

NEWSLETTER N. 3

SENGA – SENIORS IN GREEN ACTION

To increase the awareness and skills of the elderly about recycling and the circular economy, what training measures can be implemented?

Simple! This newsletter contains a synthesis of the sets of creative workshops designed and developed by the project partners to actively involve the elderly, which will be realized in the next few months!



THE “GREEN” CREATIVE WORKSHOPS

The project partners have designed and developed a set of about twenty creative workshops that aim to show what kind of training actions can be carried out to increase awareness, sensitivity and skills of the elderly on the issues of recovery, recycling and reuse and the circular economy in general. Each workshop addresses the topic of how to give "new life" to materials that would otherwise be destined for landfills with a consequent waste of resources and increased waste production.

The products that have been developed are as follows:

1. wooden materials and furniture
2. metallic elements (including CDs and DVDs)
3. glass
4. plastic bottles
5. paper and cardboard
6. clothes, fabric and garment

The workshops suggest, for example, how to create ceiling lamps with used plastic bottles, collectors with old cardboard boxes, mobile phone holders with ties that you no longer wear, frames with broken glass or even garden decorations with empty bottles or how to restore wooden pieces of furniture and products like an ancient toy and many other proposals!

Each workshop has an average duration of three or four hours and involves six or eight senior participants in addition to the teacher/facilitator. Practical activities account for most of the provided hours, as indicated in the Guidelines illustrated in the newsletter n.2. To involve the elderly, it is necessary that they are active subjects in the training process and that they are only 'guided' by the teacher or facilitator.

THE SET OF WORKSHOPS



1. Wooden materials and furniture

Wooden toys restoration
Wooden kitchenware restoration
Restoring furniture

2. Metallic elements (including CDs and DVDs)

Eco-friendly garden decors - hotel for pollinators
Eco-friendly garden decors - garden lantern
Eco-friendly garden decors - CD pot

3. Glass

Christmas Decorations
Use of glass bottles for artistic purposes
Recovery of old mirrors

4. Plastic bottles

Vertical garden
Plastic bottle planters
Ceiling lamps

5. Paper and cardboard

Cardboard container out of old shoe boxes
Paper bag for herbs and spices out of old newspapers
Coaster/hot dish pad out of old paper

6. Clothes, fabric and garment

No-sew pillowcases out of old T-shirts
Eyeglass/phone cases out of old neckties
Floor/door mat out of old clothes or other home textiles



Do you want more information? Go to the website:
<https://activegreenseniors.eu/>

And don't forget to discover other useful and interesting initiatives for and with the elderly on our Resources Library: <https://activegreenseniors.eu/resource-library/>



Seniors in Green Action – from Hands to Minds to Souls

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Stay in touch with us! Soon we will give you news about the test results of the developed workshops!

FOR MORE INFO

Website: <https://activegreenseniors.eu/>

And **follow us on:**

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