

# Re-use cascade training session plan



## Theme

Repair

## Objectives

For participants to consider repair before disposal for a wide range of household items.

## Outcomes

For participants to have a list of the kinds of items they have at home that might need repairing, and a list of potential people/organisations that can carry out repairs (or sources of information to help them repair items themselves).

## You will need

- Pen and paper
- Access to a computer or smart phone for every individual
- Internet/wifi access
- Or a Yellow Pages/phone book

[recycleforscotland.com/re-use](https://recycleforscotland.com/re-use)



## Instructions for the group

We're living in a disposable society which is resulting in lost repair skills, wasted money and huge amounts of waste and lost resources.

- 1) To list items in your home that could break or get damaged
- 2) Against each of those items, write the name of a person or organisation you could go to to get that item fixed. Use the internet or a phone book if you don't already know who could fix it.

Consider large items in your house as well as the smaller items, including electronics and the contents of garages/sheds.

**Optional:** You might want to go one step further and use the session to start off developing a local repair guide that you can share with others. A great example is the one created by Greener Kirkcaldy [greenerkirkcaldy.org.uk/kirkcaldy-reuse-and-repair-guide/](https://greenerkirkcaldy.org.uk/kirkcaldy-reuse-and-repair-guide/)

## Hints/useful links

If the group are struggling, prompt them with the following list which might help give ideas of the sorts of things they might be able to get repaired (NB. Not many companies listed as participants are likely to want a local company for large items.

Some items, however, are more specialist (such as the tents), so a company used by the author has been mentioned – but we are not recommending these companies – they are just examples):

- Cars: Local garages are plentiful and people automatically would get their car fixed if it breaks down – so why not other items?
- Bikes
- Clothing: Do yourself using online guides that you can find including those on [loveyourclothes.org.uk](https://loveyourclothes.org.uk) Alternately search for local clothing repair companies and individuals or find a family member who can help.
- Shoes
- White goods
- TVs
- Vacuum cleaners
- Tents, rucksacks, walking boots etc: [lancshiresportsrepairs.co.uk/index.htm](https://lancshiresportsrepairs.co.uk/index.htm)
- Phones: Try [ifixit.com](https://ifixit.com) or a local supplier
- Computers: Try [ifixit.com](https://ifixit.com) or a local supplier
- DVD players
- Furniture
- Tools/lawnmowers
- Kitchen equipment
  - NB. [ifixit.com](https://ifixit.com) has over 21,000 free manuals so is worth searching whatever you have that has broken.
  - Consider 3D printing for repairing items. For example, the author had a food processor, where the plastic central column broke. She called the manufacturer and tried online, but couldn't find a replacement, so ended up getting rid of the food processor. 3D printing might have been able to help by making a replacement. [3DHubs.com](https://3dhubs.com) gives a list of 3D printing providers.
  - If it's something that regular needs maintenance (such as a bike or car) maybe consider going on a training courses to learn how to carry out repairs yourself. It could lead to a new career or hobby and save you a lot of money in the long term.

