



The GreenPlan

COMMUNITY GUIDEBOOK

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THE GREENPLAN

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Welcome Letter from Neil McCabe Founder The GreenPlan®

It gives me great pleasure to welcome you to The GreenPlan on the ChangeX platform. Our Mission is to improve the quality of life and wellbeing on Earth for present and future generations by empowering your community to tackle climate change.

The GreenPlan started life as a community project back in 2008 in Kilbarrack Fire Station, in Dublin. That initial project has gone on to be replicated all around the world and we are excited to see The GreenPlan develop and scale in partnership with ChangeX.

This guidebook is designed to provide you with the toolkit you need to get The GreenPlan started in your community. It's easy to take part and easy to achieve. It's all about the community working together to achieve results. In less time than you might think you will have reduced more than one tonne of carbon emissions.

These actions: Save Money - Reduce Carbon - Help Society

The GreenPlan is based on Seven Themes or focus areas, that collectively affect Climate Change. When your community takes on activities aligned with each of the Seven Themes, there is a cumulative affect that reduces carbon emissions.

I often think of the phrase 'the power of one' and I think of how many times people have thought to themselves 'what can I do' or 'can I make a difference'. The GreenPlan on ChangeX is a terrific opportunity for the individual to put a team together and for that team to take relatively easy actions that all join up to reduce emissions. The more communities that join up, the faster we can see real measurable impact and results.

I will be keeping in touch with all The GreenPlan Communities on ChangeX – so look out for regular updates and I look forward to recognising your community, as a Climate Action Community.

Wishing you all the best,

Neil

Neil McCabe

Founder - The GreenPlan®

21/08/2023

Introduction to TGP on CX

Your community has expressed an interest to start The GreenPlan through the ChangeX platform and you have received this guidebook and supporting materials. The idea is all centred on the power of one community and the level of emissions you can collectively reduce or recapture using a variety of environmental and fun activities.

The GreenPlan has Seven Themes or key focus areas, activated by a series of community led initiatives. There are 10 such initiatives, or activities, to choose from. Once an activity is completed, a score is generated. Our Goal is to see your community take on multiple activities to achieve a score through The GreenPlan model. Once your community reaches a score of 100 points it has reduced over one tonne of emissions.

Can you imagine 1,000 communities successfully reducing over 1,000 kg of emissions all at the same time? That's the same as each community planting 45,000 trees! And if you can also plant trees - even 45 of them - then do it!

The GreenPlan on the ChangeX platform is based on each local community completing 10 easy community activities to reduce the community's Carbon Emissions by 1 tonne of CO₂e. Our goal is to support 1,000 communities by December 2022. That would represent a reduction of 1,000 tonnes of CO₂e from entering the atmosphere.

The 5 Step Plan

You will have already seen a short version of the 5 Step Plan from ChangeX. For your convenience, it's also written below here and expanded, so you can find all the information you need to get started. When you have completed your 5 Step plan and reported your 10 Activities score via the ChangeX, platform, The GreenPlan team will be notified, and we will issue your community with our Bronze Certificate to celebrate your achievement.

These are the 5 Steps to starting The GreenPlan in your Community.

1. Register your community with ChangeX
2. Build your Team
3. Create a community day per Activity
4. Verify your Activities
5. Get your Certificate and Scale your achievement

Step 1: Register your community with ChangeX

- After registering your community on ChangeX, and completing the 30-day challenge, you will be able to access this Guidebook.
- At this stage you will receive 70% seed funding for your idea from ChangeX.
- Use the guidebook to launch The GreenPlan (TGP) in your community and achieve your impact.

Step 2: Build your Team

- Hold a kick-off meeting
- Find likeminded Team members within your community and build The GreenPlan Team. The team consists of a minimum of Seven members to start, each of whom recruits others to take responsibility for a specific theme.
- Tell the team about The GreenPlans Seven activities and how to use the Activity Scorecards
- Identify ideas on ChangeX that may help you deliver results – e.g., the All-Ireland Pollinator Plan, River Clean Ups, Community Fridge, Repair Cafes etc.
- Liaise with existing community groups for help and support.
- Gather the materials and equipment needed for the activities.

Step 3: Create a community day per Activity

- Map out the 10 Activities you will start in your community.
- Set dates, times and locations and communicate across your community network, social channels, posters etc.
- The community gathers, togs out if necessary and takes on the 10 Activities.
- The community records their actions, takes pictures and sends them to The GreenPlan by email.

Step 4: Verify your Activities with The GreenPlan

- The community scores the 10 Activities using TGP Activity Score Sheet.
- 100 points = 1 x tonne of CO₂e captured from the atmosphere.
- The actions are marked as completed when the community hits a score of 100 points.
- When all activities are completed, your Team Leader will send the score sheet to The GreenPlan Team by email.
- The GreenPlan then notifies ChangeX of your achievement and ChangeX releases the remaining 30% of your funding.
-

Step 5: Get your Certificate and Scale your achievement

- The GreenPlan issues a Bronze Certificate to acknowledge your community action to reduce 1 tonne of CO₂e emissions.
- Share your success on ChangeX and upload your Certificate to inspire other communities adopt The GreenPlan.
- The GreenPlan will also plant 10 Native Trees in recognition of your success.
- Introduce The GreenPlan and ChangeX to the next neighbour / community / next town/ village.
- Do it all over again only bigger until you have got to the Platinum Certificate and reduced 5 tonnes of emissions reduction.

Information to help you with your 5 Steps

Hold a kick-off meeting

After you have read this guide, you will be aware of the Seven Themes of The GreenPlan and will have a list activities to choose from - this is the basis of your Action Plan. The purpose of this meeting will be to introduce the concept of The GreenPlan and why you think it can make a difference to your local area, give people a chance to understand what's involved and the role that they can play.

Venue

Pick somewhere central & convenient.

Your Stakeholders

Make a list of key stakeholders and ensure they're all invited. Tea & Coffee - always makes a meeting more enjoyable. The Stakeholders will include local environmental groups, Tidy Towns Committees, local council representatives and local businesses and anyone that you think can contribute in a positive way to helping you get started with The GreenPlan.

Building The GreenPlan Team

In order to successfully implement The GreenPlan locally, you will need a strong, committed, and passionate team. As someone who is committed to creating a more sustainable community, you probably know others that are too. These may be your friends or colleagues but get a few people on board from the very start to make the journey both easier and more fun.

The GreenPlan Team members should be:

- Strong team players
- Respected within the community
- Be capable of ensuring widespread support for The GreenPlan in the community.
- Someone you enjoy working with
- The GreenPlan has been most successful when it has had full buy in from all sectors of the community - business, community, and local council. Don't forget to take this into account when building your team.

Tell the team about the Seven Themes and Activities and how to use the Activity Scorecard.

In this guide you will be able to reproduce the Activity sheets and Score cards. They are also available in the resources section of your group on ChangeX. Go through the Activities with your team and start off with a Team of Seven people. As the numbers in the team grow you can create pods of people to take on the activities specific to each Theme.

Identify other ChangeX Ideas that will help you deliver results.

The ChangeX platform has number of ideas that align with The GreenPlan. You can access those resources to help complete that action and connect with other groups to share invaluable knowledge and experience.

Gather the materials needed for the activities.

This guide contains a list of materials and equipment that you may need to measure the impact of your community actions. Once your team is formed, please gather the equipment needed to start your activities. Apply circular economy principals to avoid buying new items

- you may find that someone in your group has access to the materials and equipment already.

The Seven Themes and Activities

In the next section we explain The GreenPlan and its Seven Themes along with a list of Activities that can be picked by your community to achieve its score. The simple idea is that each local community takes on 10 easy community Activities to reduce the communities Carbon Emissions by 1 tonne of CO₂e. The goal is to get to 1,000 communities launched by December 2022. That would represent 500 tonnes of CO₂e reduced from entering the atmosphere at community level for free.

The Activity Score Sheets

The score sheets are used for recording dates, times, and achievements by your community. Once the activities are finished the community records the score of its activities and send the results to ChangeX.

Permission Sheets

In some cases, one of your communities' activities will be to plant at least Seven trees in your community. To cement your intentions, you will need to find land that the trees can be planted on with the permission of the landowner if necessary. The trees must stay planted for a period of 15 years minimum and to help you with this, we have included a permission and contract sheet that the landowner signs promising to leave the trees in the ground. This sheet is used as a template contract and the community are pushed to have planted the Seven trees.

Energy Catcher Sheets

One of your communities' activities will involve temporarily monitoring the energy usage of each team members home. The energy Catcher Sheets will allow each community to identify the link between energy and carbon emissions. The Energy Catcher Sheet also records an energy saving per household and is used to contribute to the overall community score.

The GreenPlan

The GreenPlan is a scalable robust system that can be accessed for free by communities and business all around the world – with the sole intention of reducing emissions and de-risking our responsibility to the climate crisis. The biggest failure by this generation is not that we need to tackle Climate Change and that we don't know how; it's that we have failed to recognise for too long that Climate Change is real and is happening now. Every day that we delay, makes it harder to play catch up. It's a missed opportunity to create business, change lives and to sustainably drive towards meeting the 2°C target.

I don't think we have left it too late, but we seem to be more and more willing to keep talking about whether or not there is time for change rather than taking on actual actions.

Decision makers and policy makers talk about what they “wish to do / intend to do/ have a vision for” but no actions occur. I do think we will have left it too late if this is let continue.

The beauty of The GreenPlan in the Community with ChangeX is its simplicity. Each community only has to complete 10 Activities until they hit a score of 100 points. It’s easy to achieve and as soon as The GreenPlan community group is ready they can start the process all over again and prevent another tonne of CO₂e from entering the atmosphere.

Our Purpose:

Empowering Society to Tackle Climate Change.

Our Vision:

To continually improve the quality of life and well-being on Earth for present and future generations. In our rapidly changing future, The GreenPlan[®] system creates a decarbonised society removed from fossil fuels and the production of greenhouse gases. Our social innovation empowers people to effect change, creating enterprise and social impacts that have consistent and long-term ripple effects throughout all of society.

There are Seven Themes to The GreenPlan:

1. Energy | 2. Water | 3. Waste | 4. Biodiversity | 5. Transport | 6. Society | 7. Procurement |

There are 2 Core Principals to The GreenPlan:

1. Behavioural Change | 2. Emissions Reduction |

What we do:

We deliver The GreenPlan as an Activity based Certificate process within Businesses and Communities, using impact tracked actual actions that:

- Save money
- Reduce Energy
- Reduce Water consumption
- Reduce Waste
- Improve Transport
- Impact Biodiversity
- Empower Society
- Embed new Procurement techniques

These actions: **Save money - Reduce Carbon - Help Society**

The GreenPlan Seven Activities introduction

To make our community campaign work with you, we are asking your community, to take on 10 of The GreenPlans listed Activities below. There is one or more Activities for each of the Seven Themes of The GreenPlan. The ethos of The GreenPlans Seven Themes is explained later on in this guide.

Each Activity selected by your community develops a measured impact against the Climate Crisis. That impact is converted to a co-efficiency carbon emission equivalent reduction figure. For the purposes of our campaign with ChangeX, we call this emission figure CO₂e.

For example, one of the activities is a beach or roadside clean-up day. This Activity can take place at any location in your community that you feel fits the idea.

During the clean-up day your community will collect all kinds of plastic waste. Then you will weigh the plastic collected using a weighing scales and record your work in the Activity Score Sheet. The weight of the plastic represents an amount of embedded energy that was originally used to create the plastic in the first instance. That energy is reusable and can be released by repurposing the plastic at a recycling centre.

By capturing the plastic rather than letting it continue its new life as a pollutant or litter and eye sore, you are availing of the energy already available from the plastic and preventing new energy needing to be released somewhere else. The GreenPlans different activities have different methods of calculating the energy count achieved.

This is all done in the background by The GreenPlan before your community got involved. Our Goal is to see your community take on many activities from the list of activities that develop a score within The GreenPlan system. Once your community reaches a score of 100 points - that is the same as reducing over one tonne of emissions equivalent.

The idea is simple, when you have completed the 10 Activities your community will have reduced 1 tonne of Carbon emissions. To get the right score, your community may have to do more than one days clean up Activity day. This is where The GreenPlan Pods of 7 team members come into effect and offer a stronger chance at securing the points required to get The GreenPlan Bronze Certificate.

1 tonne CO₂e is the same as planting 45 native Irish Trees in one year. Can you imagine 1,000 ChangeX communities having successfully reduced over 1,000 kg of emissions all at the same time? That's the same as planting 45,000 trees without having to plant any of them.

Ideally, we would all love to plant trees and watch them grow, and the best time to plant them was about 50 years ago! But unfortunately for most of us we don't and won't have an opportunity to plant, protect or even grow a tree in our gardens, no matter how much we wish we could. That is what makes The GreenPlan actions in our community so special and important. We are able to feel we are doing something positive and environmentally friendly without the need for land and trees.

As you will see in a moment, there are many Activities to choose from. Separately if you see an already existing Activity on the ChangeX platform you can do that activity too. All we ask is that you let The GreenPlan know in advance so we can work out the calculations for you.

It will be very easy for your community to continue on and complete The GreenPlans - Silver, Gold, and Platinum Certificates too. By the time you have achieved the Platinum Certificate, your individual community will have reduced 5 tonnes of CO₂e. That's the same as planting 225 Native Trees!

For every community that achieves a Certificate with The GreenPlan we will also plant 10 native Irish trees on our land in The GreenPlan Garden in various locations around Ireland. The idea is that those native Irish trees will outlive many generations and will represent the great work your community achieved.

Our goal is to see each communities' native trees planted in our garden and to have those trees carbon drawdown added to the 1 tonne of CO₂e already collected. In essence that would mean each community planted 55 trees and was able to draw down 1,210kg of emissions in that one-year period. We dream of 10,000 native trees to represent our communities and over a 20-year period that would be equal to a drawdown of almost 5,000 tonnes from the trees alone.

The GreenPlan Activities

Theme		Activity	Target	Points
Energy	1	Home Energy Monitor	25 kWhr per home	10
	2	Battery Recycling	150 AA Batteries	10
Water	3	Water Hippo	1 per home	10
Waste	4	Beach / Roadside Clean	5 Kgs collected	10
Biodiversity	5	Releafing	Protect 25m ²	10
	6	Bug Hotel	1 Bug Hotel	10
Transport	7	Non-Car Day	100 kms	10
Society	8	Clothes recycling	21 Garments recycled	10
	9	Homemade Cleaning Spray	1 per person	10
Procurement	10	Non-perishable foods	70 cans of food saved	10
Bronze Certificate	Total points required			100

How the Activities work in your community.

In the table above you can see there are 10 Activities that your community needs to complete in order to score points against The GreenPlans Seven Themes. The activities are easy to achieve and how to best achieve them is explained below. Our hope is that your team completes the activities and gets a sense of stakeholdership or custodianship in your local environment and its impact on the greater environment and our food and health. Each action below has a brief explanation of our hopes and goals for your team and why we see each activity as being vital to impacting our Seven Themes.

	Activity	Target
1	Home Energy Monitor	<p><u>25 kWhr energy identification and reduction per home.</u></p> <p>The goal here is to get access to a portable home energy monitor. Each member of the team uses the Energy Monitor in their home for a period of two weeks.</p> <p>During that time the Team member accesses how much standby electricity is used and wasted on appliances and household equipment. They are also looking for energy inefficiencies such as heavy using old appliances.</p> <p>If a Team member can identify a way to reduce only 2 kWhr in a one-month period that's only .5 kWhr per week – then they will be able to show an annual reduction of 25 kWhr by no longer wasting that energy.</p> <p>The plan now is to have all 7 Team members preventing the 25 kWhr wastage per household over a 12-month period.</p> <p>You Team will need to have access to a Home Energy Monitor to make this work.</p> <p>Our hope is to alert each member of your team to how much energy is used within the home for standby energy or 'Always on' appliances and white goods each year. So much energy is wasted each year that we could power whole cities 24 hours per day. Its also a waste of money and we all like to save money where we can.</p> <p>The energy monitors can be reused over and over again within your team or within your teams' network.</p>
2	Battery Recycling	<p><u>Collecting and recycling 150 AA Batteries.</u></p> <p>The goal here is to get the full team searching for 150 old used AA batteries and as many other batteries as possible. That's only 21 batteries per Team member and will only weigh 3kg.</p> <p>The batteries will be collected, photographed, and sent to a recycling facility for reuse at a later date. We don't mind how many extra batteries are collected after the activity is completed.</p> <p>Our hope is that each community can see the weight in physical batteries going to land fill or incineration and gain an appreciation into how much energy is still in the battery</p>

		<p>waiting to be reused in its new life. It also helps show how many toxins and chemicals would leech into our waterways and river systems.</p>
3	Water Hippo	<p>Installing a minimum of 21 x 3 litre water Hippos</p> <p>The goal here is to get each member of the team installing a water hippo into the cistern of their toilet. Or more water hippos if they have more than one toilet.</p> <p>Each water hippo will reduce water usage by 3 litres per flush and over a one-year period that's the same as more than 21,000 litres of water being wasted per team.</p> <p>If your team likes, you can install as many water hippos per household as you like. The more water savings the better.</p> <p>Our hope is to show how effortless it feels to reduce water consumption and to actually save water while delivering the same level of flush. Everyone that has access to a toilet can take part. We also hope to highlight that each team completing this activity will have reduced over 21,000 litres of water in only one year. That's almost a quarter of a million litres of water in only 10 years from a tiny team of Seven people. Can you imagine the combined effects of a 1,000 strong community following this activity?</p>
4	Beach / Roadside Clean	<p><u>5 Kgs of plastic waste collected</u></p> <p>The goal here is to get the team leading several clean up days until they have collected, weighed, and verified 5 kg of plastic.</p> <p>The clean ups can be on a beach, roadside, riverbank or anywhere that plastic waste has accumulated over time. Apart from being a public eyesore, a danger to wildlife and a threat to biodiversity, the plastic also required the use of a lot of energy to be manufactured. The plastic stores a lot of energy and can be used over and over again. The more that's collected the better.</p> <p>Your team will need to weigh and bring the collected plastic to a bring centre for recycling. If you like, you can revisit the clean up days and capture as much waste as you like.</p> <p>Our Hope is to see the team feel connected more to their own surroundings and to gain a sense of ownership and custodianship to protecting land from waste materials. Even</p>

		<p>if your community is clean and cared for there is always an area in need of your help. Plastic waste leeches over time and send toxins and chemicals into our rivers and water ways. It also poisons wildlife and is regularly misinterpreted as food by birds and animals. This plastic waste kills life and the environment.</p> <p>Its shocking to think that the plastic collected is available for reuse somewhere else.</p>
5	Releafing	<p><u>Protecting a 25m² patch of land for Releafing</u></p> <p>The goal here is to get each member of the team locate and protect a 3.6m² patch of grass or land - to allow for natural Releafing over time.</p> <p>This is very easy to do or alternatively the whole team can source some land for a short period of use and let the wild grass / land develop over a period of a few months.</p> <p>Apart from eventually providing pollinating flowers and being beautiful to look at, the new area will ultimately help the soil capture an incredible volume of Carbon. At first this area will look unclean or unkempt. The most important thing is to just keep the area safe from being cleaned so that it can develop.</p> <p>Your team can cordon off the area by using a rope or cord. Perhaps the full team can find and protect a combined space with an area of 25m². This would represent everyone's individual 3.6m². If you like you can go further and protect as much as you like. We like to think the more the merrier.</p> <p>Our hope is to see each team gain a better bond with their local surrounding sand to form a link between pollination, biodiversity, wildlife, and our food chain. Without pollination there is no more food for humans.</p> <p>The honeybee is usually associated with the picture we all have in our minds when we hear the word pollination. When in fact it's the countless number of flies and insects as well as bees that keep pollination giving and going.</p> <p>We envisage each team really enjoying the visual delight of wildflowers but also the delight of knowing that those flowers blooming are part of a much bigger success story that ends with food on our tables.</p>

6	Bug Hotel	<p><u>Building a community Bug Hotel</u></p> <p>The goal here is to get the whole team involved on a great community initiative that promotes biodiversity and our appreciation of nature.</p> <p>As much as possible please reuse natural pieces of organic matter as twigs, stones, seaweed and clay. A lot of fun can be had creating the best designs and seeing the children in the community enjoying the Bug Hotel.</p> <p>Our hope is for each team to get creative and have some fun. This project is designed to help each community to appreciate the value of bugs and insects to our health and food supplies as well as highlighting the levels of insecticide and fungicide in the air within our communities.</p> <p>Insects are good for our communities and are vital in the link of pollination and our food. The Bug hotels make a nice focal point and community feature, but they also are a connection to all the activities that your team is taking on to achieve the Bronze Certificate. If you feel like building more than one Bug Hotel we would be delighted.</p>
7	Non-Car Day	<p><u>Reducing car use by 100 kms in 4 weeks.</u></p> <p>The goal here is to get each member of the team reducing their travel time in their private vehicle by only 14.5 kms.</p> <p>It's a lot easier than you would imagine. Ideas such as car-pooling or cycling, public transport or walking will help each team member achieve their goal.</p> <p>Just keep an individual record of distance travelled until you reach 14.5 km. It's amazing to think that only 7 team members preventing 100 km travel all at the same time is the same as reducing emissions by between, 13 – 45 kgs!</p> <p>If your team are happy with how easy it was to reduce the road miles travelled to achieve the 10 points – please feel free to continue this activity.</p> <p>Our hope is to see as many people as possible take part for even one journey per month. The cumulative prevention of emissions is simply staggering. At footpath and roadside level, a lessening of emissions is a direct impact on human health. The chemicals from transport are heavier than the air that falls back to ground level and are ultimately bad for our health as well as the climate and planet.</p>

8	Clothes recycling	<p><u>Collecting and reusing 21 Garments.</u></p> <p>The goal here is to get each member of the team repairing, repurposing, or recycling items of clothing and preventing the clothing from going to landfill.</p> <p>There's over 4 kg of energy consumed just creating the garments in the first instance and when repurposed such as the clothes being sent to charity, the energy is negated and someone somewhere else in need of your help, is looked after.</p> <p>If your team is happy and can see the high energy content with this project, please feel free to continue collecting clothes and maybe start up a repurposing event within your community such as a clothes swap or charity event.</p> <p>Our hope is to see the team embrace repurposing clothing. at a bare minimum clothing can be reused as rags and cloths rather than go to landfill. But for The GreenPlan we really hope the value of the embedded energy in the clothing gets a chance to be reused and repurposed before hitting land fill.</p>
9	Homemade Cleaning Spray	<p><u>Using organic ingredients to create your own household cleaning products.</u></p> <p>The goal here is to get each member of the team creating their own household cleaning spray from scratch. Where possible the reuse of an old plastic spray bottle is even better again because it extends the life of the bottle and prevents it from landfill.</p> <p>If your team has completed this activity and can feel the benefit of a more eco way of keeping your home sanitised – please feel free to continue on and make more and more of the cleaning products. Please see the link below for access to many home made remedies for sensitisation.</p> <p>https://livinglightlyinireland.com/2019/05/24/sustainable-ethical-cleaning/</p> <p>Our hope is to see each team value how easy it is to shift from cleaning products packed with chemicals and embedded energy to using more eco and natural cleaning products. Its great if your team can purchase better more environmentally beneficial products and we want your team to make your own using only bare natural ingredients.</p> <p>There is also the move away from disposable single use plastic bottles and the energy needed to produce them and</p>

		<p>the leeching from them into land once they are no longer of use or, burning away into the air we breathe in. Plastic used to be a waste product repurposed to make life more convenient. Now plastic is created using fossil fuels JUST to make life more convenient, but this comes at a major cost to the environmental and our health.</p>
<p>10</p>	<p>Non-perishable foods</p>	<p><u>70 cans of food saved</u></p> <p>The goal here is to get 70 cans of non-perishable food reused before its best before date. Every home has many unused tins of food left over and unused. Bizarrely thousands of tonnes of tins of food is sent to landfill unopened each year.</p> <p>There are many Bed and Breakfast, Air BNB or stay over locations used as holiday homes that have larders full of unused tins of food. We encourage team members to divert 70 tins, packages, cartons of food from landfill and redistribute among the team or give to a food charity to help those living in food poverty.</p> <p>If your team feels there was a real benefit to the food being distributed before its best before date – then please feel free to continue this activity. We don't want to raid your larder or kitchen in a hope to find food to give away or to go out and buy food to give away. We want you to talk among your families and friends, neighbours, and networks to extract this resource for a best use.</p> <p>Our hope is that the more non-perishable foods are redirected before their end of life, your team can appreciate the major environmental good that you are responsible for. Its not commonly known that food cans are sent to landfill before or on their best before date and will need almost 200 years to decompose and that's separate to the environmental damages caused from the leeching of chemicals into the soil, waterways, and rivers.</p> <p>Each year millions of tonnes of non-perishable food are sent to landfill needlessly without the opportunity for reuse somewhere else. And the embedded energy in each can, package, carton is still held within the products materials and ingredients. As society we need to do our best to reduce this burden on the environment.</p>

The Seven Themes Activity Score Sheets

The score sheets are used for recording dates, times, and achievements by your community. Once the activities are finished the community records the score of its activities and uploads the results to its own ChangeX group page. Please find The GreenPlan Scoresheet in the Appendix below and available for download in the resources section of The GreenPlan.

Energy Catcher Sheets

One of your communities' activities will involve monitoring the energy usage of each team members home. The energy Catcher Sheets will allow each community to identify the link between energy and carbon emissions. The Energy Catcher Sheet also records an energy saving per household and is used to contribute to the overall community score. Please find The GreenPlan Energy Catcher sheet in the Appendix below and available for download in the resources section of The GreenPlan.

Equipment Needed

There are times during the Community Activities that you will need to use materials or equipment. Please see a list below of what you will need to have gathered or got your hands on before you start.

Contents
High Viz Jackets for each team member
25kg Bag of native wildflower seeds
Weighing scales and basket
Pencils and Paper – If you can repurpose paper even better!
Clip Board
Pairs of reusable green gloves for each team member
1 -2 Home Energy monitors - these can be shared across the team repeatedly
Activity Score Sheets
Energy Catcher Sheets

Understanding The Seven Themes of The GreenPlan

In 2008 I started writing The GreenPlan. It wasn't even called The GreenPlan back then. It didn't have a name! It was just an aspiration that suggested we could pull together as a community and achieve something positive that improved morale in a local Fire Station in Dublin.

I never thought that within a few years more than 160,000 communities would join up and take part in lowering their carbon footprint and in essence start a movement to tackle Climate Change at community level.

Today my aspiration is to see all things 'green' as the new norm where we just get on with life and we don't think about the impact of our actions because they always produce a positive impact. Completely removed from titles and the need for categories.

Green thinking is social good practices made right for everyday use at community level. We are all sick of being preached at and having to listen to 'know it all's.' We just want guidance.

The Seven Themes of The GreenPlan explained below are a snapshot to 'Our' vision and ethos. Every day in every way we see the Seven Themes of The GreenPlan as the centre of the 'norm' and its only by taking actions against each Theme that we can develop sustainably in a transparent and meaningful way. Our campaign with ChangeX, is directed at community level. Your community is the difference.

The 7 Themes of The GreenPlan started off as a list of ideas to somehow join people as a community together with the purpose of achieving a behavioural result that impacted on the environment. In our case at the time, it was to unite the 'Watches' of a 40-year-old Fire Station that had been left behind by progress. Slowly the Seven Themes became a thing and I realised it was a case that there wasn't four, five, six, or eight Themes and instead there was exactly Seven Themes that affect everything around us.

I have a small introduction to the Seven Themes of The GreenPlan below with the intention that the community gets an insight into the meaning behind each Theme and its significance in today's world.

If Covid 19 has thought us anything it's that we must be resourceful and determined if we want to get back on track. But back on track to what? Let's go through each Theme below and apply the meanings to the community actions.

Energy

Only 60 years ago people had meters for their energy usage in their homes. They understood their demand and appreciated the cost and effect that energy had on their lives. Now for most of us everything is "Supply Easy". We have become accustomed to this addition to our lifestyles.

But along the way – we have forgotten our way. Every day we consume energy in our homes, communities, businesses, and Lifestyles. It's not just a case of heating and cooling our homes or turning on lights, it's almost everything! Traditionally since the industrial revolution, energy mostly comes from the burning of Fossil fuels.

We just flick a switch and energy is available because we can't see this, we automatically think that everything is okay, but it's not. We are addicted to fossil fuels, and we are responsible for the emissions the fossil fuel creates.

Our mission is to demonstrate how easy it is to use less energy at community level by changing our behaviour towards the climate and energy usage. The choices we make are usually not that hard, we just usually don't know how to make them.

Water

Water is a valuable resource, yet it is very often taken for granted. There are many good reasons for making sure we only use the water we need. Scarcity and misuse of fresh water poses a serious and growing threat to sustainable development and protection of the environment.

Water returning to the main drains is rarely mentioned. Human health and welfare, food security, industrial development, and the ecosystems on which they depend, are all at risk, unless water and land resources are managed more effectively in the present decade and beyond than they have been in the past.

Fresh water is a finite and vulnerable resource, essential to sustain life, development, and the environment. Water is a valuable resource, yet it is very often taken for granted. Did you know it takes at least 100 litres of water to make just one cup of coffee? We have to revisit water wastage in every way imaginable. Our mission is help communities see the value in water wastage prevention.

Waste

We are responsible for waste in many ways. The GreenPlan is based on the concept of reducing waste across all the Seven Themes at the same time. When we think of waste, we think of rubbish going to land fill. But what about heat and energy escaping through uninsulated buildings and homes? Water pouring down the tap unnecessarily, or not being collected and harvested in the first instant.

Vehicles being driven badly when there were other options available in the first instance, such as walking, car-pooling, or taking public transport. Carbon from the burning of Fossil Fuels is not visible from our homes yet, it has to burn to generate electricity. When we leave our appliances turned on, we don't get to see the fuel being burned somewhere else or the emissions it creates. Waste prevention is any action that, reduces the use of material resources, increases the efficiency of production/service processes, decreases water and energy consumption, or causes a reduction in the gross generation of waste for disposal plus recycling.

In general, prevention may be achieved either by reducing our overall demand for energy, goods, and services, or by using less (or less harmful) resources to provide for reasonable needs. Prevention also seeks to reduce emissions, to reduce harmful substances in material streams and their dissipation, and to improve resource efficiency throughout the life cycle of a product or service.

Prevention is the elimination or reduction at source of material, water and energy consumption, Waste arising (solid, liquid, gaseous and heat) and harmful substances.

The quantity of waste, we produce not just rubbish has adverse effects on our environment. We have a shared responsibility to reduce waste in all its guises.

Our mission is to bridge the gap between what communities see as waste and what recourse that waste still offers for a greater social good.

Biodiversity

Biodiversity is the foundation of life on Earth. It is crucial for the functioning of ecosystems which provide us with products and services without which we couldn't live. Oxygen, food, fresh water, fertile soil, medicines, shelter, protection from storms and floods, stable climate, and recreation - all have their source in nature and healthy ecosystems.

But biodiversity gives us much more than this. We depend on it for OUR security and health; it strongly affects our social relations and gives us freedom and choice. Did you know that hedgerows reduce the speed of viral spread within our communities and with the backing of millions of years of evolution, the ecosystems support and nurture the biodiversity that has evolved to protect us. The regular destruction and removal of hedgerow around Ireland has proven health drawback and is a burden to our Health services. Hedgerow renewal and the removal of non-native tree species is as important to our health as the prevention of pesticide and fungicide is to crops.

The importance of Biodiversity

"We can no longer see the continued loss of biodiversity as an issue separate from the core concerns of society: to tackle poverty, to improve the health, prosperity, and security of present and future generations, and to deal with climate change. Each of those objectives is undermined by current trends in the state of our ecosystems, and each will be greatly strengthened if we finally give biodiversity the priority it deserves."

Convention on Biological Diversity's 'Global Biodiversity

Outlook 3' report.

It's understandable that we don't necessarily see biodiversity affecting us in our daily lives, but it's unacceptable that we continue on each day as if it doesn't exist. Our mission is to help communities place Biodiversity as a key factor of our daily life.

Transport

Traffic and particularly traffic congestion cause major health problems. We are consuming approximately 30% more fuel while sitting in traffic jams. Immediately people think of the gases coming from the exhausts of vehicles and they think that this is what must be causing global warming.

Transport is one of the largest sources of pollution leading to Climate Change on Earth. Although diesel powered vehicles produce less Carbon CO₂ than other fossil fuels, Carbon emissions are not necessarily the problem. Carbon is in a cycle and is even pumped out by Volcanoes across the world every day.

It's the other dangerous gases such as Nitrous Oxide and Sulphur Dioxide and most importantly Particulate Matter, (PM) that are the problem. They cannot be physically broken down by Earth's atmosphere and instead they sit there for a very long time and trap the Earth's heat below them.

Particulate Matter is serious air pollution and a proven cause of death in Europe. That means it is costing us the taxpayer' to provide more and more health care each year. Particulate Matter effects the air quality that we inhale and can be absorbed into our blood. If we are to try to change this, then we have to think differently about how we get from A to B and how often we need to do this. Our mission is not to push people away from their vehicles or to condemn their method of transport. We wish to show the alternatives and promote the benefits of greener travel. And on the occasions where we can't avoid pollution to offer solutions to negate those impacts. At community level Air Quality is our main concern.

Society

The GreenPlan - Our Vision:

"To continually improve the quality of life and wellbeing on Earth for present and future generations." This cannot happen without community support and engagement.

It took years of research to build the matrix of the Seven themes of The GreenPlan. The Seven Themes hinge on one pivot point. And that pivot point is the link between Society and all of its diverse communities versus nature and all her systems.

Changing our mentality and behaviour towards nature and the environment by seeing our everyday actions, as actions that have a consequence somewhere else, means we can enjoy our life in this generation without compromising the needs of future generations.

There are many ways to apply The GreenPlan, but to be truly sustainable means to have Sustainably Developed Communities that are aware of Nature and our combined impacts upon Nature. The resilience and positive impacts stem from our shift in behaviour, fostering emissions reduction with consistent and long-term ripple effects throughout all of society. Our mission is to promote green behavioural mindedness as the norm and not a 'something that we must do'. At every level and in every way, we place community as the only way to tackle the climate crisis. The power of one community is the only way forward.

Procurement

Every time we make a purchase, whether it is a product or a service, we need to consider, how long it will last for and what techniques were used in its creation. Can it be disposed of easily or can it be recycled. By making these purchases we are responsible for the energy and water used in its creation and the waste it leaves behind once its finished being used.

Most products are made with chemicals and toxins that are dangerous to human health and actually emit chemicals that are dangerous to Humans, animals, and plants. The lifecycle and manufacturing process of everything that we buy needs to be as important as desired outcome we wish to achieve by using the product.

At The GreenPlan we believe in all aspects of the products and services we avail of being of benefit to our lives, but also the environment. At community level there are many easy changes and choices we can make to lessen our environmental impact with the products that we use, and in general lowering our level of consumerism is a direct action in itself. Our mission is to demonstrate the major impacts that minor choices make when we make purchases. At community level education is key and information sharing is fundamental.

The GreenPlan Guide - Appendix

The GreenPlan Activity Score Sheet

Theme	Activity		Target	Points
Energy	1	Home Energy Monitor	25 kWhr per home	10
	2	Battery Recycling	150 AA Batteries	10
Water	3	Water Hippo	1 per home	10
Waste	4	Beach / Roadside Clean	5 Kgs collected	10
Biodiversity	5	Meadow planting	Sow 25m ²	10
	6	Bug Hotel	1 Bug Hotel	10
Transport	7	Non-Car Day	100 kms	10
Society	8	Clothes recycling	21 Garments recycled	10
	9	Homemade Cleaning Spray	1 per person	10
Procurement	10	Non-perishable foods	70 cans of food saved	10
Bronze Certificate	Total points required			100

ACTIVITY 1		Start Date:	Finish Date:
Theme	Activity	Team Members Name	Energy saved kWhr
Energy	Home Energy Monitor		
Notes:			
Total			

ACTIVITY 2		Start Date:	Finish Date:
Theme	Activity	Team Members Name	Batteries Recycled
Energy	Battery Recycling		
Notes:			
Total			

ACTIVITY 3		Start Date:	Finish Date:
Theme	Activity	Team Members Name	Hippo Installed
Water	Water Hippo		
Notes:			
Total			

ACTIVITY 5		Start Date:	Finish Date:
Theme	Activity	Team Members Name	Patch size
Biodiversity	Releafing		
Notes:			
Total			

ACTIVITY 6		Start Date:	Finish Date:
Theme	Activity	Team Members Name	All build a Bug Hotel
Biodiversity	Bug Hotel		
Notes:			
Total			

ACTIVITY 7		Start Date:	Finish Date:
Theme	Activity	Team Members Name	14 km trip reduction
Transport	No car day		
Notes:			
Total			

ACTIVITY 8		Start Date:	Finish Date:
Theme	Activity	Team Members Name	21 units collected
Society	Clothes recycling / charity		
Notes:			
Total			

ACTIVITY 9		Start Date:	Finish Date:
Theme	Activity	Team Members Name	1 per household
Procurement	Household Cleaner		
Notes:			
Total			

ACTIVITY 10		Start Date:	Finish Date:
Theme	Activity	Team Members Name	70 cans of food saved
Procurement	Non-perishable foods		
Notes:			
Total			

The GreenPlan Energy Catcher Sheet

Activity 1

Theme: Energy

Team member name

Start Date:

Finish Date:

The goal here is to get access to a portable home energy monitor. Each member of the team uses the Energy Monitor in their home for a period of two weeks.

During that time the Team member accesses how much standby electricity is used and wasted on appliances and household equipment. They are also looking for energy inefficiencies such as heavy using old appliances.

If a Team member can identify a way to reduce only 2 kWhr in a one-month period that's only .5 kWhr per week – then they will be able to show an annual reduction of 25 kWhrs by no longer wasting that energy.

The plan now is to have all Team members preventing a minimum of 25 kWhr wastage per household over a 12 month period.

Appliance / Equipment / Standby	Reason for wastage	kWhr energy saving identified

The Goal is to identify ways to reduce energy consumption by 2 kWhr per team member in a one-month period.

Once the energy has been identified – please submit this sheet to your Team Leader. They will photograph and upload all the sheets to the teams ChangeX page