

# Executive Summary

26 & 27 SEPTEMBER 2013



## CITIES FOR THE FUTURE: Learning from Global to Local



CORK CITY COUNCIL  
COMHAIRLE CATHRACH  
CHORCAI



etb  
Bord Oideachais agus  
Ollscoile Chorcaí  
Cork Education and  
Training Board



Fedhmeannacht na Seirbhíse Sláinte  
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# Conference Organising Committee

Denis Barrett, City of Cork VEC

Denise Cahill, Cork Healthy Cities

Bernie Connolly, Cork Environmental Forum

Deirdre Creedon, Cork Institute of Technology

Elmarie McCarthy, Cork City Council

Tina Neylon, Cork Lifelong Learning Festival

Martin O'Donoghue, Cork Opera House

# ecCoWell

*Cork 2013*

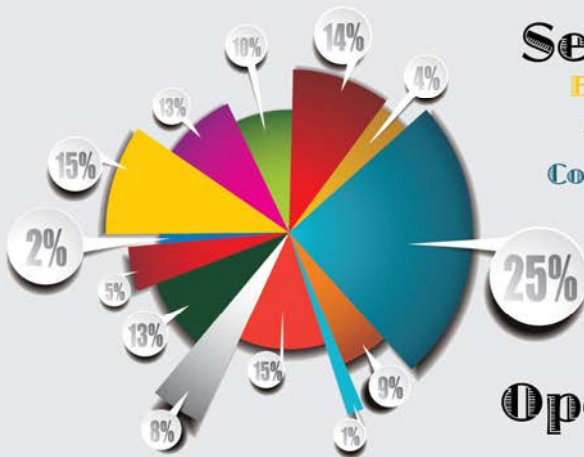
- Ireland
- Northern Ireland
- Spain
- Canada
- Croatia
- England
- Scotland
- Germany
- Austria
- USA
- China
- Slovakia
- Slovenia
- Switzerland
- Sudan
- Sri Lanka
- France



**253 Delegates**

## Sectors participating

- Education
- National Government
- Environment
- Health
- Transport
- Community Development
- Local Government
- Business
- Others
- Research



## Open Networking Sessions



**Feedback**

## What Next?



- Invitations to Beijing conference
- Pascal conference
- International recognition



**'Welcome to Cork'**  
**Official Launch, Lord Mayor of Cork Cllr. Catherine Clancy**

Good morning everyone.

As Cork's first citizen I want to welcome you to our city and to what we hope will be a stimulating, rewarding and enjoyable time for all of you.

Cities for the Future is a Flagship event for Cork during this year of The Gathering, which is aimed at encouraging visitors to come to Ireland.

I would like to welcome in particular those of you who have travelled from overseas to be here – I understand that some of you are from the United States, China, Canada, the United Kingdom and from many countries across Europe.

This two day event is an opportunity to exchange your ideas and experiences, and to join in a discussion on how our cities should develop over the coming decades by using resources more efficiently.

Cities for the Future is part of a new initiative called EcCoWell, which brings together strategies about Ecology and Economy, Community and Culture, Wellbeing and Lifelong Learning – and you will hear more about that shortly.

EcCoWell Cork is steered by representatives of different sectors working together on a voluntary basis because they care about Cork and how it could be improved for all its citizens, and I would like to thank them.

They are:

Denis Barrett of Cork Education & Training Board;  
Denise Cahill, Healthy City Co-ordinator with the HSE;  
Bernie Connolly of Cork Environmental Forum;  
Deirdre Creedon of Cork Institute of Technology;  
Elmarie McCarthy of Cork City Council; and  
Tina Neylon of Cork Lifelong Learning Festival.

I would also like to thank the sponsors of this event – The IPB Gathering Fund, Cork City Council, Cork Environmental Forum, Cork Education and Training Board, the HSE and CIT.

We Corkonians are proud of our heritage and we celebrate our diversity.

Our city was founded on the western end of one of the finest natural harbours in the world over 800 years ago.

Cork Harbour has served as a natural gateway for importing, exporting, immigration and emigration for centuries. We have been influenced by our trading history as a city with an export driven food economy – we had the largest butter market in the world in the 19<sup>th</sup> century.

Over the years we have developed an openness to the novel, diverse and exotic features of the rest of the world.

Through the openness of our approach we have also developed ideas about change and how we could develop Cork as a location of change in action and opinion.

That's why the EcCoWell approach is so suited to our city.

Also, Cork has a well-established record of effective interagency work. Just some examples are:  
Community Education Networks,  
the designation of Cork by the World Health Organisation as a "Healthy City",  
the Lifelong Learning Festival,  
Health Action Zones,  
community allotments,  
city-wide sustainable travel strategies,  
and a commitment to bio-diversity such as the development of Tramore Valley Park.

Cork City is the ideal size to allow for effective networking across all pillars; it's big enough to impact on a large population and relatively moderate enough to allow for effective networking.

Cities for the Future is an opportunity for you to tell us about projects where you come from, and for us to share with you initiatives in Cork which are building on areas of common interest between sectors.

Tomorrow morning at 10am I look forward to welcoming those of you who are staying overnight to the Council Chamber for a reception – before you are taken to visit exciting and innovative projects which illustrate how this holistic approach is working so well in practice.



## Denise Cahill, 'Introducing EcCoWell', Healthy Cities Co-ordinator Cork

Denise provided an overview of the concept of EcCoWell, how we're trying to put it into practice in Cork, and why we're doing it.

We are living in a runaway world:

- unprecedented challenges.
- large scale migration,
- escalating urbanisation
- majority of people in the world now living in cities,
- growing diversity across populations,
- demographic change,
- global warming,
- poverty,

EcCoWell refers to: Ecology & Economy, Culture & Community, Well-being and Lifelong Learning.

We generally work in silos but silos have been shown to have limited capacity and working together is much more beneficial. So it makes sense that if we're going to work and we're going to challenge inequalities, in this climate of recession and low access to resources, it just makes sense to work together.



Our logo signifies this in particular; it's the space in the middle where we are thinking broader, we're thinking outside of our silos, and we're being creative, that you actually produce the best possible ideas. It's that collision of ideas that can actually lead to change and to positive outcomes. There is no one leader, no one driver. It's a collaboration, it's a joint partnership, and it's working together

EcCoWell can be adapted for implementation at all levels. So, whether you are a pre-school teacher, a Primary or a Secondary teacher, a professor, or the Minister for Education – you can apply the EcCoWell concept to your work.

EcCoWell provides an opportunity to develop an involved and active society

### Our work so far:

- Established a Working Group in September 2012,
- Organised a seminar in Triskel during the Lifelong Learning Festival in March 2013 when Peter Kearns presented the concept to us
- Established a social media presence
- April, May, July and September 2013 held various think tank sessions with the different silos
- A Cork Food Policy Council has been
- We're going to run another Ideas Exchange before the end of the year to try and get more ideas and creativity going as well.

'Great ideas happen at the intersection where different or diverse industries, cultures and disciplines collide and ultimately it ignites an explosion of ideas that can lead to extraordinary innovations.'

## Keynote Speakers



**From left to right: Prof Mike Osborne, Prof Michael Parkinson, Jose Ignacio Arriba & Joan Devlin**



Professor Mike Osborne,  
**'Learning Cities: a New Dawn for the Next Decade'**,  
Glasgow University & Co-director of PIE

Mike provided an overview of Learning Cities in European terms, new developments from outside Europe and a way forward for new learning regions and cities

Purpose and Continuum of Learning Cities has been on creating an underlying infra-structure of educational opportunity that might attract inward investment from business to the creation of learning networks that promote and enhance social cohesion and inclusion

### **The Principles of a Learning City include:**

- Placing the broad concept of learning at the heart of strategies
- Notion that activities across a broad portfolio of services should revolve or stem from learning
- LLL hoped to be more effective than economic levers alone for development
- Gothenburg - *partnerships and collaboration* of interested regions and cities are essential
- R3L+ - Local Service agreements between stakeholders must be drawn up

The Concept of learning cities has been absorbed or mainstreamed into broader strategic policy in Germany and UK and there has been a new interest in China, Korea, Vietnam and Japan. UNESCO – **International Platform for Learning Cities (IPLC)** presents a potential kite mark standard

### Next steps

- Refining Key Features of Learning Cities so that they become a useable tool
- **International Conference on Learning Cities** 21-23 October 2013, Beijing
- And then ... Learning Cities 2020 - University of Glasgow – 5 December 2013

### The future

- Focus on key underlying motivations
- The building blocks
- The essential elements - political will and commitment and good governance.





**Joan Devlin,  
'Healthy Cities: Innovation, Leadership and Shared  
Governance'  
WHO Secretariat Healthy Cities**

The translation of rhetoric into action is at the core of the Healthy City movement. Healthy Cities was initiated in 1988 by WHO *“to put health & well being on the agenda of decision-makers in the cities of Europe”*

It aimed to realize the vision of the healthy city through combining political leadership, visibility for health, institutional change and innovative action for health – supported by partnership working, networking, evaluation and dissemination.

We are living in a changing urban contexts and landscape where:

- People live longer and have less children
- Non communicable diseases dominate the disease burden
- Infectious diseases, such as HIV, tuberculosis remain a challenge to control.
- Health systems face rising costs

The new European health policy 'Health 2020' aims to ***significantly improve health and well-being of populations, to reduce health inequities and to ensure sustainable people-centred health systems.***

Joan presented an economic case for investing in health promotion and disease prevention but indicated that politics matters so it is essential to put health on the political agenda

In many cases, the best choices for health are also the best choices for the planet; and the most ethical and environmental choices are also good for health. In many cases addressing poverty also addresses the survival of the planet.

### **City health diplomacy**

Successful Healthy Cities leadership involves

- building coalitions with other people and organizations so that together they can achieve objectives that they could not achieve on their own;
- forging such coalitions within and across the public and private sectors, civil society and NGOs. (collaborative governance)

Measures of success

- Socially equitable
- Economically viable
- Politically participatory
- Ecologically sustainable
- Culturally transferable
- Multiplier effects

The only evaluation that matters in judging an urban community—or an urban development program—is whether anyone **would want their own children to live, to study, or to work in a given community.**

“Translating findings (evidence) into changed practice is arguably the next big challenge for donor agencies as well as for a range of other international actors”.

(ODI 2011)



## Speech by Minister Seán Sherlock

**Department of jobs, Enterprise & Innovation and  
Department of Education & Skills with responsibility  
for Research & Innovation:**

- What I have to do is to assist this group in terms of its process, in how this takes shape for the future. I see my role in terms of Minister for Research and Innovation as perhaps acting as Facilitator... someone who can open doors, break down the silos ... that has been a mantra of mine for the last two years. If we can break down the silos, open up the doors, get things going, God knows what the potential can be.
- (When) we recently held the Presidency of the EU, I chaired the negotiations around Horizon 2020, the next Framework programme for Research & Innovation across the now 28 member states. That's a €70 billion package that Ireland negotiated... In those negotiations was a very clear and tacit policy provision whereby we would look at the grand societal challenges .... things like Health, ageing populations, smart specialisation, how our populations are going to integrate with the key enabling technologies that are emerging. .... So we ensured that there has to be a mechanism, that it's not just about creating research funding about purely commercial entities, it's also about meeting the grand societal challenges of our time, and that we fund smartly into those areas.
- .... those grand societal challenges marry with our own national policy prerogatives. We have recently identified and mapped 14 key areas that we are going to fund into .... things like connected health, things like big data, data analytics, medical devices, things like business processes and so on.
- The big challenge is how do we get the citizen to be engaged in that process, how does the citizen become an active participant, a stakeholder in that process.
- If we're going to be serious about EcCoWell there has to be some sort of translational element such that, if government is funding into Science Foundation Ireland and is funding activity here that's going to have a major impact on populations, we have to find some way so that the stakeholders here can engage with that process.
- If EcCoWell is going to be successful it has to have a sense of what is going on within academia, within the Cork landscape as well. It has to have an in depth knowledge of that.
- This shouldn't just be about Cork City, it has to be about Cork-Mitchelstown, Cork- Mallow, Cobh, Carrigtwohill. Cork is not a big city in global terms and Cork has to start reaching out a bit, cascading its thinking out as well, and vice versa.
- ... it's about breaking down the silos, getting greater flows of communication, flattening the structures, so that people have access and new ideas. It's the academics coming to meet people such as yourselves and maybe creating new modes of communication, so that Cork then becomes a region that will be looked at globally as having natural synergies that build up informally and formally, in a way that makes Cork a natural test bed then for new global innovations into the future. That's essentially where I see the Cork landscape going.
- I honestly believe that you've captured the Zeitgeist here because in government I was thinking as Minister for Innovation how are we going to democratise what it is that we're doing from a national policy point-of-view. We're putting taxpayers' money into meeting the grand societal challenges and I'm quite confident that Ireland will be able to draw down quite significant funding under Horizon 2020 to meet those grand societal challenges.



José Ignacio Arriba,  
“Vitoria Gasteiz – A City on the Road to Sustainable  
Development’ –  
City Council, Vitoria Gasteiz, Basque Region, Spain -  
European Green Capital 2012

- Vitoria Gasteiz is in the north of Spain and is the capital of the Basque Country, and was awarded in 2012 the European Green Capital. The award goes to a city that has a consistent record of achieving high environmental standards and is committed, and this is important, to ongoing and ambitious goals for the future, and acts as a model to inspire other European cities.
- (It is) a city which co-exists in harmony with its environment. ... we have three spaces: the city itself, the surrounding area of rural, agricultural area, and then close in forested areas, which is one third of the area of the municipality. Our public gardens cover 2000 hectares. Some of our work has involved reclaiming degraded areas.
- .... the city is very green ... one third of the city surface (is) public green areas – 45 square metres per inhabitant; we have a surrounding green belt which has 33 kilometres of pedestrian pathways and 90 kilometres of bicycle routes & roads. ....100% of the population lives less than 300 metres from these spaces.
- We understand sustainability practically and theoretically has environmental, social and economic (elements), the three of them must work at the same time.
- We have a network of ... civic centres, which are facilities in every neighbourhood with 10,000 inhabitants, with social and sports facilities.
- We ... promote the participation of our citizens. For example School Agenda 21: (they) tackle some environmental problem, for example water, another one wind, energy, next one waste management. ... the Sustainable Mobility Plan first began with a Citizens’ Forum; that means that the citizens gathered together and asked our politicians to push the plan, and then they check what we are doing.
- In order to ensure better governance the aim is to strengthen the co-ordination between the environmental sector and the various different municipal departments and organisations.
- The aim is to improve the model by strong institutional leadership sharing with the different agents that make the city, not only inside the municipality but also the social networks and associations, in order to respond to the needs of a city such as Vitoria Gasteiz which aims to move forward in a manner according to the principles of sustainability.



Professor Michael Parkinson,  
**'Smaller Cities Try Harder'**

Director, European Institute for Urban Affairs,  
Liverpool John Moores University

**Speech based on his report** *Second Tier Cities in Europe: In an Age of Austerity Why Invest Beyond the Capitals?* (Liverpool JMU & European Institute of Urban Affairs, 2012)

- We tried to ask a question: Why should the capitals get all the money?
- We did a piece of work which showed for the first time that there's a very close relationship between political economy, governance and economic performance and, quite simply, if you deconcentrate investment and decentralise decision making you get more high performing cities, you get a more high performing national economy and you get a more successful European economy.
- I subscribe very strongly to the OECD analysis – where do you get the most growth from, both in the boom and in austerity? You get it from the middle.
- ... capital cities dominate the national economy much more in the east than in the west .... if you're looking for significant economic performance you don't want a dominant capital.
- The evidence from the boom is that many second tier cities made a growing, increasing contribution to the national performance and ... in some places the second tier cities, including your good selves, the second city beat the capital.
- Greater decentralisation gets you greater productivity. It's not only better economically, if you don't have such a big gap, it's fairer. ... in the countries where the capitals grew more than the second tier cities, regional inequality increased. Inequality got worse, not when the national economy did well, but when the capital city did better than the national economy - that's the real message. In Germany the capital did not grow and inequality declined.
- My simple message is: decentralise responsibilities and resources, don't just pass the buck, you have to pass the money and deconcentrate investment. You need territorial economic governance of scale, you need to manage yourself as a region.
- My message to national government is cities matter, so support them.
- Place making is a real asset, you are good at that, encourage local leadership, think about city regions, new financial instruments because the public sector is broken, more contractual working, partnership very nice – that's all good but get it nailed down in contracts, more government departments need to value cities...
- Achievements - well done Cork ... The economic driver of the southwest; of course it's benefited from Europe; of course it's benefited from the sustained strategy of FDI and internationalisation. You've got a better balanced, high value added economy more than, better than, any other Irish city, it's better balanced. Dublin is too much in financial services, you've got manufacturing, high tech, public sector - you've got the right mix. You've got a young, well educated workforce and .... you've got a very strong Third Sector in this room today, huge commitment, huge energy, huge passion – the point is to channel and connect to the economic drivers. I think you've played a very good hand, given the very weak local authority it has to move that way...
- Because you've got the dual economy, social exclusion is large. This is a two track city, you know that.... You've got to keep the city centre alive ... you need to reinvest in that ... you must get the spatial balance right.
- ... your message I believe is truly powerful, it is that Cork has shown that, even when you have limited powers and resources, good, strategic, political, visionary leadership can make a difference.



## Open Networking Sessions



# Open Networking Sessions

The aim of the session was to invite participants to share details of projects they are involved in – to provide an opportunity to learn from each other using Open Space technology.

Open Space is a powerful tool for engaging large groups of people in discussions to explore particular questions or issues. It can be used with groups from anything between 10 and 1,000 people. Open Space has been used successfully in thousands of places over the last 20 years, it's an open source idea and has been equally effectively by NASA & the UN as it has by community groups.

The Four Rules and One Law of Open Space:

1. Whoever come are the right people.
2. Whatever happens is the only thing that could have.
3. Whenever it starts is the right time.
4. When it's over, it's over.

The Law of Two Feet states that:

*"If, during the course of the gathering, any person finds themselves in a situation where they are neither learning nor contributing, they must use their feet and go to some more productive place."*

The themes chosen were:

- **Group 1: The Food Chain: making the right links**
- **Group 2: Planning for People: developing our knowledge and skills**
- **Group 3: Vibrant local Economies: enterprising approaches to sustainability**
- **Group 4: Are we mobile? How far down the road can we go?**
- **Group 5: Well-being and Community: How do we measure up?**

## Feedback from Open Networking session

### Group 1: FOOD CHAIN SESSION

- Dr Colin Sage, Geography, UCC/Food Policy Council
- Jim Kitchen, Belfast Food Network
- Eoin McCuirc – Feeding 500 – bio/reg to come
- Sandy Cole – Broughgammon Farm
- Elaine MacGrath – food Poverty & PAUL Partnership
- Sandra Plescher – Sustainable Clonakilty

#### 1. Belfast Food Network

- Leadership buy in & Projects
- Education and Awareness
- Volunteers get exhausted

#### 2. Bia Feed 5000

- Great Idea
- Raise Awareness
- Show me the Money (To do it!)

#### 3. Cork Food Policy Council

- Building Partnerships Across the City and across the County
- Encouraging Networks, amongst Producers, between Producers and Consumers
- Promoting Values and Principles to eat by including facilitating learning



### Group 2: PLANNING FOR PEOPLE

- Laurie Kerr - NYC
- Deirdre Ryan – CIT
- Brian Riney – South West Regional Authority, Ireland – BATTERIE (Better Accessible Transport to Encourage Intermodal Enterprise)
- Cathal O’Connell/Siobhan O’Sullivan – School of Applied Social Studies, UCC –
- Des Cox – EirGrid – Good Practice Guidelines – infrastructural projects

#### 1. Views Of Young People In Urban Regeneration

- Feedback – action
- Creative engagement
- No categories (labels)!

#### 2. Environmental Advocacy

- Knowledge about energy use in homes and buildings

- Difficulty of retro-fitting
  - Policies that span economic cycles
- 3. Eirgrid**
    - Public participation – look at new models of participation
    - Use local partnerships for networks
    - Using social media more pro-actively and effectively
  - 4. Cork Marathon**
    - Expand social media use
    - Expand range of prizes
    - Promote Cork as a place to visit
  - 5. Sustainable Architecture**
    - An Irish way of achieving a ‘good’ place to live
    - City park strategy
    - Build on the ‘urban village’ concept
  - 6. BATTERIE/TRAP**
    - Breaking down silos
    - Integrating transport modes
    - Holistic approach to catchment management



### **Group 3: VIBRANT LOCAL ECONOMIES**

- Jeremy Hegle, Senior Project Director at U.S.SourceLink, Kansas City
- Michael Loftus – CIT - IT@Cork & adopt a school
- Ernest Cantillon- Cork Business Association/Mark Rafferty –Linked Finance – reg/bio
- Alexander Kip from Cologne –
- Kieran Lettice – Energy Cork

#### **1. Adopt A School**

- Success based on working through member organisations rather than directly through schools
- Focus on empowering kids to make informed decisions
- Social, educational and economic goals and benefits are not mutually exclusive

#### **2. Smart City Cologne**

- Ship to grid
- Climate street : bottom up
- Integrated metering (measuring heat, water and electricity and sends information via computer)



### 3. US Source Link

- Give before you get
- Celebrate small wins
- Getting people into a room makes good things happen

### 4. Energy Cork

- Awareness/engagement with **people**
- Co-ordinated planning —————→ CNC 2050  
(Planners, politicians, technical people) —————→ Housing
- Communicating (existing schemes)



### **Group 4: ARE WE MOBILE**

- Dr Geraint Ellis, Queen's Belfast - walkability
- Robert Pressl – Gratz – mobility management
- Cathy Buchanan/European partner – Meitheal Mara/EU Boat Project
- Rob Power - Carma
- Lorraine Fitzsimons D'Arcy, Transport Insights

#### 1. Putting Walking At The Heart Of Planning

- Convenience is critical to getting people to adopt more active travel – this needs to be designed into our settlements
- Safety concerns are central to organising children's travel
- Many people say they would welcome further restrictions on car use

#### 2. Bambini Project

- Positive attitudes to cycling and walking are best developed at a very young age
- Work with positive fun approach rather than negative, e.g. danger
- Try out ideas with pilot projects and work more with emotions rather than rational arguments

#### 3. CAR-MA Car Pooling

- Safety and security? - Profile photos
  - Users given a star rating
  - Every trip is stored
- Social factor
- Open sessions – regular Q&A sessions

#### 4. Communicating And Implementing Walkability

- Multi-disciplinary groups to engage with planners
- Contextual nature of walkability, engage with local people and groups about their needs
- Walkable city = liveable city = healthy city

## 5. EU Boat Project

- Exploring the boat as a symbol for mobility
- The boat can support social mobility as well as physical mobility
- Using the boat and river and canals to attract tourists; local citizens for recreation
- Being in a boat changes your perception of a place and gives you access to places you can't reach otherwise

## 6. Bike Train/Bike Parking/Storage

- 'Traffic' education vital at all levels
- Safer road conditions:  
Physical and behavioural (potholes)
- 'Local government' to be empowered

Obesity  
Health!!



## **Group 5: WELL BEING AND COMMUNITY**

- Mike Hogan, UCG – Wellbeing Index
- Brian Lister OBE – The Edinburgh Guarantee (youth)
- Stephen Gaetz – Canada (youth)
- Michelle Whooley/Jessica Carson – Mayfield Community Arts - Global Development Initiative
- Dr Sami Ahmed – Sudan/Cork project – infant mortality/midwife training

### 1. **Social & Health Education Project (SHEP)**

Frequently what blocks people's development is not the lack of talent or capacity, but the lack of opportunity and encouragement

- To allow more active 'participation by more people in their own communities, it is necessary for 'gatekeepers' to step back from the positions of power
- Physical health and wellbeing is ultimately connected to environmental factors, levels of equality, poverty etc

### 2. **Creative Connections**

- Potential of creative approaches to measure learning/work/inclusion
- Inclusion – breaking down barriers
- Connecting through creativity. Allowing individual to discover their own paths to learning.

### 3. Cork Contract

Issue – Youth Employment

1. Date required
2. Business Interns required/ ???? e.g. Apple, EMC, Eli Lilly
3. Partners identified – Sean Sherlock, Ted Owens, Cork City Council, Cork County Council
4. Strategy developed
5. Quick wins – e.g. Retail, City Council, IBEC
6. Skills for future - ???? (couldn't make out word)
7. Start date Jan 2014

### 4. Cork Sudan Partnership – HBB

- Role model
- Community collaboration
- Networking

### 5. Youth Homeless

- Homelessness – housing first
- Youth engagement –check values
- Caring and respect and social justice

### 6. Well Being And Community

- How to approach a national concept of well being
- Large scale consultation very important - must include ALL voices/representatives
- What you measure is important

### 7. Energy Usage In A Primary Care Setting

- Energy usage and costs – making best use of
- Interaction with primary care workers across community
- Community workers interface with general practitioners





Pat Ledwidge,  
Closing Remarks  
**Strategic Planning & Economic Development  
Directorate, Cork City Council**

- Cork has shown today what I've known for a long time, that it has a very powerful, very hard-working and innovative Third Sector; the importance of sustainable development; and also the fact that sustainable development is made up of, as José (Arriba) said, of the three pillars. There's very many ways you can define the three pillars, my shorthand is economic, social and environmental.
- Sustainable development isn't a soft, woolly concept and, as Michael (Parkinson) said, you can't redistribute poverty. So it's important that we understand when we're in the economic sector that there is the social and environmental dimension, and when you're in the social sector that there's the economic and environmental dimension, and to think outside the box and to be open.
- ... there's a very strong institutional framework in place, which Michael Osborne and Joan Devlin alluded to ... the PASCAL network and the WHO Healthy Cities network .... something the people in the city can take advantage of.
- Things that stuck in my mind from today's talks.... it's actually about people from various backgrounds and various sectors in the city listening to each other. Michael Osborne's remark about the smallest geographical unit ... decision-making and doing things at the smallest geographical unit, the EU used to call that subsidiarity and I think that's a very strong concept.
- Looking at José's presentation, the bid for the Green Capital seems to have galvanised **Vitoria Gasteiz** as well and given it something to coalesce around and to look forward to in a very worthwhile way. The question I have for the people in the audience is – what will Cork coalesce around? We were European Capital of Culture in 2005, is there something else we can aim for to try and align the city towards a very positive future?
- I want to make some remarks about what for me, as a public servant, is the most important part of today – and it's a theme which has been alluded to in all the discussions – and it's about governance. One definition of governance is how we do things and the values and behaviours we have when we do them.
- To me there's two bits of governance – there's the policy bit and the implementation bit.
- There's a lot of learning that's coming from today's sessions and from tomorrow and we have to capture it and get it on the policy agendas of the various actors in the city, including the City Council.
- (I'm) in charge of Planning and Economic Development, and the Draft City Development Plan is being prepared ... it's important that some of the learning from today's event finds its way into the Draft City Development Plan. Next year there's Local Elections and after that the City Council has to prepare a Corporate Plan, some of the values and learning from today should also find their way into the Corporate Plan.
- Most important is implementation. For implementation we need to distil our policies into actions, but it's important that the actions are implemented. And the people who implement the actions are the decision makers in the various organisations .... For decision makers it's about power and how people use power and there's a very famous paper that was done in the 1970s about the three levers of power– there's the obvious power, there's power that is hidden and there's power that's imbedded.
- And what I'd like to see, and it's a very long road and I'll be long retired when it happens, but if some of the values from today and the behaviours that we advocate, and the policies and actions that we advocate, can eventually be so embedded in the minds of the decision makers that they're almost sub-conscious, that would be a very good thing to aim for.



# Site Visits

## **Site visit 1: to St. Mary's Health Campus & Proposed Urban Centre for Health** Proposed Urban Centre for Health, Northside Regeneration & Health Action Zones **Led by Denise Cahill, Healthy Cities**

Over 50 delegates attended the visit.



The bus journey to St Mary's Health Campus was presented by Ingrid O'Riordan the School Completion Programme Co-ordinator in Knocknaheeny. Ingrid provided an overview of Knocknaheeny which included the community garden, Nash's Boreen and the regeneration areas, the local schools, the Traveller Halting Site, the location of Niche and the new library. Each of these areas were then presented to the delegates as follows:

Denise Cahill, Cork Healthy Cities welcomed everyone.

Yvonne Finn-Orde, Local Health Office Manager from Cork North presented on the role of the HSE in the Proposed Centre for Urban Health and committed to the development of the Centre for Urban Health Studies by 2015. Tony Fitzgerald from Niche & Prof. Ivan Perry from University College Cork outlined their combined vision for the proposed Urban Centre for Health, and the benefits this would have to the local community as well as UCC. Andy Walsh, Regeneration Officer with Cork City Council then presented an overview of the Regeneration of Knocknaheeny, the steps involved and the changes that will happen.

Community groups and organisations are at the heart of Cork City North West and Sheila Dillon played a video on Happy Talk – an innovative speech and language programme that involved parents in the north west region. Andrea Barlow from the Mayfield Art for Health Project read a poem that she wrote with a local women's group on attending for a cervical check. This was very well received.

Stephen Murphy & Joanne McNamara, Community Health Workers with the Health Action Zones presented on key projects taking place in the local community – including a community garden and a recently reclaimed local walking route now used by local walking groups.

The visit was completed by a wonderful demonstration by the Shandon Shillelagh Club. This was the first time the members of the club demonstrated their self defense skills and they received a standing ovation for their efforts.

Delegates were then invited to view local community initiatives on site including **The Glen Growing Project and Be Well Beware (Bubbles Installation & Bra Project)**

To complete the visit, delegates were treated to a healthy lunch of homemade soup and sandwiches from the local community garden which was provided by the Knocknaheeny Youth & Community Café. Each delegate was invited to take a plant / vegetable produced by the local community garden as an incentive to start growing themselves and as a memento of a wonderful trip to Gurrabraher and Knocknaheeny. The visit reflected the ethos of EcCoWell with collaboration and contributions from

across the board including the Health service, University College Cork, Cork City Council and most importantly the community sector in the North West of the City.



Community Artist in Knocknaheeny, Mary Timmons, displays the Bubbles Installation



Marian Singleton, Niche Bra Project



Miriam O'Shea, Health Promotion Dept. prepares stand for the delegates



Yvonne Finn-Orde, HSE South presents on the role of the HSE in the Proposed Centre for Urban Health



Esther Aherne, The Glen Community Garden displays their produce



The Shandon Shillelagh Club demonstrate their self defence skills

## Site visit 2 Ringmahon House Mahon & Blackrock Castle Observatory

**Led by Tina Neylon, Lifelong Learning Festival & Deirdre Creedon, Access Officer, Cork Institute of Technology**



17 delegates joined us for the morning, a mixture of visitors from overseas with some Irish.

First, we visited Ringmahon House in Mahon, where we were welcomed by Beth, a tutor, and later by Youthreach Co-ordinator Maura White.

Beth took the group on a tour of the house and explained its use today, and the delegates were very impressed.

A bit of background: Ringmahon House was built by the Murphy brewing family and in the 20<sup>th</sup> century was the home of the Dunnes (of Dunnes Stores). It fell into disrepair before being bought by Cork City Council. Today it houses a Youthreach Project and in its grounds are sheltered housing units for the elderly.

So the old and the young regularly mix at Ringmahon – a case of lifelong learning in action!

Youthreach is for 15-20 year old early school leavers, who have little or no qualifications. The course subjects are learner-centred and experimental with a strong emphasis on achievement and on developing the capacities of the participants.

The programmes on offer include:- Basic Literacy and Numeracy, FETAC Levels 1 to 5, Junior Certificate, Leaving Certificate Applied, ECDL, Back to Education Initiative (BTEI), Fastrack Information Technology (FIT), Personal and Social Development, Advocacy, Support and Guidance. Participants receive a Training Allowance.

The programme runs five days a week throughout the academic year, and there's also a Summer Programme, which focuses on the personal & social development of the student.

Ringmahon is one of three Youthreach Centres in Cork, operating under the aegis of Cork Education & Training Board, each catering for 25 students.

After touring the house, we heard from Eileen Nolan, a Home School Community Liaison teacher in a local school. She explained what that role entails, in building up relationships between parents and other adults in the community and the school – all aimed at improving educational outcomes for the young people in her care.

Jim O'Donovan, Director of Services, Recreation & Environment, Cork City Council, told the delegates about Mahon and how the area has developed and changed since the 1960s. He went on to explain how Ringmahon House was acquired by the Council, restored with financial support from the Dunnes Family, and is now leased to Cork Education & Training Board.





Jim then called on me to explain how people from the Mahon area are involved in a cross-border project through Cork Lifelong Learning Festival's partnership with Féile an Phobail (Festival of the People) in West Belfast.

It started in 2011 when four mural artists from Belfast came to Cork to work with unemployed men belonging to the Mahon Men's Art Group of the local Community Development Project. They painted a mural next to Blackrock Castle, and visited Belfast for a week during Féile later that year, where they created a mural off the Falls Road. The project continues; it has included young unemployed men from Cork and Belfast creating murals together inspired by the Titanic in both cities; and another mural in Mahon.

On our way to Blackrock Castle, the delegates were shown the mural by Jim and myself.

We were welcomed at Blackrock Castle Observatory (BCO) by Clair McSweeney, Facilities Manager, who gave us a history of the castle and explained its current use and some of the projects BCO is involved in. She then took us on a tour of the castle, ending on its roof, with its marvellous view of the Lee as it enters Cork City.



Some details: Blackrock Castle Observatory is housed in a 16th century castle, which in the early 20th century was used as a meeting place for local organisations but it had fallen into disrepair by 1930. In the 1960s it was acquired by a group of Cork businessmen for use as a bar, restaurant and more recently as offices and as a private residence. In 2001 the building was bought by Cork City Council.

Cork City Council partnered with Cork Institute of Technology (CIT) to develop the castle into a venue that would be accessible and of interest to the general public – and so Blackrock Castle Observatory (BCO) was created.

Conservation of the remaining structures & reroofing took place between 2002-2007 when the building began its new life, housing a Cork Institute of Technology research facility, a restaurant and bar and an award winning state of the art science exhibition.

The science centre at BCO, Cosmos at the Castle, is a state-of-the-art, multimedia-driven exhibition. The main exhibition, Life in the Universe, takes visitors on a tour of the universe in an interactive manner, using specifically designed content, which is viewed from interactive cinema-sized screens and individual touch screens. The BCO staff are also involved in outreach activities involving schools, parents and teachers, industry, the general public and community groups.

Blackrock Castle is also home to BCOLabs, staffed by researchers from the Astronomy Instrumentation Group at CIT. These researchers operate the two robotic telescopes at BCO and are engaged in developing and applying new instrumentation and technologies to support astronomy research. As well as collaborating with leading astronomy research groups, BCOLabs have worked with a number of companies on instrument development projects.

The close integration of the public exhibition and the laboratories makes BCO a unique centre for research and education. Since opening its doors in August 2007, BCO features regularly in the top 10 visitor attractions in Munster. It has hosted a huge array of events from conferences and summer schools to weddings and festivals and acts as a showcase for Cork City Council's promotion of Cork as a tourist and business destination.

See Clair's full presentation [www.eccowellcork.com/presentations](http://www.eccowellcork.com/presentations)

At our visit's conclusion we were treated to delicious sandwiches prepared by The Castle café, restaurant and bar, which serves locally produced foods and artisan products.

On our journey back to City Hall, the delegates spoke of how impressed they were with the sites they had visited, commenting on how inspirational they found how historic buildings were housing such worthwhile projects.

## Site Visit 3: to UCC Green Campus & Lifetime Lab Led by Bernie Connolly, Cork Environmental Forum

Whilst we had relatively small numbers on our site visit, there was quite an international contingent including delegates from the US, China, Glasgow and the Basque Country, Spain as well as a number of local Cork based delegates.



Small numbers didn't detract from the quality and positive experience of the visits. Our site visit took in UCC with a warm welcome from the President, Dr. Michael Murphy followed by an overview of the Green Campus Committee's work by Professor John O'Halloran which has led to UCC being the first Green Campus in the World. An accolade they have just recently renewed.



The group then split in two with some of us taking to the Campus Bikes and heading for the Biological Earth and Environmental Science Department located a distance from the main campus. There we were informed of the significance of some of the different geological rock formations, this information is available to the public by scanning the QR symbols on each of the rocks which are adjacent to the public pathway. It followed with a tour of the research area including interesting projects using willow filtering systems and a maraponics project, a closed system using fish and a sea plant. The remainder of the group went to view some of the Energy Projects undertaken by the University.



After what was definitely too short a visit, we got on board the bus to go the short distance to the Lifetime Lab. There we were welcomed by Michael O'Brien, Senior Engineer with Cork City Council and Mervyn Horgan who coordinates the project.



**Green-Schools** With an introduction by Ellen Murphy, Green Schools, Travel Education Officer, the children from Scoil Aiseiri Chriost, Farranree Girls Primary gave a wonderful overview of all the work they have achieved in attaining their 1<sup>st</sup> Green Flag for Litter and Waste. This was followed by a comprehensive synopsis from Kieran Murphy, teacher at Scoil Cholmcille CBS, Blarney St. (Boys) on their Green Flag programmes. They were the first school to be awarded a Green Flag and are now working on the 5<sup>th</sup> Flag for Biodiversity. The boys from the school presented on the work undertaken and planned to achieve this Flag, including constructing a bug hotel and surveying the city wildlife. The confidence of the students in making their presentations and their understanding, commitment and work on these environmental themes was very evident and heartening to witness.

Laurie Kerrie, visiting delegate from the Natural Resources Defense Council gave an enlightening overview of the Energy Project in New York where measurement and benchmarking were key components of the project. New York has one million buildings, both for residential and office use, so it is a big challenge. However, from the work thus far they have identified a smaller portion of larger buildings that have the highest energy consumption footprint. These are to be addressed first, with measures being put in place to conserve energy and reduce overall consumption.

The visit ended with a light lunch provided by the Lifetime Lab and an exploration of some of the on-site engines and machinery from the old waterworks.



## Site visit 4 Northside Community Enterprise & Northside for Business Lead by Denis Barrett, Cork Education and Training Board

Over 25 delegates attended the visit.



The visit commenced with a walk up the tree-lined avenue towards the historic Farranferris building, a former Secondary Boarding School for the diocese of Cork and Ross, now handed over to our hosts **Northside Community Enterprises (NCE)**. Farranferris now acts as a home for a variety of social enterprises, training programmes for industry and community, a third level outreach centre, an Irish language primary school (or Gaelscoil), a crèche, a folklore project, a garden, a gym and sports centre and a range of other social and community activities, focused on social inclusion.

Following a welcome by Noreen Hegarty, Manager of NCE, the delegates were brought on a tour of the building and the whole campus by Claire O'Brien, one of the NCE Supervisors. Delegates were introduced to the co-ordinator or manager of each of the following projects or activities based on site:

- 'Little Hands' – a Creche and PreSchool
- 'Gaelscoil Peig Sayers' – a Primary school where teaching is through the Irish language
- Northside Folklore Project – a supported employment project gathering and publishing evidence and folklore of the working class communities in the northside of the city
- 'Papillion' NCE Flowers social enterprise - preparing and delivering a range of floral bouquets and products offering supported employment
- NCE Catering /Bakery social enterprise – baking, catering and delivering hot and pre-prepared meals offering supported employment
- NCE Insulation social enterprise – providing retro-fit insulation and energy efficient solutions, particularly focused on elderly and those living in older social housing
- WIN programme (Work Initiative Northside) – a Training Programme for unemployed in office admin. and IT skills
- UCC Applied Business through Computers – a third level outreach course for unemployed



Delegates were then welcomed into the former chapel in Farranferris, still used for religious ceremonies, but also used for group meetings and presentation ceremonies.

Joining the chairperson of NCE, Fr. John O'Donovan, and other representatives of NCE on the discussion panel was Paul McGuirk and Carla Manning of the 'Northside for Business', initiative and Gordon O'Reilly of VM Ware.

Denis Barrett, Cork Education and Training Board thanked everyone and introduced the speakers, who gave verbal presentations in the following order:

Gordon O'Reilly, of **VM Ware**, a global multinational software company based in Cork, introduced his work in providing training under a Govt. initiative called 'Springboard'. This initiative recruits unemployed people from a variety of backgrounds, most of whom have had no involvement in IT, and gives them 'fast track' training over... weeks for 3 separate companies, VM Ware itself, EMC, and Abtran?? With built in work placement.

At the end of the programme the success rates for trainees being employed are very impressive with over 100 trainees being offered a contract of employment, and only 2 unsuccessful to date.

Pat O'Leary of the **NCE Sports Village**, a new venture, having taking over the premises and facilities of a failed commercial sports centre based in the southside of the city, transferring the Farranferris gym, staffed by part time staff in supported employment. and run as a social enterprise.

Paul McGuirk introduced the **Northside for Business** initiative, a cross-sectoral initiative bringing business owners together with Govt. business support agencies, and state agencies to focus on sustaining and developing the local economy in the northside of the city. The northside is the area in the city with the highest rate of unemployment and poverty, but has great strengths of community spirit, neighbourliness and self sufficiency - its people. The Northside for Business initiative has been working for two years to maximize these strengths to sustain and develop local businesses and local employment opportunities. As well as a large number of SMEs, the northside is the base of APPLE computers and Heineken in Ireland, and the initiative has engaged with these larger companies and across the business sectors, hosting a conference that afternoon in a local basketball arena, and a business showcase event to follow in October.

**Carla Manning** followed Pauls presentation, by giving the perspective of a local business owner. Carla, who grew up in the local area and is the owner of an accountancy practice based nearby, gave her own perspective on the benefits of being involved in this alternative approach to business support. She debunked the notion that sharing openly among businesses, even those in competition, would cause a loss of revenue, having found that despite initial fears, the opposite has been the case.

Real benefits have included a contribution to the businesses bottom line, particularly through recommendations from other businesses of their best clients, to practical and neighbourly cost cutting supports such as being offered a free van and men to move office furniture during a move to a new premises.

### **Panel discussion**

A Q&A panel discussion was then held, which focused on the nature of entrepreneurship being a common thread across the various initiatives showcased during the visit, from a new start-up school, to the various NCE enterprises. Fr. John O'Donovan highlighted the fact that risk taking is necessary in any setting if innovation and growth is to happen. Brian Lister, a visiting delegate from Scotland, raised some interesting comparisons with initiatives for young unemployed in Edinburgh.

The visit concluded with a much appreciated 3-course lunch, catered and presented by the NCE Catering staff.

## Conference Evaluation

A questionnaire was sent via e-mail to all those registered (253) to attend the conference, 2 weeks following the event. In total 63 questionnaires were completed, representing a response rate of 25%.

Overall, how satisfied were you with the keynote speakers/presenters?

	Very Satisfied	Satisfied	Dissatisfied	Very Dissatisfied
<b>Denis Barret: Welcome &amp; Introduction and MC</b>	<b>66.1% (41)</b>	25.8% (16)	0.0% (0)	0.0% (0)
<b>Denise Cahill: Introducing EcCoWell</b>	<b>77.0% (47)</b>	14.8% (9)	0.0% (0)	0.0% (0)
<b>Professor Mike Osborne: Learning Cities-a New Dawn for the Next Decade</b>	16.1% (10)	<b>64.5% (40)</b>	11.3% (7)	3.2% (2)
<b>Joan Devlin: Healthy Cities Innovation, Leadership, and Shared Governance</b>	22.6% (14)	<b>58.1% (36)</b>	12.9% (8)	0.0% (0)
<b>Minister Sean Sherlock</b>	32.8% (20)	<b>54.1% (33)</b>	8.2% (5)	0.0% (0)
<b>Jose Ignacio Arriba: Vitoria Gasteiz-A City on a Road to Sustainable Development</b>	<b>82.5% (52)</b>	11.1% (7)	0.0% (0)	1.6% (1)
<b>Professor Michael Parkinson: Smaller Cities Try Harder</b>	<b>56.5% (35)</b>	38.7% (24)	1.6% (1)	0.0% (0)
<b>Q &amp; A Session</b>	33.9% (19)	<b>46.4% (26)</b>	5.4% (3)	0.0% (0)

How satisfied were you with the Open Networking Session?

	Very Satisfied	Satisfied	Dissatisfied	Very Dissatisfied
<b>RED - Planning for People, developing our knowledge &amp; skills: Deirdre Creedon</b>	23.5% (8)	11.8% (4)	0.0% (0)	0.0% (0)
<b>ORANGE - The Food Chain: Denise Cahill</b>	21.2% (7)	21.2% (7)	0.0% (0)	0.0% (0)
<b>YELLOW - Vibrant Local Economy: Elmarie McCarthy</b>	14.3% (4)	3.6% (1)	3.6% (1)	0.0% (0)
<b>BLUE - Are We Mobile? Bernie Connolly</b>	14.3% (4)	10.7% (3)	3.6% (1)	0.0% (0)
<b>GREEN - Well-being and Community: Denis Barret</b>	42.9% (15)	2.9% (1)	2.9% (1)	0.0% (0)

**General satisfaction with EcCoWell Conference:**

	<b>Very Satisfied</b>	<b>Satisfied</b>	<b>Dissatisfied</b>	<b>Very Dissatisfied</b>
<b>How satisfied were you with the registration process?</b>	<b>65.6% (40)</b>	31.1% (19)	0.0% (0)	0.0% (0)
<b>Overall, how satisfied were you with the Conference Catering (tea &amp; coffee)?</b>	<b>62.9% (39)</b>	32.3% (20)	1.6% (1)	0.0% (0)
<b>How satisfied were you with the Conference Food (light lunch)?</b>	<b>53.2% (33)</b>	40.3% (25)	1.6% (1)	0.0% (0)
<b>How satisfied were you with the Conference Venue?</b>	<b>52.5% (31)</b>	42.4% (25)	1.7% (1)	0.0% (0)
<b>How satisfied were you with the Buffet Dinner &amp; Entertainment at the Clarion Hotel?</b>	33.9% (19)	7.1% (4)	0.0% (0)	0.0% (0)
<b>How satisfied were you with the Site visit Food lunch (Friday 27th September)?</b>	36.8% (21)	8.8% (5)	0.0% (0)	0.0% (0)

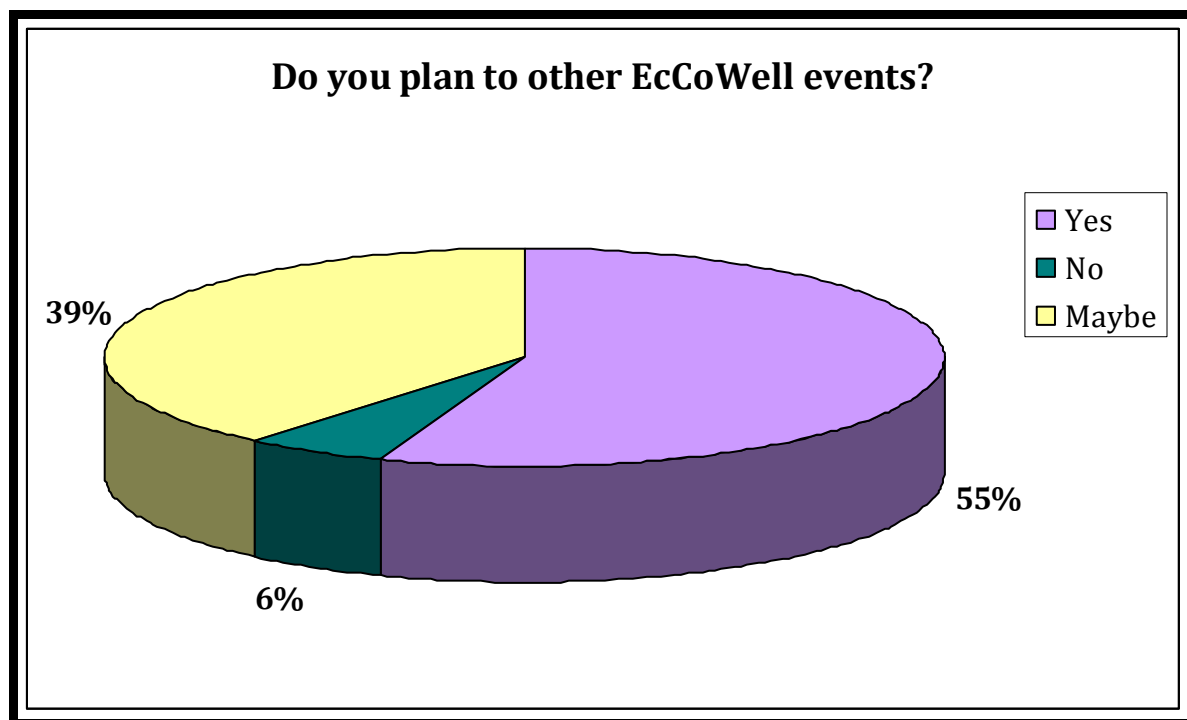
**Overall, how satisfied were you with the Site Visits you attended?**

	<b>Very Satisfied</b>	<b>Satisfied</b>	<b>Dissatisfied</b>	<b>Very Dissatisfied</b>
<b>Site Visit 1 Proposed Urban Centre for Health, Health Action Zone &amp; Northside Regeneration</b>	28.3% (13)	2.2% (1)	0.0% (0)	0.0% (0)
<b>Site Visit 2 Ringmahon House Mahon &amp; Blackrock Castle Observatory</b>	7.5% (3)	2.5% (1)	0.0% (0)	0.0% (0)
<b>Site Visit 3 Green Campus, Green Schools &amp; Lifetime Lab</b>	4.8% (2)	9.5% (4)	0.0% (0)	0.0% (0)
<b>Site Visit 4 Northside Community Enterprise &amp; Northside for Business</b>	7.1% (3)	2.4% (1)	0.0% (0)	0.0% (0)



Overall, how satisfied were you with the fun cultural activities in the afternoon?

	Very Satisfied	Satisfied	Dissatisfied	Very Dissatisfied
Build an Irish currach	7.5% (3)	2.5% (1)	0.0% (0)	0.0% (0)
Boat trip on the river	7.5% (3)	2.5% (1)	0.0% (0)	0.0% (0)
Road Bowling	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)
Walking Tour of Cork City Centre	7.5% (3)	0.0% (0)	0.0% (0)	0.0% (0)
Cycle Tour of Cork City	0.0% (0)	0.0% (0)	0.0% (0)	0.0% (0)
Visit an urban Sports & Adventure Centre-Glen Resource Centre	0.0% (0)	2.6% (1)	0.0% (0)	0.0% (0)
Shandon-sweet factory/ Cork Butter Museum/Ring Shandon Bells	7.9% (3)	0.0% (0)	0.0% (0)	0.0% (0)



**What did you like most about the conference?**

This is a flavour of some of the responses:

- Meeting people who are actively involved in making positive changes The opportunity to display information about the different organisations and what they do.
- It brought like-minded people together
- Well organised, friendly, inspirational & and thought provoking
- Eye opening, enthusiasm, going to places in the city i hadn't visited
- Opportunity to Network, space to reflect on the major issues of Community Development, Inspiration and ideas from other projects
- Excellent interaction between sectors
- Networking opportunity with people you would not normally get to engage with

- *Energy, subject matter, mix of proactive speakers and chance to contribute, heart and sincerity for change behind the organisation*
- *Variety of people with similar goals overall*
- *Meeting people of like mind on these issues*
- *The friendly atmosphere it was net working at its optimal*
- *The mix of people and ideas and experiences*
- *Brought people together to network, some inspiring presentations*
- *The variety of activities and variety in projects showcased*
- *Different approach in conference organisation.*
- *It gave a great breath of knowledge and information.*
- *The practical examples of cities*

### **What did you like least about the conference?**

A flavour of the responses:

- *Insufficient time - 1 day just not enough.*
- *The unsuitability of the hall for multi-group setting*
- *The acoustics for the open session was poor*
- *2 days is a big commitment*
- *Over-reliance on power point and ego in some of the keynote speakers*
- *It lacked an overall goal, something that would emerge from the conference - a piece of work.*
- *It might have been more useful to at the outset encourage people to move from open session to open session to get the benefit of a wider exposure*
- *Though the attendance was very good, because the City Hall is so big it felt half-empty, and not so well-attended!*
- *Too much opportunity, too little time*
- *Would have been better if there was an ability to mix the different groups*
- *Main hall very cavernous especially when in smaller groups*
- *The work shops*
- *Lack of time to converse fully.*
- *No mention of biodiversity or green space, very much focussed on human/energy rather than outside environment*
- *Some speakers who talked too long*
- *Not enough details or examples*
- *Noise in groups in City Hall. Distracting for each group.*
- *The speeches I found a bit long and a bit repetitive.*
- *I was sorry that I was unable to attend the site visits on the Friday*
- *The food was quite boring*
- *Standing for lunch but not a big deal!*

### **Which other topics/sessions would you like to be covered at future EcCoWell Conference?**

- *Information on opportunities/funding for visits to organisations who are active in areas of interest to me and my organisation*
- *Not sure*
- *Linking with business/ private sector*
- *More detailed look at how business fits into the EcCoWell concept*

- *More info on future plans e.g. SMOH site plans*
- *Issues that affect minority groups in Ireland in terms of healthy living*
- *I'd like to further explore examples of cities which have been developed to enhance the well-being of citizens and develop the criteria*
- **MORE ON HTE BUILT ENVIRONMENT**
- *Presentations on successful community initiatives*
- *Mobilising collective action; well-being in recessionary times; Immigrants - integration for healthy communities*
- *Tackling Health Inequalities*
- *Input from city planners/manager*
- *liked the case study of how an eco city is achieved*
- *EcCoWell for young people - how to get them hooked into work: or into purposeful activity if work is not possible*
- *Developing clusters in line with EcCoWell principles*
- *Keynote speaker giving short example of local success story*
- *How best to roll it out to the county*
- *Public transport improvements, safe insulation and paint etc in houses (some glues used for laying carpet/floors/tiles are toxic which affect my breathing.*
- *Biodiversity, wildlife in cities, green space, importance of nature too mental and physical health*
- *Transport / green spaces*
- *Some more practical, grassroots, community based approaches towards EcCoWell*
- *Young people's involvement*
- *walkability*
- *I won't be attending others*
- *Happy with topics as outlined*
- *more localised information in the presentations*
- *More examples from other cities and some from cork*
- *More practical implementation examples on all fronts*
- *The 'creative city', the significance of the arts, music etc.*

**Please feel free to provide further comments / suggestions on the conference as a whole:**

- *Inclusion of the local students involved in the Young Scientist competition to display their research in areas of interest according to the ethos of EcCoWell e.g. the young man in Blarney who won the overall prize for his design for making a cooker made out of tin cans and smoke free.*
- *Really impressive overall*
- *Well done!*
- *Credit to the entire team, the co-operation between bodies was very evident.*
- *It was very well organised*
- *Thank you all for a very stimulating day.*
- *as previous comment*
- *Continue to bring high quality, impartial speakers*
- *Government departments should be made to get a green flag, use environmentally friendly paint, fabric, etc when refurbishing, be seen to recycle the stuff they replace/ Two days for the conference itself in addition to a day of activities.*
- *Generally a positive event, but too focussed on human only issues*

- *Most speakers focused on their individual areas - no great sense of a wholistic approach that EcCoWell is trying to impart*
- *I enjoyed it very much, it was well organised and people were extremely helpful and willing to work together.*
- *Well done on bringing very diverse groups together and holding them on Thursday afternoon.*
- *A really good conference - well done to all involved*
- *Fantastic Event - Well done!*
- *Not much information on talks before the event - I suggest this is provided alot further in advance. Also the presentations need to be much more relevant, practical and informative generally. Otherwise people will lose interest fast. Ignatio's presentation saved the conference!*
- *Thank you - let me know if collective intelligence methods will help you moving forward*

## **Conclusion**

This international Conference & Ideas Exchange, which was one of three Cork City Council Flagship Gathering events, was very positively received.

The conference brought domestic and international delegates to Cork to share models of good practice from their cities. People working in and with an interest in the areas of health, economy, environment, culture, community and lifelong learning were well represented.

It was indeed a Conference & Ideas Exchange about learning from the global to the local. There were themes repeated throughout the two days such as the importance of governance, being open, strong leadership, sharing a vision, connectivity, real civic participation, place-making and de-concentrating investment, as well as the current shared challenge across the globe caused by the recession, fewer resources and a changing political landscape.

A number of new ideas and proposals were put forward highlighting innovative EcCoWell-style initiatives that are going on in Cork and around the world.

What also emerged is that Cork's size, the close networks that exist, the openness of approach, the ability to attract investment, and its strong performance as a second tier city are evidence of a strong foundation to build upon.

There is curiosity about the next steps Cork should take to build on what was achieved at this two day event. It was clear that there was great interest in collaborating in Cork City. EcCoWell is a great way forward for Cork; especially in a time of austerity, presenting an opportunity to gather people together from a number of different areas and encourage them to be more creative through collaboration.

Pat Ledwidge in his closing remarks mentioned the need to coalesce around an idea. Perhaps EcCoWell is that idea. Just as learning or the acquisition of knowledge is not the same as merely accessing information, so too EcCoWell is more than a strategy, it is a way of working which requires attitudinal and behavioural change. If we can imbed this approach in Cork across all the sectors with a shared vision and shared goals then Cork can become a stronger, more resilient, more connected, more active and more inclusive city which will ultimately be a better city for people.

As Charles Montgomery says *"We have to decide who our cities are for. And we have to believe that they can change"*<sup>i</sup>

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- Happy City: Transforming our Lives Through Urban Design by Charles Montgomery.