Sustainable Communities

## Programme Schedule 8 weeks X 2 ½ hours

**Facilitator Name** Cher Quinlan

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| Week 1  | IntroductionWhat is a sustainable community ? What practices are we aware of in our community to make it more sustainable Comparison between recycling processes from previous generations with todays consumer based culture Becoming a more sustainable citizen Assessment of our waste  | Discussion |
| Week 2  | Culture and Heritage What makes our community unique? Walk & Talk (take photos on phone for infographic week 8)(if delivering to learners with mobility issues use media eg a google guided tour video of local area or trip to accessible local areas to research same theme ) | Story share / Reminisce to evoke conversation  |
| Week 3 | **Ecological Integrity**Living better by using lessSensible shopping, Meal planning to combat food and packaging waste , use of Apps to reduce paper use for household/community group managementDownloading of apps used by tutor for same purpose to each students phone with demonstration  | Practical / wifi needed  |
| Week 4  | Ecological Integrity 2Evaluation of our weeks app use Making beeswax wraps to reduce plastic useMaking chemical free cleaning products  | Practical |

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| Week 5  | Health & Wellbeing Review of community supports availableExploration of initiatives / supports to encourage more connection to ourselves, the community and each other Creative mindful upcycling activities : upcycle two commonly wasted items into a useful / decorative object for our home or community | Practical upcycling workshop |
| Week 6  | Participation & Engagement Target setting Start smallLook at what other towns have achievedAction ideas defined by the groupApp download “see it say it ”  | Wifi |
| Week 7  | **Economic resilience** Energy auditHow can we improve personal and community group use “Think Tank”Seai grant application packs Ecosia search engine  | Wifi |
| Week 8  | Action Plan Creating a visual timeline for goals Taking the eco pledge Produce an infographic representing your groups understanding of sustainable community to be displayed in a community space  |  Wifi / pc / printer |