



YOUR GUIDE TO HOSTING AN INTERGENERATIONAL ZERO WASTE WORKSHOP IN YOUR COMMUNITY



How to bring together different generations of people to learn and share ideas about making your community zero waste.

THIS GUIDE COVERS:

- What is intergenerational learning?
- Who it is for
- Why learning together is important
- How to plan a zero waste workshop
- Sample workshop plan
- Evaluation

INTERGENERATIONAL LEARNING FOR A WASTE FREE COMMUNITY

Changeworks, through its Zero Waste Leith project, partnered with Pilmeny Development Project to bring together different generations of Leithers to learn about waste reduction by sharing ideas and experiences during practical workshops and activities. Pupils from St Mary’s Primary School heard from older generations about wartime food waste and making things last. Older residents from Bield Housing were inspired by interactions with the children as they learned together about modern reuse and repair tips. And friendships were made!

“I liked making my hat and helping ‘Mrs A’ to make hers”

St Mary’s Primary School Pupil

“It’s been such a long time since I was able to feel useful – more please!”

Pilmeny Development Project Volunteer

“Started to use the pasta measurement tool – I was always making too much”

Bield Housing Resident

INTERGENERATIONAL LEARNING

“[The] practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities. [It] is inclusive, building on the positive resources that the younger and older have to offer each other and those around them.”

(Beth Johnson Foundation 2009)

PLANNING ZERO WASTE WORKSHOPS

- Plan a block of at least four to six sessions to allow time for friendships to develop and include plenty of time for group members to reconnect at the start and end of each session – don't pack in too much content!
- Hold your sessions in an accessible and welcoming space, typically at a space serving either youth or older adults. Consider wheelchair access, room location, toilet access and transport to venue.
- Make sure your child protection and vulnerable adult policies and procedures are in place before you start and complete a health and safety risk assessment.
- Get to know your younger and older groups individually before you bring them together. Meet the teacher/group leader in advance to collaborate on plans and tailor the sessions to the group ages and abilities.
- Plan each session, but build in some time and flexibility to learn from previous sessions and for unexpected scenarios like groups arriving late.
- During the first session consult the group about which topics they are most interested in and involve them in the planning process to encourage maximum participation and ensure they are community led.

CREATING A ZERO WASTE WORKSHOP

Topics: reuse, repair, sharing, food waste, recycling, flytipping, litter.

Activities: intergenerational storytelling and reminiscence sessions, healthy cooking on budget, nutrition, social value of waste reduction, recycling, crafting sessions based around reuse and repair.

Top tips:

- Explore and make best use of the skills or knowledge that already exists within the group eg sewing experts or good cooks.
- Include games and interactive activities in each session for maximum fun and learning. Keep the activities as visual as possible, using pictures, to help negotiate language and reading barriers.
- Provide refreshments with reusable cups for zero waste tea, coffee and juice and choose biscuits that haven't been individually wrapped.
- Celebrate your success at a picnic or party where you reminisce through photos about things you did together or share songs, poetry, certificates or thank you letters.

Resources:

- [Changeworks community and schools engagement projects](#)
- [Edinburgh Community Food cooking classes](#)
- [Edinburgh Remakery workshops](#)
- [Love Food Hate Waste – Scotland](#)
- [Waste Resources Action Programme \(WRAP\) Resource Library](#)
- [Zero Waste Leith resources](#)
- [Zero Waste Scotland Partner Toolkits](#)



INTERGENERATIONAL LEARNING IS FOR:

- Primary or high school pupils
- Sheltered housing residents
- Local organisations or community groups which run youth clubs, after school clubs, lunch clubs or church groups
- Special needs groups where older adults can give each child individual attention

WHY IS LEARNING TOGETHER IMPORTANT?

Builds positive and rewarding friendships outside of usual peer groups

Enhances mental and physical health and improves quality of life

Increases understanding and empathy for each other's perspective

Uses community talents and brings people together

Builds knowledge of zero waste concepts, gained memorably through fun and interactive shared experiences.

RUNNING A WORKSHOP

SAMPLE PLAN FOR FIRST SESSION (1 HOUR)

1. Arrival, welcome, refreshments, informal chat (10 mins)
2. Introduction to the project (5 mins)
3. Ice breaker – ‘Getting to know you’ name game (15 mins)
4. Recycling bingo game (25 mins)
5. Wrap up, how the session went (5 mins)

‘Getting to know you’ name game: around the room introductions sharing names and associated fruit or country beginning with that letter eg “I’m Anne the apple / from Argentina”. For older youth this can be turned into a memory challenge afterwards!

Recycling bingo game: templates and instructions from [Green and Healthy Kids](#). Even better for intergenerational groups if you bring along the real-life recycling objects for each table!

EVALUATING A SESSION

- Teaching staff, facilitators staff and volunteers can gather feedback from older participants over a cup of tea at the end of each session.
- Allow 30 minutes for a debrief with staff and volunteers to discuss the session and review feedback to adapt plans for the next session. The [Intergenerational Practice Evaluation Tool](#) (free membership for Scottish groups) or [Evaluating Intergenerational Practice Guide](#) can be used or adapted here.
- Gather end of block feedback during the celebration session eg on a flipchart with smiley faces and discussions of best bits and learnings.
- After the final group class a separate reflection and feedback session can also be led by individual tutors or class teacher.

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“Conversations were great - real friendships were made -
‘M’ really looked forward to seeing her new friend”

Ms P, Teacher, St Mary’s Primary School
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VIDEO

Watch our wee make do and mend [video](#) for more inspiration.





ZERO WASTE LEITH

[Zero Waste Leith](#) is about cleaner, greener streets and helping to create a community to be proud of. This pioneering project is community-led and run by [Changeworks](#), one of Scotland's leading environmental charities. Zero Waste Leith is a project funded by Zero Waste Scotland, Changeworks and the European Regional Development Fund.

PILMENY DEVELOPMENT PROJECT

[Pilmeny Development Project](#) is a community based voluntary organisation which has been working in Leith since 1979. They bring together generations of Leithers, young and old, to support the community and other local groups.

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