

IN AT THE DEEP END



EIGHT EPISODES

HEALTHYOCEANS, HEALTHYMINDS

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EPISODE 1

How r u really: Turning hurt into passion

with Jack Wright

My name is Jack, I'm just an average 22 year old trying to figure out how to do life.

5 years ago I was suicidal and to this day I struggle with my mental health. Today I have started using my story and experience to raise awareness for our mental health and to combat the stigma attached to it. I've recently started an eco-friendly brand called "how r u really" that seeks to raise awareness and 20% of the profits go to mental health charities.

In his session we'll be interviewing Jack about his journey with mental health and what he has learned from it. How he's turned his experience into a fuel that sustains his mission.

<https://howrureally.com>

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EPISODE 2

Rivers Connecting Communities

with

Mark Horton and Christine Colvin,
The Rivers Trust

Mark and Christine tell the paraelling stories of how rivers have helped overcome deep divides and connect communities in two very different parts of the world, Northern Ireland and South Africa,



Mark is the All Ireland Director at the Rivers Trust, and Chief Executive of Ballinderry Rivers Trust. Mark has played a significant role in protecting and improving the river environment and has successfully led the way in supporting a number of Rivers Trusts set up on the island of Ireland. Mark is an all-round river hero, for whom saving our environment is far more than a job.

Christine is the Director of Partnerships & Communications at The Rivers Trust.

Christine has experience in mobilising partnerships for collective action, primarily in the South African water sector.

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EPISODE 3

Kelp Benefits

with *Andrea and Graham Gannon,*
Peninsula Kelp Company

The Peninsula Kelp Company started with two people who had an enthusiasm for adventure and the sea. Andrea and Graham, the Peninsula Kelp Company's founders, always had a passion for diving and sustainability. Growing up near the plentiful oceans of Northern Ireland, they were curious about what lay beneath the surface and how the oceans could enrich our lives. Today, Andrea and Graham are bringing their vision to life with the Peninsula Kelp Company.

Their mission?

To bring hand-dived, sustainable ocean vegetables to the land and make them accessible for everybody. Once they realised the potential of Northern Ireland's nutrient-rich waters they wanted to let other people know too, so they started Project Blue to Green – bringing ocean vegetables back to the land for everyone to enjoy.

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EPISODE 4

Sea Safety

with H2O Training and
Immerse Hebrides

Entering the water can be a daunting experience. Norma MacLeod from Immerse Hebrides and Steve Bowens from H2O Training will host a session focusing on sea safety for open water swimming.



Steve: I grew up in Ballymena, Co Antrim and spent a lot of in and and around and in the water at Portrush and Cushendall. I moved to Cornwall and worked as a full time lecturer on the BSc Marie Sports Science, and FdSc Surf Science & technology at Newquay Campus for 14 years and now run my own training and consultancy business (H2O Training).

Norma: I am the founder of Immerse Hebrides based on the Isle of Lewis, Outer Hebrides. With a background in healthcare I am an STA Open Water Coach, RLSS Open Water Lifeguard, and WSA Sup Rescue qualified. Swimming socially outdoors for 7 years I found the fear of the sea was a barrier for a lot of people entering the water. I offer safe introductions to swimming in the sea, and just before lockdown we found ourselves training via Zoom with Steve.

We opened up the course to a wider audience and have been running this successfully through the 1st and now 2nd lockdown across the UK, Ireland and beyond!

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EPISODE 5

Plastic 'Free' Parenting

with Laura Donaldson,
Baby of Mine and Cathy Gorman

Laura and Cathy will be chatting about their eco journey, what led them there, the ups and downs and some top tips as a plastic 'free' parent!

Laura is a stay at home mum, married with 2 kids, Rosa (3) and Saul (1). Laura left her job as a midwife to focus on the kids when Saul was 4 months. After she was unable to purchase nappies in the supermarket due to the pandemic, Laura started using reusables. She then set up her online nappy shop, *Baby of Mine* in May 2020. Cathy has a scientific background, including a PhD in Molecular Ecology and a PGCE in Biology. Cathy worked with Keep Northern Ireland Beautiful for 5 years before becoming pregnant, with her daughter Amelia (1) and is currently on a career break. Cathy will be talking to us about the changes she has made around the house to reduce single use plastic, including nappies and baby wipes which were high on her list of priority swaps.

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BABY OF MINE



Cathy Gorman



Laura Donaldson



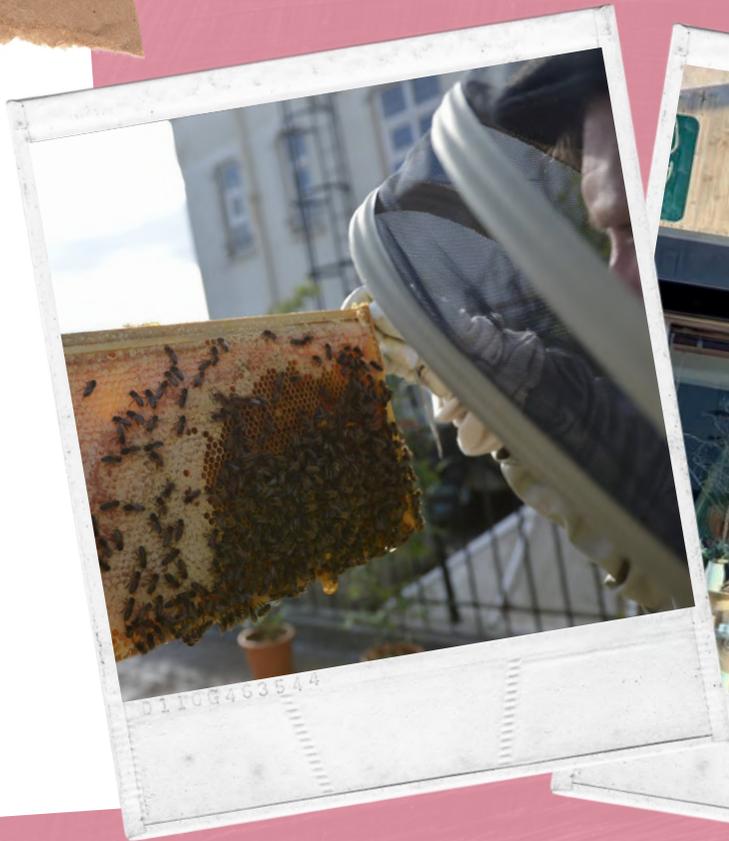
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EPISODE 6

Plastic Pollution Solutions with Infinity Farm and Inspire Wellness

with Tonya, Infinity Farm
and Christina, Inspire
Wellness



We can choose what impact we make! Infinity Farm based in Belfast and Inspire Wellness Refill Store from Banbridge will talk bees, circular economy, plastic solutions and how taking action can help fight eco-anxiety. Infinity Farm look after the apiary for honey bees at the Stormont estate and run workshops, talks and events that raise awareness of environmental issues. Tonya from Infinity Farm will discuss the fascinating and resourceful ways in which honey bees operate as a circular economy. Can we mimic nature and learn something from the honey bees? See how we can use honey bee by-products to help us along on our journey to reducing pointless plastic. Inspire Wellness Refill Store is run by 3 sisters, Christina, Geraldine & Tanya who will be discussing plastic pollution and why they decided to set up a refill store, their plastic solutions and the benefits of taking conscious action!

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EPISODE 7

EnvironMental Art

with Sand Artist Sean Corcoran

Sean and his wife run an art school in Waterford called The Art Hand. Sean is well known as a sand artist, creating massive drawings on beaches around Ireland and the UK with a garden rake! A message from Sean; I'm delighted to be presenting at Healthy Oceans, Healthy Minds. Environmental art is of great benefit for children's mental and physical health. It offers the freedom of the great outdoors while engaging in a creative process. I will be encouraging participants during this Zoom Talk to get out there and try it for themselves!

During the 90-minute live presentation Sean will show photos and videos of his sand art and beach projects. He will give an insight into how these pieces are made and their context in the environment. Sand Art is a very mindful artform. The techniques Sean will showcase are very simple but effective and teachers and students present can ask questions at the end.

Sean is an engaging presenter and there has been great feedback to his ZOOM talks.

www.thearthand.com

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EPISODE 8

Cleaning your beach and enjoying it too

*Dr Susann Power, Ulster University
and Rachael Singleton,
NI Innovation Lab*

This webinar follows those extraordinary individuals who have taken to the beach with a mission to clean and restore this precious landscape, so often misused by its users.



Dr Susann Power



Rachael Singleton

Initially, the phenomenon of beach cleaning is investigated as a form of environmental conservation and as a leisure activity. Litter-hunting and story-telling appear as ways to deal with the perpetuity of the litter problem. This is followed by a discussion of the value of the beach beyond economic concerns, shining the light on the aesthetic, life-scientific and recreational worth of this 'geography of hope', concluding that healthy beaches lead indeed to healthy and happy minds. Together, Rachael and Susann believe that by better understanding beach users and the drivers behind their behaviour, we stand a better chance to making real changes that will positively impact our natural beach environment and allows its enormous value to be protected and sustained.

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