have sharp edges that may cause cuts or injuries. Handle these items carefully.
- **Hazardous Materials:** Items such as batteries, aerosol cans, or electronic devices may contain hazardous materials that require special handling and disposal methods. You'll also unfortunately come across many discarded disposable vapes. Again, handle these with care.

It's essential for participants in a litter pick to be mindful of these potential hazards and to report any findings to your teacher for proper handling and disposal. Safety should always be the top priority during community cleanup activities.



Step 4: Post-Litter Pick

1. **Dispose of Waste Properly:** When you return from your litter pick tie a knot in the top of your bag and leave it in the designated pick up spot. Your teacher will assign the designated spot which they can later direct the Council to for collection.
2. **Report Back:** It's important that all team return to the school after the litter pick and check in with the lead teacher and the group. This time is not for students to go home for tea or tv instead of litter picking, and forgetting to return to school. Your lead teacher will be keeping track of who reports back to school.
3. **Clean Up:** Leave the area cleaner than you found it. Dispose of any gloves or equipment properly.
4. **Document and Share:** Take pictures of the clean area and share them with your teacher who can send them to Ballyphehane Tidy Towns to post on social media to inspire others and raise awareness. Your teacher will know which students have received parental or guardian permission for their images to be shared so please do not share any fellow students images without permission.

Step 5: Reflection and Follow-Up

1. **Reflect:** Discuss what was learned from the experience. Talk to your classmates about what you learnt and the impact of litter on the environment and the importance of community involvement.
2. **Follow-Up:** Consider scheduling your own litter picks or getting involved with Tidy Towns outside of school hours.
3. **Congratulate yourself:** Acknowledge your efforts and your classmates' efforts for your contribution to the community. You deserve the praise for your good work. Well done!

By following these steps, you can conduct a safe and effective community litter pick that benefits the environment, your community and you yourself



STUDENT WORKBOOK EXERCISE:

EXPLORING ENVIRONMENTAL STEWARDSHIP

Objective:

To deepen your understanding of environmental stewardship and the role of Tidy Towns initiatives in creating cleaner and more sustainable communities.

Instructions:

Read the following passages and answer the questions that follow.

Passage 1: Introduction to Environmental Stewardship:

Environmental stewardship refers to the responsible management and care of natural resources and ecosystems to ensure their long-term health and sustainability. It involves actions and decisions aimed at conserving biodiversity, reducing pollution, and promoting sustainable practices that benefit both present and future generations."

·What does environmental stewardship entail?



·Why is it important to practice environmental stewardship in our communities?

Passage 2: Role of Tidy Towns:

Tidy Towns initiatives are community-led efforts aimed at improving the cleanliness, appearance, and sustainability of local areas. These initiatives involve volunteers working together to tackle litter, promote recycling, beautify public spaces, and raise awareness about environmental issues.

·What are some key objectives of Tidy Towns initiatives?

·How can Tidy Towns initiatives contribute to building stronger and more vibrant communities?

Personal Reflection:

Reflect on your own experiences and thoughts regarding environmental stewardship and Tidy Towns initiatives. Answer the following questions.

·Now that you have participated in a community litter pick how would you describe your experience in 10 words.

·What do you think are the biggest environmental challenges facing your community?

·How can individuals, including students like yourself, contribute to making your community cleaner and more sustainable?



Action Plan:

Develop an action plan outlining steps you can take to contribute to environmental stewardship and support Tidy Towns initiatives in your community. Consider activities such as organising a litter pick, promoting recycling programs, or advocating for green spaces.

Step 1: Identify a specific environmental issue or project you are passionate about.

Step 2: Set achievable goals and objectives for addressing the issue or project.

Step 3: Determine the resources and support needed to implement your action plan.

Step 4: Share your action plan with friends, family, teachers, and community members to gain support and involvement.

Conclusion:

This workbook exercise is designed to engage you in critical thinking, reflection, and action planning related to environmental stewardship and Tidy Towns initiatives. It aims to encourage you to explore your role as a steward of the environment and empower you to take positive steps toward creating positive change in your communities.

Environmental stewardship and Tidy Towns initiatives play a crucial role in creating cleaner, healthier, and more sustainable communities. By taking action and working together, we can make a positive impact on the environment and inspire others to join us in building a brighter future for all.





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WRITTEN BY: KONRAD IM

EDITED BY: NATALIE O'REGAN, EILIS O'BRIEN & ANN PIGGOTT

DESIGN BY: KONRAD IM

VIEW OUR
YOUTH HUB TRAINING VIDEO:



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CONTACT US!

Email ballyphehanetidytown@gmail.com

Website www.ballyphehanetidytown.com

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