

# Re-use cascade training session plan



## Theme

Buying (or hiring)

## Objectives

To demonstrate to participants that they can get good quality clothing at bargain prices second hand. Also to arm them with details of local or online organisations where they can source clothing now or in the future to encourage them to continue to buy second hand.

## Outcomes

List 3 local charity shops/re-use organisation or online sites where you can buy second hand clothing. To prove that you can buy a good quality outfit for under £50 (adjust the target amount if you feel it is appropriate).

## You will need

- Access to a computer or smart phone for every individual
- Internet/wifi access
- Pen and paper
- Screen if you want to be able to show people's outfits at the end of the session

## Instructions for the group

### Your task is

- 1) to find a complete outfit for under £50 and
- 2) identify 3 local or online shops where you can purchase second hand clothing. You can also choose to hire/lease outfits.

The outfit can be for any occasion, but should include outer garments (i.e. not underwear) including shoes.

You will then need to feedback to the group, by showing them the pictures online, so keep a note of the website addresses.

### Hints/useful links

If the group are struggling, the following might help;

- [revolvereuse.com](http://revolvereuse.com) (Scottish re-use organisations who have met strict quality standards)
- [oxfam.org.uk/shop](http://oxfam.org.uk/shop) (a huge selection of second hand clothing online)
- Search online for charity shops in your local town
- [laurasdressess.com](http://laurasdressess.com) (clothing hire shop in Glasgow)
- [girlmeetsdress.com](http://girlmeetsdress.com) (online clothing hire)
- [mudjeans.eu](http://mudjeans.eu) (jeans leasing)
- [leap-project.co.uk/revolve-recycle/4589479527](http://leap-project.co.uk/revolve-recycle/4589479527) (clothing swap shop in Glasgow)
- [preloved.co.uk](http://preloved.co.uk)
- [ebay.co.uk](http://ebay.co.uk)
- [gumtree.com](http://gumtree.com)



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