




THE Bee Kind PROJECT

Bee kind to yourself
Bee kind to others
Bee kind to your community
Bee kind to nature

The Bee Kind project is coordinating the planting of two community apple orchards at Lough Lannagh on Saturday, 8th of March at 10 am.

We would like to invite your community group to plant one of the trees and be part of this initiative. The project will bring together a variety of diverse groups that do such positive work in Castlebar and beyond, fostering social connection and mutual learning. There is no cost for your community group to get involved.

Getting out into nature, and spending time in places surrounded by trees and water is proven to benefit your physical and mental health. We are fortunate to have fantastic facilities in and around Castlebar that have both.



Funded by Variety – the Children's Charity of Ireland, the project is a partnership with Castlebar Tidy Towns and Mayo County Council, working together to deliver the initiative. There are a significant, but limited number of trees being planted at Lough Lannagh, which will be allocated on a first come, first served basis. If your group is interested in taking part please contact info@varietyireland.org or officialcastlebartidytowns@gmail.com to get involved.



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Social / Community benefits



Getting out into nature is proven to have a benefit on peoples' mental health and wellbeing.



A healthy environment provides places for recreational and spiritual enjoyment for the local residents.



Vulnerable or disadvantaged groups are affected by climate change, and they rarely get the opportunity to take part proactively in projects that can have a positive impact on their local community.



This project encourages people of all backgrounds to connect and work together.



Castlebar has many positive voluntary groups, and this project offers a chance to unite them and highlight the strengths each group brings to our community.



Trees are symbolic; planting trees gives the opportunity for families and community groups to come together and plant something that can be re-visited as it grows as a living memory. The various social groups will be the custodians of a young orchard as it matures, nurturing it until it is passed onto the next generation. The groups will name the orchards so it is meaningful to them.



As well as the visual appeal of the tree blossoms, flowers are proven to promote positive emotions, influence mood, and contribute to wellbeing.



The project will give disadvantaged individuals the opportunity to highlight their active role and value in the community.

Biodiversity / environmental aims



It will enhance the town's biodiversity and ecological components and encourage increased public participation.



It will increase awareness, understanding and appreciation of the biodiversity and natural heritage of Castlebar. It will educate and raise awareness on biodiversity and climate change policies.



It will raise awareness on the damaging impacts of pesticides and other chemicals on biodiversity, water and air.



It will provide the community with the information and advice they need to maintain and care for their apple tree orchard including the species which are likely to inhabit the trees and surrounding area.

Biodiversity benefits

The orchards will:



Create a habitat for nature.



Attract pollinators and other wildlife.



Provide a location to enjoy nature.



Once mature capture 40 tonnes of carbon per year, and release 40 tonnes of oxygen per year



Once mature, provide approximately 50,000 apple per year





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The Ask



Bee Kind to Nature

Please leave the Dandelions alone, they are one of the only food sources for bees at this time of year

No Mow May. Please think about not cutting your lawn, or parts of your lawn in May.

Plant pollinator friendly flowers, your garden center of the National Diversity Data Centre www.biodiversityireland.ie will advise you.

Please stay away from chemicals such as weedkillers in your garden, they kill the food sources for pollinators. No pollinators, no apples in your orchard!

Enjoy getting out into nature, we are so lucky to have amazing scenery, listen to the sounds.

Harvest rain water from your rain water pipes, and mulch around your plants.



Bee Kind to Others

Kindness is contagious, be kind to others and see it spreading!

Do something to help others.

Volunteer with a community group, a sports group, or any group that interests you.

Call into, or phone a person you may not have spoken too in a while, ask them how they are?

Spend time with elderly relations and neighbours.

Be kind to your parents, small meaningful gestures can mean a lot.

Offer a helping hand to someone that needs it.

Be there to listen.

Respect the coaches of your child's sports team, remember they give up their time on a voluntary basis.

Say "please" and "thank you"
Say sorry!



Bee Kind to Yourself

We're often kind to those around us, but sometimes it can be easy to forget to be kind to ourselves. Showing ourselves kindness and self-compassion can benefit our mental health and wellbeing.

Talk kindly to yourself, and don't put yourself down.

Get out into nature, go for a walk, sit on a bench, look at the sea. Nature is good for your soul.

Give yourself time to reflect on how you are feeling on a daily basis

If you feel that you need help on something that is worrying you, don't be afraid to ask for it. There are lots of services out there to help you.

Focus on wellbeing and self-care, people often put others first, but it is important to look after yourself. Invest in a hobby that you like, or join a club with people of similar interests.



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