

Lissycasey

Smart Community Plan.

Part 1 of 4

Health, Recreation & Quality of Life



A Plan by the Community for the Community



1. Introduction

Welcome to the **Lissycasey Smart Health and Wellbeing Plan** June 2019. This plan has been compiled by the **Lissycasey** community for the **Lissycasey** community. The plan comes at the end of a twelve month process of working to strengthen the community management capabilities in **Lissycasey**.

Benefits of a Local Plan

- ✓ Better local collaboration
- ✓ Encourages greater volunteerism
- ✓ Provides direction to local development
- ✓ Creates a unified voice and action team
- ✓ Helps identify & understand problems
- ✓ Improves access to outside supports



Clare Local
Development
Company

The Wider Project: The project has been funded by Clare Local Development Company and facilitated by a company called eTownz. The project is part of a wider project in Clare where forty communities across the county have been undertaking similar exercises. As many nearby communities are undertaking similar projects and developing local action teams, it creates collaboration opportunities for neighboring communities.

The Four-Part Plan: This document is one of four parts of a community plan for **Lissycasey**. These represent four top tiers of community planning: Economy, Wellbeing, Environment and Management.

Lissycasey may wish to develop more detailed plans for specific areas within one of the four parts, such as a specific Tourism plan under the Economy heading, or a specific Energy plan under the Environment heading.

Town Teams: The importance to local development of collaboration between local people, clubs, businesses and service providers cannot be understated. eTownz suggests **Lissycasey** creates teams for each of the four top tiers: **Economy, Wellbeing, Environment and Management**.



> How Did We Get Here?

The Lissycasey Smart Health and Wellbeing Plan plan has been compiled over 12 months from community feedback. eTownz liaised with a small group of dedicated local volunteers to organise and gather the information in this report.



> Plan Structure

This is a 'smart' community plan. It draws on information from different sources and can be updated at any time through the eTownz online dashboard- [Click Here](#) . This allows different sections of the community to engage with an ongoing planning process

The plan was compiled by creating a 'model' of **Lissycasey**. The information is logged to a database as 'Record Logs'.

Each record log is assigned both a "Log Type" and a "Log Theme". This provides the framework for the community plan. This modular plan is compiled using the eTownz Dashboard, allowing the plan to be easily updated by the **Lissycasey** team in the future, adding new project ideas and challenges.

Your Community Idea Card

1) Type: (circle as appropriate)

a) Asset
b) Project (Past / Present / Idea)
c) Stakeholder (Clubs / Groups etc.)
d) Goal

2) Community Development Theme: (circle as appropriate)

a) Health, Recreation & Quality of Life
b) Environment & Sustainability
c) Business & Employment
d) Community Management & Planning

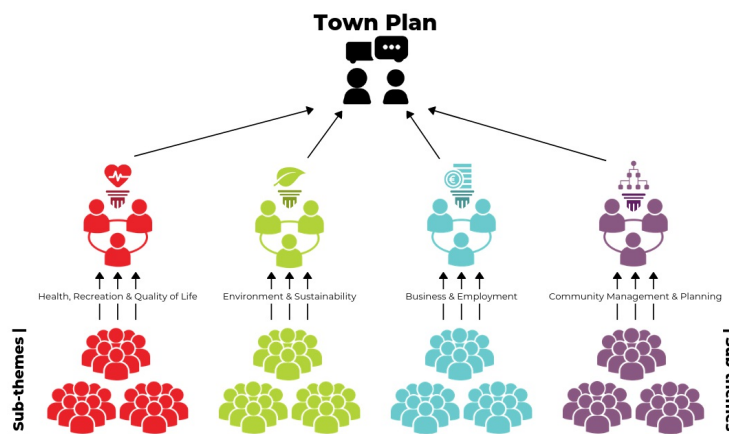
3) Title: Local GAA Club

4) Summary:

The local club is...

> What Next?

The plan hopes to assist **Lissycasey** locals with creating a series of community development teams. Each team will cover one of the four top tiers; **Economy, Wellbeing, Environment or Management**. Teams should be composed of representatives from local clubs, businesses and service providers, as well as interested people from **Lissycasey** . Teams will set their own agendas for how often they would like to meet, what projects to undertake and so on.



> So What Can You Do?

If you have an interest in local issues in Lissycasey , there are a number of ways you can get involved:

- **Share:** Read and share this report with others
- **Survey:** Complete the surveys or register your club/organisation
- **Contribute:** Contribute your ideas on any record by clicking on the log record title or visiting the eTownz dashboard
- **Join a team:** Register for a team online or attend a meeting to get involved in the **Lissycasey** plan.



2. Executive Summary

Lisseycasey is a great place to live and people are proud to come from the area. The local people are committed to their community and are very civic spirited and good neighbours. There are many ways to interact in the community. There are some great schools and a creche in the area and it is a great place to raise a family. A new playground funded by LEADER is very popular and used by a lot of people both in the area and from outside the area. The playground is a great pull for visitors. The area offers walks and public exercise facilities and this encourages the villagers well-being. There is also a great community hall and this is a space where the community can come together. However, the area faces specific challenges. The community needs to be revived and a hub/one stop shop for the community is essential. There needs to be a space where the community can come together. This would also be an important social outlet. The community hall also needs to be improved and can play a greater role in helping young and old people. The community feels that the 'smart community plan' needs to be implemented and a new community centre could be part of this plan. There are concerns about an aging population and younger people moving away.

Develop a Health, Wellbeing and Recreation Town Team

The first step in developing wellbeing initiatives in the community is to create & support a team of relevant people and organizations that can help coordinate activities and facilitate change. The wellbeing team can be small or large and decide its own format. The team may take on its own projects or simply meet occasionally to help coordinate groups with common interests. The team could be comprised of local residents, businesses, club or public service representatives. The team structure can be simple to start with and decide how often they should meet as they see fit. The team can seek to gain a greater understanding of local barriers and opportunities to formulate a plan for future activities. There are also a wide variety of supports available, and well-prepared team can help the community can take advantage of these. Building a local well-being team helps coordinate cross-community initiatives, helps to liaise with service providers, and helps the community understand & address local well-being opportunities.

Vulnerable Supports Development Plan

The wellbeing team may wish to focus on understanding the needs of vulnerable groups such as older people or people with disabilities. One approach to this is to work with service providers to ensure services match the needs of local people. Another is to maintain an age and disability friendly policy for community development projects.

Community Centre & Facilities Plan

The community have identified shortcomings in the current community hall facilities. A number of issues that were raised included poor heating facilities, leakages, inadequate changing and showering facilities among other things. The community might consider forming a team dedicated to address this issue. The team could:

- Identify and detail possible solutions that identify finance opportunities and models.
- Visit other recently built facilities for fact-finding.
- Put together a strategic plan in place to develop the new facilities.

3. Summary of Community Stats

In this section we provide a summary of key statistics related to the community based primarily on 2016 Census data. In the appendices we provide further detail via charts and below this table are direct links to the data visualisations.

Lissycasey:	
The following information is based on 2016 Census data for Lissycasey electoral district.	
Economy	<ul style="list-style-type: none"> 23% of females and 34% of males over 15 are classified as "At work" compared to the national average of 24% and 28% respectively. The number of females in particular in work is of particular note. 7% of females and 8% of males are classified as retired which is above the national average of 8% which illustrates that the community needs to focus on providing services to the elderly
	<ul style="list-style-type: none"> Regarding occupations, 23% of males are classified as "Skilled trades" compared to a national average of just 12%. While 6% of females worked in "Caring, leisure and other service occupations" compared to a national average of 6%.
	<ul style="list-style-type: none"> The local social welfare office for the area is in Kilrush, live register figure for this office show relatively medium levels of seasonality with live register figures highest in Dec - Feb and lowest in Sept/Oct
Wellbeing	<ul style="list-style-type: none"> 10% of females and 8% of males ceased education at the age of 21 compared to a national average of 13.1% and 11.4% respectively, while a higher number of males finished education aged 18 of 8% compared to a national average of 5.5%.
	<ul style="list-style-type: none"> 35 people were classified as carers, 18 of which are female and 17 of which are male.
	<ul style="list-style-type: none"> When asked about their health, 34% of females and 32% of males described their health as "Very good" which is slightly above the national average of 30% but 11% of females and 13% of males described their health as "Good" compared to the national average of 14%.
	<ul style="list-style-type: none"> Interestingly, 6% of people lived in a one person home compared to a national average of 8.5% and county average of 9.5% which may point towards issues of isolation in the community.
Environment	<ul style="list-style-type: none"> The community have a relatively old housing stock with 10% being built pre 1919 and 8% built between 19-'45 compared to national average of 8% and 6.5% respectively. This would indicate poorer levels of home insulation in the community
	<ul style="list-style-type: none"> Lissycasey rely on less climate change friendly forms of fuel (Oil 70% and Peat 21% compared to the national average of these fuel types 40% & 5%)
	<ul style="list-style-type: none"> The water and wastewater infrastructure in Lissycasey is extremely below the national and county averages with 7% of people on public wastewater scheme (compared to 66% nationally) and 2% of the homes are on public water mains (compared to 77% nationally)
Management	<ul style="list-style-type: none"> The community have a lower % of people who travel to work/education etc between 6:30 and 8:30 while a higher percentage of people travel to work 8:30 - 9 compared to national average and this also is reflected in journey times to work which are considerably lower than the national average which means people spend less time travelling to and from work each day.
	<ul style="list-style-type: none"> A higher percentage of people travel by car 45% to school or work (above the age of 5), compared to the national average of 38%.

4. Stakeholders

Good local plans should strive to help all stakeholders within a community, especially the most vulnerable.

Sometimes, plans tend to focus on the most obvious stakeholders, such as local hotels, but forget about the small business owner working from home; they acknowledge the local football team, but ignore the local bridge club.

By building a register of the various local stakeholders, we aim for the Lissycasey Smart Community Plan to be inclusive and relevant to the needs of people and organisations throughout Lissycasey. The image across provides a breakdown of relevant stakeholders types.

TITLE	SUMMARY	TYPE	Number Follows	Number Comments
Lissycasey GAA Club - 5490	The present Lissycasey G.A.A. club was formed in 1964 but various clubs existed in the parish since the early days of the association. Caherea, Ballycorick, Clondegad and Lissycasey were the names of the different clubs which had existed. In the years leading up to the mid sixties, there was just one team in the parish which operated under the Lissycasey name. Soon after this team was beaten by a point in the junior championship final of 1963 by Moohane(Newmarket) the Clondegad club was reformed and since '64, Lissycasey and Clondegad have had their own clubs.	Group/Club	0	0
Lissycasey Playgroup - 5811	Tír na nÓg providers Montessori and pre-school sessions, before and after school care as well as Full and part time day care. ALL in a warm and friendly environment, with a qualified, experienced and caring team of childcare workers	Group/Club	0	0
Lissycasey Ecological Park (Walkways and Nature Trails) - 8290	Walkway and nature trail T2: Sports & Recreation, Habitats & Environment	Group/Club	0	0
Garda Station - 5483	This is now closed and the nearest station is in Kilmihiil	Public Service	0	0
Lissycasey NS - 5812	Lissycasey NS is a co-educational school from Junior Infants to 6th class. Lissycasey NS has a committed, dedicated and caring teaching staff whose aim is to enable and help every child under their care to reach their full potential. The classrooms are fully equipped with interactive whiteboards, computers, laptops, data projectors, broadband internet and a wide range of suitable software. T2: Education & Skills T3: Youth Education & Skills, Special Needs Education	Public Service	0	0

TITLE	SUMMARY	TYPE	Number Follows	Number Comments
Publicly elected representatives - 7796	"Elected representatives can assist communities in the development process. There are 3 main groupings of elected representatives relevant to the community. Our representatives include: Councillors: Bill Chambers // Christy Curtin // Michael Hillery // Gabriel Keating // P.J. Kelly // Ian Lynch // Richard Nagle // Bil Slattery Councillors are the people you should contact if you have questions or concerns about local issues. Examples would include problems with local infrastructure like refuse collection or damaged facilities. TDs: Timmy Dooley // Michael Harty // Pat Breen // Joe Carey TDs are the people you should contact if you have questions or concerns about national issues. Examples would be the Budget, taxation, Health policy or other nationwide initiatives. MEPs: Deirdre Clune // Brian Crowley // Seán Kelly // Liadh Ní Riada MEPs are the people you should contact if you have questions or concerns about european issues. Examples would be EU treaties and Union wide agreements such as the Common Agricultural Policy or Fisheries Policy. "	Public Service	0	0
Clare Accessible Transport - 8081	To endeavour, to provide a flexible and accessible rural transport service available to the whole community in Clare and South Galway but with priority given to those people who are socially excluded either by (perception of) disability, low income, social status, gender, age, or otherwise as decided by the directors from time to time. To work with existing transport providers and relevant agencies to develop a comprehensive local transport network, thereby enabling people who are socially isolated at present and entitled to free travel passes to use them. https://search.benefacts.ie/org/038af326-c097-4436-b947-07d21ef128aa/Clare-accessible-transport	Public Service	0	0
Clare Crusaders - 8083	To benefit the community by assisting parents and families of children with Cerebral Palsy in the County of Clare to achieve a better quality of life through information and support by way of workshops, summer camps and other activities. To recruit and finance experienced speech therapist(s) to work with children up to 18 years of age. To recruit and finance physical therapist(s) to work with children in the Clare area. To finance scholarship(s) to graduating Physical Therapy classes in the University of Limerick on the basis that the recipient(s) would work with children in the Clare area in conjunction with Enable Ireland and for a pre agreed period of time. https://search.benefacts.ie/org/39b53b93-3c72-423e-838c-31dda20e5198/Clare-crusaders-company-limited-by-guarantee	Public Service	0	0
Clare Suicide Bereavement Support - 8086	Main objectives. - A. To support the suicide bereaved in Co. Clare by establishing and maintaining standards of good practice for the provision of voluntary listening support to families and / or persons bereaved by Suicide. B. To help reduce the number of suicides Subsidiary objectives. A.To employ suicide support volunteers to provide practical information and listening support to families and individuals at their request. C. To Liaise and exchange information with similar support groups. D. to provide leaflets and associated literature to be provided to survivors and appropriate professionals and agencies. https://search.benefacts.ie/org/da69b4c5-d1a9-484d-8c0f-5647b840bf82/Clare-suicide-bereavement-support	Public Service	0	0
The Clare County Childcare Committee Company Limited By Guarantee - 8091	The main objective for which this company is established is to support the development of quality, affordable, accessible and inclusive childcare and family friendly services for all children in the County of Clare. https://search.benefacts.ie/org/77a6c7c3-271d-4253-b3de-ac08532f983d/the-Clare-county-childcare-committee-company-limited-by-guarantee	Public Service	0	0

5. Assets

Identifying, understanding and appreciating the assets within a community is an important part of any community plan. This plan takes elements from a popular approach to community planning called Asset Based Community Development (ABCD). ABCD works on the premise that positive and effective community plans are built by leveraging existing assets within a community. Therefore, it is important to properly log all relevant assets in this category.

TITLE	SUMMARY	TYPE	Number Follows	Number Comments
Children's Playground - 5481	The new playground funded by LEADER is very popular and used by a lot of people both in the area and from outside the area. The playground is a great pull for visitors. T2: Physical & Mental Wellbeing	Have	0	0
Outdoor Gym - 5486	Public exercise equipment that can be used by residents and visitors. T2: Physical & Mental Wellbeing	Have	0	0
Heritage Interactive Trail - 5487	The Lissycasey Heritage Interactive Trail terrain is a mix of minor road and forest track. T2: Habitats & Environment	Have	0	0
Squash Courts - 5492	Squash courts – high usage in the earlier years but not now.	Have	0	0
Tennis Courts - 5493	Tennis Courts – they are not really used.	Have	0	0
The woods at the cascades - 5494	The woods at the Cascades are very popular and visited / used by both locals and visitors. T2: Habitats & Environment	Have	0	0
Ecological Park - 5495	The Ecological Park has walkways and nature trails that are popular. It is the areas second most important tourist attraction. T2: Habitats & Environment	Have	0	0
Crannog - 5496	The Crannog is very popular with tourists. It is a modern reconstruction of an Irish Crannog or settlement, where people can experience history in a unique way. Crannogs were in use from the prehistoric era to Tudor times. It is very popular with visitors and is the area's main tourist attraction. T2: Culture & Heritage	Have	0	0
All Weather Pitch - 5473	To cater for all club's in the parish, its easier than normal grass pitches to maintain and more sporting events can take place with the pitch being more resistant depending on the weather conditions.	Need	0	0
Central information point - 5476	One resource or point where the local community can find out what is happening in the village such as a website, Facebook page, notice board, etc	Need	0	0
Men Shed - 5477	For retired or semi-retired men and women to meet. These have proven to be very successful in other areas.	Need	0	0

6. Objectives

Defining local goals and challenges can often be the most difficult component of a community plan, but it is vital nonetheless.

Of course, different stakeholders within the community may wish to prioritise different goals. As such, defining clear goals is a necessary step in selecting projects and preparing a tailored action plan.

The table below provides a themed breakdown of local objectives, which are divided Goals & Challenges.

TITLE	SUMMARY	TYPE	Number Follows	Number Comments
Lissycasey Flood risk assessment - 5794	There is limited flood risk in Lissycasey, with three small streams passing through the settlement. The lands on the banks of the streams may be at some flood risk, which includes commercial, agricultural, existing residential and open space.	Challenge	0	0
Use of Frure GAA Club house - 5472	Skill center in Frure Facility & gym open to all community. Harness the Potential of the GAA gym - Annual Membership. Host Festivals / Concerts.	Goal	0	0

7. Projects

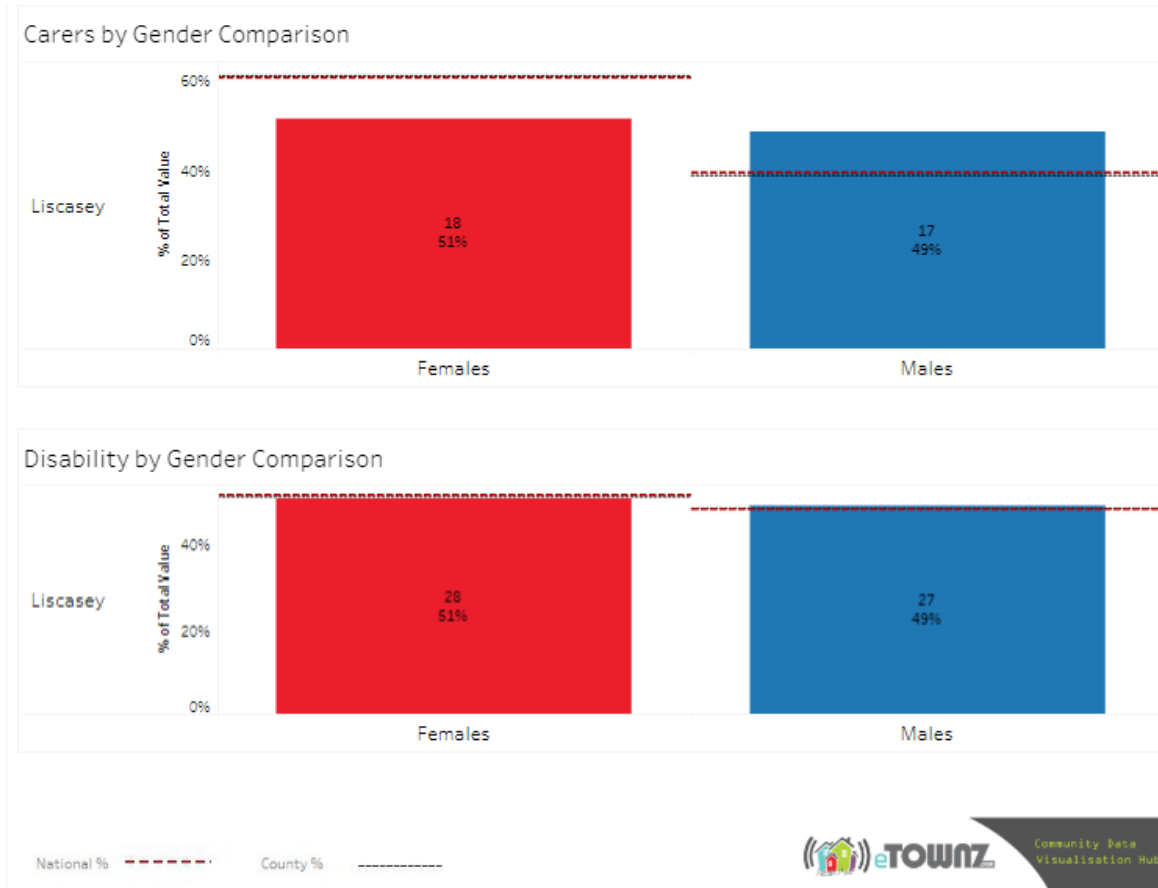
Projects are the actions that stakeholders take to improve their community. Local projects can range from things like coaching a youth team to building a hall or organising a clean-up. While sometimes overlooked, it's important to appreciate the projects that have recently been undertaken or that are currently underway in the area, as this helps place the capabilities for future projects in context.

TITLE	SUMMARY	TYPE	Number Follows	Number Comments
Cycle track going inwards around parish - 5467	A cycle track would help promote the area and get tourists to stop off.	Idea	0	0
Lissycasey Facebook Page - 5470	Development of Facebook page Lissycasey. This could help to keep the community better informed.	Idea	0	0
Brand new Community Hall - 5507	Demolish the old community hall and build and do a full build of a new community hall on a greenfield site (near the GAA field on the 11 acres owned by the community). Those present felt that the community needed to have a vision and a realistic plan for the future. The new center will be used for set dancing, karate, youth club and other activities in addition to use by the primary school. T2: <i>Sports & Recreation, Participation & Volunteering</i> T3: <i>Hobby Groups, Growing local volunteer base, Volunteer Management, Sport & Physical Activities</i>	Idea	0	0
Evening classes - 8390	A scheme to have some evening classes in the area. These could be health related. T2: <i>Physical & Mental Wellbeing</i> T3: <i>Physical Health , Mental Health</i>	Idea	0	0
Garda Presence - 8396	There is a need for a greater Garda presence, especially since the local station closed. T2: <i>Safety & Crime</i> T3: <i>Crime, Personal Safety</i>	Idea	0	0
Astroturf - 8397	There is a need for a local astroturf so that local teams can play in the winter. T2: <i>Sports & Recreation, Physical & Mental Wellbeing</i> T3: <i>Sport & Physical Activities</i>	Idea	0	0
Child road safety - 8398	A plan for traffic calming measures so that children can play and go to school safely. T2: <i>Safety & Crime</i> T3: <i>Road Safety</i>	Idea	0	0
Active retirement/ community centre - 8399	More use of the community hall for the use of older members of the village. T2: <i>Physical & Mental Wellbeing</i> T3: <i>Mental Health, Active Retirement</i>	Idea	0	0
Traffic calming measures - 8400	The speed limit is 60 miles per hour and this has improved the situation. However, some parts of the village are still at risk from speeding cars and more traffic calming measures are needed. T2: <i>Safety & Crime</i> T3: <i>Road Safety</i>	Idea	0	0
Composting Workshops - 5504	Home composting is a great way for people to manage their household food waste and prevent it from going to landfill. It also leads to greater awareness and food waste prevention in the home.	Past / Present	0	0

TITLE	SUMMARY	TYPE	Number Follows	Number Comments
Build a cycle lane - 5505	A cycle lane would attract more visitors and also improve the health and wellbeing of local residents. It could also encourage tourists to stay longer in the locality.	Past / Present	0	0

8. Appendices

Carers and General Health



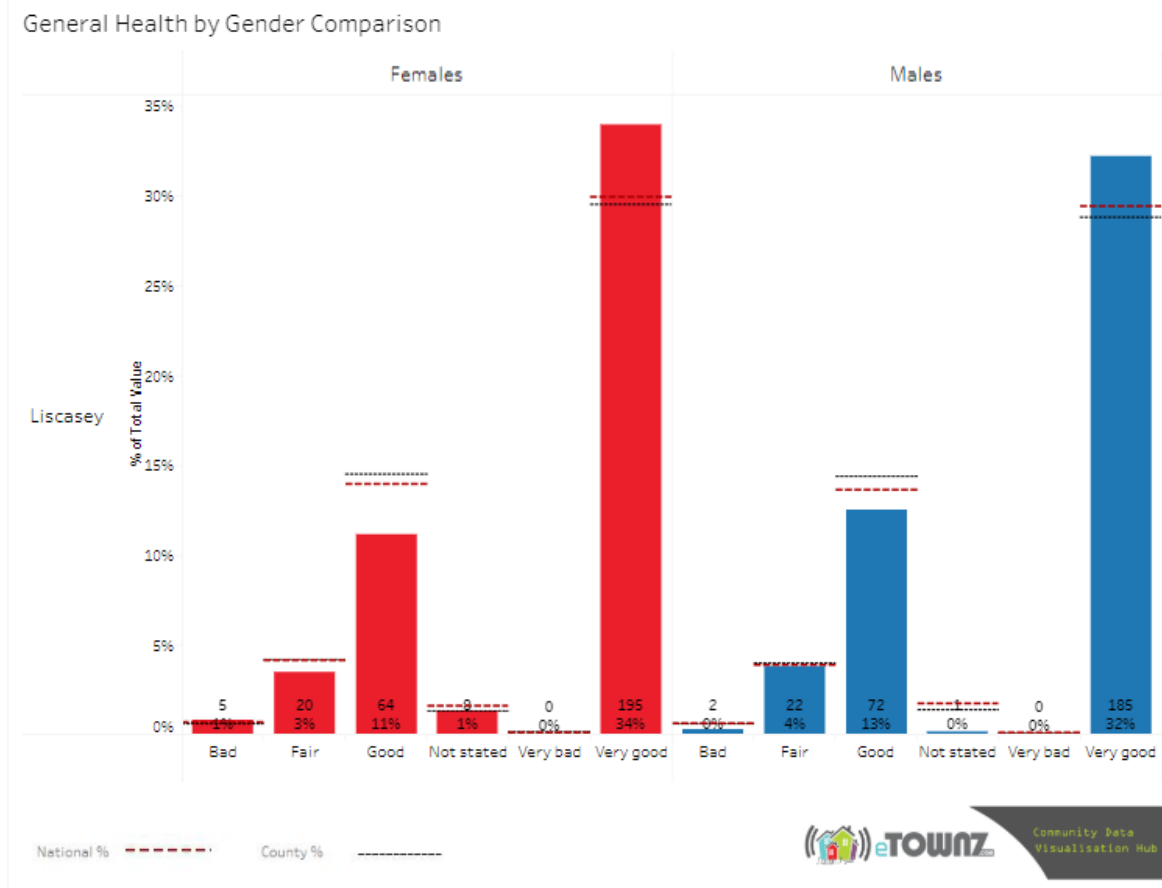
Trendlines:

- > The red dotted line represents the national average for this parameter
- > The black continuous line represents the county average

Census '16

https://public.tableau.com/profile/pat.kennedy#!/vizhome/Wellbeing_0/Populationaged15yearsbyPrincipalEconomicStatusandSex?Edname=Liscasey

General Health by Gender



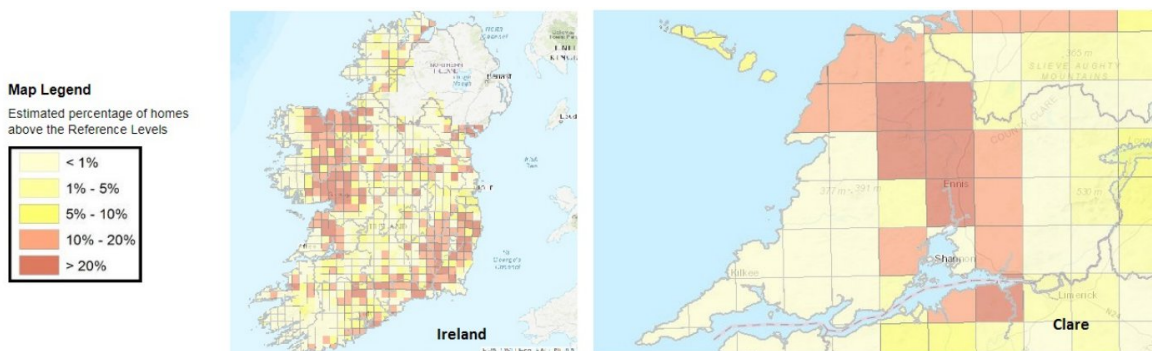
Trendlines:

- > The red dotted line represents the national average for this parameter
- > The black continuous line represents the county average

Census '16

https://public.tableau.com/profile/pat.kennedy#!/vizhome/Wellbeing_0/Populationaged15yearsbyPrincipalEconomicStatusandSex?Edname=Liscasey

Radon Prevalence Map (Ireland + Clare)

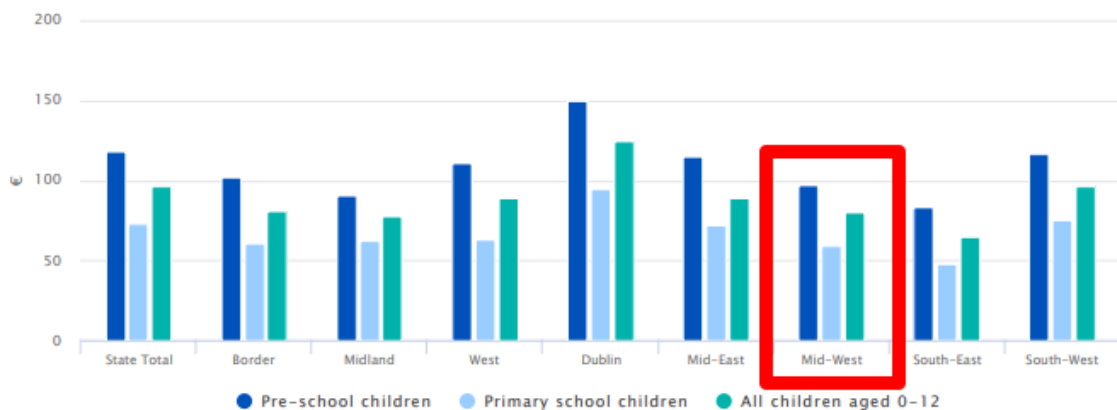


While north Clare has high levels of Radon when compared to national average the south-west of the county has some of the lowest levels in the country.

Radon Prevalence Map (Ireland + Laois)

<http://www.epa.ie/radiation/radonmap/>

Childcare Costs In the Region



Source: CSO Ireland

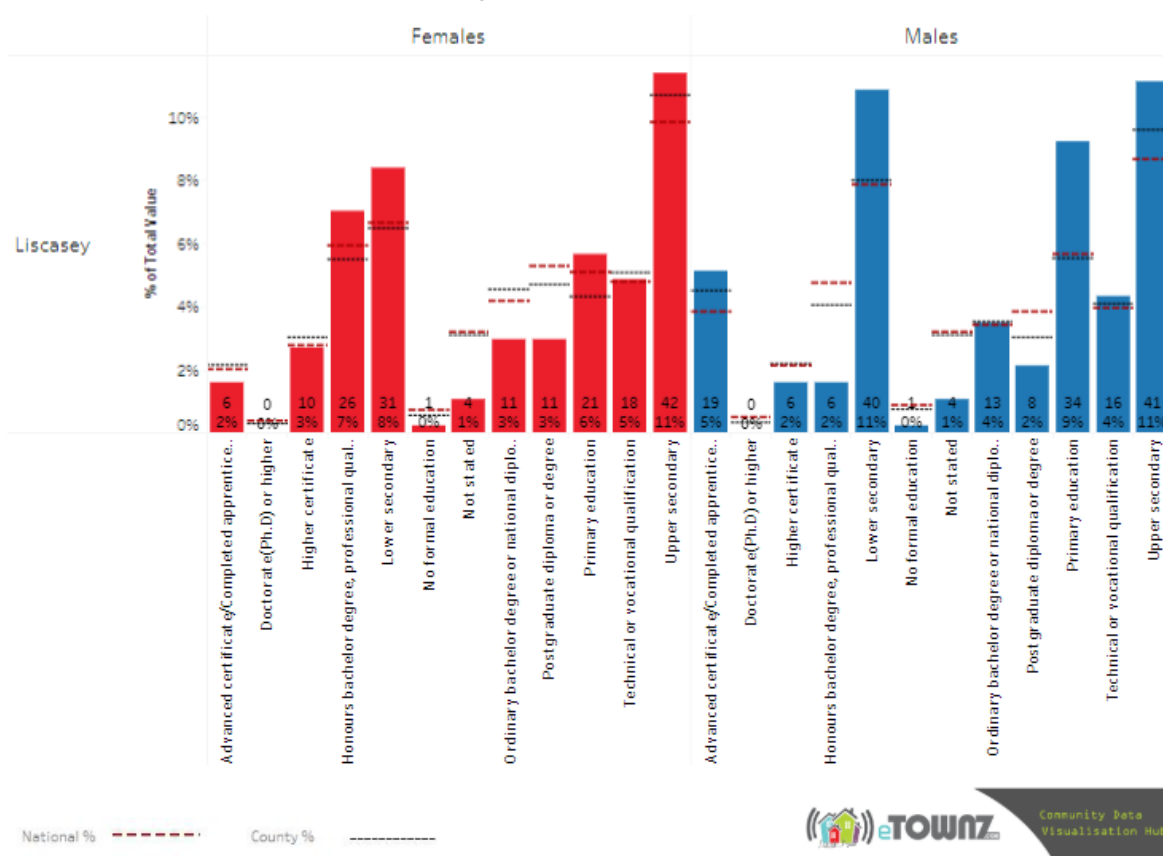
Childcare care costs in the region are relatively low when compared to other regions of the country. This can perhaps be included in a prospectus to encourage families to move to the area.

CSO

https://pdf.cso.ie/www/pdf/20170706100048_QNHS_Childcare_Quarter_3_2016_summary.pdf

Level of Education (Census '16)

Education Profile - Level of Education Comparison



eTOWNZ

Community Data Visualisation Hub

Trendlines:

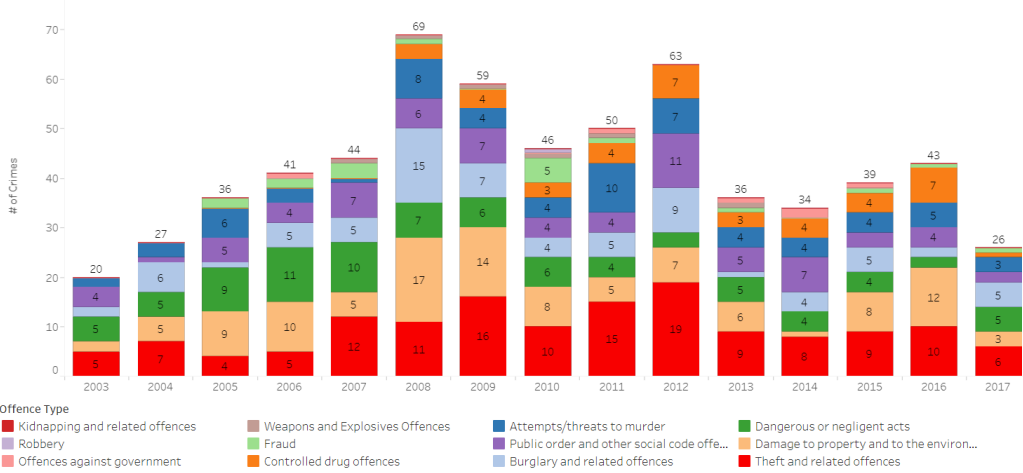
- > The red dotted line represents the national average for this parameter
- > The black continuous line represents the county average

Census '16

https://public.tableau.com/profile/pat.kennedy#!/vizhome/Wellbeing_0/Populationaged15yearsbyPrincipalEconomicStatusandSex?Edname=Liscasey

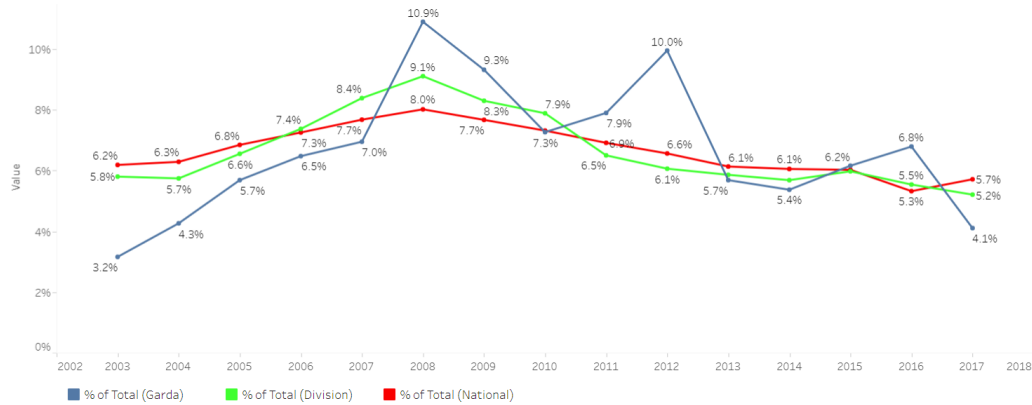
Crime Data for Local Garda District

Total Crimes Stacked by Type: Kilmihil



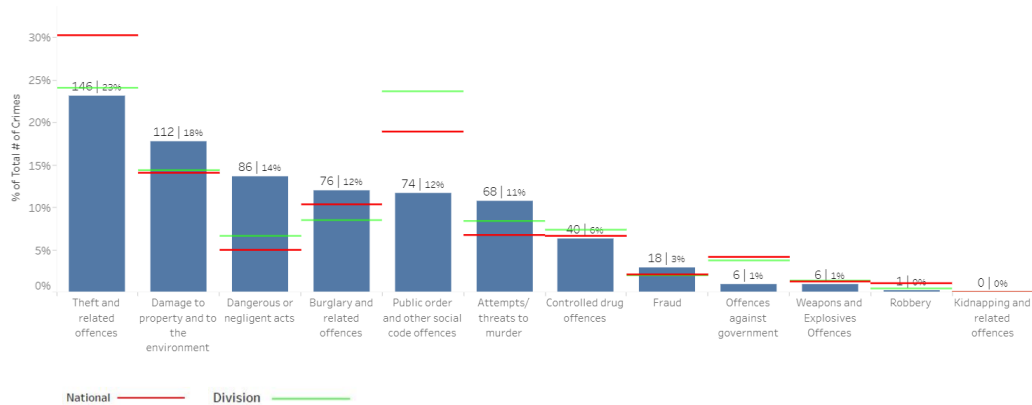
Crime Comparison by Offence Type: Kilmihil vs. Clare vs. National

Offence Type: All



Crime Comparison by Year: Kilmihil vs. Clare vs. National

Year: All



The top bar chart shows the number of offences per year, divided by type, in the local area, from 2003 to 2017.

The bottom bar chart shows the percentage of total crimes of each offence type between 2003 and 2017, going from highest to lowest. The blue bars represent the percentage for the local area, the green line the country or region and the red line the national statistics.

Crime Data

https://public.tableau.com/profile/pat.kennedy#!/vizhome/CrimeData_31/CrimeinGardaStations?Garda%20Station=Lisseycasey

Deprivation Statistics



Liscasey

Clare County

Displaying data for: 2016

Pobal HP Deprivation Index

2016: Marginally Above Average

2011: Marginally Below Average

Change: **+2.50** points

Population

Units: 287

Change (2011-2016): **+0.07**

Unemployment levels

Male: 6.49%

Female: 5.45%

Education

Primary education only: 14.00%

Third level education: 26.82%

Household

Age dependency ratio: 42.16%

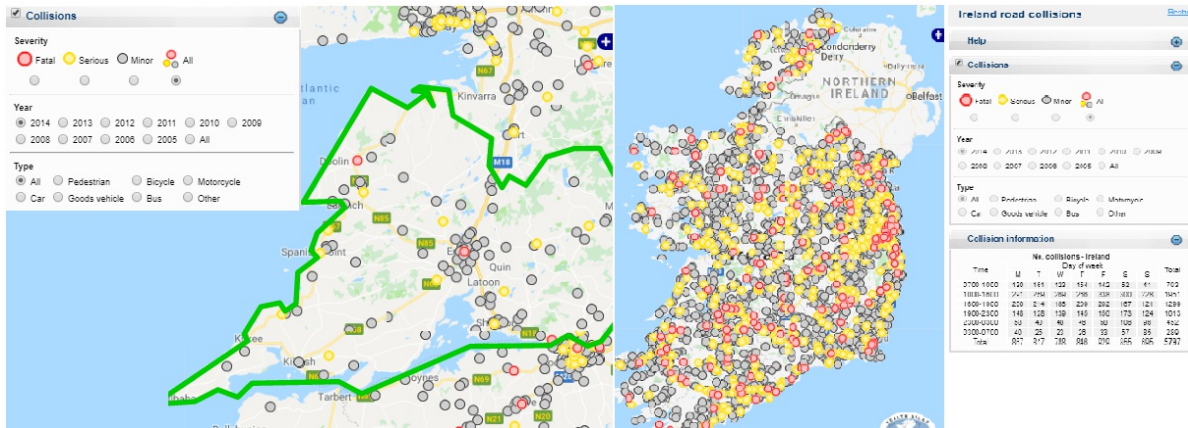
Lone parent ratio: 10.00%

Without a car: 8.00

Without a car (%): 8.00%

Persons with a disability: 8.96%

Car Accidents Clare

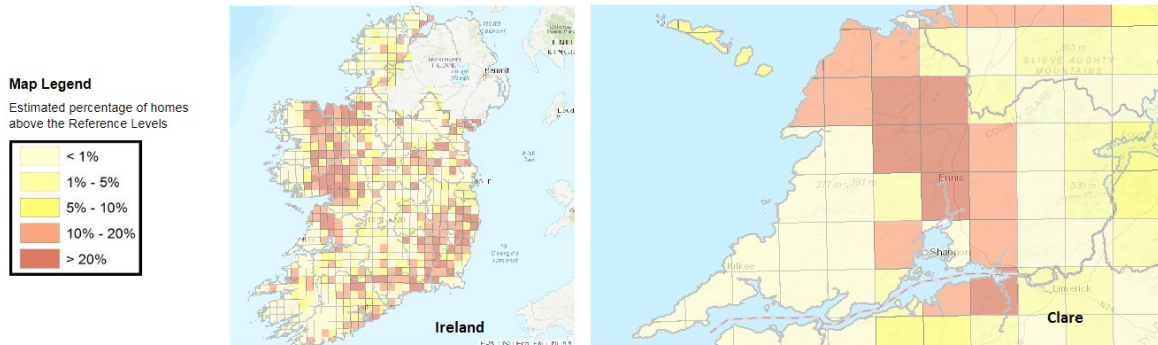


Clare as a relatively low level of road collision and road fatalities when compared to other counties in Ireland

RSA Road Safety Data

<http://www.rsa.ie/RSA/Road-Safety/Our-Research/Collision-Statistics/Ireland-Road-Collisions/>

Radon Prevalence Map (Ireland + Clare)



While north Clare has high levels of Radon when compared to national average the south-west of the county has some of the lowest levels in the country

EPA

<http://www.epa.ie/radiation/radonmap/>

