

# Re-use cascade training session plan



## Theme

Upcycling

## Objectives

To show participants that you can give things another life with just a bit of paint.

## Outcomes

To arm participants with the skills and knowledge to do basic furniture upcycling projects to make furniture more attractive to them or others and save it from going to waste.

## You will need (depending on the project)

- Pieces of furniture – it's always good to get the participants to bring a piece in, but always handy to have spares (try to stick to wooden pieces for ease)
- Glue (PVA and Super glue)

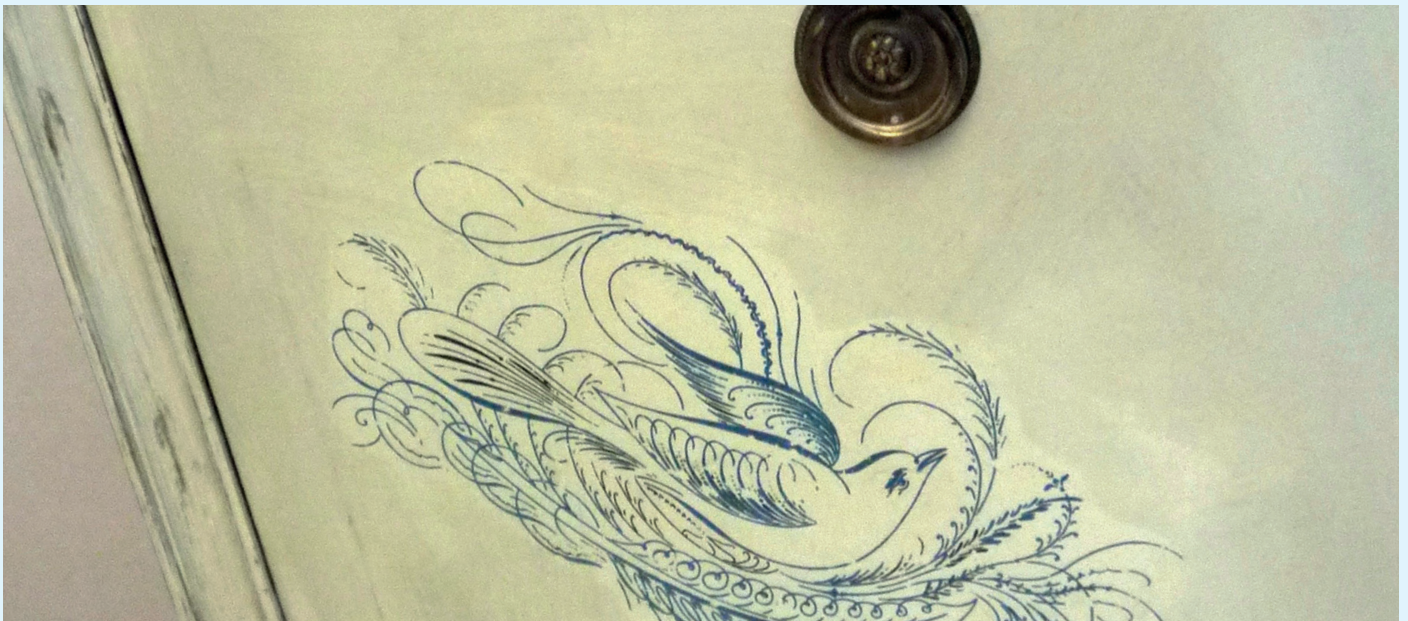
- Paint and brushes
- Sandpaper
- Recyclable materials such as newspaper etc
- Scissors
- Stencils
- Pencils
- Staple gun and staples
- Fabric
- Screwdriver
- Wax/Varnish

## Key points and options

This is a more complicated hands on challenge, so you really need an instructor who has experience in running sessions like this. Here are some guidelines:

- **Furniture** - Wooden pieces are much easier to use and upcycle. Metal and plastic pieces require more work and could be more difficult.
- **Upcycling methods** - Stick to simple and easy methods such as:
  - Painting
  - Recovering cushions of seats
  - Decoupage
  - Stenciling
- **Painting** - Sand down the piece of furniture, then re paint. Very simple. It is usually recommended to paint one coat of white first, and then choose a colour. The furniture may need a couple of coats. This could then be varnished or waxed once dry.
- **Recovering cushions** - If working on a wooden seat with a cushion, try recovering the cushion. Remove the cushion and wooden seat from the frame using a screwdriver. Select a new fabric, making sure the size will cover the seat and have plenty to be stapled underneath. Using the staple gun, staple the fabric to the underside of the wooden base, keep the corners as neat as possible. The old cushion cover does not need to be removed unless soiled. The cushion and base can then be screwed onto the frame again.





- **Decoupage** - You can either sand down the furniture or leave as is. Cut out various shapes of paper (or just tear) such as magazines, comics, newspaper, wallpaper, wrapping paper etc and use a water and PVA glue mix (it needs to be fairly watery), glue the paper to the wooden furniture. Always apply more glue solution over the paper. Once dry you could apply some varnish for protection. Be careful with newspaper as the watery glue could run the ink.
- **Stencilling** - Similar to painting, but instead of just painting one colour, use a stencil to incorporate an image or pattern.
- **Pyrography** - Another great idea to use on wooden furniture is Pyrography. Pyrography is the art or technique of decorating wood or leather by burning a design on the surface with a heated metallic point. These sets can be bought on Amazon or from art stores. The more expensive it is, the better it will be. Again, the surface of the wood needs to be sanded down first. It is always handy to have pictures available to copy and using dark tracing paper, you can transport the image onto the wood before starting the Pyrography. This is also great on leather products. Pyrography is tricky to master, especially on wood, and health and safety is very important.
  - **NB.** These types of workshops usually require a good amount of time, and maybe more than one session to allow for drying time etc.
  - **Tip** - Using blackboard paint on wooden furniture will create a writeable surface.
  - **Tip** - To get a worn/old look on wooden furniture, try painting with black tea (no added milk or sugar) or once painted and dry, use some sandpaper to mark the paint around the edges.
  - **Tip** - Using old/broken crockery is always a good way to decorate the top of tables. Remember to use an appropriate tile adhesive or grout for this. Tiles could also be used.

**Source** - Thanks to Forth Upcycling Network [forthenvironmentlink.org/projects/forth-upcycling](http://forthenvironmentlink.org/projects/forth-upcycling)

## Hints/useful links

The following might help give you inspiration or instructions:

- <http://www.recycleforscotland.com/upcycling> has a wide range of resources that might be of use including:
- **Videos on**
  - Painting furniture
  - Upholstering a chair
  - Making a dog bed from a drawer
- **Vine clips on**
  - Upcycling a table
  - Upcycling a chair
  - Re-covering a chair
  - Turning a drawer into a chalkboard
  - Using newspaper to upcycle a chair
  - Turning a curtain into a cushion
  - Upcycling a lampshade
  - Turning a teapot and milk jug into flower pots
- **Detailed 'How to' guides on**
  - Upcycling a corner wall unit
  - Turning a baby changing unit into a kitchen island
  - Changing a writing desk into a breakfast bar
  - Transforming a TV unit
  - Giving a sideboard a new look
  - Changing the style of a side table
  - A complete change of look for an old dressing table.

Pyrography inspiration <https://uk.pinterest.com/kella16/pyrography/>

Stencilling inspiration <https://uk.pinterest.com/search/pins/?q=stencilling%20furniture>

[https://uk.pinterest.com/search/pins/?q=stencilling%20furniture&rs=typed&0=stencilling%7Ctyped&1=furniture%7Ctyped&remove\\_refine=stencilling%7Ctyped](https://uk.pinterest.com/search/pins/?q=stencilling%20furniture&rs=typed&0=stencilling%7Ctyped&1=furniture%7Ctyped&remove_refine=stencilling%7Ctyped)

