Sustainable Communities

## Programme Schedule 8 weeks X 2 ½ hours

**Facilitator Name** Cher Quinlan

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| Week 1 | Introduction What 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 HeritageWhat 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 areasto research same theme ) | Story share / Reminisce to evoke conversation |
| Week 3 | **Ecological Integrity**  Living better by using less  Sensible shopping, Meal planning to combat food and packaging waste , use of Apps to reduce paper use for household/community group management  Downloading 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 useMaking beeswax wraps to reduce plastic useMaking chemical free cleaning products | Practical |

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